



Multnomah Athletic Club

MAC Artistic Swimming

Team Handbook

2024-2025

Team Mission Statement

MAC Artistic Swimming program's mission is the pursuit of excellence in athletic training to produce regional and national caliber swimmers. This program strives to increase awareness of artistic swimming and the achievements of program participants both inside the club and within the outside community.

Vision

To provide a program that produces highly successful teams and individuals in a manner that fosters mental, physical, and emotional well-being. To create a sustainable program committed to training and teaching each athlete qualities such as self-motivation, dedication, discipline, cooperation, confidence and a caring attitude towards self and others; all of which can be applied to any life endeavor. Wholistically, to increase participation in the beginning levels of the team by recruiting swimmers new to artistic swimming, who can find enjoyment and healthy challenges within the sport.

Goals/Action Steps

Pursuit of Excellence

- Continue to attract and maintain staff who can provide top-notch expertise and coaching to team members by supporting opportunities for each staff member to maintain and increase their technical skills and knowledge through clinics, coaches, colleges, and seminars.
- Maintain a suitable coach to athlete ratio, providing proper teaching and safety, as growth increases, creating a core of coaches/instructors that share the Head Coach's vision and their lead in technical expertise.
- Provide a well-rounded program in and out of the pool by offering a variety of cross-training activities and mental skills training that broadens the athletes' experience and supports their synchro-specific skills.
- Enhance the team's competitive level by participating in a broad spectrum of clinics and competitive events that will develop and challenge participants. To foster growth in both the Junior and Master programs by developing a strong base of participants at the beginning levels.

Juniors and Masters Increased Awareness

- Present at least one annual routine exhibition at the Club, including participation by Juniors and Masters. Publish program results and news on a regular basis in the *Winged M*, *TeamSnap*, and on the MAC website.
- Submit synchro participants to the *Faces in the Club* feature in the *Winged M*.

- Use bulletin boards and display cases to celebrate accomplishments, promote the program, and for recruitment.
- Promote nominations for program participants for club awards, such as: The Al Tauscher Award, Mel Fox Award, Joe Loprinzi Award, Hank Marcus Award, and the President's Award.

MAC Synchro's Communal Visibility

- Increase the number of participants represented at both competitive and educational synchro events, particularly at the regional level and above.
 1. Host local and regional events and pursue hosting zone and national events. Also, provide an increased number of judges from the MAC by encouraging Boosters, Masters and older juniors to pursue judges' trainings. Lastly, provide volunteers for the OAAS board and their sponsored events.
 2. Encourage participation by Masters and Juniors in clinics, camps, community synchro demonstrations and other educational opportunities.
 3. Pursue international competition opportunities for Masters and Juniors when possible.
- Maintain and improve overall national standings in individual, team, and overall highpoint events.
 1. Maintain top three placement for Masters team at US Masters Nationals.
 2. Have more representation in finals for Juniors at Junior Olympics, and have athletes qualify for US Nationals.
 3. Encourage athletes to pursue qualification for national team trials and national team participation.

MAC Synchro Staff

The artistic swimming coaching staff has incredible depth. The team is extremely fortunate that the MAC values having an exceptional staff, and as a result, has assembled one of the finest in the country.



Full-time Head Coach, **Lucie Svrcinova**, began her synchro career in 1980 as a swimmer, coach, and judge, is a native of Brno, Czech Republic. She came to MAC in late August 2005. Lucie dominated Czech synchro from 1988 - 2000 as an undefeated national champion and represented the national team in many international competitions, placing as high as 9th in solo in the European Championships. She participated in the 1992 Olympic Games in Barcelona and was selected again as a member of the Czech Olympic Team in 1996, although the team did not ultimately qualify for the event. Lucie was

named as the duet "alternate" for the 2000 Olympic Games in Sydney. She earned many national and international titles with MAC Synchro Masters including, 2006 World Champion in Trio, 2014 World Champion in Solo and Duet, 2017 Silver medal in Solo at Worlds, 2019 World Champion in Mixed Duet, 2022 Gold and Silver at Pan American Games, and 2024 two Golds and silver at Pan American Games. As a coach, she worked with the Czech National Team, as well as the Czech 8-12 age group squad. She also helped coach a Czech open water swimmer to a 4th place finish at Worlds. Besides Czech, she speaks German, Russian, and English. She earned her degree in physiotherapy. Lucie is a Level 3 Certified Coach and a Level 2F Judge and works with all levels of the Junior and Masters programs. Lucie's long-time boyfriend, Petr, was also a Czech Olympian in speed skiing in 1992.



