



Your coaches are looking forward to an incredible season filled with new opportunities and exciting experiences for the athletes!

CBAC's Caymanite Synchro has quickly grown to one of the strongest programs in the Caribbean and continues to produce high-achieving, driven athletes that compete not only for our club but also as representatives of The Cayman Islands National Team.

Using LTAD (long-term athlete development) principles, our team is structured to build strong fundamentals while providing multiple performance opportunities throughout the season-- we live for shows!

Training consists of both land and water elements focusing on flexibility, speed, agility, power, endurance and technical skills. Synchro swimmers must have a high level of proprioception (body awareness) and muscle control to perform precise movements in an unstable medium without the aid of gravity.

Synchro swimmers are underwater rockstars!

Please look over the team info packet for some important season information:

- Team Expectations
- Communication Info
- Artistic Swimming Rules 101
- Meet/Show/Skills Testing Info
- Squad Training Schedule

Bring on the fun!

TEAM EXPECTATIONS

CBACs expectations for appropriate conduct and behaviour stem from our belief that the team should be **Athlete Centered, Coach Driven, Parent Supported**

Athletes

- Athletes will be responsible for their own equipment and come to practice prepared
- Athletes will be prepared for the start of each session with their equipment ready to go -- for example: sunscreen applied, yoga mats laid out before dryland, water bottles filled, caps and goggles on ready to jump in for session start time, etc.
- Athletes will treat their team-mates, peers, coaches, officials and parents with respect at all times
- Athletes are expected to balance their time and commitments ensuring that they are prepared for training and do not negatively impact the progress of their teammates

Coaches

- Coaches will operate in the best interests of the team's development and growth
- Coaches will create season plans (micro & macro) to challenge swimmers at their appropriate level
- Coaches will prioritise the safety (mental & physical) of the athletes and the staff above all else
- Coaches will conduct themselves in a professional manner

Parents

- A parent is the swimmers' #1 cheerleader and support!
- Parents will ensure swimmers arrive on time - this means before the advertised/communicated session start time, not on it.
- Parents and Coaches will work together to build independent athletes. This includes encouraging communication between the athletes and coaches, expecting athletes to change themselves and be responsible for carrying their own equipment to/from training



COMMUNICATION

Email	<ul style="list-style-type: none"> • Primary point of contact with coaches • Weekly updates - review of work, upcoming events, reminders • Event Information
Website	<ul style="list-style-type: none"> • General Info • Calendar - practice, meets, events • General team info
iClassPro	<ul style="list-style-type: none"> • Registration
WhatsApp Groups	<ul style="list-style-type: none"> • Coach to parent communication - Schedule changes, inclement weather, emergency communication, etc • Parent to parent communication - group events, etc. <i>*Squad Parent may create a "social chat" to coordinate rides, gifts, etc.</i>
Face to Face	<ul style="list-style-type: none"> • Organise time to meet with coaches away from deck or outside of practice times <i>Coaches and/or parents can request a CBAC board member to attend as well</i> <i>*Transition time between groups is not always an appropriate time for questions - unless they're quick! :)</i>

2023-2024 WhatsApp Groups

Novice	Intermediate	Age Group
AquaSprites	Blue Team	Purple Team
Yellow Team	Red Team	Aqua Team
	Sapphire Team	Teal Team

Artistic Swimming 101

1. The two main aspects of the competitive sport are figures and routines
 - a. **Figures** are an individually performed technical element of the sport performed in front of a panel of judges. Swimmers earn individual awards based on their figure scores.

Final routine score is 50% routine and 50% average figure score of all competitors, so figures have the potential to increase or decrease the routine outcome.

b. Routines

Combo	8-10 swimmers & up to 2 alternates	AG
Team	4-8 swimmers & up to 2 alternates	Nov/Int/AG
Trio	3 swimmers & 1 alternate	Nov/Int
Duet	2 swimmers & 1 alternate	Nov/Int/AG
Solo	1 swimmer	Nov/Int/AG

Costumes/Equipment

- i. Figures
 - Black suits (small logo allowed- no piping or coloration of any kind allowed)
 - White cap (small logo allowed)
 - Goggles & Noseclip
 - ii. Routines
 - Costume suit & headpiece (must match others in their routine)
 - Swimmers pay a fee for one suit per season. Additional suits for Intermediate and Age Group routines may be selected from the team library*
 - All routine suits are returned to the suit library at the conclusion of the season*
 - Gelled/Securely tied hair
 - Noseclip
 - *No goggles allowed unless under medical recommendation by doctor
 - iii. Dryland
 - Yoga Mat
 - Resistance Bands **low resistance only*
 - Yoga Blocks (2)
- c. Age Category**
- i. Swimmer "age" is determined by birth year (the age of the swimmer on Dec 31, 2024)
 - ii. Age category is defined by the oldest swimmer on the team (ie. if oldest swimmer is 12, they are considered 11-12)
 1. Novice & Intermediate
 - Age Categories: 7-8, 9-10, 11-12, 13+
 - a. Novice and Intermediate swimmers are allowed to swim up to any age group
 2. Age Group
 - Age Categories: 12U, 13-15, JR (16-19), SR (18+)

