



# THE ARTISTIC ANNOUNCEMENT



**Welcome to the July-Sept, 2024 Education Newsletter!**  
**Our goal is to share information with you from experts, volunteers, coaches and officials. If you have suggestions to be included in future newsletters, please send them to [educationartisticswim@gmail.com](mailto:educationartisticswim@gmail.com).**

## IN THIS ISSUE

- The Best Advice
- How Does Texting Affect Athletes?
- What Makes a Great Teammate?
- Fitness Fun
- Coaching Words
- Coaching - Continuing Education
- Training with Yoga
- Core & Back Strengthening
- AQUA - Draft of Appendix 3
- AQUA - New Proposed Difficulty Chart



## UPCOMING EVENTS

Rising Stars Camps

Sept 7-8 - Scottsdale, AZ, Texas Women's University-Denton, TX, & University of Miami, OH-Oxford, OH

Sep 21-22 - Wheaton College-Norton, MA

Sep 28-29 - Orlando, FL

Oct 5-6 - Santa Clara, CA

USAAS Convention

Sep 11-15 - Tempe, AZ

US Masters Nationals

Oct 24-27, 2024 - Clearwater, FL

***Don't be afraid of failures.***



***That is the way to succeed.***

***-Lebron James***

## SKIP AHEAD - GUIDE

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for USAAS Athletes..... pg 7-9,13-14

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for USAAS Officials..... pg 15- 19



# SAFESPORT INFORMATION

## REMINDERS

- All participants over the age of 18 are required to complete the training courses regardless of if they practice or compete with minor athletes. Athletes turning 18 in the year will need an Adult membership, but won't be required to complete SafeSport UNTIL they turn 18.
- If you have completed the four course cycle, please contact SafeSport so they can reset your course so you can retake the course cycle.

## HOW TO REPORT

Reporting: If you would like to report any alleged sexual, physical, emotional misconduct, or violations of the MAAPP, please utilize the following contact information:

To SafeSport: US Center for Safe Sport's Toll Free Report a Concern Phone Number: 833-5US-SAFE (587-7233) To report a concern to the Center of SafeSport, click [HERE](#).

To USA Artistic Swimming: To anonymously report a concern to USA Artistic Swimming free of cost, please fill out this [HERE](#). For further questions, contact the USA Artistic Swimming Safe Sport team at [USAASsafesport@usaartisticswim.org](mailto:USAASsafesport@usaartisticswim.org).

## IMPORTANT DOCUMENTS

2022 USAAS MAAPP: USA Artistic Swimming's Minor Athlete Abuse Prevention Policy

Team Travel Policy: Consent forms are to be filled out for travel and lodging while at a hotel sanctioned by NGB/USOPC event.

Training Session Consent Form: This must be filled out if a minor athlete takes individual training sessions with a coach

Response & Resolution Policy: outlines our approach for communication of policies and our structure for handling reports and investigations of misconducts.

Quality Control System: outlines administrative holds, suspended, and banned member protocols.



# ALL-STAR CAMP

[CLICK HERE TO REGISTER](#)

September 7th-8th

Deadline to register is August 25th

- Scottsdale, Arizona
- Miami University, Ohio, Oxford, OH
- Texas Women's University, Denton, TX

September 21st-22nd

Deadline to register is September 7th

- Wheaton College, Norton, MA

September 28th-29th

Deadline to register is September 14th

- Orlando, FL

October 5th-6th

Deadline to register is September 21st

- Santa Clara, CA  
(Gunderson or  
Del Mar High School)

Age Group level = \$125/each  
Intermediate level = \$90/each

Detailed information will be sent out to participants after the close of registration.

Top 60 athletes from all camps will receive an invitation to the USAAS All-Star Camp (Nov 8-10).



USAAS MEMBERS

EVENTS

THE ARTISTIC ANNOUNCEMENT  
APRIL-JUNE 2024

# COACHES COLLEGE

CLICK HERE TO REGISTER

November 8th - 10th, 2024

US Performance Center - Charlotte, North Carolina



Anastasiya Petrenko, Tammy McGregor, USAAS National Team Coaches & USAAS Senior National Team Athletes - Anita Alvarez, Dani Ramirez, Jaime Czarkowski, Natalia Vega and Jacklyn Luu

Acrobatics, Nutrition, Sports Psychology, Strength & Flexibility Training, Updated Difficulty Chart & How to Incorporate it into Choreography

WE MOVE AS ONE





## TRAIN LIKE A CHAMPION

Land Training Sessions on  
the USAAS SloCoach Platform

Click [HERE](#)

## TAKE A LISTEN

“How do you be the best  
sporting parent you can?”  
from Young Athlete Podcast

Click [HERE](#)

## CONVENTION

The 2024 USAAS Convention will  
include education sessions.

Coaches who attend 10 out of the 13  
sessions will receive a 1-year extension  
to their CCP expiration date.

## COACHES COLLEGE & ALL-STAR CAMP

NOVEMBER 8-10

CHARLOTTE, NORTH CAROLINA

CLINICIANS - Anastasiya Petrenko, Tammy McGregor,  
Megan Abarca & many more!