Full-time Assistant Coach, **Bethany Bragg**, was born and raised in Palm Beach Gardens, Florida, and began her synchro career in 2002 as a swimmer. In 2003, Bethany and her family were part of a small group that created Gardens Synchro, where Bethany competed in five US Age Group Nationals. In her junior year of high school, she joined the Coral Springs Aquacades and competed in US National Championships and US Opens before graduating and attending the University of Central Florida. During her four years at UCF, determined to keep swimming, Bethany banded with a group of women to create the University's first synchro club and competed in two USA Synchro Collegiate Nationals with them. Since moving to Oregon in 2018, Bethany has competed with the MAC Synchro's Masters program and won gold with her trio partners and silver with her team at the 2019 US Masters Championships along with winning silver with her duet partner, Head Coach Lucie, and gold with her team at the 2024 Pan American Masters Championships. Bethany started coaching part-time in 2018 and transitioned into full-time assistant coaching in the fall of 2019. Bethany is a certified Level 3 Coach and a Level 2 Judge. She mainly coaches the Novice and Youth Age Group Squads along with the Masters. Bethany enjoys adventuring with her husband Skyler and their two dogs, Raven and Remington.



Full-Time Assistant Coach M'Liss Stephenson is thrilled to be returning to the MAC family and the MAC Synchro team! M'Liss is originally from Indianapolis, IN where she was born to two professional ballet dancers. While her world revolved around dance, she also found an additional love for the water. M'Liss began her artistic swimming career with Indy Synchro at the age of 6. As she grew up through the sport, she competed and medaled in US Age Group Nationals, Junior Olympics and US Opens. Following her graduation from a performing arts High School she moved to New York, NY to train and perform with Alvin Ailey American Dance Theater. During her six years of living in the Big Apple, M'Liss was a guest coach and clinician for teams across the US as well as US

National teams, bringing her unique blend of dance and athleticism. In 2002 she moved to Portland, OR to be a full-time coach at MAC. During those eight years of coaching, she also competed with the MAC Synchro Masters team in the 2006 World Championships where she won gold in Solo. Simultaneously, she was a founding member of Portland's Polaris Dance Theatre, where she continued performing professionally, became the school director as well as directed and ran two pre-professional youth companies. M'Liss retired from performing full time and is looking forward to bringing her artistry back to the water. When M'Liss is not in the studio or the water, she enjoys spending time with her wife Amy and their two snuggly kitty's.



Sub-Coach **Erin King** has been involved with USA Synchro more than 40 years; first as an athlete, then as a coach for age group and collegiate programs, as well as the Puerto Rican National Team in 2002. She competed as an age group and junior swimmer for the Northern Virginia Nereids. After high school graduation, she attended The Ohio State University from 1994-1997. There, she was a three-time All-American and Ohio State captured the National Championship in each of her four seasons on the team. She has been competing as a Masters athlete on and off since 2003. She has been a zone judge since 2005, a national judge since 2011 and a FINA judge since 2015. Erin

served as the Oregon Association officials chair from 2005-2013 and again from 2018 to present. Erin is an independent contractor helping clients with environmental due diligence and compliance work when she isn't busy taking care of her two children and husband in Wilsonville, OR



Aria Jeremiah has worked at the MAC since 2016. She attended and graduated from the Oregon Culinary institute with an associate's degree in the culinary arts. Aria is an Oregon native who attended Corvallis High school. She played rugby all throughout high school and has always had a serious passion for health and wellness. Aria is a certified personal trainer through the American council of exercise. She specializes in strength

training, weight loss and general fitness. With her experience as a chef, she has lots of incite on how to use food for fuel and for joy.

General Information

MAC Synchro: The MAC Artistic Swimming Program usually holds 50-75 athletes, between the Junior and Master teams, ages 6-80. We continually strive to draw participants to the class, clinic, and camp programs and to open try-outs, from which we recruit team members. The program counts on the current members and parents to help in this effort by word-of-mouth as well as in-house advertising, display cases, routine exhibitions, clinics, and other promotional events.

Programs: Offerings include something for all ages and skill levels at MAC. Beginning competitive programs are offered for ages 12-under including Novice and Intermediate. The Age Group program is more committed, involving a national meet for all age groups and could lead to national team participation at the 12-under and Youth (13-15 age group) levels. The Junior and Senior (15-over) levels are elite. In addition, there is the competitive Masters programs for adults 20 and older.

Competitive Tracks

Based on age and skill including:

- Developmental track: Novice and Intermediate levels
- Age Group track: 12&U, Youth (13-15 for girls/13-16 for boys), 15-17, 18-19
- Junior track (Elite level): ages 15-18
- Senior track (Elite level): ages 15 and older
- Masters: 20 and older

Synchro Competitive Events: These events include group and small routines (team, combo, acro, trio, duet, solo) and figures.

