About Synchro

Contributed by Sabine Heidel
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Synchronized swimming is a unique sport in which power, strength and technical skill are presented as an artistically beautiful choreographed routine.

Overall body strength and agility, grace and beauty, split-second timing are simultaneously required as well as musical interpretation. It The competitive rules and manner of judging are similar to its counterparts – figure skating and gymnastics.

Ever since synchro began in the early 1900s, spectators have been awed by the grace and power of this exciting sport. The first U.S. National Championships were held in 1946. Synchronized swimming became a part of the Pan American Games in 1955 and the World Aquatic Championships in 1973. In 1984, synchronized swimming was finally added to the Olympic Games.

To further understand this complex sport, imagine: a gymnast performing underwater, an endurance runner taking one breath every 15 or 20 paces, an ice skater’s perfect movements on an unstable medium, a dancer’s artistic flair, the power and strength of a water polo player to extend above the surface of the water, the lung capacity of a long-distance swimmer. Now add to that the combination of grace, fluidity and synchronization, and THAT is synchronized swimming.

Swimming is not the only method of training for synchro swimmers. Though elite level synchro swimmers may spend as much as 40 hours a week in the pool, they spend another 8-10 hours running, cycling, lifting weights, doing aerobics or taking dance lessons.