



Atlantic Competitive Program
2018-2019

Revised July 2018

Atlantic Competitive Program Rules

The Atlantic Competitive Program conducts its events under the guidelines set out in the CASSA and FINA rule books. However, to enhance the competitive program in the Atlantic region some modifications have been made. This rule book contains those rules which are particular to the Atlantic program and the Synchro Canada Provincial Stream program. Ensure that the CASSA and FINA rule books are consulted for the complete set of rules that apply to synchronized swimming events.

The Atlantic program is an Age Group based program which uses figures adopted by Synchro Canada for Provincial Stream Athletes, and figures adopted by the Atlantic Development Committee for Novice athletes. The Novice category is for swimmers 11 years and older who are unable to stream directly into the Provincial Stream Age group categories.

This document was last revised in July 2018 Note: the PS 10&U category has been changed to PS 9-10 throughout the document.

1. Provincial stream
 - a. Swimmers who have swum in the National stream may return to the Provincial stream to swim in the following competitive season.
 - b. A swimmer **MUST** swim team plus may swim one (1) other routine event (solo OR duet) for a total of **two (2)** routines maximum. EXCEPTION: If a club has less than four (4) registered swimmers in a particular age group they may swim in solo OR duet.
 - c. Teams may be composed of a minimum of four (4) and a maximum of ten (10) swimmers. EXCEPTION: If a club is unable to form a team, three swimmers from the same age group may combine to form a trio. In this case the time limits and entry fees for a team routine will apply.
 - d. Teams may be composed of up to three consecutive age groups whereby no swimmer may swim up or down more the **two (2)** age groups. The average age of the swimmers on the team, including any alternates, will determine which age group they will compete in. An average of 0-0.49 will have them swim in that age group and an average of 0.5-0.99 will have them swim up an age group, as applicable.
 - e. Swimmers may swim "up" **ONE (1)** age group category for duet.
 - f. All provincial stream swimmers will compete in the Figures Event for their own age group regardless of the age group in which their team or duet competes.
 - g. Only 13-15 and 16 and Over age groups are eligible for the Combo event. Athletes from the 9-10 and 11-12 age groups are **INELIGIBLE** for this event. As per the team composition rule above, athletes from 13-15/16 and Over age groups may combine to form a combo with the average of their ages determining where they swim.
 - h. There will be no degree of difficulty used in any of the age group figures.

2. Novice

- a. This category is open to first time competitive swimmers 11 years of age and older. Once an athlete moves into provincial stream they cannot return to Novice. Exception: when a 9-10 athlete moves to the 11-12 age group, they can choose to swim either Novice or Provincial Stream.
- b. Novice age groups are 11-12 and 13 & Over.
- c. Novice athletes may swim only ONE (1) routine: team, duet, OR solo.
- d.
 - i) If there are less than four (4) PS Novice swimmers they may combine with PS 9-10 or PS 11-12 to form a team. The team will be categorized according to the average age swimming either PS 9-10 or PS 11-12.
 - ii) if there are less than four (4) PS 9-10 swimmers in a club the swimmer(s) may join a Novice team. In this case, the routine will be categorized as either Novice 11-12 or Novice 13&O, depending on the average age.
 - iii) if there is an equal number of PS 9-10 and Novice swimmers on a team, the team will be categorized as a PS team, using the average age of all swimmers on the team to determine the age group category.
 - iv) if there is only one (1) swimmer in a Novice age category, and there is no team to join, the swimmer may swim a solo as their only routine. If there are only two (2) swimmers in a Novice age category, and there is no team to join, the swimmers may swim a duet as their only routine.

3. Masters swimmers follow the CASSA "Masters" Rules.

4. The Routine Events and Provincial entry quotas for the Atlantic Regional Meet are:

Age Group	Solo	Duet	Team/Trio	Combo
Novice	Unlimited*	Unlimited*	Unlimited	NA
9-10	3	5	Unlimited	NA
11-12	3	5	Unlimited	NA
13-15	3	5	Unlimited	Unlimited
16 & Over	3	5	Unlimited	Unlimited
Masters	Unlimited	Unlimited	Unlimited	Unlimited

*All novice solos and duets will be eligible to compete at Atlantics per section 2.d.iv.

5. All coaches at Atlantic Regional Competitions must be fully certified at NCCP Level 2 or NCCP Competition Introduction Synchro Coach. If a coach does not meet this requirement, a fine of \$25.00 is payable before the first event begins (Exception: all Nova Scotia coaches must be LEVEL 2 or Comp Intro certified for insurance purposes.
Failure to pay the applicable fine will result in the coach not having access to the pool deck at any time for the duration of the meet. The fine will be imposed for two years. In the third and subsequent years, if a coach fails to comply with said certification requirement, the coach will not be eligible to coach at the event.
6. Technical meet packages require a photocopy of listed coaches' NCCP passports and any updates must be attached to entry forms. Failure to do so will result in a \$25.00 fine per coach infraction or a one (1) point penalty per listed routine if documentation and fine are not in the hands of the Chief Referee at least one (1) hour prior to the first event of the competition. Clubs should keep up-to-date copies of coaches' certifications.

