

# Unión Americana de Natación

U.A.N.A.



## UANA Coaches Newsletter – September, 2010

### UANA TSSC:

#### Zone 1:

Victoria Montedonico : Coach (Uruguay)([svmontedonico@adinet.com.uy](mailto:svmontedonico@adinet.com.uy) )

Ana Maria Lobo: Judge (Brazil)

#### Zone 2:

Rose Cody: Chair of UANA TSSC (Puerto Rico)

Ana Simon: Coach& Judge (Cuba)([sincro@inder.cu](mailto:sincro@inder.cu) )

#### Zone 3:

Charlotte Davis (Coach) (USA) ([charlottedavis01@comcast.net](mailto:charlottedavis01@comcast.net) )

Barbara McNamee (Judge) - Judge Sub-Committee Chair (USA)

#### Zone 4:

Heather Archer (Judge) - Secretary UANA TSSC & FINA TSSC (Canada)

Leslie Sproule (coach) - Coach Subcommittee Chair (Canada) ([sproule@telusplanet.net](mailto:sproule@telusplanet.net) )

**Athletes Representative:** Patricia Vila – Zone 2 ([npvila@yahoo.com](mailto:npvila@yahoo.com) )

Judy McGowan: Executive Committee liaison UANA (USA)

Eldon Godfrey: President of UANA (Canada)

**The e-mail addresses for the coaching subcommittee are included.** Please contact us at any time with suggestions and questions.

- **UANA VISION:** UANA Synchronized Swimming will be the premier continental sport development model.
- **UANA MISSION:** To build capacity to perform ,coach, judge and administer the sport of Synchronized Swimming in all of the zones in the Americas.
- **UANA GOALS:**
  - a. **To develop the TSSC administrative infrastructure to achieve our mission**
  - b. **To increase the opportunities for Pan American competition**
  - c. **To expand Synchronized Swimming in UANA**
  - d. **To increase coach and judge education**

- **Coaches Subcommittee Goals in UANA** we need to join together our efforts to help achieve the following:
  - a. **GROW** the sport in UANA in all zones.
  - b. Improve the standard of **excellence** in all UANA countries
  - c. **Increase UANA presence at Worlds, Olympics and major FINA events.**
  - d. Increase the number of **OPEN competitions** & OPEN clinics in UANA.
- Initiate a **Tracking System of UANA participation, and podium results** in major FINA competitions. From there; set some targets; together; for improvement each year.
  - a. At Junior Worlds in 2010, there were 6 UANA countries entered in solo and duet events out of 23 Federations. There were 5 UANA countries in the team event. Canada reached the podium in solo, duet and team events.
  - b. Our target is to have 10 UANA countries by 2013 (increasing one per year).
  - c. Our target is to have at least 2 in finals in each event.
- Continue to build our UANA coach data base (updated at each UANA competition).
- Use of the UANA web site: [www.uana-aquatics.org](http://www.uana-aquatics.org)
  - a. Competition calendar for all UANA meets and highlight the OPEN competitions.
  - b. Competition results and videos from UANA meets.
  - c. Job opportunities (coach postings)
  - d. Clinic/camp opportunities in UANA countries
  - e. Good training venues (good facilities that could host a country for a training camp)
  - f. New rules
  - g. Start a coach blog, facebook, and use as a communication tool.
- **Our 4 Strategic Priorities** (for the coaches committee) include:
  - a. Increase communication between coaches in UANA.
  - b. Increase coach education in UANA – both at the beginner and intermediate level as well as bringing in specialty International coaches for more advanced level training and education.
  - c. Initiate a mentor program for coaches.
  - d. Compile a current resource list for coach education material and whenever possible have this available in both languages (Spanish and English).
- FINA Development Clinics are available to each Federation once every 4 years. Check the FINA web site at [www.FINA.org](http://www.FINA.org) and look for FINA Development clinic opportunities. If you decide to have one, consider inviting countries near to you to also learn.
- During our meeting in Peru; your suggestions included:
  - a. Starting a coach blog on web site. If any of you wish to help us get this started (if you have expertise in this area, please let one of us know).
  - b. Organize a couple of International coaches to come in and teach us from a new perspective. The two suggestions were:
    - i. Greece coach (who is Russian and recently went to Canada) to teach progressions for age group athletes.
    - ii. Svetlana from the Ukraine to teach us about land training.

