



UANA TSSC Funding Proposals 2015-2019

1. UANA Coaching Certification Online Program
2. UANA Coach education Mentoring Program
3. UANA Coaches Subcommittee Ideas
4. UANA Judges Subcommittee Ideas



UANA Online Coaching Certification Program

Recognizing that....

- One of the primary goals of UANA is to develop and promote aquatic sports in the Americas. [UANA Constitution]
- Synchronized Swimming enjoys popularity in the Americas as evident by the television viewership and that synchro is one of the first events sold out during the Pan American Games. [TO2015]
- The UANA TSSC is mandated to promote the development of synchronized swimming in the Region through athlete, coach, judge and administrative development. [UANA Constitution]
- e-learning is an effective method of educating larger numbers of participants than the traditional clinic-style methodology.

Proposal

The UANA TSSC will develop a Synchronized Swimming Coaching Certification program to develop the skill and capacity of Synchronized Swimming Coaches to train a variety of levels of athletes from recreational to high performance.

Program Objectives

1. to develop knowledgeable, professional coaches in the sport of synchronized swimming in UANA
2. to promote the sport of synchronized swimming in the UANA Continental Federation
3. to raise the level of synchronized swimming in UANA to challenge the European and Asian strength of synchro in FINA
4. to be leader in FINA through piloting a coach certification program in synchronized swimming

Program Details

This unique UANA e-learning synchro coaching certification program will be delivered in the different languages of the UANA countries – English, Spanish and French

The e-learning program will be a guide for the development of synchro coaches through the provision of tutorials and guidelines to develop the skills to be a successful synchronized swimming coach. Every participant will register on the online program by paying a nominal registration fee to allow the participant to access the e-learning program materials, a video library, and live instruction at the annual UANA Coach Certification Clinics held annually during the UANA Age Group Synchro Championships. Registration fees will be determined taking into consideration the economic status of the UANA countries to avoid being cost prohibitive.



A variety of expert Learning Facilitators will present the different topics of the certification program. Each topic will be delivered at a different time of the year and/or during multiple

years for participant convenience. All levels will have to be successfully achieved in order to receive the UANA coaching certification. An online assessment will help the Learning Facilitators to analyse and provide assistance to the different coaches and to insure the success and the learning of the coach.

This program will be based on the vision, mission and values of UANA and will also promote and maintain a certain level of professionalism in each country of the continent. Participants can challenge the certification (in case they already have a certification program in their own country) by taking only the final evaluation.

It is proposed that this certification be mandatory for all members of the UANA who have desire to become a synchronized swimming professional and would like to be accredited at a UANA championship of any level.

Subjects for inclusion

The program will have different levels (3) based on the achievement and success of the different topics. Each level will have 5 modules which will build on previous learning. Potential topics for inclusion are:

- How to teach synchronised swimming (recreational)
- What is synchro (recreational)
- Tool kit on how to start a synchro club
- How to do the yearly planning (Macrocycle to a Session)
- How to implement youth athlete development
- How to recruit male athletes to synchro
- How to analyse a performance
- How to train Figures
- How to create a routine
- How to develop athletes' abilities
- How to manage a good training program
- Injury management and prevention (including concussion)
- How to make Ethical Decisions; Athlete protection from harassment + abuse
- How to promote Drug Free Sport
- How to manage conflicts
- What is UANA and what are the benefits to have the certification
- Nutrition aspects

UANA Coach Certification Project Team

Project Leads	Lilianne Grenier (CAN) + Rose Cody (PUR)
Steering Committee	
Technical experts	Synchro Canada
Consultative experts	Members of UANA coach sub-committee



Timeline

Year 1 (2016)

- Development of the e-learning modules
- Promotion of the project at UANA events and through social media platforms
- Identification of lead contacts in each country in the Americas

Year 2 (2017)

- Launch of the online website link to e-learning modules
- Support through personal communication with leads in targeted countries
- Live Coaching Certification Clinic at UANA Age Group Synchro Championships (level 1)

Year 3 (2018)

- Continued promotion and support as in Year 2
- Live Coaching Certification Clinic at UANA Age Group Synchro Championships (level 2)

Year 4 (2019)

- Live Coaching Certification Clinic at UANA Age Group Synchro Championships (level 3)
- Recognition and graduation ceremony at the PAG2019 in Lima Peru

Budget

- Development and Spanish translation of UANA Synchronized Swimming Coach Certification e-learning tool.
- Financial support for live consolidation UANA Coaching Certification Clinics based on e-learning tool materials at the UANA Age Group Synchro Championships

10 000\$ USD

UANA Synchronized Swimming Coaches Education Mentoring Program

MISSION: To focus on developing those countries that most recently participated at the Qualifying event but did not qualify for the Olympics.

PROPOSAL: To send a mentor coach to one of these Federations 2 times per year for a 4 day visit and follow up monitoring. The Federation would be selected by results: top country in year 1, 2nd in year 2 and so on. Since these Federations showed interest in developing their duets, it is our goal to contribute to furthering their efforts as well as to increase development of the team event in their Federations. This would help to improve the level of Teams in the Pan Am Games and increase participation at the UANA meets in the Senior events.