7. A meeting will be held at the Atlantic Regional Championship before the first event at a time where all coaches or their representatives should be able to be in attendance. This meeting is to discuss any new issues arising and answer any questions coaches may have on penalty situations.
8. Attendance will be taken and coaches who cannot attend must send a representative. A penalty of \$25.00 will be assessed to each coach who does not attend the meeting or send a representative on his or her behalf. Failure to pay this fine will result in the loss of deck privileges for the coach in question.

9. Entry Fees for Atlantic Regional Championships

Figures	\$30.00	Team	\$100.00
Solo	\$40.00	Combo Team	\$100.00
Duet	\$60.00		

10. **Scoring:** The Synchro Canada Scoring Program must be used and scoring is in accordance with CASSA and FINA Rules.
11. **Atlantic Regional Competition Figure Groups are as per Appendix "A". ~~for novice and CASSA Rules.~~ Figure descriptions as per Appendix "B".**
12. Music shall be recorded and played in accordance with CASSA Rules 4.8.1 and 4.8.2. The meet package sent out to before each meet must clearly state the manner in which music must be recorded.

13. Routine Time Limits for routines are as follows:

Including Deck Work, routines shall have the following maximum times, in minutes.
There is no minimum time limit.

Age/Category	Solo	Duet	Team/Trio	Combo
9-10	1:15 mins	1:45 mins	2:15 mins	NA
11-12	1:45 mins	2:15 mins	2:45 mins	NA
13-15	2:15 mins	2:45 mins	3:30 mins	4:00 mins
16 & Over	2:30 mins	3:00 mins	4:00 mins	4:30 mins
Novice 11-12	1:15 mins	1:45 mins	2:15 mins	NA
Novice 13&Over	2:15 mins	2:30 mins	3:00 mins	NA
Masters	Masters rules	Masters rules	Masters rules	Masters rules

14. There will be no Land Drill Competition at Atlantics but Provinces may include in Provincial Competition.

For Provincial Competition:

Land Drill Competition Guidelines

- When:* Competition to be held prior to the team event. The land drill competition should be considered a separate event. Host club to provide adequate space/room.
- Eligible:* One team per club. Selection to be made by each club.
- Awards:* Ribbons only or may opt to also give prizes that have been donated.
- Dress:* Matching outfits (tracksuits, club warm-up suits, etc.)
- Judging:* A minimum of 5 judges required. Routines are given one mark out of 10. Synchronization, difficulty, execution and total choreography (all movements including feet) to be evaluated.
- Equipment:* Host province to provide a portable stereo system.

Land Drill Competition Rules

1. Land drill time limit is a maximum 4minutes 30 seconds (4:30) with no minimum time limit.
2. All swimmers participating in the land drill competition must keep at least one foot on the ground at all times, for the duration of the routine.
3. A one-point penalty per routine will be assessed to any routine that does not adhere to the above rules.

Appendix A: COMPETITIVE FIGURE GROUPS

****Refer to Appendix H – CASSA Rule Book for detailed figure competition rules and figure groups for all other Provincial Stream figures.**

