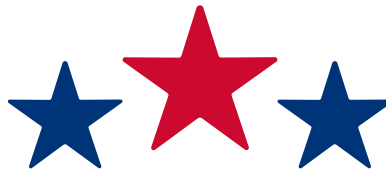




**USA ARTISTIC SWIMMING**  
**RISING STAR PROGRAM**  
**ACCELERATE YOUR JORNEY TO SUCESS**



The USA Artistic Swimming (USAAS) Rising Star program is dedicated to nurturing future Olympic athletes by identifying and developing talent from across the nation.

Hosted at six locations nationwide, the Rising Stars Camps offer athletes aged 10 and older a unique opportunity to advance their skills under the guidance of Olympic, national team, collegiate coaches & high level coaches.

This program invites intermediate and age group athletes to gain valuable exposure to diverse coaching styles and expert feedback, fostering their talents and helping them reach their full potential.

The Rising Star camp has the goal to enhances skill development and from these camps, age group athletes will be selected to progress to the prestigious All Star Camp.

Coaches are welcome to attend the camps free of charge and contribute to the athletes' growth.

**2025 RISING STAR PROGRAM - ORLANDO**



Lead Coach: Ludivine Stsepaniuk – Youth National Team Head Coach



Olympian in attendance: Anita Alvarez



# RISING STAR CAMP MEET ANNOUNCEMENT

USA Artistic Swimming Rising Stars Camps hosted in six locations across the country.



## LOCATIONS & DATES

AUG 30-31  
UNIVERSITY OF  
MIAMI, OHIO

AUG 30-31  
TEXAS WOMAN'S  
UNIVERSITY

SEPT 13 - 14  
SCOTTSDALE, AZ

SEPT 13-14  
SNOHOMISH, WA

SEPT 20-21  
WHEATON  
COLLEGE

SEPT 27-28  
ORLANDO, FL



## REGISTRATION CLOSES

AUGUST 16TH

AUGUST 16TH

AUGUST 30TH

AUGUST 30TH

SEPTEMBER 13TH

SEPTEMBER 20TH



## REGISTRATION LINK



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



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 Camp in Colorado springs, CO November 14-16. 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 snack and lunches.



CAMP PAYMENT INFORMATION: AGE GROUPS: \$130 / INTERMEDIATE ATHLETES: \$90



# RIISING STAR CAMP INFORMATIONAL GUIDE



## LOCATIONS

- UNIVERSITY OF MIAMI, OHIO
  - AUG 30-31
  - FACILITY:
  - [HOTEL BOOKING LINK](#)
- Denton, TX
  - Aug 30-31
  - Texas Woman's University - 304 Administration Dr, Denton, TX 76204
  - [Hotel Booking Link](#)
- Scottsdale, AZ
  - Sept 13 - 14
  - Facility: McDowell Mt. Ranch Aquatic Center - 15525 N Thompson Peak Parkway, Scottsdale, AZ 85260
  - [Hotel Booking Link](#)
- Snohomish, WA
  - Sept 13 - 14
  - Facility: Snohomish Aquatic Center - 516 Maple Ave, Snohomish, WA 98290
  - [Hotel Booking Link](#)
- Wheaton, MA
  - September 20 & 21
  - Wheaton college
  - [Hotel Booking Link](#)
- Orlando, FL
  - September 27 & 28
  - Rosen Aquatic Center - 8422 International Dr, Orlando, FL 32819
  - [Hotel Booking Link](#)



# RIISING STAR CAMP INFORMATIONAL GUIDE

## Intermediate Level – Day 1

8:00 – 8:25 Welcome

8:30 – 10:30 Land

10:30 - 12:30 Water

12:30 - 1:30 Lunch

1:30 - 2:00 Classroom session/Wrap-up

## Intermediate Level – Day 2

8:00 – 8:25 Welcome

8:30 - 10:00 Water

10:00 - 11:30 Land

11:30 - 12:00 Classroom session

12:00 - 1:00 Lunch

1:00 - 2:00 Water / Wrap-up

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

8:00 – 8:25 Welcome

8:25 – 10:30 Land

10:30 - 12:30 Water

12:30 - 1:30 Lunch

1:30 - 3:00 Water

3:00 - 4:00 Classroom & Wrap-up

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

8:00 – 8:25 Welcome

8:30 - 10:00 Water

10:00 - 11:30 Land

11:30 - 12:00 Classroom

12:00 - 1:00 Lunch

1:00 - 2:45 Water

2:45 - 3:30 Land

3:30 - 4:00 Water & Demo

## Age Group Level – Day 1 (Youth & Junior)

8:00 - 8:25 Check - in

8:30 - 10:30 Water

10:45 - 12:00 Land

12:00 - 1:00 Lunch

1:00 - 2:00 Classroom

2:00 - 4:00 Water & Wrap-up

## Age Group Level – Day 2 (Youth & Junior)

8:00 - 8:25 Check - in

8:30 - 10:00 Land

10:00 - 12:00 Water

12:00 - 1:00 Lunch

1:00 - 2:00 Classroom

2:00 - 2:45 Land

2:45 - 4:00 Water & Demo

Water sessions will focus on Figures, Elements, Skills & Drills and Routines. Land sessions will focus on Flexibility, Extension and Strength. Classroom sessions will focus on Motivation and Goals Setting.

All Camps will have an Olympic Athlete in attendance to lead a Inspirational and Q&A session.

**\*\*Breaks are incorporated into the schedule.**