\*\*All-Star Camp by invitation only

## GREAT READS

[The Language of Coaching](#)  
by Nick Winkleman

[Mental Toughness for Young Athletes](#)  
by Troy Horne

## WATCH THIS

“Working with the Attention Span of Young  
Athletes”, by Jerry Butler - Click [HERE](#)

“Youth in Sport - Keeping Kids in the Game”  
by Hugh McDonald - Click [HERE](#)



# THE BEST ADVICE

## THE BEST ADVICE I'VE EVER HEARD A SWIM PARENT GIVE THEIR KID

Having been in and around the pool deck for almost my entire life I have seen all manner of swim parent.

You got the red-faced screamer. The parent who thinks he is the coach. The bubble-wrap optimist. The scoreboard whisperer. And everything else in between. What do they all have in common?

**They are trying to do right by their kid.**

They are trying to give their young swimmer the best chance possible at making the most of their talent and ability, while also developing them into someone of character and who is resilient.

### **The Best 10, err, 11 Words a Parent Can Tell Their Athlete**

I was strolling into the pool last week into practice when an SUV rolled up to the curb. The door swung open, and inside were the familiar frantic movements of a young athlete—running late—and his parent trying to gather the yard sale in the back seat into his swim bag.

“Are you late?” asked the parent, handful of swim towel in one hand.

“Nope, I should be able to get on deck in time,” said the young swimmer, probably no older than 10. The swim bag was double checked—everything looks like it is there—and the swimmer leaned out.

**“Be the hardest worker and the one having the most fun,”** came the parting words of the parent.

“Sounds good!” The truck door closed, and the swimmer scurried indoors, swim bag bouncing wildly off his back.

The parent’s statement stopped me dead in my tracks, if not physically, than definitely mentally.

After all, this wonderful piece of advice was comprehensively powerful and gave exactly the right message: You can work hard, and have fun at the same time. And really, isn’t that all we want?

For our young swimmers to challenge themselves, to learn proactive strategies for improving and developing themselves, while also feeling the satisfaction and pride that comes along with it?

Recent research on elite athletes has shown a set of consistent traits among the highest performers. A proactive and positive approach to challenges. And parents who were not only supportive, but generally hands-off. This situation helped to foster a situation of accountability and ownership where the athlete looked inwards for motivation (the familiar intrinsic motivation).

The statement that the parent gave that day exemplified this perfectly.



# TEXTING

## HOW DOES TEXTING AFFECT ATHLETES?

*You've probably seen it yourself, those guys and girls who are physically active but walk around with a chicken head or giraffe neck. Instead of a powerful, strong chest, their shoulders are hunched forward, their head droops down and their curved back almost gives them a hump. It looks weak, unhealthy and unsightly – and, it undoes all their hard work.*

*Your neck is designed to remain vertical, supporting the weight of your skull in a perfect line from the top of your head straight down through your body to your feet.*

*When you look at yourself in the mirror from the side, your ear, your shoulder and your hips should all be in a straight line down to the floor. If it is unaligned and your ear is in front of your shoulders, it's a sure sign of forward head posture.*

*You see, the average head weighs 10-12lbs. When your head sits perfectly upon your neck and shoulders, the body naturally adapts to holding this weight. But, if your head is constantly pulled forward, the weight of your head pulls on your neck and puts pressure on your spine.*

*When your head is pulled forward, the additional pressure on your neck, shoulders and back rises dramatically causing serious tissue damage. In fact, every inch your head is thrust forward from its natural position adds another 10 lbs. of stress on the neck, shoulders, back and spine. It's why you may have developed that ugly 'hump' below your neck; to combat the stress of holding your head up, the body's reaction has been to build-up bone and fat tissue to compensate and protect the spine at the C7 vertebrae.*

*Forward head posture doesn't just leave you looking awkward... No matter how hard you train or how well you eat, unless you start fixing your head posture right now, it may not be possible to reverse the damage already done.*

### What Texting and Smartphone Usage Does to Your Neck and Spine



MIKE WESTERCAL,  
CRITICAL/BENCH.COM



# TEAMMATES

## WHAT MAKES A GREAT TEAMMATE?

Here are 12 qualities of a great teammate. Do these qualities describe you?

- 1) A great teammate gives relentless effort: Remember, your coach should not have to coach effort!
- 2) A great teammate is unselfish: Put the team first.
- 3) A great teammate is honest: All great teams and relationships are built on honesty.
- 4) A great teammate is humble: Artistic Swimming is a team sport. Remember the team comes first.
- 5) A great teammate holds themselves and their teammates accountable: You should have high standards for yourself and your teammates.
- 6) A great teammate strives to improve: You can always be better tomorrow than you are today.
- 7) A great teammate is optimistic: Don't be a player constantly complaining to others about what's wrong.. Look for the positives in your teammates and coaches.
- 8) A great teammate has respect for others: Respect for your teammates. Respect for your coaches. Respect for your family.
- 9) A great teammate is a leader: You don't have to be the best on your team to be a leader. You can lead by your actions.
- 10) A great teammate is resilient: Help your team use temporary setbacks as an opportunity to grow and improve.
- 11) A great teammate helps foster a family atmosphere: Support your teammates like family.
- 12) A great teammate takes responsibility: All of your actions, within and away from the team, are a representation of your team, your organization & your family.