PS 9-10 & Novice 11-12

COMPULSORY

Ballet Leg Single
Blossom

Group 1

Kipnus
Walkover Front

Group 2

Somersault Back Tuck
Neptunus

Group 3

Surface Prawn
Somersub

PS 13-15

COMPULSORY

Ariana
Rio, with 180 spin

Group 1

Jupiter
Oceanea, with 360 spin

Group 2

Albatross Half Twist
Swordtail

Group 3

Porpoise Spinning 360
Seagull

Novice 13 & Over

COMPULSORY

Ballet Leg Single
Walkover Front

Group 1

Kip Bent Knee
Blossom

Group 2

Somersault Front Pike
Neptunus

Group 3

Barracuda
Oceanita

PS 16 & Over

COMPULSORY

Barracuda Airborne Split
Porpoise Half Twist Spin 360

Group 1

London
Aurora

Group 2

Whirlwind, with 360 spins
Butterfly

Group 3

Kip Split Closing 180
Ipanema

PS 11-12

COMPULSORY

Straight Ballet Leg
Barracuda

Group 1

Walkover Back
Ballerina

Group 2

Kip
Swordfish

Group 3

Swan
Water Drop

Masters

In accordance with Masters Rules in CASSA

Appendix B: FIGURE DESCRIPTIONS

PS 9-10 & Novice 11-12

Compulsory

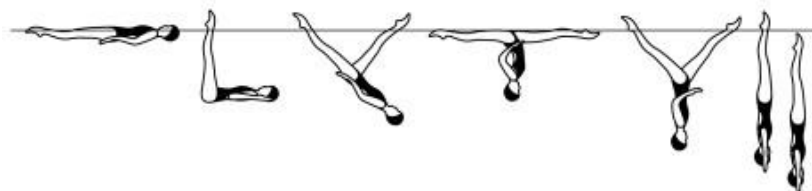
101. Ballet Leg Single

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee is straightened to assume a **Ballet Leg Position**. From a **Ballet Leg Position** the ballet leg is bent to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



302. Blossom

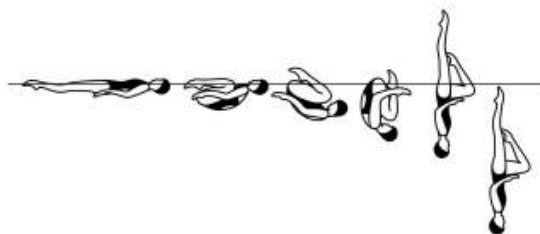
From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.



Group 1

316. Kipnus

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.



360. Walkover Front

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.



Group 2

310. Somersault Back Tuck

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.



344. Neptunus

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.



Group 3

362. Surface Prawn

From a **Front Layout Position**, a *Front Pike Position* is assumed. One foot is moved in a horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A *Vertical Descent* is executed.



324. Somersub

From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is lowered to a **Submerged Ballet Leg Position**. Maintaining this position, the body rises vertically to a **Surface Ballet Leg Position**. *The Ballet Leg is lowered.*



Novice 13&over

Compulsory

101. Ballet Leg Single

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. The knee is straightened to assume a **Ballet Leg Position**. From a **Ballet Leg Position** the ballet leg is bent, to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



360. Walkover Front

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Front* is executed.



Group 1

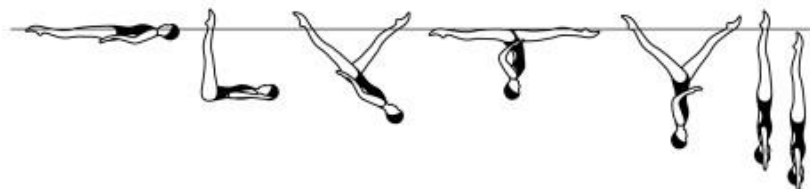
318. Kip Bent Knee

A Kipnus is executed to a **Bent Knee Vertical Position**. The bent knee is extended to a **Vertical Position**. A *Vertical Descent* is executed.



302. Blossom

From a **Back Layout Position** the trunk is lowered as the hips are bent to assume a **Submerged Ballet Leg Double Position**. The feet separate along the surface as the hips rise and the body assumes a **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Vertical Descent* is executed.



Group 2

323. Somersault Front Pike

From a **Front Layout Position** a *Front Pike Position* is assumed. Followed by *Front Pike Position* to assume a *Submerged Ballet Leg Double Position*, and with continuous motion a **Front Pike Position** is maintained as the body continues to somersault forward around a lateral axis so that the hips replace the head at each quarter point of the revolution until the head and buttocks return to the surface. As the legs move upward to assume a **Front Layout Position**, the head, back and buttocks travel along the surface until hips occupy the same position as the head at the beginning of this action.



344. Neptunus

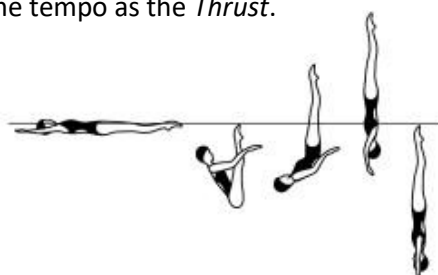
From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is bent to assume a **Bent Knee Vertical Position**. A *Vertical Descent* is executed as the bent knee is extended to meet the vertical leg as the ankles submerge.



Group 3

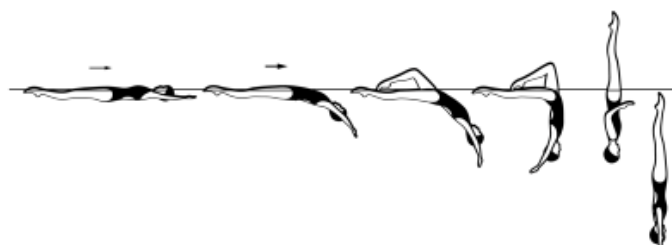
301. Barracuda

From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



439. Oceanita

A *Nova* is executed to a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. A *Vertical Descent* is executed.

