



HANDBOOK AS

2021-2022

Dream. Imagine.
Believe. Do.
Conquer.

WELCOME TO THE WONDERFUL SPORT OF ARTISTIC SWIMMING IN ARUBA!

The sport of Artistic Swimming in Aruba is a competitive sport. It has a lot to offer the athlete, who will gain physical development, international experience, participate in a wide variety of team activities and enjoy opportunities for the future. Furthermore, the athlete will develop leadership skills and will be a positive role model for other teenage and younger girls.

We hope that you will love the sport of Artistic Swimming as much as we do. This handbook will help you understand more about the sport of Artistic Swimming in Aruba. This Handbook is intended to assist the athlete and the parents in providing information and guidelines. This Handbook applies to all levels of swimmers. Please note that information in this Handbook is subject to change.

The Artistic Swimming Technical Committee and the Barracudas Club encourage parents to have an active role in the development and success of the athlete. As a parent you will experience the sport of Artistic Swimming as intensely as the athlete and you can make a difference in making their experience a positive one. The sport of Artistic Swimming welcomes Parents, Grandparents, Legal Guardians, Siblings, Family and Friends to be active supporters.



WHO'S WHO

The Board of the Barracudas Club is responsible for the day to day business of the Club. The Board positions are elected at the annual general meeting of the Club.

The Technical Coaching Staff falls partly under the Aruba Aquatics Federation and partly under the Barracudas Club.

The Artistic Swimming Technical Committee falls under the Aruba Aquatics Federation and is responsible for the preparation of the Artistic Swimming National Selection.

The current positions are as follows:

Barracudas Club

President: Carolina Merryweather

Secretary: Esther Croes

Treasurer: Natascha de Veer

Board Member: Howard Hoo, Karina Henriquez, Marlen Mathilda & Olga Lee

*The positions may change after the Annual Barracudas General Members Assembly.

Technical Coaching Staff

Coach: Patricia (Paty) Torres

Coach: Nineth Martinez

Parttime Coaches: Kyra Hoevertsz & Nathania Taylor

AS Technical Committee

Nathania Taylor

Lannie Oei

Esther Croes

Amanda Maduro

Stella Leslie (Honorary Member)



ARTISTIC SWIMMING IN ARUBA

Artistic Swimming, formerly known as Synchronized Swimming, falls under the Aruba Aquatic Federation, formerly known as Arubaanse Zwembond, together with other disciplines such as speed swimming, open water swimming and water polo. Artistic Swimming in Aruba is a competitive sport with no room for recreational training. Barracudas Club is the only club for Artistic Swimming in Aruba and prepares athletes of every age to become part of the National Team, to compete internationally. Together with the Technical Committee of the Federation, the athlete development and preparation takes place. The Technical Committee is responsible for the success of the National Team and works closely with the Coaching Staff to realize this.

History

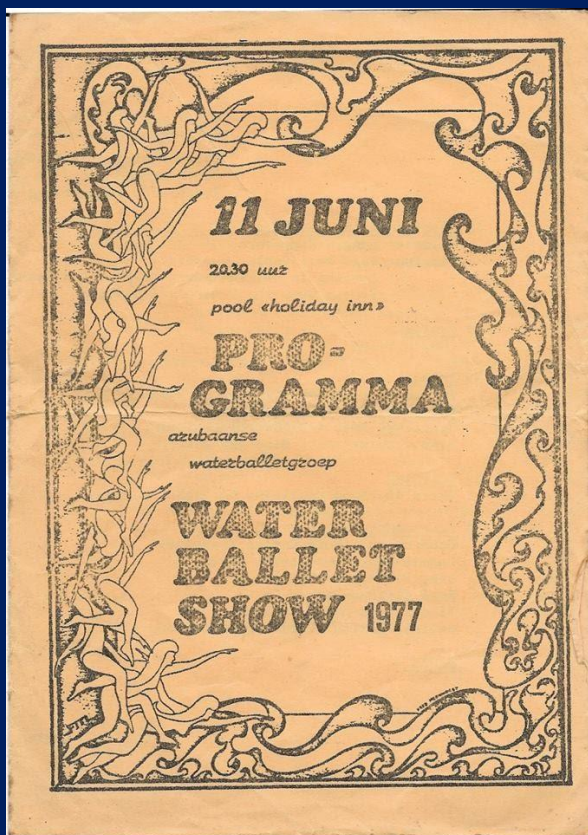
Barracudas Club was founded in 1970 as a swimming and water polo club. Artistic Swimming, better known back then as Waterballet, was added in 1973. It was coached by Henriëtte de Nekker while training in the pool of Talk of the Town Hotel. A weekly show on Wednesday was performed in the Holiday Inn.

