

## What to expect at a Routine Competition

### ROUTINE:

Each team will swim to music combining figures and arm movements to create a program that is choreographed to and synchronized with the music. The marks are given in 2 categories - Technical Merit (how well they execute the movements) and Artistic Impression (how original and creative) - again the marks are averaged and added together to determine the routine winner.

50% of the routine score and 50% of the combined team's figure scores are added together to determine the championship score which constitutes the overall winner.

### What to bring...

- Club Uniform
- Deck Shoes
- Spacing Suit
- Club Cap
- Routine Suit and head piece
- 2-3 nose clips
- 2 Goggles
- White socks
- Running shoes
- 2 or 3 towels
- Extra gel
- Make-up
- A few healthy snacks
- WATER!

### Before the competition...

The girls will be asked to arrive at a time set by the coach before their warm up begins in order to stretch, get familiar with the pool, landrill, put on make-up and go over how things work. Please arrive wearing your Club Attire and NO nail polish or jewelry! All teams are expected to be at all required competitions and are required to attend as a Club, all other routines to cheer on our various teams and show club cohesion wherever the schedules allow. Instructions will be provided for each team by the Head Coach for each competition.

### Make-up...

Wearing make-up is a part of the artistic and performance side of synchronized swimming. Each swimmer needs to come prepared with their own WATERPROOF make-up. It often works best if a team parent coordinates the same make up for each swimmer, based on input from the coach, and keeps it packed as part of the standard meet needs. They will need at least, blush, eye shadow, eyeliner and mascara.

### The warm-up and spacing...

For the warm up they will be instructed to wear their Club Spacing suits and cap. During the 15-minute warm-up the girls will have the opportunity to swim lengths and practice the routine. A whistle will then blow, indicating the end of warm up time. After warm-up the tier one's are given spacing time. During this spacing time each tier one team is allowed to swim once through their whole routine to music. This helps the girls to become familiarized with the pool.

### **The competition...**

The routine competition is very different from a figures competition as lots of cheering is encouraged!! Each team will swim through their routine once, and will be marked by several judges. There will be 2 sets of marks given out, one for technical merit, which is the level of difficulty and execution, and the other for artistic impression, which is for creativity and presentation.

### **Awards...**

The awards ceremony will happen once the competition is over. Awards will be presented for 1<sup>st</sup> to 6<sup>th</sup> place in each tier level. The girls are required stay for awards to cheer on their fellow swimmers and teammates, regardless of whether they receive an award or not.

### **After the competition...**

Depending on the time the competition ends, the team may want to go out for lunch or dinner at a nearby restaurant. This is just a suggestion and can be discussed at the competition between the parents. If desired, the parents must make the arrangements, as the coaches will be on deck with their swimmers.

### **Some tips for the parents...**

The parents play an important role in supporting their daughters. Do not expect to see your daughter during the competition, as they will be focusing on their performance. You should also be prepared with some nutritional snacks and bottles of water, as not only will the swimmers become hungry, but sitting watching in the stands can also be thirsty work. You may also want to wear a "cool" top as sitting in the stands of a pool deck can become very hot and humid.