



Synchro WA athletes; welcome to your online land training program!

Let's get a jump on next season!

Welcome to a guided, Land-Based Off Season Preparation resource, developed in collaboration with Stacey Umeh of The Creative Movement Group and Synchro WA's 2021 High Performance Head Coach, Irene Toledano Carmelo.

The purpose of this project is for artistic swimmers to have a fantastic resource of essential land training incorporating **dance**, **flexibility**, **strength** and **extension** exercises

The contents of the resource have been geared toward 3 levels of ability, to ensure that everyone can find suitable activities to match their current standard of preparedness.

Synchro WA hopes that our swimmers will benefit from being able to create a strong foundation strength, flexibility, extension and dance in preparation for the season ahead.

WATCH THE VIDEO!



SWACOACH

Enter either of these coupon codes when booking to get the Synchro WA subsidy

SWASWIMMER

*Good luck!
- Synchro WA*

