



# Synquatics Handbook 2020/2021

## Content

1. Introduction
2. Synquatics Structure & Programmes Division
3. Squads Information
4. Term Dates
5. Term Fees
6. Poolside Regulations
7. Feedback Resources
8. Contact us



## 1. Introduction

### Who We Are & Our Mission

Synquatics is the artistic swimming program for Hamilton Aquatics. As one of the three aquatics training programs that Hamilton Aquatics offer (swimming, water polo and artistic swimming), our mission is to provide artistic swimming services and opportunities in a structure and environment accessible by everyone with a commitment to inspire achievement within sport.

Three core aspects are fundamental to us: commitment, support from all parties and enjoyable environment. Indeed, commitment is key for improving and achieving results together, no matter at what level of engagement our members take part to. Similarly, the support provided by the Synquatics staff as well as parents is essential to help athletes achieving their goals. Nevertheless, this should not affect the joyful spirit that all parties bring on poolside every day. With a smile, for sure the journey is more enjoyable.

### Our Vision

Our vision is to become the world's foremost private artistic swimming academy through offering high quality complete artistic swimming opportunities and education; to ensure athletes reach their full potential, whether it is at recreational or performance level.

Individual abilities and goals will be supported at any level because our goal is to offer the best experience to all our athletes, whilst developing long-lasting relationships with our members and partners. We create people, not just athletes.

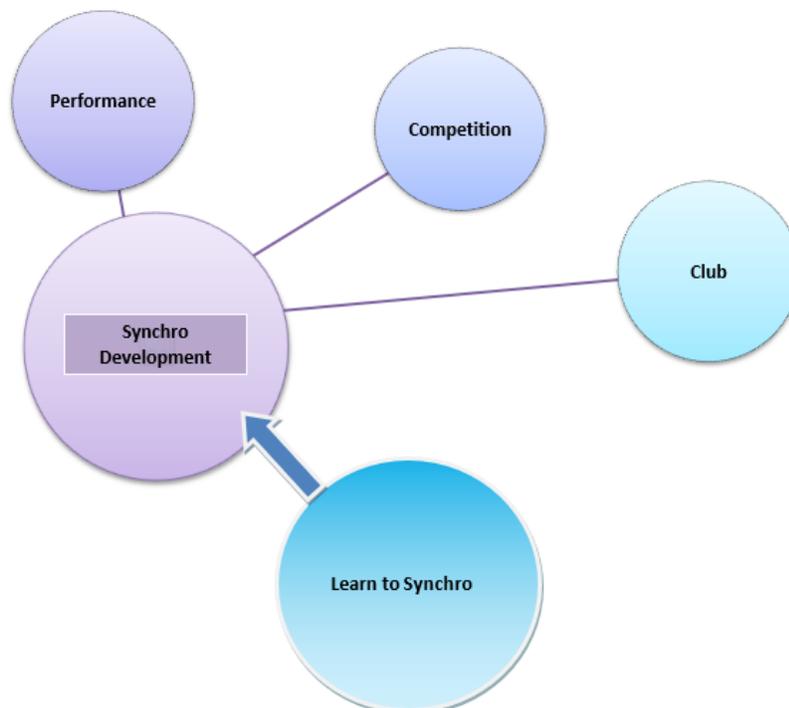
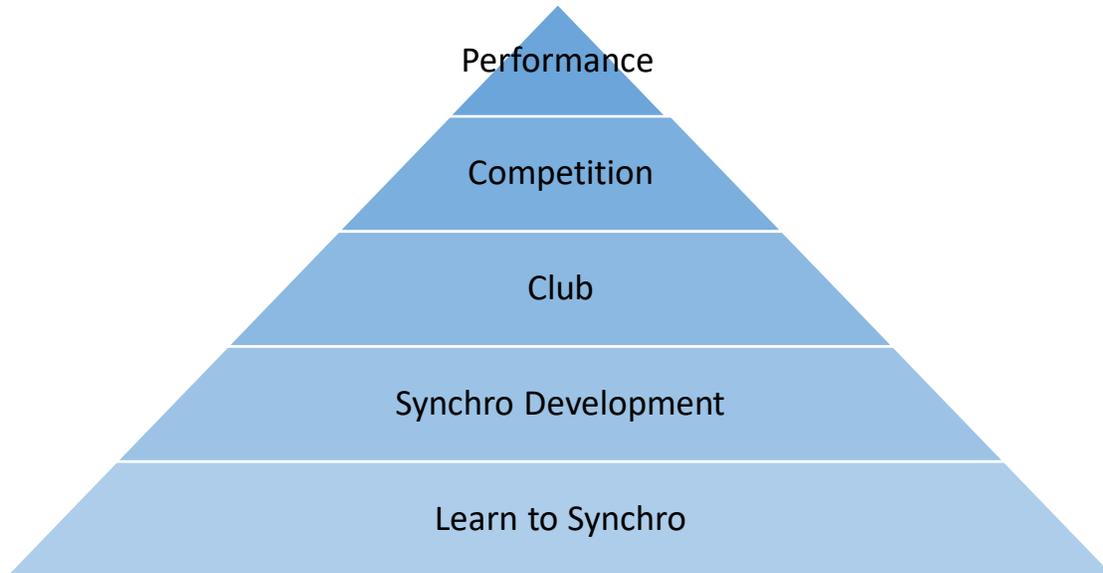
### Our Values