Routines: Routines are either “Technical” with mandatory technical elements that are done in a prescribed order, “Free” with general technical elements or “Free” with no requirements. Routines take a long time to choreograph, learn, match, and synchronize. For routines, the swimmers will have special routine swimsuits and headpieces.

Figures: Figures are required moves that are performed individually, without music, in front of a panel of judges for swimmers in the Novice, Intermediate, 12&U AG, Youth and Masters categories. These take a long time to learn and perfect; require flexibility and breath control and utilize principles of physics to master complex moves and establish positions in an unstable medium. For figures, swimmers wear solid black one-piece swimsuits with a white swim cap, goggles may be worn.

Cross Training for Synchro

Artistic swimmers can benefit greatly from various cross training activities. Several recommended but optional cross training opportunities are scheduled throughout the year and can include clinics in gymnastics, dance, swim stroke technique, drama, nutrition, etc. Some of these special activities, like yoga and strength training, may have a minimum age requirement.

Swimmers are expected to work on their extension and flexibility regularly at home, besides during practice, since good flexibility, extension lines are essential for synchro.

Ideally, artistic swimmers should have strong shoulders, knees, and core strength, as well as flat splits, good back flexibility and overall good joint flexibility, so the coaches strongly encourage that all of this be worked on regularly outside of practice time as well as what we can do during practice.

During the off-season, we want the swimmers to stay in good shape and do other activities that will ensure that they remain fit, active, limber, flexible and ready to return to full activity for the new season. We provide summer synchro activities during the break from normal practices, but we also want to have them try other things to have a mental break from the sport, so they are excited to return in the fall. Please don't hesitate to ask the coaching staff with any suggestions.

Description of Programs

Junior Programs

Open Try-Outs: Open try-outs are held in August and/or September to invite young swimmers with little to no artistic swimming experience to come be evaluated for potential placement on a team within the program. Participants are notified of the coaches' recommendation soon after try-outs. There is no charge for this activity.

Camps: These multi-day camps are designed as extra recreational opportunities for brand new swimmers and current novice and intermediate level team members. Non-MAC members are welcome to sign up through a member's account. These usually involve learning a short routine with a camp exhibition at the end. Periodically held over summer and spring breaks for five consecutive days.

Novice Squad: Novice is the entry-level team program primarily for swimmers of competitive ages typically 10 and younger. This program is usually for swimmers with or without experience in the open try-outs, clinic, or camp programs. Swimmers must be comfortable and confident in deep water. Membership is by invitation and/or try-out. The focus is to build on fundamentals and to learn figure and routine skills at the novice level. Novice participants would participate in between 6–7 swimming events per season, depending on when they join the program. They would also have some clinic opportunities and socials. These members usually do not have more than one routine and typically do not compete beyond locally held meets.

Intermediate Squad: The intermediate program is usually for swimmers with some experience in the beginner synchro camp, or novice program; however, it is possible to start at this level if swimming skills or age dictates. It is primarily for competitive ages 12 and younger. Membership is by invitation and/or try-out. The focus is to continue to build on the fundamentals while introducing intermediate skills and some age group level skills. Participants would have between 7–8 swimming events per year, as well as clinic opportunities and socials. This program does not compete beyond the regional level.

12-Under Age Group Squad: The Age Group level is the highest skill group for 12-unders and is for swimmers with at least some competitive experience. In most cases, swimmers' transition from the Intermediate squad to this squad; however, sometimes former Novice squad members and even new swimmers can join this program if skills dictate. Membership is by try-out and is maintained by consistent attendance and improvement. The focus of this squad is on the age group level figures and more advanced routine skills including acrobatic lifts and throws. This squad typically participates in the Junior Olympics, a national level meet. The 12-Under Age

Group squad participates in 8–9 swimming events per year and has clinic opportunities and socials.

Youth Squad: This level is for swimmers (competitive age 13-15 for girls and 13-16 for boys) who are experienced or are otherwise excellent swimmers with athletic experience in artistic swimming. This program focuses on perfecting skills needed at the Youth level and acquiring the skills necessary for future participation in the more elite junior level. At this level, routines feature more complex acrobatic lift and throw maneuvers than the younger program levels. This squad participates in all age group events leading up to the Junior Olympics, a national level event. At the Youth level there are 9–10 swimming events per year, as well as clinic opportunities and socials.

15&Over or Junior Age Group Squad: This group is generally made up of experienced or otherwise excellent swimmers. At this level, routines may feature more complex acrobatic lift and throw maneuvers than the younger program levels. This squad participates in all age group events leading up to Junior Olympics, a national level event. At this level there are 9-10 swimming events per year as well as clinic opportunities and socials.