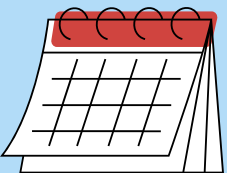


## 22 FUN PLAYGROUND WORKOUTS

<h3>PRONE PLANK</h3>  <p>Place elbows in swing seat. Keep elbows under shoulders. Stay in neutral alignment by engaging core and glutes. Hips should not lift or dip. Hold for <b>30-60 seconds</b>.</p>	<h3>SIDE PLANK</h3>  <p>Place elbow in swing seat. Keep elbow and shoulder in vertical alignment. Stay in neutral alignment by engaging core and glutes. Hips should not lift or dip. Hold for <b>30-60 seconds</b>. Repeat on the opposite side. <b>Challenge: Perform side leg lifts.</b></p>
<h3>PISTOL SQUAT</h3>  <p>Raise one leg and lower body while bending opposite knee. Drop to chair height, then return to standing. <b>Repeat on both legs.</b></p>	<h3>HAMSTRING CURL</h3>  <p>Lie on back, placing feet in the swing seat. Place arms by your sides for stability. Engage core and raise the hips. Contract hamstrings to pull heels towards glutes. Slowly extend legs.</p>
<h3>SKATER SQUAT</h3>  <p>Stand on one leg and place opposite in swing seat. Lean forward at waist to make a "T". Place hands behind back. Bend knee and lower body until chest contacts thigh. Squeeze glutes to return to start position. <b>Repeat on both legs.</b></p>	<h3>BULGARIAN SQUAT</h3>  <p>Place foot in swing seat. Maintain vertical alignment. Bend opposite knee into a lunge. Contract quad and glute to return to standing position. <b>Repeat on both legs.</b></p>
<h3>STEP-UP BALANCE</h3>  <p>Place foot in swing seat. Contract quads and glutes to stand. Bring free leg in front to <b>90 degree angle</b> and balance before lowering to the ground.</p>	<h3>SWING PUSH-UP</h3>  <p>Place both feet in swing seat and perform push-ups. Keep abdominals and glutes engaged to minimize swing movement.</p>
<h3>ABDOMINAL TUCK</h3>  <p>In a push-up position, tuck in pelvis and bend your knees towards chest. Slowly straighten to starting position.</p>	<h3>ABDOMINAL ROLL-OUT</h3>  <p>Grip swing and push it outwards until body is 45 degrees from the ground. Engage core and pull back into standing.</p>

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<h3>SWING ROW</h3>  <p>Stand with feet shoulder width apart. Lean back to 45-degree angle. Engage core and glutes for neutral alignment. Squeeze shoulders and pull to bring chest to swing. <b>Challenge: Perform with one arm.</b></p>	<h3>SWING CRISS-CROSS</h3>  <p>Hold chairs and lean back 45 degrees. Point toes. Cross legs over each other and alternate quickly. Contract core to keep swing as still as possible.</p>
<h3>PLANK-PIKE PUSH-UP</h3>  <p>From a plank position, lift hips upwards into a "V" position. Lower back to a plank.</p>	<h3>PARK BENCH PUSH-UP</h3>  <p>Hold bench with hands slightly wider than shoulders. Walk backwards - the farther back, the more challenging. Tuck elbows into sides and lower torso to the bench. <b>Challenge: Alternate leg lifts in lowered position.</b></p>
<h3>TRICEPS DIP</h3>  <p>Sit on edge of bench and grip the edge. Lift butt and walk out a few steps. Bend at elbows and lower body until triceps are parallel with bench.</p>	<h3>BENCH JUMP</h3>  <p>Jump onto bench and land with knees safely bend. Step off one foot at a time for safety.</p>
<h3>SLIDE CRUNCHES</h3>  <p>Only perform this exercise if you can get a secure grip on a dry slide. A spotter may be necessary. Perform light crunches while inverted on the slide.</p>	<h3>BRIDGE SWING</h3>  <p>Grasp low rails with hands slightly ahead of you. Lift legs to hip height or higher. Hold and lower down.</p>
<h3>MONKEY BAR CLIMB</h3>  <p>Work towards doing multiple rounds and moving backwards without dropping off the bar.</p>	<h3>MONKEY BAR PULL-UP</h3>  <p>Use bar at least a foot shorter than you. Extend legs until chest is under bar. Extend arms then pull chest to bar, bringing elbows beside ribs.</p>

# NOW - GO HAVE SOME FUN!



# PLANNING FOR A SUCCESSFUL SEASON

## HOW TO DEVELOP A YEARLY TRAINING PLAN

As a concept, the yearly training plan (YTP), also known as an annual training plan, has existed in sports for decades. With a yearly training plan, an athlete can visualize his or her entire season, including the various phases, milestones, and target events.