Our values are not just words on paper, but actions that every member of Hamilton Aquatics is encouraged to demonstrate, whether they are an employee, a swimmer, a parent, or anyone else that we work with. We have four primary values that are all held together through unity. When all four values are displayed in unison, each value is strengthened.



## 2. Synquatics Structure & Programmes Division

Below is the squad structure for the 2020/2021 season. The squad structure shows each squad and the progressions for our members to understand.





The Synquatics sections are defined as you see below. The new sections division is to make sure that all levels are given the appropriate importance as well as objectively defining the prerequisites for being part of each squad and section. This structure will help us at increasing the overall club standard as already started doing since September 2019.

<b>Synquatics Programmes</b>
Learn to Synchro
Synchro Development
Club 12 & Under Squad
Club 15 & Under Squad
Club 18 & Under Squad
Competition 10 & Under Squad
Competition 12 & Under Squad
Competition 15 & Under Squad
Competition 18 & Under Squad
Performance Youth Squad
Performance Elite Squad



Given the various programmes that we offer in Synquatics and to stick to our funding values as well as offering fair and equal treatments, please see the below chart which clarifies the routines opportunities for each programme. This is to show our professionalism and how well structured our training programme is as these numbers are based on the number of sessions for each group and the athletes' commitment and attitude.

Although it is down to the coaches to decide who they think is most appropriate for each routine, it is always a unanimous decision agreed with the whole Synquatics team and not just down to one coach only:

Programme	Solo	Duet	Trio	Team
Learn to Synchro	/	/	/	Team routine
Development	/	/	/	Team routine
Club Squads	/	/	/	Free Combination
Competition 10&U	Max 3	Max 2	Max 1	Free Team
Competition Squads (12&U,13-15,18&U)	Max 3	Max 2	Max 1	Free Team Free Combination
Performance Squads (Youth & Elite)	Max 2 (per age group)	Max 2 (per age group)	Max 1 (per age group)	Free Team Free Combination