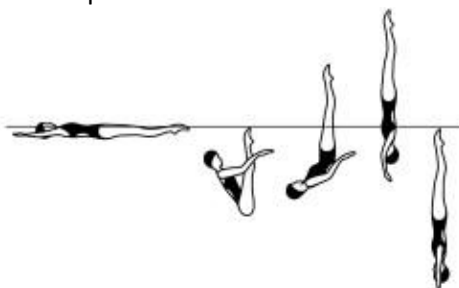


PS 11-12**Compulsory****106. Straight Ballet Leg**

From a **Back Layout Position**, one leg is raised straight to a **Ballet Leg Position**. From a **Ballet Leg Position** the ballet leg is bent to a **Bent Knee Back Layout Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.

**301. Barracuda**

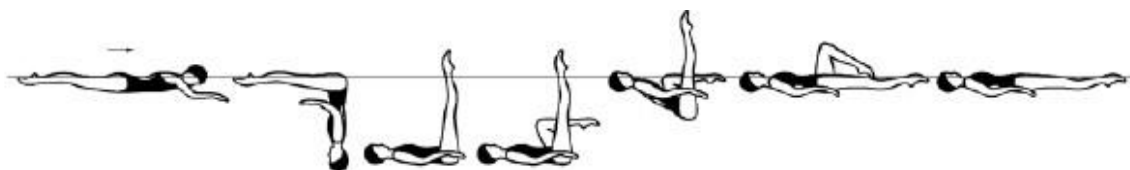
From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

**Group 1****420. Walkover Back**

With the head leading a *Dolphin* is initiated. The hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. One leg is lifted in a 180° arc over the surface to a **Split Position**. A *Walkout Back* is executed.

**327. Ballerina**

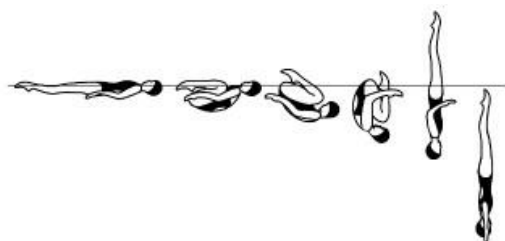
From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One knee is bent to assume a **Submerged Flamingo Position**. Maintaining this position, the body rises to a **Surface Flamingo Position**. The ballet leg is lowered in a 90° arc to the surface as the other leg moves to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



Group 2

311. Kip

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed.



401. Swordfish

From a **Front Layout Position**, a **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface to assume a **Bent Knee Surface Arch Position**. The bent knee is straightened to assume a **Surface Arch Position**, and with continuous motion, an *Arch to Back Layout Finish Action* is executed.



Group 3

226. Swan

A Nova is executed to the **Bent Knee Surface Arch Position**. The bent leg straightens to assume a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. The vertical leg is lowered to the surface to meet the opposite leg in a **Front Pike Position** and with continuous movement the body straightens to a **Front Layout Position**. The head surfaces at the point occupied by the hips at the beginning of this action.



363. Water Drop

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A 180° Spin is executed as the bent knee is extended to a **Vertical Position** before the ankles reach the surface of the water.



PS 13-15**Compulsory**

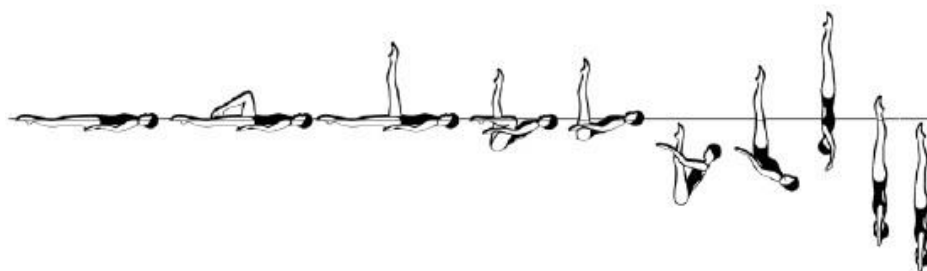
423. Ariana

A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.



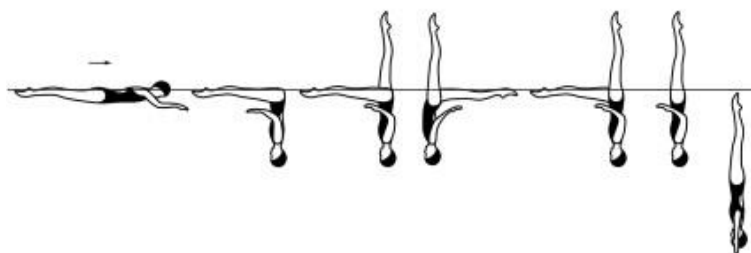
143 – modified. Rio with 180° Spin

A Flamingo is executed to a **Surface Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. The figure is completed as a Barracuda Spin 180°.