The main reason for developing an annual training plan is to create a systematic approach to training, competition, and rest/recovery. Crafting a YTP is a highly developed coaching art form, drawing on coaching experience, athlete history, and the most current research and science.

The “art” of designing a yearly training plan has to do with the fact that an athlete’s training plan needs to be as simple as possible while still addressing the complexities of training. An annual training plan is a living document that needs to be monitored, maintained, and modified throughout the year.

A comprehensive training plan gives the coach and athlete the ability to plan better for the future, and manage, record, and measure all the various aspects of their training.

A smart annual training plan template divides the athlete’s season into periods, with “peaks” at certain key points in the year. This is the essence of periodization. It can be divided into one, two, three, or a greater number of periods, depending on the athlete’s or team’s needs, their competition schedule, their level of experience for planning goals, and whether the YTP is focused on development or performance.

The phases of a yearly training plan, also called macrocycles, can be further refined into mesocycles and microcycles. These three components each have a different goal or function. Fundamentally, they are dependent on how far or how close the cycles are from competition.

Click [HERE](#) for the full article.

Click [HERE](#) for a blank training plan sheet.

Click [HERE](#) for the video Planning a Training Year (Periodization)



## COACHING WORDS:

### YOU DON'T, YOU DIDN'T, YOU MUST, WE WILL

The language we use to help people know how to grow and improve is important.

When we give feedback, we are giving technical information but we are always also building culture between and among us at the same time.

I found myself thinking about language when I recently heard some coaching interactions on the youth sports field but these points are applicable, I think, to the classroom too.

Think for a moment about the phrase you don't — as in: "You don't work hard to regain possession when you lose the ball."

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I found myself thinking about language when I recently heard some coaching interactions on the youth sports field but these points are applicable, I think, to the classroom too.

Think for a moment about the phrase you don't — as in: "You don't work hard to regain possession when you lose the ball." Compare it to the same phrase using didn't instead of don't: "You didn't work hard to regain possession when you lost the ball."

(This could just as well be, "You don't support your argument with evidence form the text" versus "You didn't support your argument with evidence form the text." Or "You don't clear up after yourself" versus "You didn't clean up after yourself.")

'Don't' implies permanence. This thing that you did is something you always do. The language globalizes a mistake. Makes it part of you—a flaw. Maybe even hints at deliberateness. You don't even care. You just do it.

'Didn't' describes one time, an event. Could be that it is an exception, even. You probably always do but you didn't there. It's a comment that expresses much more faith and belief in the person you are talking to.

But even didn't talks focuses on the past—on what went wrong. While that can be useful it's often not as useful as focusing on the solution.

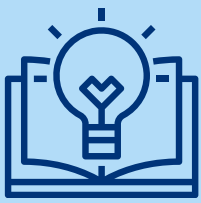


Seattle Seahawks coach Pete Carroll in describing his practice philosophy:

"We're really disciplined as coaches to always talk about what we want to see, the desired outcome, not about what went wrong or what the mistake was. We have to be disciplined about how we use our language. We always talk about the next thing you can do right. It's always about what we want to have happen."

Click [HERE](#) for the rest of the article.





# CONTINUING EDUCATION



## CONNECTION BASED COACHING

Connection Based Coaching training course was designed by professionals in Social and Emotional Learning (SEL) and utilizes the experiences of interviewed Team USA athletes, coaches, and staff to help participants understand how these skills can enhance their coaching. In three 30-minute modules, this FREE course focuses on social and emotional learning (SEL) skills for coaches to connect better with their athletes.

This course is required by USAAS. The free course can be accessed [here](#). Thank you for your commitment to youth development and coaching excellence.

## WHY DEI?



In Oct, 2024, USA Artistic Swimming announced the launch of WHY DEI? new DEI training partnership with Guardian Quest. With the vision of advancing diversity, equity and inclusion within the organization, this training opportunity is available to all members of the USAAS community and beyond.

This course is required by USAAS. Please visit the link [here](#) to take the Why DEI training.



## CONCUSSIONS

According to the Brain Injury Association of America, someone in the U.S. sustains a traumatic brain injury every 11 seconds – and more than 75% of these injuries are concussions. Medically referred to as mild traumatic brain injuries, concussions may have lasting physical, emotional, and cognitive effects if not treated properly. Most concussions can heal within two weeks with proper care, but the overwhelming majority of people don't know what care and treatment should look like. That's where CrashCourse comes in.

Click [HERE](#) to access the Crashcourse. Click [HERE](#) for the Brain Fly-Through video.



# TRAINING WITH YOGA

## 7 REASONS YOU SHOULD START DOING YOGA

Yoga is an ancient practice with origins stretching back thousands of years in India. It is designed to help achieve a more positive outlook on life and a focused, permanent sense of serenity and peace. The word ‘yoga’ itself means ‘union’ and ‘union with the divine’; however, many people have stripped away the spirituality and focus of yoga so that most think of it as a group of intensely athletic people putting their legs behind their heads and curling up into jaw-dropping positions.