### 3. Squads Information

<b>Competition Squads Pathway (18&amp;Under)</b>
<b>Age Guideline:</b> 16 - 18
<b>Training Venue:</b> <ul style="list-style-type: none"> <li>- GEMS National School for Girls, Al Barsha (weekdays)</li> <li>- GEMS World Academy, Al Barsha (Saturdays TBC)</li> </ul>
<b>Aim:</b> to improve and master the hardest skills and sports abilities. Wish to pursue Artistic Swimming as their chosen sport with aspirations of being competitive both locally and internationally.
<b>Working Towards:</b> Equivalent of Swim England Level 2 - 5 (Figure & Routine Grades)
<b>Training Commitments:</b> 3 sessions for a total of 6 hours per week.
<b>Cost:</b> 5000 AED
<b>Equipment provided:</b> Synquatics Cap, Nose Clip, Synquatics String Bag, training water bottles, official uniform including top and shorts. Anything required for swimming warm up at the venue.
<b>Equipment not included in the price:</b> Training costume (including Synquatics one), Goggles, Land Training Mat, Theraband, Synquatics Hoodie and Competition Costumes based on the coach's decision. Any extra cap or nose clip in addition to the first one provided at the beginning of the season.
<b>Training Times:</b> <ul style="list-style-type: none"> <li>• Tuesday 18:00 – 20:00 (1 hour pool, 1 hour land)</li> <li>• Thursday 18:00 – 20:00 (1 hour pool, 1 hour land)</li> <li>• Saturday 09:30 – 11:30 (1 hour pool, 1 hour land)</li> </ul>

<b>Competition Squads Pathway (15&amp;Under)</b>
<b>Age Guideline:</b> 13 - 15
<b>Training Venue:</b> <ul style="list-style-type: none"> <li>- GEMS National School for Girls, Al Barsha (weekdays)</li> <li>- GEMS World Academy, Al Barsha (Saturdays TBC)</li> </ul>
<b>Aim:</b> to improve and master the hardest skills and sports abilities. Wish to pursue Artistic Swimming as their chosen sport with aspirations of being competitive both locally and internationally.
<b>Working Towards:</b> Equivalent of Swim England Level 2 - 4 (Figure & Routine Grades)
<b>Training Commitments:</b> 4 sessions for a total of 8 hours per week.
<b>Cost:</b> 5750 AED
<b>Equipment provided:</b> Synquatics Cap, Nose Clip, Synquatics String Bag, training water bottles, official uniform including top and shorts. Anything required for swimming warm up at the venue.
<b>Equipment not included in the price:</b> Training costume (including Synquatics one), Goggles, Land Training Mat, Theraband, Synquatics Hoodie and Competition Costumes based on the coach's decision. Any extra cap or nose clip in addition to the first one provided at the beginning of the season.
<b>Training Times:</b> <ul style="list-style-type: none"> <li>• Sunday 18:00 – 20:00 (1 hour pool, 1 hour land)</li> <li>• Tuesday 18:00 – 20:00 (1 hour pool, 1 hour land)</li> <li>• Thursday 18:00 - 20:00 (1 hour pool, 1 hour land)</li> <li>• Saturday 09:30 – 11:30 (1 hour pool, 1 hour land)</li> </ul>

### Competition Squads Pathway (12&Under)

**Age Guideline:** 11 - 12

**Training Venue:**

- GEMS National School for Girls, Al Barsha (weekdays)
- GEMS World Academy, Al Barsha (Saturdays TBC)

**Aim:** to improve and master the hardest skills and sports abilities. Wish to pursue Artistic Swimming as their chosen sport with aspirations of being competitive both locally and internationally.

**Working Towards:** Equivalent of Swim England Level 2 - 3 (Figure & Routine Grades)

**Training Commitments:** 4 sessions for a total of 8 hours per week.

**Cost:** 5750 AED

**Equipment provided:** Synquatics Cap, Nose Clip, Synquatics String Bag, training water bottles, official uniform including top and shorts. Anything required for swimming warm up at the venue.

**Equipment not included in the price:** Training costume (including Synquatics one), Goggles, Land Training Mat, Theraband, Synquatics Hoodie and Competition Costumes based on the coach's decision. Any extra cap or nose clip in addition to the first one provided at the beginning of the season.

**Training Times:**

- Sunday 16:30 – 18:30 (1 hour pool, 1 hour land)
- Tuesday 16:30 – 18:30 (1 hour pool, 1 hour land)
- Thursday 16:30 – 18:30 (1 hour pool, 1 hour land)
- Saturday 11:30 – 13:30 (1 hour pool, 1 hour land)

### Competition Squads Pathway (10&Under)

**Age Guideline:** 7 – 10

**Training Venue:**

- GEMS National School for Girls, Al Barsha (weekdays)
- GEMS World Academy, Al Barsha (Saturdays TBC)

**Aim:** to improve and master the hardest skills and sports abilities. Wish to pursue Artistic Swimming as their chosen sport with aspirations of being competitive both locally and internationally.

