



# **International Club Exchange**

Opportunities for your club to meet  
and train with synchronized swimmers  
from around the world!

Sponsored by USA Synchro  
[usasynchro.org](http://usasynchro.org)

# ICE

## PROGRAM VISION

- \* Foster friendships and encourage mutual exchange of information and ideas!
- \* Share information to help synchro grow!
- \* Share technical, training and choreography strategies!
- \* Increase synchro exposure in your hometown area!
- \* Promote your own club through sport and cultural exchange!

# ICE Program

- \* A US club develops a “sister club” relationship with a club in another country — a synchro, cultural, and educational exchange!
- \* A team from a foreign federation travels to the US for a 1 or 2 week visit.
- \* Foreign athletes live with club families, train with the US club, visit schools, learn about the local culture, interact in the community, etc.
- \* Trips could include an association, regional, or zone meet where more athletes can interact with international athletes and coaches.
- \* US club team travels to the foreign club for a reciprocal visit.

# BENEFITS

Federations share synchro ideas.

- ✓ Techniques
- ✓ Training
- ✓ Choreography
- ✓ Flexibility and strength training
- ✓ Competition structure

Gain friends around the world.