- a. Swimmers in Age Group 12U are not allowed to swim up in Age Group
- b. Swimmers in Age Group 13-15 are allowed to swim up in Age Group
- c. At least 50% of swimmers on the routine must be in the entered Age Group category

COMPETITIONS, SHOWS & SKILLS TESTING

There will be a number of opportunities for athletes in all groups to compete and perform.

The timing and frequency of events will vary by group, but will always be chosen by the coaching staff to fit with team objectives for training and development.

Events will be communicated via email and WhatsApp groups and all will require you to enter your athlete's commitment through use of Google forms or similar

Please note the following...

- By declaring your swimmer available online, you agree to pay any applicable event entry fee regardless of if the swimmer competes or not
- Travel competitions will be subject to selection criteria and event entry availability

Click the link below for the season calendar:

<https://www.cbac.ky/artistic-swimming-calendar.html>

CBAC Artistic Swimming Important Dates 2023-2024

October 23							November 23							December 23							January 24						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7	1	2	3	4				1	2						1	2					
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31			

February 24							March 24							April 24							May 24												
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa						
				1	2	3					1	2						1	2	3	4	5	6							1	2	3	4
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11						
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18						
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25						
25	26	27	28	29			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31							

June 24							July 24							August 23														
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa								
						1							1	2	3													
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10								
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17								
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24								
23	24	25	26	27	28	29	28	29	30	31				25	26	27	30											
30																												

Sept 4	Season Kick-Off
Sept 6	Parent Info Night
Sept 15	Welcome Back Pool Party
Oct 16-21	12U, Youth, JR National Team Selection
Oct 27	Halloween Pool Party
Oct 28	STAR Testing
Nov 11	Pirates Week Performance
Dec 3	Show Rehearsal
Dec 9	Holiday Synchro Show
Dec 10-Jan 5	Training Break (Nov/Int)
Jan 6	Term 2 Begins
Feb 10	Figure Meet (All Groups)
Feb 15-18	Jamaica Invitational
Mar 16	Figure Meet
Mar 28-30	Caymanite Invite
Apr 3-7	CARIFTA (TBC)
May 11-12	WWI Showcase & Final Rehearsals
May 17-20	WorldWide Invitational (FL)
Jun 2	Show Rehearsal
Jun 8	Summer Show



2023-2024 TRAINING GROUPS

Squads will be assigned primarily by experience/technical skill mastery, then by age as defined in official rules.

Please note that Age Group squad registration is with a coach invitation and these squads are defined as High-Performance.

In an ideal team composition, squads will be assigned to create full team routines (up to 8-10 swimmers)

Swimmers planning to compete will be guaranteed one (1) routine

All additional routines will be assigned based on swimmer level, attendance, team commitment, and at coach discretion

Swimmers may request routine partners, but are paired based on coach final approval

TRAINING GROUPS SCHEDULE

Sept 2023 - June 2024 (not inclusive of school holidays)

If your swimmer will be absent, please contact a coach as soon as possible so that coaches can adjust training plans

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AquaSprites	*CIS ASA 3:10-3:55	4-4:45pm	*CIS ASA 3:10-3:55		11:15-12pm
Yellow		DL 5:15-6:15pm		5-6pm	12-1:30pm
Red		DL 5:15-6:15pm	5:15-6:30pm		1:30-3:30pm
Blue	4-5:15pm	DL 5:15-6:15pm	4-5:15pm		1:30-3:30pm
Sapphire		DL 5:15-6:15pm	5:15-6:30pm		1:30-3:30pm
Purple	4-6:00pm	DL 5:00-6:15pm	4-6:00pm		7:30am-10am
Aqua	4:15-7pm	DL 5:00-6:15pm	4:15-7pm	4:45-7pm	7:30am-11am
Teal	4:15-7pm	DL 5:00-6:15pm	4:15-7pm	4:45-7pm	7:30am-11am

All training will take place at Camana Bay Sports Complex unless otherwise noted

Please note any dryland (DL) scheduled for your swimmer.

Dryland training consists of flexibility training, sport-specific conditioning and land-drilling of routines.

Swimmers are able to advance in the water more quickly, and are less likely to sustain injuries when consistent and meaningful dryland is included in their training.

**Swimmers that are late to dryland training may be asked to follow a different dryland lesson plan as they will have missed warm-up and are more likely to become injured.*

**CIS ASA: Registration available for CIS students as a part of the After-School Activities Program*