The first athletes were Annemiek Dijkhout, Angela Hagedoorn, Carla Geurtsen, Bianca Baiz, Judith van Eck and Muriël van Eck.

In 1984, Nicole Hoevertsz and Esther Croes, participated as the first Duet in the Olympics Games in Los Angeles. This was also the first time Artistic Swimming was part of the Olympic Games. In 1988, Yvette Thuis and Roswitha Lopez participated in Solo and Duet in Seoul. Aruba has participated since then in many regional, continental and world championships.

Today Barracudas Club is a thriving platform to catapult AS athletes to triumph in national and international competitions. Barracudas Club consists of around 40 active athletes, but the family of Artistic Swimming is much larger. Many former athletes and parents still participate as judges, spectators and in fundraising activities.

Barracudas Club will change its name soon to adapt to the changes made by FINA, which changed the name of the sport to Artistic Swimming.



Sport plays a fundamental role in the physical, social, and mental well-being of a child to the benefit of the society. In Artistic Swimming, not only the athlete will train and participate actively, but the sport will also influence the daily life of the household of the athlete. We encourage parents to embrace this path and to support the athlete by attending the competitions, staying aware of the progress of the athlete and upcoming activities and events, helping the athlete plan a daily schedule to balance school and training, providing or arranging transportation on time to training and participating as a volunteer.

Philosophy

The focus of Artistic Swimming in Aruba is to provide an opportunity for various levels of competitive swimmers to practice the sport. The sport is open for every girl and boy, who love to swim, but is interested in a challenging and beautiful sport. Athletes compete at National level, learn to work together with other team members, and develop discipline, confidence, and fitness in a positive and supportive environment. The AS Technical Committee and the Barracudas Club abide by the international rules of FINA (Federation International de Natation), the international governing body.

Vision

Instill the love for artistic swimming in athletes, parents and the community of Aruba.

Mission

To recruit, prepare and develop athletes at all levels and abilities to achieve their full potential in the sport of artistic swimming. A well-structured environment that nurtures athletes to be able to have fun, make new friends, strive for excellence and learn about participating and competing in a demanding team sport.

Respect in Sport

All participants (coaches, athletes, parents and members of the Technical Committee, members of the Barracudas Board, judges) have a duty to conduct themselves with Respect, Responsibility and Integrity.

- Coaches
 - Respect athletes, psychologically and physically.
 - Respect rules.
- Athletes
 - Respect fellow team members and competitors.
 - Respect rules, including Anti-Doping.
- Spectators (particularly parents)
 - Respect coaches, officials and all athletes.



Club Values:

Respect for myself and others

Support one another

Be the best we can be



THE SPORT OF ARTISTIC SWIMMING

What is Artistic Swimming?

Artistic Swimming is a hybrid form of swimming, dance, and gymnastics, consisting of swimmers performing a synchronized routine (either solo, duet, trio, mixed duet, free team, free combination, and highlight) of elaborate moves in the water, accompanied by music. Artistic Swimming demands advanced water skills, requires great strength, endurance, flexibility, grace, artistry and precise timing, as well as exceptional breath control when upside down underwater. Competitors show off their strength, flexibility, and aerobic endurance required to perform difficult routines. The goal is the illusion of effortlessness and grace.

Artistic Swimming is both an individual and team sport. Swimmers compete individually during figures, and then as a team during the routine.

Figures

Figures, which form the foundation of any routine, are a combination of basic body positions and transitions, performed in a manner and order as prescribed by the FINA Handbook rule descriptions. Figures often require control, strength, and flexibility. During competition, figures are performed in front of a panel of judges who mark

the figure out of ten points. Swimmers are ranked individually for this part of the competition.



Routines

The routine involves teamwork and synchronization. It is choreographed to music and often has a theme.

Routines are composed of "figures" (leg movements), arm sections and highlights. Swimmers are synchronized both to each other and to the music. During a routine swimmers can never use the bottom of the pool for support, but rather depend on sculling motions with the arms, and eggbeater kick to keep afloat. After the performance, the swimmers are judged and scored on a ten-point scale on their performance based on execution, artistic impression, and difficulty. Execution of technical skill, difficulty, patterns,

choreography, and synchronization are all critical to achieving a high score.