**Group 1**

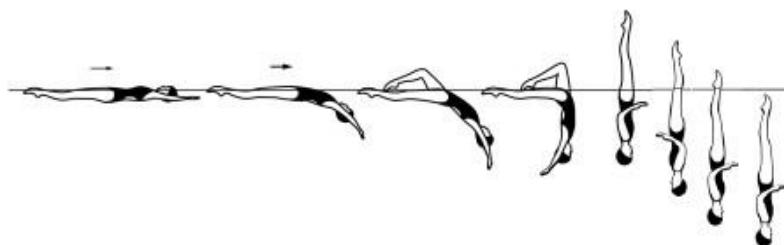
351. Jupiter

A Dalecarlia is executed to a **Knight Position**. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.



437– modified. Oceanea, with 360° Spin

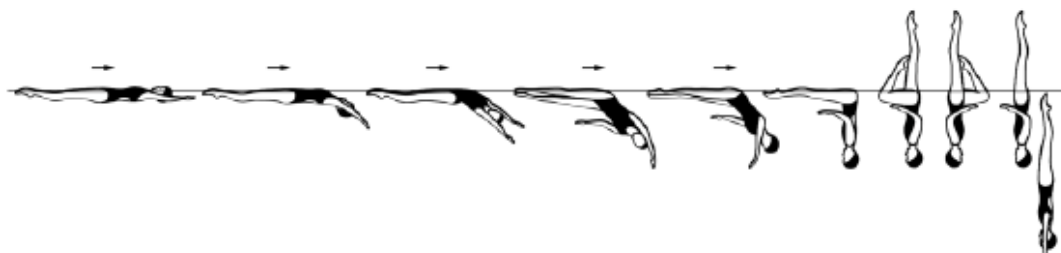
A Nova is executed to a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. A *360° Spin* is executed.



Group 2

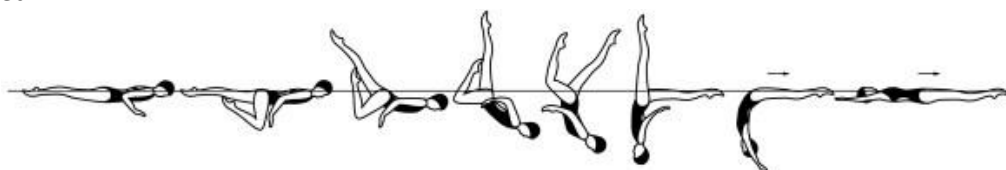
240a. Albatross Half Twist

An Albatross is executed until the *Half Twist* is completed. A second *Half Twist* is executed as the bent knee is extended to meet the vertical leg. A *Vertical Descent* is executed.



403. Swordtail

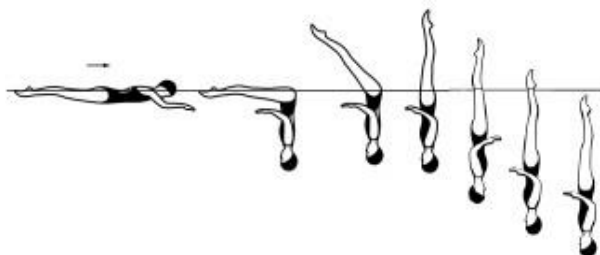
From a **Front Layout Position** a **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in an arc of 180° over the surface of the water. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout Finish Action* is executed.



Group 3

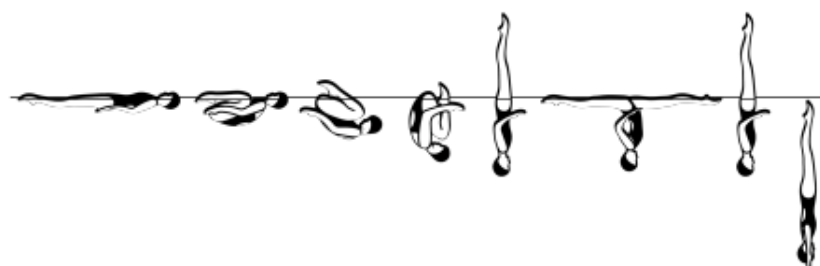
355d. Porpoise Spinning 360°

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A 360° Spin is executed.



