



WE MOVE AS
ONE

2025 CONVENTION SCHEDULE

September 4th - 6th, 2025 | Omaha, Nebraska



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2025 CONVENTION

Thursday, September 4th

| TIME | JUDGE & COACH | ATHLETE |
|--------------|---|---------------------------------|
| 7:55 | | Athlete Meeting |
| 8:55 | | AEC Leadership |
| 9:00 | Welcome Address | |
| 9:30 | Coach/Officials Connections | Athlete Connections |
| 11:00 | Nutrition is Key | Technique, Technique, Technique |
| 12:00 | Lunch & SPEAKER: My Nutrition Journey - Katie Spada | |
| 1:30 | Technique, Technique, Technique | Nutrition is Key |
| 2:30 | Rules Committee Meeting 1 | |
| 4:00 | Collegiate Committee Meeting | |
| 4:00 | Masters Committee Meeting | |
| 5:00 | AWD Committee Meeting | |
| 6:00 | IR Committee Meeting | |

**Lunch provided by USAAS*



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2025 CONVENTION

Friday, September 5th

| TIME | JUDGE & COACH | ATHLETE |
|--------------|---|---------------------------------------|
| 7:00 | Rules Committee Meeting 2 | |
| 9:00 | Meet the Candidates | |
| 9:35 | How Do your Athletes Hear You? | What Makes You Love Artistic Swimming |
| 10:35 | Membership & Event Registration System Training | |
| 11:45 | Lunch & Trivia Contest | |
| 1:00 | Judges and Officials Meeting | |
| 2:30 | Zone Meetings | |
| 6:00 | Foundation Reception | |

**Lunch provided by USAAS*

NOTES



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2021 CONVENTION

Saturday, September 6th

| TIME | JUDGE & COACH | ATHLETE |
|--------------|--|-------------------|
| 7:30 | Judge Testing | |
| 8:00 | Pure Barre Class | |
| 9:00 | | Athlete Meeting 2 |
| 9:00 | Foundation and BOD Meeting | |
| 10:00 | Board of Directors & Board of Governors Meeting | |
| 12:00 | Lunch & Keynote Speaker - Paralympian Brent Rasussen | |
| 1:30 | Board of Directors & Board of Governors Meeting | |
| 6:00 | Awards Reception | |

**Lunch provided by USAAS*