A routine is performed as a team, combo, trio, duet, or solo. For a team, a minimum of four swimmers is required. A combo, as the name implies, is a combination of a solo, duet, and team all in one routine. Eight to ten swimmers perform combos. Coaches consult the Technical Committee on the choice of music and encourage swimmers to collaborate on the choreography for their routine.



For the final score, individual marks for the figures are combined with the scores for the routine. Both figures and team performance scores are thus recognized in the team's score.

Elements

Depending on the competition level, swimmers will perform a "technical" routine with predetermined elements (figures) that must be performed in a specific order. The technical routine acts as a replacement for the figure

event. In addition to the technical routine, the swimmers will perform a longer "free" routine, which has no requirements and is a chance for the swimmers to get creative and innovative with their choreography.



Artistic Swimming Competitive Structure

Swimmers compete by age group according to FINA rules. All Age Group competitors remain qualified from 1st January to the following 31st December at the age they are at the close of day (12 midnight) on 31st December of the year of the competition. Because the Artistic Swimming Season in Aruba runs from

August to July, the athlete may start in an age group before reaching the minimum age required.

The age groups are:

- 12 and Under
- 13 – 15
- Junior (15 – 18)
- Senior (18+)
- Masters (25+)



WORKING TOWARDS THE PAN AMERICAN GAMES 2023



Competition Calendar

As part of the Aruba Aquatics Federation, the AS Technical Committee has worked for a long time with an annual competition calendar that is published at the end of each season. An average of seven national AS competitions are held every year to prepare Aruba athletes for international events. After this, athletes participate in international competitions, organized by or under the auspices of a National Federation or international/continental/regional swimming organizations. AS Aruban athletes are among a steady group of participants in Caribbean Championships and Central American and Caribbean Championships. The National Aruba AS Team has earned the right to represent our country in Central American and Caribbean Games, Pan American Games and Olympic Games.



Four years planning

For the season of 2019-2020, the Technical Committee will start to work with a four year planning. The four year planning will be a roadmap to qualify with a team and a duet for the Pan American Games in 2023 in Santiago de Chile. We are of the opinion that a four years plan will prepare the athletes and the parents better and will increase the chances to achieve the classification and participation in the next Pan American Games in 2023 and who knows for the Olympic Games in the course of the next decade.

HOW CAN PARENTS HELP THE ATHLETE OF ARTISTIC SWIMMING SUCCEED?

Land Drill

Land drill is essential in the sport of Artistic Swimming. It reinforces the movements in the pool to commit them to memory and to enhance synchronization. Land drill includes determining counts, setting patterns, and practicing movements out of the pool. Swimmers are encouraged to do land drill independently, outside of normal practice time.

***Parents are asked to encourage the athlete to land drill at home.**

Efficient Use of Training

An athlete's goal is to achieve maximum strength, tone, and flexibility. As pool time is always very limited, the training is planned very strictly. In the pool there is not only the training dedicated to learn the necessary figures and routines, but the athletes also dedicate a portion of the training for swimming.

Performing a routine is comparable to swimming a 400m Individual Medley holding the breath for up to half the time. The athlete needs the swimming training to increase strength and endurance, and also to increase the pool coverage and speed with which

one can move through the water, both things that judges are looking for in routines.

Next to the necessary time in the pool, dry-land training is also very important. Dry-land strength, stretching, and conditioning exercises bring about optimal fitness more efficiently than relying only on training in the water. Dry-land training does not only develop a fitter, stronger swimmer, but also prevents injury.

***Parents are asked to bring the athlete 15 minutes prior to the start of the training, as the training will start on time and every minute of the training is planned for the swimming training, pool training (figures and routines), dry-land training and land drills.**

Flexibility

Proper stretching prevents injury and increases flexibility. Flexibility is extremely important in many of the intricate positions and movements that Artistic Swimming demands. Flexibility is necessary to execute the positions in Artistic Swimming and may help the athlete improve the score for a Figure and in a Routine.

Stretching can be done individually and requires as little as 15 minutes per day for maintenance. Stretching for up to 30 minutes per day can bring marked improvement in all areas of flexibility in a short period of time.

