

## Synchronized swimming

Dancing in the water accompanied by music is the easiest way to describe this sport, which combines entertainment, dancing, swimming, harmony, and grace. All these elements are blended by synchronism that combines technical perfection of the moves with music.

There are both individual and team competitions. The choreographies performed in water are judged by a jury that assigns a score based on a set of parameters.

Synchronised swimming became an Olympic sport for the first time in Los Angeles in 1984. It requires advanced water skills, strength, endurance, flexibility, grace, coordination and breath control, since all routines are partly performed underwater.

This sport features four disciplines: *solo* (performed by a single athlete, which was dropped from the Olympic program in 1992), *duet* (performed by two athletes), *team* (performed by a minimum of 4 to a maximum of 8 athletes), and *free combination* (for duets, trios and team, which may consist of a minimum of 4 to a maximum of 10 athletes).

The Italian competitive sporting activity is regulated by the Italian Swimming Federation (FIN).

Synchronized swimming is a discipline of the police sports group "Fiamme Oro" since November 2010, when the first *synchronettes* wore their police uniforms for the first time and started training at the Nettuno police school.

Italian version

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