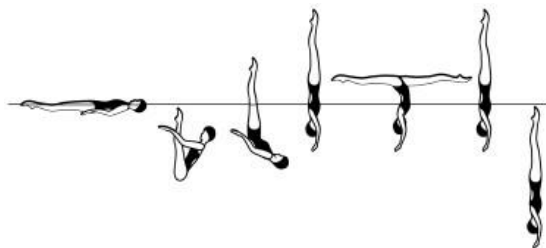
315. Seagull

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls rapidly as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered rapidly symmetrically to **Split Position**. The legs are joined rapidly to resume **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the initial actions of the figure.

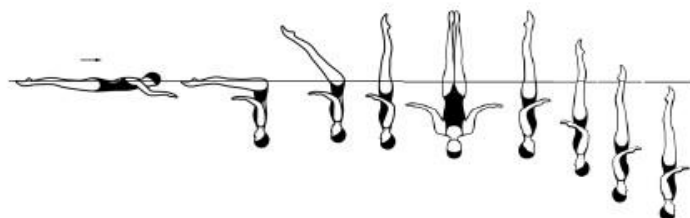


PS 16 & Over**Compulsory****308. Barracuda Airborne Split**

A Barracuda is executed to a submerged **Back Pike Position** with the toes just under the surface. A *Rocket Split* is executed.

**355a - modified. Porpoise Half Twist Spin 360°**

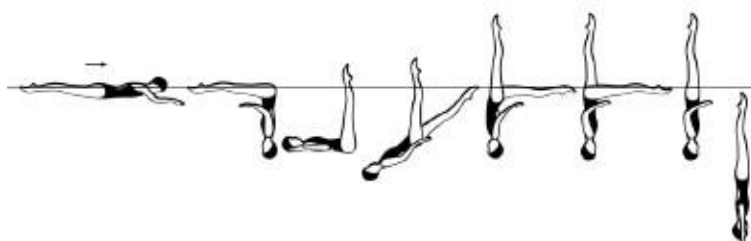
From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Half Twist* is executed followed without pause by a *360° Spin*.

**Group 1****154. London**

A *Ballet Leg* is assumed followed by a partial Somersault Back Tuck, as both legs are drawn into a **Tuck Position**, until the shins are perpendicular to the surface. The trunk unrolls rapidly as the legs are rapidly straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A rapid *Vertical Descent* is executed.

**330. Aurora**

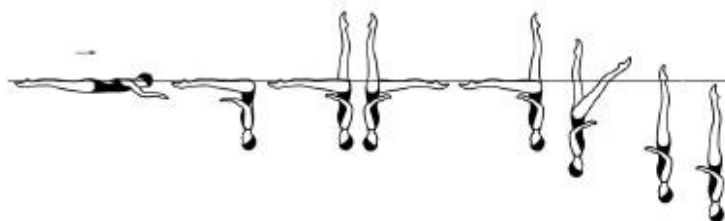
From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg rises vertically as the other moves along the surface to a **Knight Position**. The body rotates 180° to assume a **Fishtail Position**. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.



Group 2

364 – modified. Whirlwind, with 360° Spins

From a **Front Layout Position** a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining a **Fishtail Position**, with the horizontal leg leading toward the vertical leg, a 360° rapid rotation is executed. Continuing in the same direction, the horizontal leg is lifted to a **Vertical Position** as a 360° *Spin* is executed.



343. Butterfly

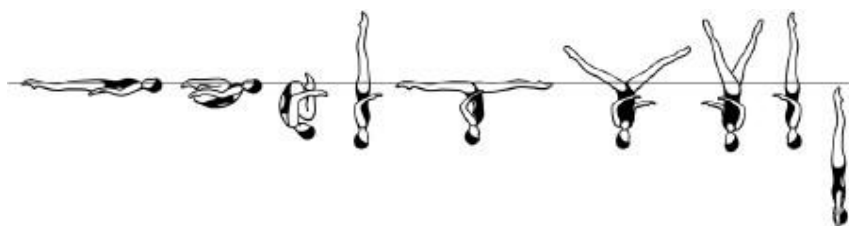
From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. The horizontal leg is rapidly lifted through an arc of 180° as the vertical leg is lowered to assume a **Split Position**, without hesitating a hip rotation of 180° is executed as the front leg is raised to assume a **Fishtail Position**. The horizontal leg is lifted to a **Vertical Position** at the same tempo as the initial actions of the figure. A *Vertical Descent* is executed.



Group 3

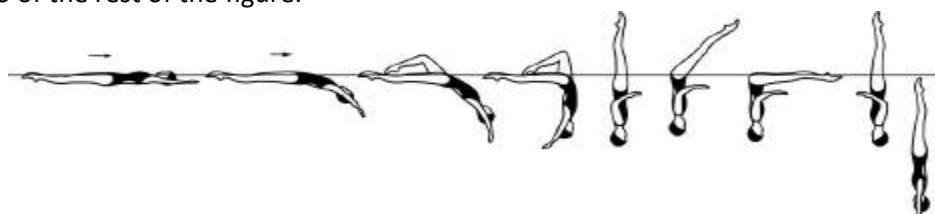
313. Kip Split Closing 180

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered symmetrically to **Split Position**. During a 180° rotation, the legs are closed symmetrically to **Vertical Position**. A *Vertical Descent* is executed.



440. Ipanema

A Nova is executed to the **Bent Knee Surface Arch Position**. The horizontal leg is lifted as the bent knee is straightened to assume a **Vertical Position**. The legs are lowered to a **Front Pike Position**. A rapid 180° rotation is executed as the legs lift to a **Vertical Position**. A *Vertical Descent* is executed at the tempo of the rest of the figure.



Appendix C: Atlantic Regional Meet Technical Package Template

Dates:	<i>Competition dates</i>
Location:	<i>name of pool and address</i>
Entry Deadline:	<i>Date</i> <i>Mail Entry Packages to: Meet Manager: see below for address</i>
Accommodations:	<i>name of host hotel</i> <i>Rate: fee + taxes</i> <i>Parking: fee</i> <i>Reservation Deadline: date</i> <i>(Inform them you are with Synchro)</i> <i>Tele # Fax#</i>
Other Hotels:	<i>List some choices</i>
Meet Manager:	<i>name</i> <i>address</i> <i>phone</i> <i>email</i>
Entry Packages:	Use only the Official Synchro Canada Entry Form. Use a separate Entry Form per Age Group and for Novice category. Practice request form must be attached. Club roster must be attached. NCCP coach certification must be attached. Correct entry fees in form of certified cheque or money order must be attached.
Entry Fee:	A \$25.00 fine is assessed per routine for any late, incorrect or incomplete entry package as per CASSA.
Figure Draw:	Figures will be drawn one week prior to event by Chief Referee or designate.
Pool Entry:	<i>Designate Pool Entry Position</i>
Music:	Competitors shall provide music as requested by the meet manager for the Atlantic Regional Competition. If the music system being used is digital then all music must be submitted (in the format requested and labeled as directed by the meet management) by the deadline provided and a CD of all music must be handed in as directed by meet management. If the music system is using CD's then two copies of the music must be provided with one labeled "competition" and one labeled "double" and must be handed in as directed by meet management If music is not submitted as requested by the meet management in the format requested or by the deadline, there will be a \$100.00 fine per infraction. If the fine is not paid prior to the event a (1) one-point penalty will be given per infraction. Host Club: <i>Indicate here the method of recording music that is required to be compatible with the sound system in use at the Meet. i.e. CD for a CD player, etc.</i>

Coaches:	Coaches must be fully certified at the NCCP “Introduction to Competition” level or the old NCCP Level 2.		
Judging:	Each province is to educate their coaches/judges of their responsibility to “pitch in” as needed for the good of the athletes, especially in figures.		
Meeting:	Coach meeting is mandatory. Penalty of \$25 will be assessed to each coach who does not attend the meeting or send a delegate on her/his behalf. Failure to pay the fine will result in loss of deck privileges for the coach.		
Tentative Schedule:	<i>Tentative times –</i> A confirmed schedule & spacing will be sent out after entries are received. <i>Coaches meeting time</i> <i>Officials meeting time</i> NOTE: No event may be scheduled before 4:00PM on Friday, and will flow over into Monday if required. (ADC, AGM 2007)		
Fees:	Atlantic Regional Championships		
	Figures	\$30.00	Team \$100.00
	Solo	\$40.00	Combo Team \$100.00
	Duet	\$60.00	

All cheques/money orders must be made payable to *host province* and must accompany entry package.

This meet is conducted under Atlantic and CASSA rules and please remember that all events are scent free.

This Package contains:

Meet Entry Form

Practice Request Form

Club Roster

Pool Diagram (Including dimensions, depths, and deck equipment i.e. Diving boards)

Sample entry forms

Information on Awards:

Each host province is responsible for ordering the required number of medals and ribbons for the meet. We will no longer be forwarding medals/ ribbons that are not used to the next host province. Each host province will adhere to the same design of the medals using the new Atlantic logo.