Adult Programs

Masters Evening Squad: This program is geared for adults with previous experience, although we welcome all adults including those new to artistic swimming. Many members swam as juniors prior to joining the evening squad. The focus is on improving skills for success in competitions and for fitness, wellness and fun. Most members compete at US Masters Nationals.

Attendance Policy

Any absence, late arrival, or early release from practices and competitions must be communicated by an adult to your coach by email, phone call, voicemail or handwritten letter.

Swimmers are asked not to attend practice if they experience a fever or vomiting the day of practice. Swimmers with non-contagious illnesses or injuries (e.g.: sinus infection, earaches, broken limbs, etc.), which restricts them from swimming, are expected to attend to participate on deck and keep up with the routine(s).

Swimmers with concussions require a doctor's note before they are permitted to participate in practices.

13&Over athletes in the Age Group program are required to meet a minimum practice attendance. This ensures that teams can safely, efficiently and successfully practice together, and that athletes are accountable to their teammates. The minimum level of commitment to practice is 85% attendance, in addition to 100% attendance for practices two weeks prior to a competition. Athletes in the Novice, Intermediate, and 12&U Age Group programs are strongly encouraged to attend all practices and scheduled meets. Coaches can use their discretion to

allow swimmers to drop under 85% attendance when extenuating circumstances arise and are communicated well in advance by the parent.

If the absence to a local or travel meet isn't excused by a coach, you will be charged the meet entry fee for that competition.

Athletes are expected to attend all meets as discussed in the squad meeting.

Two-Week Rule Policy:

Any athlete that misses more than half of a POOL/swimming practice during the two-week rule is required to schedule a team private lesson outside the regular practice schedule in lieu of that missed practice. The athlete will be charged the MAC private lesson rate. The number of private lesson hours required is up to the coach's discretion and depends on how many hours the athlete missed. An athlete is excused for missing practice during the two-week rule for sickness, injury, or a family emergency.

For the team to be successful it needs athletes to attend practice as often as possible. The programs rely on parents and guardians to have athletes arrive on time and ready to swim so that practices run smoothly with minimal disruption.

Financial Obligations

In Addition to the annual Sports team Fees, swimmers with MAC Synchro are responsible for the following:

Artistic Swimming Membership

Oregon Association of Artistic Swimming (OAAS): OAAS is the local governing body of artistic swimming in the state of Oregon. All our athletes must be a member of OAAS, which hosts many events, from the local and state level, to the regional, zone and national level. At all local meets, the swimmers and families of swimmers are called upon to help. Each family is expected to provide volunteers for the meets in which their swimmer competes, as well as for larger events held in the area. Each swimmer must be registered with OAAS (Oregon Association of Artistic Swimming). This is a non-refundable annual fee.

United States Artistic Swimming (USAAS): USAAS is the national governing body of artistic swimming for the United States. All athletes must be members of USAAS to participate in sanctioned events. Each swimmer must be registered with USAAS (USA Artistic Swimming) This is a non-refundable annual fee.

USAAS requires grade level assessments for each age group swimmer. MAC will cover fees for the first attempt of each level, families are responsible for any re-test amounts may vary depending on the level (\$15-\$25 plus sponsor fee).

Sports Team Fees: Fees associated with the synchro program are on graduate levels from the Novice level to the top of the Junior and Masters programs. The club's sports team fees sub-committee reevaluates these each year, so an increase is possible. Each level has an annual fee for the season, which is usually divided over 11 or 12 months of billing.

The Artistic Swimming Committee assessment fee will be charged after contracts have been signed (excluding Masters).

Strength Training

13&Over swimmers are required to pay an additional fee, outside of the STF, for strength and conditioning training with an expert coach once per week.

Uniforms

Swimmers are obligated to pay for all required uniform items, including routine suit(s) and headpiece(s) that have been ordered. Team Uniforms are worn by the athletes as directed for all team events and competitions. Below shows each squads required uniform items:

Team:	Required Swimwear:	Required Clothing:
Novice/ Intermediate	<ul style="list-style-type: none"> • Plain, Black, One-piece Swimsuit*/Boys Black Jammers • Plain, White, Swim Cap • MAC Swim Cap • MAC Team Swimsuit • Team Routine Suit • Team Routine Headpiece 	<ul style="list-style-type: none"> • Team Shirt(s) • Team Pants/Shorts • Solid, Black Flip-Flops
Age Group	<ul style="list-style-type: none"> • Plain Black One-piece Swimsuit*(12&U & Youth)/Boys Black Jammers • Plain White Swim Cap (12&U & Youth) • MAC Swim Cap • MAC Team Swimsuit • Team Routine Suit • Team Routine Headpiece • Small Routine Suit(s) - if applicable • Small Routine Headpiece(s) - if applicable 	<ul style="list-style-type: none"> • MAC Formal Jacket (13&Over) • MAC Formal Pants (13&Over) • Solid, Black, Flip-Flops • Team Shirt(s) • Team Pants/Shorts
<p>*Plain, Black, One-Piece Swimsuit - Different styles are OK, but the suits should be simple (no bows, strings, ruffles, contrasting colors, etc.) and should fit snugly.</p>		

Uniform Care

- Never shower in routine suit and headpiece.
- After competition, rinse thoroughly in cold water.
- Hang Dry! Do *not* roll it up wet in a towel.