***Parents are asked to encourage the athletes to stretch as much as possible on their own.**

Attendance

Attendance is extremely important in a team sport like Artistic Swimming. The swimmer should clearly understand the commitment to the team, coach, and club before the season starts. The highest degree of attendance and focus is necessary. The progress of the team depends on the regular attendance of every swimmer. Absences affect the entire team. Attendance at Trainingscamp are always compulsory.

***Parents are encouraged to motivate the athlete to commit for the whole season.**

Nutrition

Nutrition is an important aspect of an athletes training. Proper nutrition is important not only while the swimmer is competing, but throughout the entire season, in order to build a strong and healthy body.

Parents can:

- ★ Ensure that swimmers have something healthy and nutritious to snack on before and after training.
- ★ Choose more servings of grain products and vegetables and fruit, to meet the higher energy needs of athletes—these foods provide carbohydrates that are important for optimal performance.
- ★ Choose a variety of foods from each food group every day.
- ★ Ensure that the athlete has a water bottle, as it is extremely important for health and especially for good muscle and brain function. Athletes should drink plenty of cool water before, during, and after training sessions and competitions.
- ★ Give the athlete to eat for pre-competition meals (two to three hours before competing) foods that are high in carbohydrate and low in protein, fat, and fiber. Protein and fat take longer to digest and are likely to leave athletes feeling uncomfortable if eaten too close to competition.
- ★ Increase servings of carbohydrate-rich foods during times of training and competition

(e.g., bread, pasta, rice, crackers, potatoes etc.).

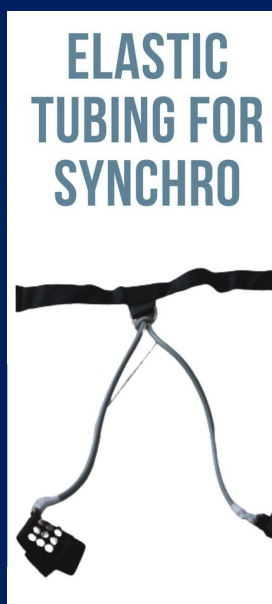
- ★ Avoid eating foods or beverages that are high in sugar just prior to a competition or training session. This leads to a spike in blood sugar levels followed by a rapid decline, and will significantly impact energy levels. During activity, small amounts of foods or beverages containing sugar can be consumed (e.g., diluted fruit juice, fruit, and crackers).

UNIFORMS AND EQUIPMENT

These are the minimum items that an athlete needs to swim with the Barracudas Club. When the athlete is part of the National Team and is competing at an international competition, additional items are required. This will be communicated via mail.



- Training bathing suit/ 2-piece,
- Training cap,
- Training goggles,
- Nose clip (at least 2),
- Black bathing suit for Figure Test,
- White cap for Figure Test,
- Barracudas Club Uniform consisting of a short and a shirt,
- Water bottle, sunscreen,
- Slippers for training and competition,
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- Bag,
- Towel,
- Equipments required by the coach, such as float bottles, mat, board, stretching bands.



'Knoxing' the athlete's hair for a competition

Why not just use hair gel or swim caps at a competition? Swim caps could fall off, and hair gel sometimes dissolves in water.

Knox Gelatin is an inexpensive, effective product that is widely available, and it works to hold the hair in place during a routine competition. Back in the '60s, synchronized swimmers tried a whole lot of different things like Dippity Do and Vaseline. But once swimmers discovered gelatin, the idea stuck.



REGISTRATION AND FEES

- ✓ The Barracudas Club collects membership fees monthly. Payment is due on the 1st of each month.
- ✓ Parents need to pay a competition fee per athlete for each national competition and national tests. The fees vary per test or competition.
- ✓ Parents need to pay an Absence Fee of Awg 10,- per day for each day missed during a compulsory Trainingscamp.



VOLUNTEERING

Parents are expected to donate time to the sport of Artistic Swimming. Parents can volunteer to serve on the Board of the Club, or assist at competitions, other club related events and fundraising activities.

Artistic Swimming Volunteers

(Figure) Test

Assistant Tables (2x)

Assistant to Referee (1x)

Photographer (1x)

F&B (1x)

MC (1x)

Competition

Assistant Tables (2x)

Assistant to Referee (1x)

Photographer (1x)

F&B (1x)

MC (1x)

Runners (2x)

Timers (2x)

Board (per season)

Presidency

Treasury

Secretary

Fundraising Coordinator

Marketing and Communications Coordinator



Athletes are encouraged to donate time at related events and to participate in fundraising activities.

