

# Northern Colorado Orcas

## Welcome to the 2019-2020 Season

*Healthy Body, Creative Mind, Unstoppable Spirit*

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**Welcome to the Northern Colorado Orcas Synchronized Swimming 2019/2020 Season!** Kick off will be at 9:00am Saturday, September 7<sup>th</sup> at Thompson Valley High School in Loveland. We will be having a parent meeting at that time to give you all the information you need as well as to answer any questions you may have. Practice schedule and team placement will be emailed early next week.

The goal of our club is to give an opportunity to team members to pursue their goals in the sport of synchronized swimming – from building fitness to competing at the recreational, National and Olympic levels. Each member of the Northern Colorado Orcas is supported, valued, and taught to grow in the sport. Our team values emphasize teamwork, discipline, responsibility, acceptance, and leadership.

### 2019-2020 Season Registration

- **Returning Orcas Swimmers**
  - The September assignments for placement will be out early next week. During the month of September, you will have the opportunity to meet with the coaches and discuss if this is the right placement for the season.
  
- **New Orcas Swimmers**
  - The Orcas coaching staff will help you find the right level based on skills, experience, and desire. New swimmers can range from our entry-level Novice team to our competitive Junior Olympic team. If you have questions, please contact Rose Bozzy at (321) 626-4774.
  
- **Registration Details**
  - Pay registration fee by **August 15**
    - A registration fee of \$150 will be due at the time of registration. This can be done via Paypal on the website <https://orcassynchro.org/> or via check sent to PO Box 271801, Fort Collins, CO, 80527. A fee of \$5.00 will be charged if paying through Paypal.
  
  - Registration fee and all waiver and release forms will need to be completed prior to a swimmer entering the water in September 7th.
    - Forms are online this year and are attached to this email. They must be completed prior to a swimmer entering the water on September 7.
    - September monthly tuition maybe be paid at the parent meeting on September 7th.

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### 2019-2020 Season Programs

**Developmental Teams:** Our Developmental teams have a strong emphasis on skill, strength, and stroke development through the sport of synchronized swimming. Our Development Teams consist of the following:

- *Novice Team*
  - Entry level program includes land skills, stroke development, body coordination, physical strength-building, figures, routine and fun. Progression to Intermediate Team upon successful completion of Novice Skills List and coach recommendation.
- *Intermediate Team & Intermediate Plus*
  - Includes land skills, stroke development, body coordination, physical strength-building, figures, routine and fun. Progression to JOL Team upon successful completion of Intermediate Skills List and coach recommendations.
  - Intermediate Plus Team will add in a third water practice time beginning in October. This is a coach's invitation group based on swimmer's goals for the season.
- *Masters Team (ages 22 and over)*
  - Synchronized Swimming Skills for all levels to build fitness and skills includes: Land workout, lap lane workout, stroke work, skills, drills, figures and routine

**Competitive Teams:** Our Competitive teams experience is designed to take a swimmer as far as she is willing to go in synchronized swimming and includes additional opportunities for elite competition and training time. The season goal is to compete in Age Group competition at the Junior Olympics.

- *Junior Olympic Levels (JOL)*
  - Expands on Developmental Team training to perform more difficult skills at a more competitive level. At least 3 days of training per week. JOL teams will be divided into upper age group and lower age group based on swimmers synchro age.
  - JOL swimmers will be divided into practice groups in October.
  - **Entry into JOL is by coach invitation, based on swimmer skill level, swimmer experience, swimmer level of commitment, and swimmer goals.**

We are thrilled to be starting this new and exciting season with you all! We would also like to wish both Coach Krista and Coach Alyssa the best as they will be pursuing different endeavors. We are so grateful for all of their time, talent, and energy they brought to the team.

Sincerely,

NCO Board