**Working Towards:** Equivalent of Swim England Level 1 – 2 (Figure & Routine Grades)

**Training Commitments:** 3 sessions for a total of 5 hours per week.

**Cost:** 4750 AED

**Equipment provided:** Synquatics Cap, Nose Clip, Synquatics String Bag, training water bottles, official uniform including top and shorts. Anything required for swimming warm up at the venue.

**Equipment not included in the price:** Training costume (including Synquatics one), Goggles, Land Training Mat, Theraband, Synquatics Hoodie and Competition Costumes based on the coach's decision. Any extra cap or nose clip in addition to the first one provided at the beginning of the season.

**Training Times:**

- Tuesday 16:30 – 18:00 (1 hour pool, 30' land)
- Thursday 16:30 – 18:00 (1 hour pool, 30' land)
- Saturday 11:30 – 13:30 (1 hour pool, 1 hour land)

**Club Squads Pathway  
(18&Under)**

**Age Guideline:** 16 – 18

**Training Venues:** GEMS National School for Girls, Al Barsha

**Aim:** to improve and develop the most challenging skills and sports abilities. Introduction to major local competitions.

**Working Towards:** Equivalent of Swim England Level 1 – 2 (Figure & Routine Grades)

**Training Commitments:** 2 sessions per week for a total of 4 hours per week.

**Cost:** 4500 AED

**Equipment provided:** Synquatics Cap, Nose Clip, Synquatics String Bag, training water bottles, official uniform including top and shorts. Anything required for swimming warm up at the venue.

**Equipment not included in the price:** Training costume (including Synquatics one), Goggles, Land Training Mat, Theraband, Synquatics Hoodie and Competition Costumes based on the coach's decision. Any extra cap or nose clip in addition to the first one provided at the beginning of the season.

**Training Times:**

- Monday 17:00 – 19:00 (1 hour pool, 1 hour land)
- Wednesday 17:00 – 19:00 (1 hour pool, 1 hour land)

**Club Squads Pathway  
(15&Under)**

**Age Guideline:** 13 – 15

**Training Venues:** GEMS National School for Girls, Al Barsha

**Aim:** to improve and develop the most challenging skills and sports abilities. Introduction to major local competitions.

**Working Towards:** Equivalent of Swim England Level 1 – 2 (Figure & Routine Grades)

**Training Commitments:** 2 sessions per week for a total of 4 hours per week.

**Cost:** 4500 AED

**Equipment provided:** Synquatics Cap, Nose Clip, Synquatics String Bag, training water bottles, official uniform including top and shorts. Anything required for swimming warm up at the venue.

**Equipment not included in the price:** Training costume (including Synquatics one), Goggles, Land Training Mat, Theraband, Synquatics Hoodie and Competition Costumes based on the coach's decision. Any extra cap or nose clip in addition to the first one provided at the beginning of the season.

**Training Times:**

- Monday 17:00 – 19:00 (1 hour pool, 1 hour land)
- Wednesday 17:00 – 19:00 (1 hour pool, 1 hour land)



### Club Squads Pathway (12&Under)

**Age Guideline:** 10 – 12

**Training Venues:** GEMS National School for Girls, Al Barsha

**Aim:** to improve and develop the most challenging skills and sports abilities. Introduction to major local competitions.

**Working Towards:** Equivalent of Swim England Level 1 – 2 (Figure & Routine Grades)

**Training Commitments:** 2 sessions per week for a total of 4 hours per week.

**Cost:** 4500 AED

**Equipment provided:** Synquatics Cap, Nose Clip, Synquatics String Bag, training water bottles, official uniform including top and shorts. Anything required for swimming warm up at the venue.

