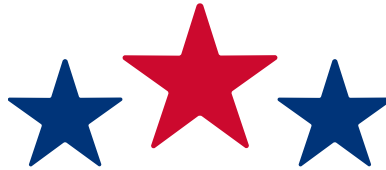




USA ARTISTIC SWIMMING
RISING STAR PROGRAM
ACCELERATE YOUR JORNEY TO SUCCESS



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 enhance 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.



RIISING STAR CAMP MEET ANNOUNCEMENT

USA Artistic Swimming is proud to present Rising Stars Camps hosted in six locations across the country.



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



Confirmed Coaches: Inga Gillyer, Olivia Zhang, Alyson Tshuma, Maria Romero.



Curriculum Overview

Intermediate and 12 & Under: Focused on foundational skills delivered through fun, age-appropriate activities that build confidence. Emphasis on artistic expression, core technique, breath control, body alignment, sculling basics, figures, and routines. Outcomes: improved water comfort, clearer technique, musical interpretation, and teamwork.

Youth and Juniors: Focused on advancing technical proficiency and competitive readiness with structured progression. Emphasis on figures and element execution, pattern and acrobatics, strength and flexibility, and goal setting with Olympian mentors. Outcomes: Greater precision, routine and figures execution.



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. The coaches will make recommendations, and final decisions will be made by the lead coaches. The number invited from each age group is based on 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



RISING STAR CAMP INFORMATIONAL GUIDE

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 – 4:00 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