Events and activities are:

- Show
- Social Events
- Demonstration at a coaching and judging clinics
- Aquathon
- Assist in other fundraising and promotion activities
- Photo shoots for the press



COMMUNICATION

Communication between the board, technical committee, coaches, parents, and swimmers is done in various ways. Technical Committee meetings are held monthly throughout the year. The Technical Committee is also constantly in contact with the coaches and the board. In addition meetings are held with the parents on specific subjects throughout the year. The Barracudas Club holds the Annual General Meeting at the start of the Season. Even though it is for the members, which are the athletes, parents are encouraged to join this meeting and any other meeting which is relevant for the athletes.

The primary mode of communication will be by email and whatsapp. It is the responsibility of parents to keep the club Secretary updated with current email addresses and all other contact information.

Barracudas Club has a Facebook page and a Teamunify Ondeck App. Parents and athletes are encouraged to consult the Facebook page and to download the app for additional information. Pictures of competitions, events and activities will be posted on the Facebook page. Barracudas club also has a website: <https://barracudasaruba.com/home/>

Direct communication between athletes with the coach is always the best recourse when dealing with a problem. When parents are involved it will be through the Board and/or Technical Committee. We kindly ask parents not to contact the Coaches directly when dealing with a problem.

PARENTS OBLIGATIONS

To achieve our goal to excel at national and international competitions, including participation at the Pan American Games (and qualifying for the Olympic Games), parents, swimmer, coaches, board member and Technical Committee must work together.

Parent's Code

1. Treat parents, swimmers, coaches, officials, and spectators with respect at all times.
2. Encourage discipline in the athlete by ensuring punctuality and attendance for all practices and competitions.
3. Notify via WhatsApp textmessage or email as soon as possible if the athlete must miss a training session, event during a competition or required team activity due to illness or injury.
4. Encourage team commitment in the athlete by scheduling vacations so as not to interfere with regular training or prior to the competition season.
5. Communicate with the Technical Committee and/or Board regarding any concerns.
6. Refrain from entering the pool deck during training unless entrusted with a specific task or role approved by the Coach, or in the case of a competition, be approved by the Chief Referee.

7. Reinforce the club's drug and alcohol free policies with the athlete.
8. Ensure the athlete is provided with a healthy and nutritious diet and encourage the athlete to make healthy snack choices at all times.
9. Provide the athlete with a water bottle and encourage the athlete to drink sufficient water throughout the day and during training and at competitions.
10. Demonstrate good sportsmanship by appreciating efforts made by other athletes in the club and by athletes from other National Teams.
11. Act as a goodwill ambassador of the Barracudas Club and Artistic Swimming in Aruba.
12. Shall not bring the Barracudas Club, the Technical Committee, the Coaching Staff, the Federation or team members into disrepute by use of any form of social media.



IMPORTANT INFORMATION FOR BEGINNERS AND THEIR PARENTS

The Arubaanse National Competition is an annual competition under the auspices of the Aruban Aquatic Federation that takes place in May. This competition is also an Invitational Competition, which means that clubs in other countries are invited to participate at this competition.

The beginner athlete will do a figure competition and a routine competition.

Defilé

On the first day of the Competition the athlete will need to be dressed in the club's uniform and white sneakers. Please verify with the coach and/or the board what the uniform will be.

Figures

The beginner will perform four figures she has trained for and will be judged with a score from 0-10. The athlete should have a black bathing suit, a white cap, goggles and nose clip for this event.

Team Routine

The coach will take care of the team routine, the music and will coordinate the bathing suits.

Solo and Duet Routine

The athlete and parents are encouraged to use their creativity to compete with a solo and/or duet. The athlete can ask a team member to do a duet or the athlete can decide to do a solo. The athlete and the parents will choose a music and ask the coach if the music is suitable.

The parent is responsible to edit the music to match the required time. The music should be on a usb and can be used for training and landdrill. The music should be emailed prior to Competition Day to the coach.

The athlete will choose an older athlete as a coach to finish the choreography for the solo and/or duet. There will be extra pool hours to offer the athlete a chance to train the solo and/or duet with her "coach" (the older athlete who is helping).

The athlete and parents are encouraged to bring and/or make their own routine bathing suit. There are parents of former athletes who have experience in making routine bathing suit. Please ask a board member for the contact details. On the Competition Day, athlete's hair should be "Knoxed" (held in place with Knox gelatin) to perform the routine.

