



## GSSC Extra Routine Policy

Guelph Synchronized Swim Club offers competitive swimmers a team program with additional “optional” programs of swimming and competing in solo or duet. This format remains the most beneficial for swimmer and team development, as well as being the most cost-effective for the club. Team formation always takes priority in synchronized swimming. If a team is available, the team comes first.

An extra routine is a solo or duet in which a swimmer participates over and above her available team’s normal training time that is scheduled and posted at the beginning of each year. These optional routines are offered depending on obtainable coaching, pool time and resources available to the club, by Executive decision. The club incurs an increased cost for an extra routine; parents must agree to additional swim fees, and volunteer/fundraising participation to cover pool rental and coaching expenses and agree to purchase an added competition suit, if required.

All competitive swimmers will be asked by the end of September whether they would like to participate in an extra routine. A date will be set for all those interested in an extra routine, to attend so that solos and duets can be determined. In the case of a duet, swimmers will be partnered with someone with similar levels of skill and commitment, and work well together. The option to learn an extra routine is a privilege and left to the Head Coach’s discretion, based, in part, on the swimmer’s attitude, attendance and overall commitment. Coaches may contact a swimmer’s parents to encourage participation prior to announcing extra routines.

Separate training for extra routines will begin in early to mid-October at a schedule to be determined and announced at that time. Extra routines are an excellent opportunity for swimmers to further develop their technical skills.

### **\*\* Special Circumstance \*\***

GSSC would like to retain its membership of synchro swimmers 15+ of age, therefore if a swimmer meets **ALL** of the following stipulations, the opportunity of swimming only a duet or solo (an extra routine) may be granted by the Executive, in conjunction with the Head Coach. Practice times will consist of 5-6 hours per week.

Swimmer must meet the **ALL** of the following:

- Long-standing (6+ years) member of GSSC in good standing
- In addition to swimming team, has participated in extra routines for at least the past 3 years
- Has competed at the provincial level
- Has participated in the stand-alone FINA (National) figures at least once in the past 3 years.

