

2023 Atlantic Regional Championship

May 19-21, 2023

**Summit Centre
126 Smallwood Drive
Mount Pearl, NL**

Hosted by CBS Silhouettes Synchronized Swimming



2023 Atlantic Regional Championship Tech Package

This meet is conducted under Atlantic and CASSA rules.

Dates: May 19-21, 2023

Location: Summit Centre
126 Smallwood Drive, Mount Pearl, NL

Entry Deadline: **Midnight Wednesday April 19, 2023** in the hands of the Meet Manager.
Entry forms received after this date will be subject to penalty.

Accommodations: The nearest accommodations are located in the Kenmout Rd and Downtown Core areas of St. John's (approximately 10 – 15mins by car). Refer to Attached List for Accommodation options.

Meet Managers: Alicia Vey
NLAS
80A Glendale Avenue, Mount Pearl, A1N 1N6
synchrol@live.ca

Heather Robbins
CBS Silhouettes
21 Franks Road, CBS, NL A1X 6H1
Silhouettescbs@gmail.com

Wildcard Option: If entry quotas are not met there will be a wildcard option that allows these spots to become available to other athletes.

Entry Packages: Registration forms will be online. Links to be provided when registration opens.

- Practice request form must be completed and returned to Alicia at synchrol@live.ca
- Athlete waivers must be completed and submitted online with registration
- Correct entry fees must be submitted no later than the entry deadline in the form cheque made payable to “Synchro NL” and mailed to:
Seamus Power
39 Wisemans Lane
Conception Bay South, NL
A1X 6G2

Entry Fee: Each routine whose entry package has not been received or is incomplete by the stated deadline is automatically assessed a \$25.00 fine as per CASSA. This fine must be paid to the Chief Referee or designate at the coaches meeting prior to the competition, or the routines concerned will be disqualified from the competition.

Figure Draw: Figures will be drawn 1-2 weeks prior to event by the Chief Referee or designate.

Pool Entry: All routines will enter from the diving area. (Left hand side of attached pool map)

Social: TBD

Music: Please submit all music electronically in a mp3 format. Link to be provided in the next meet package.

Please save file by the following format of Age
Group_Event_ClubName_AthleteLastName (using underscores and no spaces).

For example:

For duet: "11-12_Duet_Riptide_Brownridge-Kitchen.mp3"

(use both athletes last names, alphabetical)

For solo: "13-15_Solo_FrederictonSynchro_O'Leary_Matte.mp3"

(athlete last name and coach last name)

For team: "16O_Team_HalifaxAquaNova_Armstrong.mp3"

(first swimmer's last name)

Please also upload a PDF or Word Document for the Spacing Order (to the same link).

If music is not submitted in the format requested and **by the date requested**, 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.

Coaches: All coaches at Atlantic Regional Competitions must have at least "trained" status as an NCCP Competition Introduction Artistic Swimming Coach. The trained coach must also be paired with a fully certified Competition Introduction coach. If a coach does not meet this requirement, a fine of \$25.00 is payable before the first event begins. 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. Coaches with Competition. Introduction "trained" status have two competitive seasons from their date of NCCP registration to complete their certification after which they will not have access to the pool deck at the event. iv) 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.

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: Friday

- 12:30pm-4:30pm Spacing
- 5:00pm-8:30pm Figures – Age group(s) TBD
- Coach meeting - time TBD

Saturday

- Morning – Figures
- Afternoon – Opening Ceremonies, Duets and/or solos depending on # of entries

Sunday

- Morning – Teams and/or duets/solo depending on # of entries
- Afternoon – Teams and/or Awards

A confirmed schedule & spacing will be sent out after entries are received.

Fees:	Figures:	\$35
	Solo:	\$60
	Duet:	\$75
	Team/Combo	\$150

These fees are to be paid by cheque made payable to “Synchro NL” and mailed to:

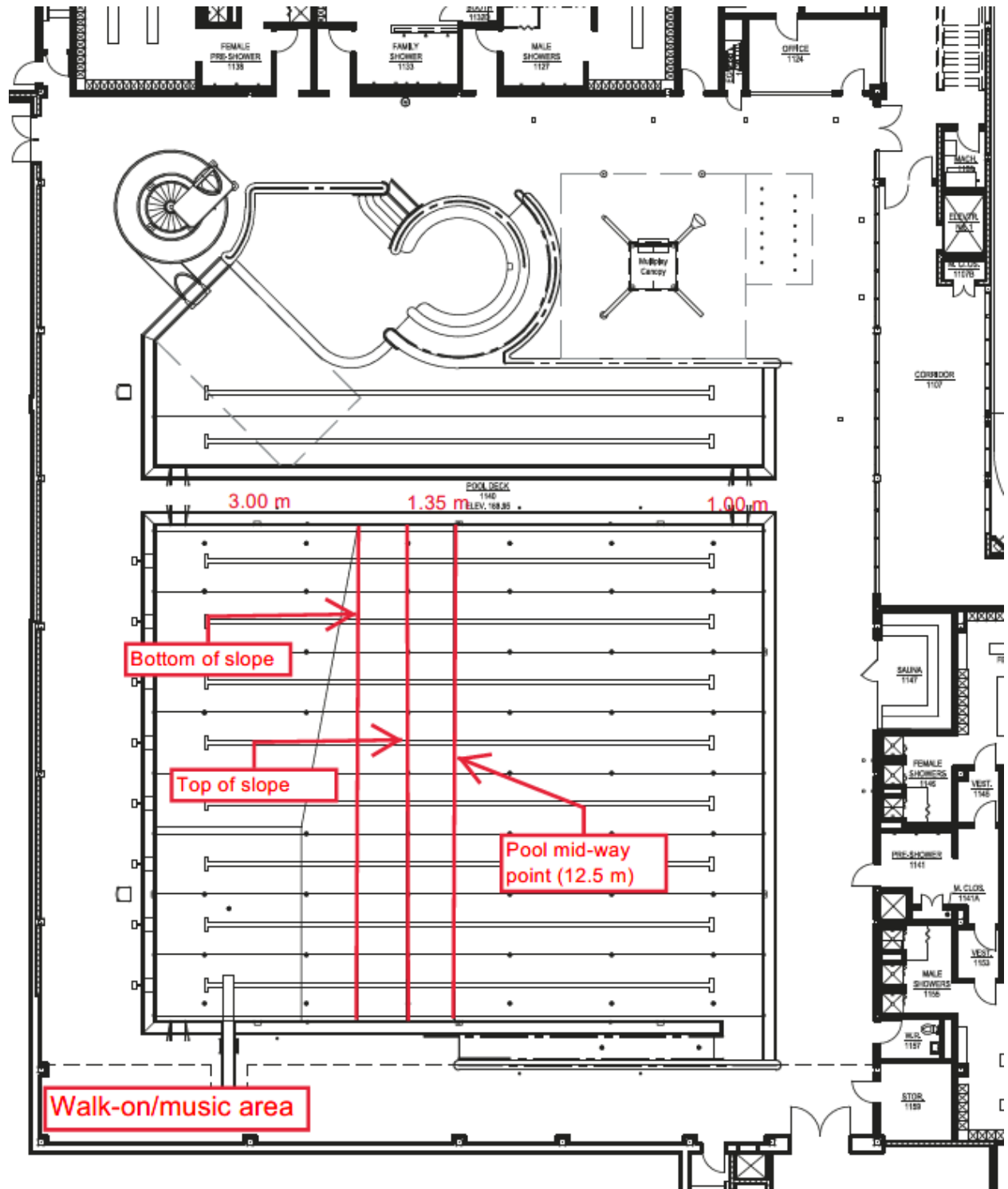
Seamus Power
39 Wisemans Lane
Conception Bay South, NL
A1X 6G2

Clothing: Clothing will be by pre-order, order form to be provided in the next meet package.

To be returned to complete REGISTRATION:

- Preliminary Attendance Form – Due Feb. 1st
- Registration Forms Online
- Athlete Waivers Online
- Practice Request Forms
- Entry fee as per the method indicated

Map of the Pool:



Accommodation List:

Kenmount Road Area (approx. 12mins to Summit Centre):

- **Sandman Signature Hotel +17097010048**
- **Ramada by Wyndham St. John's +17097229330**
- **Fairfield Inn & Suites +17097225540**
- **Capital Hotel +17097384480**

Downtown Area (approx. 15 mins to Summit Centre):

- **Hilton Garden Inn +17093831310**
- **JAG Hotel +17097381524**
- **Delta Hotel +17097396404**
- **ALT Hotel +17093832125**
- **Courtyard by Marriot +17097226636**
- **Sheraton Hotel +17097264980**

Crossroads Inn and Suites

980 Kenmount Road

St. John's, Newfoundland

\$119.00 + tax a night – 11 double rooms available to rent.

3.9KM from the Summit Center

*Breakfast not included as they have recently discontinued to offer it and the information hasn't been updated on their website.

Phone: [\(709\) 368-3191](tel:7093683191)

Email: reservations@crossroadsinnsuites.ca

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 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 placings but can include personal bests, overcoming hardship/fear, personal achievements due to synchro involvement, etc.), the coach's involvement with the athletes and the sport both in and out the pool, professional development, leadership and dedication to the sport of synchronized swimming.

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 ARC)

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 placings but can include personal bests, overcoming hardship/fear, personal achievements due to synchro involvement, etc.), the coach's 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 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 by April 19, 2023**

Isn't it time your coach got some much-needed recognition?