An initial assessment will be made of the current program and coaching needs to determine the direction for the coach education and athlete skill development of the participant(s). The program consists of hands on site teaching and mentoring of the coaches and athletes. Monitoring of progress will be conducted between site visits.

BUDGET:

Coach Honorarium.....	\$2,000 (\$1,000 per visit)
International Travel for coach mentor.....	\$2,400 (\$1,200 per visit)
Participating Club/Federation is responsible for Food and Housing for coach mentor.	
Total per year.....	\$4,400

Participants would provide:

1. Committed Coaches and Athletes
2. Adequate facilities and equipment for training (pool, gym, classroom, music system, microphone and video)
3. Financially Responsible for: (costs estimated **per visit**): Food and housing for the visiting coach for sessions (unless other agreeable terms are discussed for billeting)..... \$800

Coach Mentor Provides:

1. Full report to UANA TSSC
2. Summary analysis of outcomes and suggested changes to the program for future.

2016 UANA PROGRAM REQUESTS
Submitted by the UANA TSSC Coaches Sub Committee

1. UANA COACHES EDUCATION MENTORING PROGRAM (Please see attachment for full description of program)

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BUDGET: Coach Honorarium.....\$2,000 (\$1,000 per visit)
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Participating Club/Federation is responsible for Food and Housing
for coach mentor.

Total per year.....\$4,400

2. LIVE STREAMING FOR THE UANA PAN AMERICAN SYNCHRONIZED SWIMMING CHAMPIONSHIPS

GOAL: To showcase the Pan American Synchronized Swimming Championships by providing access for anyone to view our competition online. This publicity is important to grow our sport and to increase participation in all UANA countries as well as to gain attention on an international level. In the near future, it is the goal of the UANA TSSC to open this competition to countries outside of our region. This would help to further these efforts.

BUDGET: \$5 per participant in the UANA Pan American Synchronized Swimming Championships (approximately \$5 x 200 competitors)

Total per year.....\$1,000

3. **SPONSORSHIP FOR THE UANA PAN AMERICAN SYNCHRONIZED SWIMMING CHAMPIONSHIPS**

GOAL: To find a sponsor to support our UANA competitions. It is becoming increasingly expensive to run our annual championships. Effort should be made in finding a sponsor; airline, company, etc. who will be able to attach their logos or names to our championships and help to financially support the competition.

BUDGET:.....unknown at this time

UANA Budget Ideas - 2016-2019

Submitted by TSSC members Charlotte Davis & Betty Hazle

March 12, 2016

1. Jacket for each TSSC member - approx. \$ 75-100.00 USD per person
2. Funds to have a TSSC face to face meeting for the purposes of debriefing and planning for the future. To be held following the UANA championships each year. Funds would include additional hotel nights, food and local transportation, if needed. Request funds to begin in 2016.
Cost: \$150.00-200.00 USD per TSSC member x # of days.

Proposals from Judge Subcommittee chair, Betty Hazle Items are listed in priority order

1. **Database program for judges** - \$ 500.00 USD
We are in need of a standardized database (Microsoft office product or similar) for the UANA Judges list. This database would keep track of each Federation's judge's personal information, judges rating level and evaluation data. The current database is a program that is no longer produced or supported by the manufacturer, not in an industrial standard format and not easily exported to the next database manager. The plan is to purchase a program that would put the information into a standardized format so when the next database manager takes over, it would only require the purchase of a new program and the information can be easily exported.
2. **FINA Judges School** - \$ 18,000 USD
Funds to assist in sending one judge per Synchro federation to a FINA Judges school to take the test. This plan is to be implemented after the next FINA rule changes in 2017. Selection of the judges will be through an application process and will only be available to FINA/UANA B and G judges. Typically the FINA/ UANA A judges are supported by their Federation to attend either the Worldwide Seminar or FINA schools. USA and Canada may not apply for the funds.
Budget cost: \$ 1,000.00 x 18 federations = \$ 18,000 USD
3. **International Judge travel for exposure and evaluation purposes** - \$ 14,000 USD
Funds for airfare, room and board to send one judge per year to an international competition out of our continent. Purpose is to receive an evaluation from outside UANA and will more than likely focus on FINA/ UANA B or G judges to further their rating. Selection of the judge will be through an application process and selected by the UANA Judges Subcommittee. Criteria for the selection will be prepared by the UANA Judges Subcommittee. USA and Canada may not apply for the funds.
Budget cost: \$ 3,500.00 USD x 4 years = \$ 14,000 USD.
4. **FINA Evaluator** - \$ 14,000 USD
Funds to bring in a FINA evaluator from outside our continent to our annual championship. If FINA pays for an evaluator in a particular year, then the funds would be used to bring in a FINA evaluator to a national championship within UANA. In order to receive funds to do this, a federation's national championship must be open to all other UANA judges to participate without entering the event and it must have international participation from a minimum of 5 federations. Selection would be through an application process.
Budget cost: \$ 3,500.00 USD x 4 years = \$ 14,000.00 USD.