



Synchro Team

Welcome to Glenmore Pool's Synchronized Swimming Team! This sport much like ballet in water will amaze you with its beauty and challenging choreographies. The coaches will place the girls on pre-junior, junior and senior teams according to their age and abilities, and may ask some to perform a duet or solo as well.

- **Cost:** A nose plug is required for practices and a team bathing suit and accessories will be required for the competitions with the cost varying between \$50.00 and \$80.00.
- **Team Practice Schedule:**
Times and Days vary depending on the team, your coaches will inform you of this
- **Competitions:** Glenmore's Synchro teams (junior and senior only) will perform at preliminary and final competitions held in the last week of July and third week of August respectively. Given that Synchronized Swimming is a team sport **It is imperative that you attend all practices and competitions. Please notify the coaches at the START of the season of any possible conflicts.**

Your support in getting the girls to practice on time and encouraging their hard work will help make their synchro experience fun and rewarding!

Please note that we now have a Code of Conduct posted here at Glenmore, Please take the time to read it, thank you.

Please tear off and return this to your coach

I have read the Synchro Team documentation with my child

Name:

Signature:
