



RIISING STAR CAMP INFORMATIONAL GUIDE

USA Artistic Swimming is proud to present Rising Stars Camps hosted in six locations across the country. Intermediate and age group athletes older than 10 are invited to attend the camps. Any and all coaches are also welcome to attend free of charge.

Requirements:

- All athletes are required to have Grade Level 2 or higher.
- Intermediate Athletes are required to have an athlete membership or higher.
- Age Group Athletes are required to have a competitive athlete membership.
- Any athlete who will be 18 years of age or older during the camp will be required to have SafeSport

Groupings:

- Athletes will be placed in groups solely by category and age within that category, it will not be determined by levels of skill.

Equipment:

- Yoga Mats
- Swimsuit (team practice suits are fine)
- Goggles/noseclips
- Towel
- Clothes for land exercise & dance (will be worn over swimsuit), tennis shoes
- Plain white cap with name written on it large on BOTH sides in black (large enough for coaches to see from deck, please touch up writing for day 2)
- Snacks/Lunch
- Water (water bottle)
- Journal & pen/pencil for Classroom session (age group athletes)



Qualification for All Star Camp:

- A set number of athletes in the Junior, Youth and 12&U age groups will be chosen to attend the All-Star November 2026 (Location TBD). The coaches will make recommendations and final decisions will be made by the lead coaches. The number invited from each age group is based off the number attending the camps throughout the country.



Meals: Athletes should bring their own snacks and lunches.



Camp Coaches: Will be announced closer to the start of the camp.



Camp Payment Information: Age Groups: \$130 / Intermediate Athletes: \$90



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Locations:

- Norton, MA
 - Event Dates: August 15 & 16
 - Registration Deadline: August 1
 - 9 Fillmore Dr, Norton, MA 02766
 - [Hotel Booking Link](#)
- Denton, TX
 - Event Dates: August 29 & 30
 - Registration Deadline: August 15
 - Texas Woman's University 304 Administration Dr, Denton, TX 76204
 - [Hotel Booking Link](#)
- Columbus, OH
 - Event Dates: August 29 & 30
 - Registration Deadline:
 - The Ohio State 1847 Neil Ave, Columbus, OH 43210
 - [Hotel Booking Link](#)
- Snohomish, WA
 - September 12 & 13
 - Registration Deadline: August 29
 - Snohomish Aquatic Center 516 Maple Ave, Snohomish, WA 98290
 - [Hotel Booking Link](#)
- Scottsdale, AZ
 - September 19 & 20
 - Registration Deadline: September 5
 - McDowell Mountain Ranch Aquatic Center 15525 N Thompson Peak Pkwy, Scottsdale, AZ 85260
 - [Hotel Booking Link](#)
- Orlando, FL
 - September 26 & 27
 - Registration Deadline: September 12
 - Rosen Aquatic Center - 8422 International Dr, Orlando, FL 32819
 - [Hotel Booking Link](#)

[NORTON, MA](#)
[REGISTRATION LINK](#)

[DENTON, TX](#)
[REGISTRATION LINK](#)

[COLUMBUS, OH](#)
[REGISTRATION LINK](#)

[SNOHOMISH, WA](#)
[REGISTRATION LINK](#)

[SCOTTSDALE, AZ](#)
[REGISTRATION LINK](#)

[ORLANDO, FL](#)
[REGISTRATION LINK](#)



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Intermediate Level – Day 1

8:30 - Welcome

8:45 – 9:00 Land

9:00 – 11:00 Water

11:00 – 11:30 Lunch

11:30 – 12:30 Land

12:30 – 1:30 Classroom session/Wrap-up

Intermediate Level – Day 2

8:30 - Welcome

8:45 – 9:00 Land

9:00 – 11:00 Water

11:00 – 11:30 Lunch

11:30 – 12:45 Water

12:45 – 1:30 Classroom session/Wrap-up

Age Group Level – Day 1 (12&U Age Group)

8:30 - Welcome

8:45 – 11:00 Water

11:00 – 11:30 Lunch

11:30 – 1:30 Land

1:30 – 3:30 Water & Wrap-up

Age Group Level – Day 2 (12&U Age Group)

8:30 - Welcome

8:45 – 11:00 Water

11:00 – 11:30 Lunch

11:30 – 12:45 Water

12:45 – 2:15 Classroom session & Land

2:15 – 3:30 Water & Wrap-up

Age Group Level – Day 1 (Youth & Junior)

8:30 Welcome

8:45 – 9:30 Land

9:30 – 11:00 Water

11:00 – 11:30 Lunch

11:30 – 1:30 Land

1:30 – 4:00 Water & Wrap-up

Age Group Level – Day 2 (Youth & Junior)

8:30 Welcome

8:45 – 9:30 Land

10:00 – 11:00 Land

11:00 – 11:30 Lunch

11:30 – 12:45 Water

12:45 – 2:15 Classroom session & Land

2:15 – 4:00 Water & Wrap-up

Water sessions will focus on new Figures and new Elements (2027-2028), Skills & Drills and Routines. Land sessions will focus on Flexibility, Extension and Strength.

Classroom sessions will focus on Motivation and Goals.

**Breaks are incorporated into the schedule.