**Equipment not included in the price:** Training costume (including Synquatics one), Goggles, Land Training Mat, Theraband, Synquatics Hoodie and Competition Costumes based on the coach's decision. Any extra cap or nose clip in addition to the first one provided at the beginning of the season.

**Training Times:**

- Monday 16:30 – 18:30 (1 hour pool, 1 hour land)
- Wednesday 16:30 – 18:30 (1 hour pool, 1 hour land)

<b>Development Pathway</b>
<b>Age Guideline:</b> 6 above
<b>Training Venues:</b> <ul style="list-style-type: none"> <li>• GEMS Jumeirah Primary School</li> <li>• Emirates International School Meadows</li> <li>• GEMS Jumeirah College</li> <li>• GEMS National School for Girls, Al Barsha</li> </ul>
<b>Aim:</b> to master the basic skills needed to perform synchro in a fun non-competitive environment before deciding which pathway to pursue in the future.
<b>Working Towards:</b> Equivalent of Swim England Level 1 (Figure & Routine Grades).
<b>Training Commitments:</b> 1 session per week minimum including 60min pool + 30min land work.
<b>Cost:</b> 2200 AED 1x session week 3900 AED 2x sessions week
<b>Equipment provided:</b> Synquatics Cap, Nose Clip, Synquatics String Bag, training water bottles, official uniform including top and shorts. Anything required for swimming warm up at the venue.
<b>Equipment not included in the price:</b> Training costume, Goggles. Any extra cap or nose clip in addition to the first one provided at the beginning of the season.
<b>Training Times:</b> <ul style="list-style-type: none"> <li>• Sunday 16:00 – 17:30 (GEMS Jumeirah Primary School) (60' pool, 30' land)</li> <li>• Monday 17:00 – 18:30 (Emirates International School Meadows) (60' pool, 30' land)</li> <li>• Wednesday 17:00 – 18:30 (Emirates International School Meadows) (60' pool, 30' land)</li> <li>• Thursday 17:15 – 18:45 (GEMS Jumeirah College) (60' pool, 30' land)</li> <li>• Saturday 09:30 – 11:00 (GEMS National School for Girls, Al Barsha) (60' pool, 30' land)</li> </ul>

<b>Learn to Synchro</b>
<b>Age Guideline:</b> Ideally 5-9 years old, but any age can join providing they can swim competently.
<b>Training Venues:</b> <ul style="list-style-type: none"> <li>• Emirates International School Meadows</li> <li>• GEMS Jumeirah College</li> <li>• GEMS National School for Girls, Al Barsha</li> </ul>
<b>Aim:</b> to introduce the basic skills needed to perform synchro in a fun non-competitive environment before potentially moving to Synchro Development as the next level.
<b>Working Towards:</b> Hamilton Aquatics Learn to Synchro Certificates Bronze, Silver & Gold.
<b>Training Commitments:</b> 1 session per week minimum including 45min pool + 15min land work.
<b>Cost:</b> 2000 AED
<b>Equipment provided:</b> Learn to Synchro Cap, Nose Clip, Synquatics String Bag, training water bottles. Anything required for swimming warm up at the venue.
<b>Equipment not included in the price:</b> Training costume (including Synquatics one), Goggles, Synquatics Hoodie. Any extra cap or nose clip in addition to the first one provided at the beginning of the season.
<b>Training Times:</b> <ul style="list-style-type: none"> <li>• Monday 16:00 – 17:00 (Emirates International School Meadows)</li> <li>• Wednesday 16:00 – 17:00 (Emirates International School Meadows)</li> <li>• Thursday 16:15 – 17:15 (GEMS Jumeirah College)</li> <li>• Saturday 11:00 – 12:00 (GEMS National School for Girls, Al Barsha)</li> </ul>



#### 4. Term Dates

The following terms are followed by all our programmes effectively from September 2020:

- **Term 1 (20 weeks)** – 6<sup>th</sup> September 2020 – 13<sup>th</sup> February 2021  
(without including 3 weeks winter break 13<sup>th</sup> December – 2<sup>nd</sup> January)
- **Term 2 (20 weeks)** – 14<sup>th</sup> February 2021 – 3<sup>rd</sup> July 2021

Please note that camps and clinics will be planned during the Winter, Spring and Summer breaks. Coaches will get in touch prior to such events.