While that certainly happens—I’ve actually done the leg behind the head thing a few times, but only after years of careful stretches and practice—yoga has so much more to offer than flexibility and the idea of garnering a strong body. People of all shapes, sizes, ages and abilities can do yoga and adapt it to suit their individual tastes and needs.

If you think yoga might not be for you, I urge you to reconsider. Here are seven of my top reasons why you should start doing yoga as soon as you can.

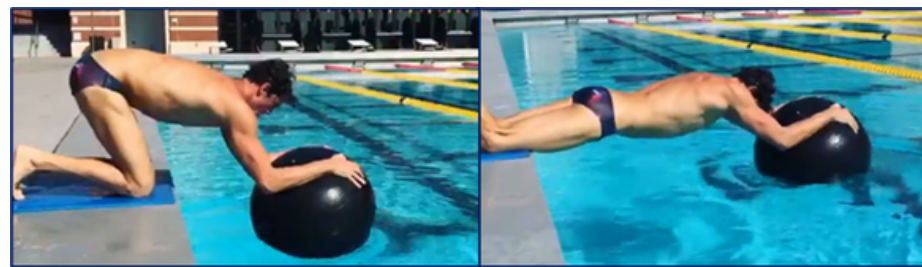
- It’s a great workout.
- It gets you in touch with your body.
- It can help your breathing technique.
- It can improve your sleep.
- It will improve your posture.
- It can develop your physical and mental strength.
- Meditation can change your life for the better.

Click [HERE](#) for the full article.





# CORE AND UPPER BACK STRENGTHENING



## Core Training and why to do it!

1. Strong core muscles improve performance.
2. A strong core reduces the risk of injury.
3. Better posture.
4. It improves your ability to do everyday activities.
5. A strong core is the key to flat abs.



## Shoulder/Back Strengthening & Flexibility and why to do it!

1. Pick exercises that strengthen the upper back with the arms in the overhead, middle and lower positions to get all of the areas of the deltoids and upper back muscles.
2. Push-ups and planks are 2 of the most effective exercises to strengthen the shoulders.
3. Strong shoulders make for better vertical height.
4. Check out "20 Great Exercises to Work Your Shoulders", by Paige Waehner at [www.verywellfit.com](http://www.verywellfit.com)





# UPDATED MATERIALS

**THIS IS A DRAFT. FINAL INFORMATION  
WILL BE SHARED IN SEPTEMBER.**



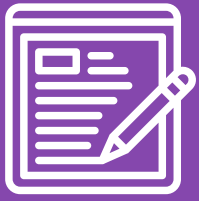
## REVISED APPENDIX 3 - DRAFT

### Revised Appendix 3 Draft – Jr/Sr Events (subject to change)

Event (Jr*/Sr)	Time (+/- 5s)	Total Required Elements	Summary
Solo Tech	2:00	6	5 TREs + 1 Free Hybrid
Solo Free	2:15	6	6 Free Hybrids
Duet Tech	2:20	7	5 TREs + 1 Free Hybrid + 1 Pair Acro
Duet Free	2:45	8	6 Free Hybrids + 2 Pair Acro (May not repeat same acro)
Mixed Duet Tech	2:20	7	3 TREs + 1 Free Hybrid + 1 Required Free Hybrid (1 Thrust, 2 different Connections) + 2 Pair Acro + must include 2 Surface Connections with travel or rotation (May not repeat same acro)
Mixed Duet Free	2:45	7	4 Free Hybrids + 3 Pair Acro + must include 2 Surface Connections with travel or rotation (May not repeat same acro)
Team Tech	2:50	8	5 TREs + 2 Free Hybrids + 1 Team Acro
Team Free	3:30	9	6 Free Hybrids + 3 Team Acro (May not repeat same acro)
Acrobatic	3:00	7	7 Acrobatics: 1 from A, B, C, P Maximum of 2 from any group May not repeat the same acro

\*Junior would continue to have to comply with Free Hybrid apnea limits





# UPDATED MATERIALS

**THIS IS A DRAFT. FINAL INFORMATION  
WILL BE SHARED IN SEPTEMBER.**

## Revised Appendix 3 Draft – 12U/Youth Events (subject to change)

Event (12U/Youth)	Time (+/- 5s)	Total Required Elements	Summary
Solo Free	2:00	5	<b>5 Free Hybrids</b> (+compliance to 12U or Youth apnea limit)
Duet Free	2:30	6	<b>5 Free Hybrids + 1 Pair Acro</b> (+compliance to 12U or Youth apnea limit)
Mixed Duet Free	2:30	5	<b>3 Free Hybrids + 2 Pair Acro + Must include 2 Surface Connections with travel or rotation</b> (May not repeat same acro + compliance to 12U or Youth apnea limit)
Team Free	3:00	8	<b>5 Free Hybrids + 3 Team Acro</b> (May not repeat same acro + compliance to 12U or Youth apnea limit)
12U Combo	3:00	6	<ul style="list-style-type: none"> <li>• <b>3 Team Acrobatics (with safety limit)</b></li> <li>• <b>1x DD Solo Hybrid</b></li> <li>• <b>1x DD Duet Hybrid</b></li> <li>• <b>1x Team DD Hybrid executed by all Combo members</b></li> <li>• <b>2 Team choreography hybrids without DD (must be executed with a minimum of 4 athletes)</b></li> </ul> (May not repeat same acro + compliance to 12U combo apnea limit)
Youth Combo	3:00	7	<ul style="list-style-type: none"> <li>• <b>4 Team Acrobatics (with safety limit)</b></li> <li>• <b>1x DD Solo Hybrid</b></li> <li>• <b>1x DD Duet Hybrid</b></li> <li>• <b>1x Team DD Hybrid executed by all Combo members</b></li> <li>• <b>2 Team choreography hybrids without DD (must be executed with a minimum of 4 athletes)</b></li> </ul> (May not repeat same acro + compliance to 12U combo apnea limit)