The coaching staff has final approval of all suit designs and decorations. Parents and swimmers can submit design ideas to the coaches once routine themes are known.

Once a swimmer has committed to the season by signing contracts, they are committed to pay for all required uniform items, including routine suit(s) and headpiece(s) that have been ordered.

PRIVATE LESSONS

These are optional but are often recommended by coaches for swimmers either needing more attention on certain skills or wanting to improve at a more rapid rate. They also aid in building the coach-swimmer relationship from regular one-on-one communication. Private lessons are useful to catch up swimmers who have been absent from practice.

Private lessons should be scheduled directly with staff coaches via email so there is a written record of requested dates and times. Assistant Coaches should be asked first. If they are not available, contact the Head Coach.

Per MAC policy, cancellations must be made a minimum of 24 hours in advance to avoid being charged. “No-shows” or private lesson cancellations less than 24 hours in advance are charged the rate for the scheduled lesson. Private lessons are billed to the primary account and show up as “personal training” on the statement with the lesson dates.

Travel Guidelines:

Travel Guidelines (Located on TeamSnap: Media: Resources)

Lead Person

Definition: The Lead Person is a volunteer from a squad that serves as the communication liaison between the coaches and parents during a travel meet. For each travel competition, one person of the squad is expected to volunteer as the Lead by the due date set by coaches. Lead Persons are NOT automatically chaperones but can be if they choose.

Duties: Fill out the Athlete Confirmation Sheet (Located on TeamSnap: Media: Resources) with travel arrangement details (flights, rooms, cars) and email to coaches. Coaches will send out allowed travel dates to all parents along with meet information.

Communicate with coach before, during and after the meet.

Coaches will provide the lead person with the Travel Meet Form with specific travel requirements. *Families are not allowed to book flights until coaches give the green light via the Travel Meet Form.* Individuals are personally responsible for any travel changes necessary for arrangements made prior to the coaches' approval.

Communication Expectations

- Communicate concerns and issues directly to coaches as soon as possible.
- Up to date information on the website: www.teamsnap.com
- Use Emails for communication (addresses on TeamSnap roster)
- Conduct all business during the business week (when practices are scheduled).
 - Coaches are completely “offline” on days off and will not return messages until the next business day.

Volunteer Commitment

Our program is volunteer led and our athlete’s experience and the program’s success are dependent on all families being active participants. There are many ways to get involved depending on your skill set, time, and interests. Involvement ranges from fund raising, organizing, volunteering at meets, event planning and other fun tasks!

- Each family is expected to provide volunteer(s) for at least:
 - Three events or competitions
- Volunteering beyond this expectation is highly encouraged and appreciated!
- Your volunteer commitment can also be fulfilled by holding a position on the Artistic Swimming Committee, or on OAAS.

MAC Artistic Swimming Committee

The MAC's lifeblood is our committee system. The Artistic Swimming Committee is a group of dedicated individuals committed to the overall success of the sport in our club. They decide on a variety of items including bringing on new athletic members and approving championship funding requests to offset costs so the program can send swimmers to national level meets. Without a committee in place, many of the privileges the team has would not exist. This group plays a vital role in the direction and vision of MAC Synchro. New committees are formed in the spring, and all interested members should contact the club to inquire about joining the committee.

Promoting MAC Synchro

Parents are asked to be positive “PR” people, or cheerleaders for the program. The Mezzanine Gallery has lots of parents of swimming lesson participants, who may become future MAC Synchro team candidates. Please keep conversations about synchro positive and support the staff and program.

Parents and swimmers should bring questions or concerns directly to those parties involved, so they can be addressed immediately.

GENERAL SEASON PLAN

Pre-season

September-October

- Focus on conditioning.
- Train basics skills.
- Conduct evaluations for squad selections
- Work in larger groups on overall team building.
- Setting Individual goals for older swimmers.

Fall Season

November-December

- Continue squad work.
- Set overall team goals and team-building exercises.
- Revisit individual goals and set new short-term goals.
- Intensity workouts, practice figures, and learn choreography.