- c. Practical coaching education sessions for beginner and intermediate level coaches (For the purpose of our UANA region a beginner level is 5.0-6.5, intermediate is 6.5-8.0 and advanced is 8.0-10). These will be our rough guidelines for performance levels and coach education.
- d. You also asked for a coach /judge interactive session at each UANA meet and we will work on this format. In particular, we discussed using one event and having a good discussion of the 3 mark system for each of the podium winners (using an event from the previous season). In this way; coaches and judges can have more interaction and discussion.
- The overall plan is to try to host a UANA competition annually that would include ALL FINA age groups (12 & under, 13-15, 16-18/Junior, and Senior Duets). This would include the Pan Am year. We are just waiting for approval for this new format and hope to be able to communicate this very shortly to Federations.
- We are also planning to send out a 4 year bidding process to allow Federations and clubs to plan and budget to attend these UANA competitions regularly.
- Here is a suggestion for a consistent competition schedule for this format of meet:
  - a. Day 1 – hold meetings (coach committee, judge meeting, draws & team manager meeting and figure clinic – to review compulsories and tech duet elements)
  - b. Day 2 – figure competition and combo event
  - c. Day 3 – prelims for solo and duet plus senior tech duet
  - d. Day 4 – team prelims, solo and duet finals
  - e. Day 5 – Team finals and awards. Immediately following awards, a coach/judge de-brief of meet (figure comments, overall routine feedback for improvement). Kids would go do some social thing. After lunch do the 3 hours of judge/coach interactive review of one event (podium finishers) from previous meet and discuss 3 components of TM and 3 components of AI. Everyone join back together for dinner and Wrap up party.
  - f. Day 6 Fly home
- The 16-18 and Junior age group would run as a combined event. If numbers of participants are very high, results could be separated out for awards but would be at the discretion of the UANA TSSC committee upon final entries.
- The teams that have qualified for Pan Ams 2011 are: Argentina, Colombia, Brazil, Mexico, Aruba, Puerto Rico, USA and Canada
- The duets that have qualified for Pan Ams 2011 are: Canada, USA, Mexico, Puerto Rico, Aruba, Dominican Republic, Costa Rica, Brazil, Argentina, Colombia, Venezuela and Uruguay.
- The dates for the Pan American Games in Guadalajara are: October 20-23, 2011.

**Here is a summary of the coaches and judges comments from the Peru competition:**

**Overall Top Routine Priorities (from Coach Committee perspective)**

1. Improve Extension! (especially feet and ankles, knees and head position).
2. Cleaner Swimming! (no excess water lifted – which relates again to extension and height. Work on getting higher and more extended preparation positions).

3. Stronger propulsion and more fluidity of movement! (Fluidity of movement relates to the transitions from eggbeater to horizontal swimming, from tucks after a vertical descent to the surface, etc....)

Other Points:

- MOVE in eggbeater!
- Improve horizontal height – get body DRY in layouts, back stroking, and side stroking and positions before a lift.
- Finish all movements until submergence!
- Work on matching positions more accurately with duets and team members and this will also improve Synchronization.
- Swim closer together in duet and team positions.

**From the Judges Perspective:**

Technical:

- Pattern size smaller and pattern clarity needs to be more accurate.
- Strategically choose less difficulty with better execution for a higher score.
- Propulsion needs to be stronger (especially to complete the first length).
- Use more off angle positions.
- Use more variety of difficulty (do not over use lifts and throws.....more is not necessarily better).
- The speed of movement is improving.....keep that up!

Artistic:

- Ensure that the theme/concept is clear.
- Use mood and tempo variety more often
- Use more of the entire upper body for expression and body language.

**Figures:**

**Panel 3 comments (Leslie's Panel)**

Porpoise Full Twist:

- Need to line up properly and show a good layout.
- Need to move hips to replace head.
- Show the pike position clearly and maintain accuracy of vertical line on lift of porpoise.
- More stability, uniform motion and accuracy of vertical line on twist and drop needed (watch head position).

Neptunus:

- Teach swim outs
- Teach accurate layouts (high and dry) and line up accurately
- More attention to the POSITIONS in this figure
  - Front layout
  - Pike position
  - Crane position (not fishtail)
  - Bent knee position (especially bent knee foot position)
  - Vertical position
- Work on Uniform timing (especially from bent knee to vertical)

Barracuda spin 180:

- More total body extension with height in layout
- Moderate timing on pike is required with toes JUST UNDER the surface.
- Thrust design needs attention (unroll under hips)
- SHOW the vertical position at maximum height prior to spin.
- Work on accuracy of 180 spin drop spaces.

### **Comments Panel One: (Charlotte's Panel)**

#### **Kip Split Closing 180:**

- More total extension in layouts (especially head and neck)
- Tighter tucks are required.
- Shin perpendicular to surface accuracy.
- Work on staying on the spot on lift and split, close and drop
- More extension required in spit position.
- Work on more accurate vertical lines.

#### **Walkover Back:**

- More total body extension required in layout.
- More accurate surface arch position needed (more hip and back flexibility needed)
- Calmer more effortless sculling required on first leg lift as well as holding a high height throughout lift.
- More extension and flexibility in the split position required for higher scores.
- More accuracy of the 90 degree pike position at the end.
- More accuracy of head replacing hips on ending.
- SHOW the layout clearly at the end. High and dry!

#### **Ballet leg Single:**

- Keep horizontal leg dry throughout.
- Keep consistent height throughout.
- Full extension is required (especially in body)
- Keep sculling deeper to avoid rough water.