# UPDATED MATERIALS

THIS IS A DRAFT. FINAL INFORMATION WILL BE SHARED IN SEPTEMBER.



REVISED DIFFICULTY TABLE – DRAFT (JULY 1, 2024)

**REVISED DIFFICULTY TABLE DRAFT - IMPORTANT NOTES:**

- The draft table is subject to change pending community feedback
- All hybrids shall start with a base value or "Base Mark" of 0.50 and then start adding difficulty from there, this ensures beginner/developing athletes don't have a hybrid DD value of less than a Base Mark in addition to this being a better mathematical process.
- Bonuses have been removed and will be considered in artistic impression. This also allows all 3 DTCs to all always watch the same components.
- Each routine MUST include a skill from every family (except for Connections in Solo)
- For initial testing and feedback please try the following family restrictions of:
  - Max 5x declarations per family per hybrid
    - ie max 5x Thrusts, 5x Spin, 5x Twist, 5x Flexibility, 5x Airborne Weight, 5x Connections for duet/team

L	THRUSTS (T)	SPINS (S)		TWISTS <i>incl. Twirls/Swirls</i> (R)		AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)	
<b>(B) A S I C</b>	Thrust with one or two legs followed by crashing on the surface	<b>SB = 0.15</b>	Spin 180 (one or two legs)	<b>RB = 0.10</b>	Swirl 180/Turn 180 non-sustained or up-down	Lift to any single leg position from Front Pike, Inverted Tuck or a variant (swirlee, bucket, tabletop)	Back Layout to Surface Arch or Bent Knee Surface Arch	Piked body position at the surface of the water or any position out of VP "cone" area.	
		<b>SCB = 0.35</b>	Combined 180 (one or two legs)	<b>1RB = 0.15</b>	1leg Twist/Twirl 180				
	<b>TB = 0.30</b>	<b>SCDB = 0.40</b>	Two-direction Combined 180 (one or two legs)	<b>2RB = 0.20</b>	Twist/Twirl 180 (VP)	<b>AB = 0.10</b>	<b>FB = 0.05</b>	<b>CB = 0.10</b>	<b>CB+ = 0.20</b>
<b>1</b>	Thrust with one leg followed by vertical descent	<b>S1 = 0.35</b>	Spin 360 (one or two legs)	<b>R1 = 0.20</b>	Swirl 360/Turn 360 non-sustained or up-down	Single leg descent Inverted Tuck or Table Top to VP	Rapid Split from any position Rapid Knight Position	Connection in any one leg VP position (in "cone" area) <u>with the "bottom" leg (non VP leg) connected</u> (face-to-face, back-to-back, lateral)  <i>If connection is sustained for 3s+ code in red is eligible</i>	
		<b>SC1 = 0.80</b>	Combined 360 (one or two legs)	<b>1R1 = 0.35</b>	1leg Twist/Twirl 360				
	<b>SCD1 = 0.85</b>	Two-direction Combined 360 (one or two legs)	<b>2R1 = 0.45</b>	Twist/Twirl 360 (VP)	<b>RD1 = 0.50</b>	Two-direction 360 (VP)	Join to VP at max height from Fishtail, Bent Knee VP or Split	BK Surface Arch to Knight (extending the BK up to Knight)	<b>C1 = 0.20</b> <b>SC1 = 0.5</b>
<b>T1 = 0.45</b>	<b>RU1 = 0.55</b>	U/B Twist/Twirl 360 (VP)	<b>RO1 = 0.60</b>	VP open to Split 360	<b>A1 = 0.20</b>	<b>F1 = 0.10</b>			
				<b>RC1 = 0.65</b>	Split to VP 360				