Early Competitive Season

January-February

- Prepare for specific routine competitions.
- Shorten workouts, more anaerobic exercises, and an emphasis on technique.
- Focus on matching clean routines and finalize choreography.
- Attention on figures and more routine “swim-throughs”.

Mid Competitive Season

March-May

- Compete in local and regional events for most levels and a national level event for the top squad.
- Finalize routines and refine figures.
- Increase number of routine swim-throughs.
- Continue workouts.
- Local age group meet, Regional Championships and Classics occur during this time.
- Junior Exhibition

Late Competitive Season

June-July

- Invitational events plus National events.
- Novice and Intermediate swimmers are on break.
- Age group squads’ extra hours in preparation for Junior Olympics.
- Focus is on the specific routines and figures.

Off Season

August

- Important “down time” and recovery for 6-8 weeks (Activity fees are still paid monthly)

through August to finish out the balance of the season's overall cost).

- This is a mental and physical break from synchro, but other activities are strongly encouraged to maintain fitness levels and to improve flexibility.
- Optional practices will be available during summer.

MAC Synchro History

Welcome to MAC Synchro, Oregon's oldest and most successful competitive artistic swimming team. Multnomah Athletic Club's artistic swimming program began in 1957 in the old Social Pool as a program for adults only.

The founder of the original group, formerly called the MerMacs, was Betsy Austen, an active member of the MAC Synchro Masters team in her 80's till 2012! In 1973, the MerMacs encouraged the start of a junior group and by the following fall, the juniors had their own time slot. That initial push was instrumental to the whole synchro program, and now there are programs for all ages, skills, and competitive levels. Below are some key highlights of MAC's artistic swimming throughout the past few decades:

Junior Highlights

2014: Three swimmers in Nationals Team Trials; Two "top ten" finishes at US AG; One swimmer on the Junior National Team earned 8th at FINA Junior Worlds Championships

2015: Four routines in finals at US Junior Olympics. One swimmer participated on the 13-15 National Team which competed at the Pan American Games in Calgary, Canada earning gold medal; she also ranked 5th in the nation in her Age Group

2016: One team in finals at Junior Olympics. One swimmer participated on the 13-15 National Team which competed at the Comen Cup in Israel, placing 4th in team and 6th in duet

2017: Two teams, two duets, and three solos in finals at Junior Olympics; One swimmer participated on the 11-12 National Team

2018: Two teams, one combo, one duet, two solos competing in the final events at Junior Olympics

2019: Two teams, two duets, three solos competing in the final events at Junior Olympics

2021: One team competing in the final events at Junior Olympics, placing top 5 in the country and one combo and two solos placing top 13.

2022: One 13-15 team competing in the Final Team Event at Junior Olympics placing 7th in the country and one solo also placing 7th in the Final Solo Event. One Senior team placing 3rd in the Final Technical Team Event and 5th in the Final Free Team Event at Senior Nationals.

2023: One silver medal, one bronze medal, and three other Finals finishes at Junior Olympics placing 4th, 5th, and 10th.

2024: Two silver medals, three bronze medals, and other five Finals finishes at Junior Olympics

Masters Highlights

2014: Two gold medals, one silver, and one bronze at FINA Masters World Championships in Montreal, Canada

2015: Three gold medals, four silver medals, and two bronze medals at US Masters Nationals

2016: Jeanne Newmark wins the Joe Loprinzi Award; gold medal duet at 2016 Masters Games

2017: Two gold and two silver medals at USA Masters Games; Silver medal soloist at Masters Worlds in Budapest

2018: One gold, three silver, and one bronze at US Masters Nationals in San Ramon, CA

2019: One gold at Masters World Championship in Gwangju, South Korea. Three gold, three silver and one bronze at US Masters Nationals in Tupelo, MS

2021: Master swimmer, Jeanine Cavagnaro, wins the Joe Loprinzi Inspirational Award

2022: One gold medal in the Solo event, and one silver medal in the Duet event at the Pan American Games in Medellín, Columbia. Silver and bronze medals at US Masters Nationals

2024: Five gold medals, and two silver medals at the Pan American Games in Trinidad and Tobago

MAC Athletic Code of Conduct

(Excerpted from the MAC Athletic Policy and Procedure Manual, available on MAC website.)

Policy:

The Athletic Committee has adopted the following code of conduct:

1. While competing at any venue, we will play fairly and encourage fellowship among our opponents and ourselves.
2. We will treat each other, our opponents, guests, officials and staff with dignity and respect.
3. We will always, whether as competitors or spectators, conduct ourselves in a sportsmanlike manner and we will not tolerate any among us who do not.
4. We will not use performance-enhancing drugs to gain a competitive advantage.
5. We will instill these values in our junior members and guests by education and example.