Name of Meet**Club Roster****Club:** _____**Coaches:**

Name	NCCP#	CASSA #
1		
2		
3		

Swimmers:

1	16
2	17
3	18
4	19
5	20
6	21
7	22
8	23
9	24
10	25
11	26
12	27
13	28
14	29
15	30

Chaperones:

1. _____

2. _____

Name of Meet**Practice Time Request**

Club Name _____

Coach _____ Phone() _____

Address _____

City _____ Province _____ Code _____

Date of Arrival _____

Time _____ Airline Flight No. _____

Number of Entries:

Solo: _____

Duet: _____

Trio: _____

Team: _____

Combo: _____

Coaches Signature _____

Hotel Where Staying: _____

Return to: *Meet Manager***Must accompany entry form. Entry forms are Synchro Canada Entry forms.**

Appendix D: Coach of the Year Method of Selection

Purpose: To recognize coaches for their accomplishments as a coach in terms of their success as a whole not just how their athletes place at the ARC.

Process: Clubs, coaches, officials, athletes, parents or any other affiliate of the coach can submit a nomination (endorsed in writing by the coach's club president or head coach) to their **Provincial Sport Organization**. Each province will be responsible for sending out their call for nominations. The PSO will then select their provincial nominee and submit their endorsed coach to the meet manager of ARC. The meet manager will pass the nomination letters to the selection committee who will evaluate and choose the coach of the year. The selection of the coach of the year is at the discretion of the selection committee based on the eligibility and selection criteria. The award will be presented at the ARC and the presenter can share parts of nomination letters submitted about the coach before the winner is announced.

Selection Committee: The selection committee will be appointed by the ADC after the nominees have been submitted to the meet manager of ARC. Each president will appoint one person from their province to the committee. Each member must have no conflict with any nominee.

Eligibility and Selection Criteria: Nominees must meet the eligibility criteria outlined below and have endorsement of their PSO to be considered by the selection committee. The committee will review the nominations for each coach and select the coach of the year.

1. The nominee must be fully certified NCCP Level II or Competition Introduction and have fulfilled any provincial requirements for deck privileges for the season.
2. The Nominee must be actively coaching Novice and/or provincial stream athletes.
3. The nominee must have written endorsement by their club (president or head coach) accompanying the nomination.
4. The nominee must demonstrate fair and ethical behavior as identified by the NCCP coaching code of ethics.
5. The successful nominee will be selected based on their coaching accomplishments in the current and immediately past season including the depth of field, # athletes/routines the nominee coaches, the athletes achievements (not limited to placing's but can include personal bests, overcoming hardship/fear, personal achievements due to synchro involvement, etc.), the coaches involvement with the athletes and the sport both in and out the pool, professional development, leadership and dedication to the sport of synchronized swimming.

Appendix E: Call for nominations for Coach of the year (can be used by clubs or PSOs to call for nominations from which the PSO will select ONE to forward for ARCs)

All Synchro coaches spend countless hours preparing for practices & competitions, developing athletes and routines, organizing fundraisers and counseling their athletes through thick and thin. This is your chance to officially recognize your coach within the Atlantic Synchro community for all of her hard work and dedication to the sport!

We are looking for coaches who have shown outstanding dedication and commitment to their team(s) and the sport as a whole. Please include the following with your nomination:

- Name of coach, club affiliation and position of coach within the club.
- Routines and level they coach
- Why you feel this coach deserves some recognition. This part is up to you and can include (but is not limited to) number of years coaching, effects on your organization or the synchro community as a whole, effects on you personally, battles won and lost, how she handles difficult situations, organizational skills, etc. There is no minimum or maximum length but the more information you provide the better. You can also submit nominations from more than one person.
- Your name and contact information and relationship to the coach (i.e. athlete, parent of athlete, learning facilitator, judge or other official, another coach in the club or province etc.)
- Your written club endorsement (president or head coach) of the nomination of this coach for the Coach of the year award.

Eligibility & Selection Criteria:

1. The nominee must be fully certified NCCP Level II or Competition Introduction and have fulfilled any provincial requirements for deck privileges for the season.
2. The Nominee must be actively coaching provincial stream athletes.
3. The nominee must have written endorsement by their club (president or head coach) accompanying the nomination.
4. The nominee must demonstrate fair and ethical behaviour as identified by the NCCP coaching code of ethics.
5. The successful nominee will be selected based on their coaching accomplishments in the current and immediately past season including the depth of field, # athletes/routines the nominee coaches, the athletes achievements (not limited to placing's but can include personal bests, overcoming hardship/fear, personal achievements due to synchro involvement, etc.), the coaches involvement with the athletes and the sport both in and out the pool, professional development, leadership and dedication to the sport of synchronized swimming.

All Atlantic coaches meeting the eligibility criteria are qualified to be nominated for this award. Send your nominations to (Insert PSO contact here). Anyone may nominate a coach or coaches. Voting will be made of all nominations by (Insert Provincial selection Committee Information here) and the winning nomination will be forwarded to the Coach of the Year selection committee at the Atlantic regional Championships! Nominations: Due _____. Isn't it time your coach got some much needed recognition?