# UPDATED MATERIALS

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L	THRUSTS (T)	SPINS (S)	TWISTS incl. Twirls/Swirls (R)	AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)		
2	Thrust with one leg followed by Spin 180  Thrust with one leg followed by Twirl 180 and a crash	<b>S2 = 0.75</b>  <b>SC2 = 1.60</b>  <b>SCD2 = 1.65</b>	Spin 720 (one or two legs)  Combined 720 (one or two legs)  Two-direction Combined 720 (one or two legs)	<b>R2 = 0.40</b> <b>1R2 = 0.75</b> <b>2R2 = 0.95</b> <b>RD2 = 1.00</b>  <b>RU2 = 1.05</b>	Swirl 720 1 leg Twist/Twirl 720 Twist/Twirl 720 (VP) Two-direction 720 (VP) U/B Twist/Twirl 720 (VP)	Vertical descent in VP (with or without isolated movements)  Front Pike to VP (Porpoise lift)  From Front Pike to Bent Knee VP or Fishtail while turning 180	Walkout Front and Walkout Back  Split variants at the surface (demonstration of at least 2 different Splits)	One leg (in VP "cone" area) face-to-face connection  One leg (in VP "cone" area) back, one leg forward connection  Connection in any one leg VP (in "cone" area) with the "bottom" leg connected (C1 definition) with a rotation of at least 180 at maximum height  <i>If connection is sustained for 3s+ code in red is eligible</i>
	<b>T2 = 0.50</b>				<b>A2 = 0.30</b>	<b>F2 = 0.20</b>	<b>C2 = 0.30</b> <b>SC2 = 0.7</b> <b>C2+ = 0.40</b> <b>SC2+ = 0.8</b>	
3	Thrust and vertical descent  Thrust with one leg followed by Spin 360  Thrust with one leg followed by Twirl 180 and descent  Thrust with flexibility followed by crashing	<b>S3 = 1.15</b>  <b>SC3 = 2.40</b>  <b>SCD3 = 2.45</b>	Spin 1080 (two legs)  Combined 1080 (two legs)  Two-direction Combined 1080 (two legs)	<b>R3 = 0.60</b> <b>1R3 = 1.15</b>  <b>2R3 = 1.45</b>  <b>RU3 = 1.65</b>	Swirl 1080 1 leg Twist/Twirl 1080 Twist/Twirl 1080 (VP) U/B Twist/Twirl 1080 (VP)	Vertical ascent with 1 or 2 legs (with or without isolated movements)  Ariana Rotation  Fishtail to Knight (through VP)  Combination of at least 2 Knight Positions	Split to Split through VP (changing legs)  Ariana Rotation  Fishtail to Knight (through VP)  Combination of at least 2 Knight Positions	One leg (in VP "cone" area) back or side connection  <i>If connection is sustained for 3s+ code in red is eligible</i>
	<b>T3 = 0.65</b>				<b>A3 = 0.40</b>	<b>F3 = 0.30</b>	<b>C3 = 0.40</b> <b>SC3 = 0.8</b> <b>C3+ = 0.50</b> <b>SC3+ = 0.9</b>	
4	Thrust with one leg followed by Spin 720  Thrust with flexibility and descent  Thrust followed by Spin 180  Flying Fish  Thrust followed by Twirl 180 and a crash	<b>S4 = 1.55</b>  <b>SC4 = 3.20</b>  <b>SCD4 = 3.25</b>	Spin 1440 (two legs)  Combined 1440 (two legs)  Two-direction Combined 1440 (two legs)	<b>R4 = 0.80</b> <b>1R4 = 1.55</b>  <b>2R4 = 1.95</b>  <b>RD4 = 2.00</b>  <b>RU4 = 2.15</b>	Swirl 1440 1 leg Twist/Twirl 1440 Twist/Twirl 1440 (VP) Two-direction 1440 (VP) U/B Twist/Twirl 1440 (VP)	From Front Pike to Bent Knee VP or Fishtail while turning 360  Front Pike to VP while turning 180	Front Layout to Bent Knee Arch Position or a Split  From Surface Arch Position to Knight or Split  Bent Knee Surface Arch to Bent Knee VP  BK Surface Arch to Knight (lifting the extended leg and extending on the surface the bent leg)  Fishtail to Knight (horizontal plane, along the surface)  Knight to VP	Two-leg connection (both legs must be in VP "cone" area)  <i>If connection is sustained for 3s+ code in red is eligible</i>
	<b>T4 = 0.80</b>				<b>A4 = 0.55</b>	<b>F4 = 0.40</b>	<b>C4 = 0.50</b> <b>SC4 = 1.0</b> <b>C4+ = 0.60</b> <b>SC4+ = 1.1</b>	
5	Thrust followed by Spin 360  Thrust followed by Twirl 180 and descent  Thrust with flexibility followed by Spin 180  Flying Fish Spin 180 or Thrust Fishtail Helicopter Spinning 180	<b>S5 = 1.95</b>  <b>SC5 = 4.00</b>  <b>SCD5 = 4.05</b>	Spin 1800 (two legs)  Combined 1800 (two legs)  Two-direction Combined 1800 (two legs)	<b>1R5 = 1.95</b>  <b>2R5 = 2.45</b>  <b>RU5 = 2.75</b>	1 leg Twist/Twirl 1800 Twist/Twirl 1800 (VP) U/B Twist/Twirl 1800 (VP)	Front Pike to VP while turning 360	Knight to Fishtail through VP  Bent Knee Surface Arch to VP  Knight turning 180° (turning in the Knight position)	Rotation vertical connection with one leg in VP "cone" area (rotation of 180+ at maximum height)
	<b>T5 = 0.90</b>				<b>A5 = 0.80</b>	<b>F5 = 0.50</b>	<b>C5 = 1.00</b> <b>C5+ = 1.10</b>	