Procedure:

The Club's Sport Committees have primary responsibility for regulating member behavior in athletic venues. Each Sport Committee will enforce the Athletic Code of Conduct and will, if necessary, impose sanctions for violations within the procedures established by this policy.

The Sport Committee should refer cases of flagrant or repeated offensive conduct to the House Committee. Any incident involving staff or club guests, or those not confined to a specific sport, should be referred directly to the House Committee.

Any act in violation of the MAC Athletic Code of Conduct is misconduct if it is offensive by reasonably accepted community standards.

The use of performance-enhancing drugs will be evaluated in light of the prevailing standards for each sport. (E.g. prescription asthma drugs might be banned in some sport competitions but not in others.)

Enforcement and Investigation:

Coaches and staff have the authority to eject anyone in violation of the code of conduct from a game or sports venue on the spot when necessary.

Episodes of misconduct within a sport venue will be reported to the Sport Committee Chair and to the Athletic Director.

Athlete Protection Policies

MAC Synchro has adopted the following Minor Athlete Abuse Prevention Policies as set forth by the US Center for SafeSport.

To ensure the safety of athletes, coaches and interacting adults (18 years & older) are Safe Sport certified. SafeSport training refers to the “**Core SafeSport Training**” created and offered by the U.S. Center for SafeSport consisting of three modules: (1) Sexual Misconduct Awareness Education, (2) Mandatory Reporting, and (3) Emotional & Physical Misconduct as well as the “Refresher” courses offered by the U.S. Center for SafeSport to all individuals who have already taken the Core SafeSport Training.

PART I – Education & Training Policy

A. Adults Required to Complete Mandatory Training

Multnomah Athletic Club requires the following individuals complete training provided by the U.S. Center for SafeSport (“Center”):

- Adult athlete members of Member Clubs, except Short Term Athlete Members due to their limited participation and those Master Athletes who do not i) have regular contact with minor athletes or ii) have authority over minor athletes.
- Adult members (who are not athletes) of Member Clubs who i) have regular contact with athletes or ii) have authority over athletes
- Employees and Board Members of Member Clubs.

- Individuals providing services to Member Clubs, including but not limited to contractors, volunteers, interns, who i) have regular contact with athletes or ii) have authority over athletes.

Athletes who become 18 years of age during the upcoming membership year (by August 31), complete the U.S. Center for SafeSport training on or before their 18th birthday, provided that such athletes under 18 have the consent of their parents or legal guardians.

1. Core Center for SafeSport Training

The individuals listed above in Part I, A are required to complete training concerning child abuse prevention. Training other than the Core Center for SafeSport Training does not satisfy this policy.

2. Refresher Course(s)

A refresher course is required on an annual basis, and must be completed immediately subsequent to the one-year anniversary of the completion of the Core Center for SafeSport Training or the most recent refresher course, for each of the above listed individuals in Part I.

B. Minor athletes who become adult athletes

With the exception of athletes who are members of the same team, Minor Athletes who reach the age of majority (i.e. 18 years of age) must adhere to the provisions found in the Minor Athlete Abuse Prevention Policies when interacting with minor athletes who are 14 years of age or younger. For the purposes of these Policies the “same team” is intended to include athletes who regularly train and compete together in the same sport. Minor Athletes who reach the age of majority and then obtain a position of authority that presents a power imbalance, such as becoming a coach or official, must also comply with these Policies regardless of the age of the minor athletes with whom they interact with.

PART II – Policies for One-On-One Interactions

The majority of child sexual abuse is perpetrated in isolated, one-on-one situations. By reducing such interactions between children and adults, programs reduce the risk of child sexual abuse. However, one-on-one time with trusted adults is also healthy and valuable for a child. Policies concerning one-on-one interactions protect children while allowing for these beneficial relationships.

ONE-ON-ONE INTERACTIONS

a. Application

This policy shall apply to:

- Adult members at a facility that is either partially or fully under the jurisdiction of Synchro.
- Adult members who have regular contact with amateur athletes who are minors.

- An adult authorized by Synchro or a Member Club to have regular contact with or authority over an amateur athlete who is a minor; and
- Adult Staff of Synchro or a Member Club.

(Collectively, “Applicable Adults” for the purposes of this policy.)

