



RISING 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.

Registration deadline: One week prior to the start of the camp

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)
- Masks (at least 2 in case one gets lost or breaks)
- Journal & pen/pencil for Classroom session (age group athletes)

Qualification for All Star Camp: A set number of athletes in the Junior, 13-15 and 12&U age groups will be chosen to attend the All-Star Camp in Oceanside, California November 11-13. The coaches will make recommendations and final decisions will be made by Ludi, Sara and Shari. 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 Coaches: will be announced closer to the start of the camp.



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[REGISTRATION LINK](#)

Locations:

- Irvine, CA
 - August 26 & 27
 - Wollett Aquatic Center - 4601 Walnut Ave, Irvine, CA 92604
 - [Hotel Booking Link](#)
- Orlando, FL
 - September 16 & 17
 - Rosen Aquatic Center - 8422 International Dr, Orlando, FL 32819
 - [Hotel Booking Link](#)
- Denton, TX
 - September 2 & 3
 - Texas Woman's University 304 Administration Dr, Denton, TX 76204
 - [Hotel Booking Link](#)
- Santa Clara, CA
 - September 23 & 24
 - [Hotel Booking Link](#)
- Columbus, OH
 - September 2 & 3
 - The Ohio State 1847 Neil Ave, Columbus, OH 43210
 - [Hotel Booking Link](#)
 - [Registration Link](#)
- Tonawanda, NY
 - September 2 & 3
 - Town of Tonawanda Aquatic Center - 1 Pool Plaza, Buffalo, NY 14223
 - [Hotel Booking Link](#)



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Intermediate Level – Day 1

8:00 – 8:25 Welcome
8:25 – 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

8:00 – 8:15 Welcome
8:15 – 9:00 Land
9:00 – 11:00 Water
11:00 – 11:30 Lunch
11:30 – 12:45 Water
12:45 – 1:15 Classroom session/Wrap-up

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

8:00 – 8:25 Welcome
8:25 – 11:00 Water
11:00 – 11:30 Lunch
11:30 – 1:30 Land
1:30 – 5:00 Water & Wrap-up

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

8:00 – 8:15 Welcome
8:15 – 9:00 Land
9:00 – 11:00 Water
11:00 – 11:30 Lunch
11:30 – 12:45 Water
12:45 – 2:15 Classroom session & Land
2:15 – 4:00 Water & Wrap-up

Age Group Level – Day 1 (Youth & Junior)

8:00 – 8:15 Welcome
8:15 – 9:30 Land
9:30 – 11:00 Water
11:00 – 11:30 Lunch
11:30 – 1:30 Land
1:30 – 5:00 Water & Wrap-up

Age Group Level – Day 2 (Youth & Junior)

8:00 – 8:15 Welcome
8:15 – 10:00 Water
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, new Elements, 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.