# UPDATED MATERIALS

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REVISED DIFFICULTY TABLE - DRAFT (JULY 1, 2024)

L	THRUSTS (T)	SPINS (S)	TWISTS incl. Twirls/Swirls (R)	AIRBORNE WEIGHT (A)	FLEXIBILITY (F)	CONNECTIONS (C)
6	Thrust with flexibility OR a Twirl 180 followed by Spin 360	<b>S6 = 2.35</b>	Spin 2160 (two legs)	<b>1R6 = 2.35</b>	Cyclone 180° (BK Surface Arch Twirl 180° to a VP)  Knight turning 360°	Rotation vertical connection with two legs in VP 'cone' area (rotation of 180+ at maximum height)
	Flying Fish 360 or Thrust Fishtail Helicopter Spinning 360	<b>SC6 = 4.80</b>	Combined 2160 (two legs)	<b>2R6 = 2.95</b>		
	Rocket Split Twirl 180	<b>SCD6 = 4.85</b>	Two-direction Combined 2160 (two legs)	<b>RD6 = 3.00</b>	Knight Join to VP while turning 180°  Flat Split/Split variants sustained at the surface 3 seconds or more	Rotation vertical connection with one leg (rotation of 360+ at maximum height)
	<b>T6 = 1.10</b>			<b>RUG = 3.25</b>		
7	Thrust followed by Spin 720	<b>S7 = 2.75</b>	Spin 2520 (two legs)	<b>2R7 = 3.45</b>	Surface Arch to VP	Rotation vertical connection with two legs in VP 'cone' area (rotation of 360+ at maximum height)
	Rocket Split Twirl + Spin 180			<b>RU7 = 3.85</b>		
	<b>T7 = 1.50</b>			<b>A7 = 1.45</b>	<b>F7 = 0.75</b>	<b>C7 = 1.50</b> <b>C7+ = 1.60</b>
	8	Thrust with flexibility followed by Spin 720	<b>S8 = 3.15</b>	Spin 2880 (two legs)	<b>2R8 = 3.95</b>	Knight Join to VP while turning 360°  Bent Knee Surface Arch Position to VP turning 360° (Nova turning 360°)
<b>RUB = 4.35</b>						
	<b>T8 = 1.70</b>			<b>A8 = 1.65</b>	<b>F8 = 0.90</b>	
	9	Thrust followed by Spin 1080 or more	<b>S9 = 3.55</b>	Spin 3240 (two legs)	<b>2R9 = 4.45</b>	Surface Arch Position to VP turning 180°
Thrust to height of 7.5+ (hips) continued by catching (clearly stopping - stable height demonstrated for 1s or more) in a VP above the knees or higher		<b>RU9 = 4.95</b>				
	<b>T9 = 2.00</b>				<b>F9 = 1.00</b>	
	10		<b>S10 = 3.95</b>	Spin 3600 (two legs)	<b>2R10 = 4.95</b>	Surface Arch Position to VP turning 360°
<b>RU10 = 5.45</b>						
					<b>F10 = 1.30</b>	



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# THORNE

## How Does Sleep Help Your Immune System

In our 24/7, always-on-the-go modern world, productivity is often king, and longer workdays are treated like a badge of honor. But there are only so many hours in a day, and after a certain point you need to get your rest so you can stay healthy.

Although it's easy to think of your immune system and sleep quality as two separate factors that influence how well you perform at work, your immune system and sleep have a bi-directional relationship – meaning the health of one impacts the other.

If you want to avoid taking a sick day or feeling lethargic on the job at all costs, then check out our answers to common questions about sleep and the immune system.

### **How does the immune system impact sleep?**

The job of the immune system is to protect the body. It neutralizes harmful substances encountered in the environment and removes them. White blood cells are always on the lookout for outside invaders, such as viruses and bacteria, and when they spot them, they launch their attack.

When your immune system kicks in to protect you from a threat, it can impact the amount of sleep you need. For example, you might feel tired or find yourself sleeping longer when your body is fighting off a virus. As we saw with COVID-19, it's possible to have an infection and not know it. That's why it's important to maintain your immune health every day – not just when you're sick.

### **Can lack of sleep make you sick?**

It absolutely can, because sleep and immunity go hand in hand. At Take 5 Daily, a Mayo Clinic doctor shared with us how lack of sleep can lead to long-term adverse health conditions, although even in the short-term it can open you up to getting sick.

Getting adequate sleep supports immune function by ensuring there are enough immune cells circulating in your body.<sup>2,3</sup> When you don't get enough sleep, your immune system can't function as well.

### **Does sleep benefit your immune system?**

Yes! If you're wondering how many hours a night you need, a 2015 study published in Sleep looked at the relationship between sleep duration and the likelihood of getting the common cold. Researchers found that individuals who sleep six hours or less are more likely to get sick than those who slept for more than seven hours. Bottom line: Make sure you sleep at least seven hours per night!

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