#### 5. Term Fees

Term fees must be paid at the time of the booking via Hamilton Bay. Shall you need any assistance, you can always reach our office in Motor City.

Squads & Programmes	Term Fees inc VAT (AED) Term 1 (20 weeks)	Term Fees inc VAT (AED) Term 2 (20 weeks)
Competition 18&U	5000	5000
Competition 15&U	5750	5750
Competition 12&U	5750	5750
Competition 10&U	4750	4750
Club 18&U	4500	4500
Club 15&U	4500	4500
Club 12&U	4500	4500
Development 1xweek	2200	2200
Development 2xweek	3900	3900
Learn to Synchro 1xweek	2000	2000

## 6. Poolside Regulations

As started during the summer, our procedures will follow the Covid-19 regulations set up from the government and the Dubai Sports Council. Additionally, please be mindful that the procedures might vary slightly in each pool according to the school rules as well.

Please note the following rules for members, guardians as well as coaching and lifeguarding staff will be effective once returned to normality:

- The changing room access will be clearly divided between female and male genders. Parents assisting kids in the changing room should go in the parent/guardian's gender changing room to avoid any issues for other athletes.
- Athletes are invited not to walk around without any clothes especially when the poolside access door is open.
- Coaches will never use athletes' changing room to get changed or use the toilet facilities. Instead, they will do so separately in the staff changing room.
- Athletes, staff, and guardians are not allowed to run on poolside at any time.
- Parents and/or guardians are not allowed to take pictures or film any part of the session at any time.
- Shall guardians be accompanied by children; the former is fully responsible for their safety and behaviour. Children 6 years old and below are not allowed to stay on poolside by themselves.

As precautionary as well as educational measures, as effective from September 2020, parents and guardians should follow these rules:

- Learn to Synchro & Synchro Development: parents and/or guardians are allowed on poolside by respecting the coaching and lifeguarding staff working area and by avoiding interruptions unless for safety reasons.
- Squads: parents and/or guardians are not allowed on poolside after 5 minutes past the beginning of the session and prior 5 minutes to the end of the session. This will avoid distractions for the athletes as well as for the coaching staff.

## 7. Feedback resources

There are two major ways from where you can get feedback from coaches about the athlete's progress:

- Hamilton Bay – Records of Achievement: every mid-term (10 weeks) and prior the end of the term (20 weeks) you will receive an automatic email from Hamilton Bay where coaches will share an overall feedback about the athlete's progress under all aspects; other than the technical which will then be summarised via some system rates 1-5. Obviously, this will not offer a complete picture, but it will help both parties to keep monitoring the progress and how we can support the athlete more
- Contact your coach: given the fact that coaches are extremely busy during the sessions and not available for a conversation, it is advisable to simply email your lead coach so to arrange a meeting or a call during their office times or either around the pool sessions times.



## 8. Contact us

<b>Key Contacts</b>
<b>Coach Ilaria – Head Coach of Synquatics</b> Email: <a href="mailto:ilariabrandimarte@hamiltonaquatics.ae">ilariabrandimarte@hamiltonaquatics.ae</a>
<b>Coach Eleonora - Pathway Coach</b> Email: <a href="mailto:eleonoraciarlora@hamiltonaquatics.ae">eleonoraciarlora@hamiltonaquatics.ae</a>
<b>Synquatics General Inquiry</b> Email: <a href="mailto:synquatics@hamiltonaquatics.ae">synquatics@hamiltonaquatics.ae</a> Phone: +971 58 8940806 Website: <a href="https://www.hamiltonaquatics.ae/artisticswimming">https://www.hamiltonaquatics.ae/artisticswimming</a>
<b>HA Head Office</b> Office 1012, 10th Floor, Detroit House Building, Motor City, Dubai, U.A.E. Office Phone: +971 (4) 4508832