OBSERVABLE AND INTERRUPTIBLE

- One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor’s legal guardian) at a facility partially or fully under the organization’s jurisdiction are permitted if they occur at an observable and interruptible distance by another adult.
- One-on-one interactions between minor athletes and an Applicable Adult (who is not the minor’s legal guardian) at a facility partially or fully under the organization’s jurisdiction are prohibited, except in the circumstances described in subpart 4 of this section and under emergency circumstances.

c. Meetings

- Meetings between Applicable Adults and minor athletes at a facility partially or fully under the organization’s jurisdiction may only occur if another adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another adult.
- If a one-on-one meeting takes place in an office, the door to the office must remain unlocked and open. If available, it occurs in an office that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

d. Meetings with mental health care professionals and healthcare providers

If a mental health care professional and/or health care provider meets with minor athletes at a facility partially or fully under the organization’s jurisdiction, a closed-door meeting may be permitted to protect patient privacy provided that: (1) the door remains unlocked; (2) another adult is present at the facility; (3) the other adult is advised that a closed-door meeting is occurring; and (4) written legal guardian consent is obtained in advance by the mental health care professional and/or health care provider, with a copy provided to Synchro or the applicable Member Club. The consent may be given via email or text, when necessary. Consent may be provided at the beginning of each season provided that the professionals and health care providers are specifically named in the consent. Consent is not required in the event of an emergency and the parents or legal guardian cannot be contacted timely and the athlete is deemed to need immediate medical/mental health attention.

e. Individual training sessions

Individual training sessions between Applicable Adults and minor athletes are permitted at a facility partially or fully under the organization’s jurisdiction if the training session is observable and interruptible by another adult. It is the responsibility of the Applicable Adult to obtain the written permission of the minor’s legal guardian in advance of the individual training session if

the individual training session is not observable and interruptible by another adult. Parents, guardians, and other caretakers must be allowed to observe the training session. Such permissions for individual training sessions that are not observable and interruptible by another adult, must be obtained at the beginning of each season. Parents, guardians, and other caretakers must be allowed to observe the training session.

LOCKER ROOMS, RESTROOMS, AND CHANGING AREAS

a. Application

This policy shall apply to:

- Adult members at a facility that is either partially or fully under the jurisdiction of
- Synchro or a Member Club;
- Adult members who have regular contact with amateur athletes who are minors;
- An adult authorized by Synchro or a Member Club to have regular contact with or authority over an amateur athlete who is a minor; and
- Adult Staff and board members of Synchro or a Member Club.

(Collectively, “Applicable Adults” for the purposes of this policy.)

b. Non-exclusive facility

If Synchro or a Member Club uses a facility not fully under its jurisdiction (for, e.g., training or competition or similar events) and the facility is used by multiple constituents, Applicable adults in categories I. a through d are nonetheless required to adhere to the rules set forth herein.

c. Use of recording devices

Use of any device’s (including a cell phone’s) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces at a facility under our organization’s jurisdiction is prohibited. Exceptions may be made for media and championship celebrations, provided that such exceptions are approved by Synchro or an applicable Member Club, and two or more Applicable Adults are present.

d. Undress

Under no circumstances shall an unrelated Applicable Adult at a facility under Synchro or a Member Club’s jurisdiction intentionally expose his or her breasts, buttocks, groin, or genitals to a minor athlete.

e. One-on-one interactions

- Except for athletes on the same team, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area when at a facility under the partial or full jurisdiction of Synchro or a Member Club, except under emergency circumstances.
- If Synchro or a Member Club is using a facility that only has a single locker room or changing area, the organization designates separate times for use by Applicable Adults, if any.

f. Monitoring

Synchro and Member Clubs regularly and randomly monitor the use of locker rooms and changing areas at facilities under their respective jurisdictions to ensure compliance with these policies.

PART III - Reporting

The Center handles ALL reports of sexual abuse within the U.S. Olympic and Paralympic Movements. Make a report to the Center if there is a reasonable suspicion of sexual misconduct such as child sex abuse, non-consensual sexual conduct, sexual harassment, or intimate relationships involving an imbalance of power.

All reports of child abuse or sexual assault of a minor must also be reported to local authorities (Police or Child Welfare Office). Reports of abuse not involving a minor may also be reported to local authorities.

SafeSport Helpline

- The Center for SafeSport provides 24-hour support via the [SafeSport Helpline](#) or by calling 866.200.0796.

Reporting Suspected Violations of Sexualized Conduct

<https://www.safesport.org/report-a-concern>

CONCUSSION INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

HOW CAN I SPOT A POSSIBLE CONCUSSION?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

SIGNS OBSERVED BY PARENTS OR COACHES

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.

SYMPTOMS REPORTED BY CHILDREN AND TEENS

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems. Just not “feeling right,” or “feeling down”.

WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A POSSIBLE CONCUSSION?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - » Work with their coach to teach ways to lower the chances of getting a concussion.
 - » Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - » Ensure that they follow their coach's rules for safety and the rules of the sport.
 - » Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



TO LEARN MORE GO TO >> cdc.gov/HEADSUP

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↳ www.facebook.com/CDCHEADSUP

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