

Irvine, CA Rising Stars Camp
August 26-27
Wollett Aquatic Center
4601 Walnut Ave
Irvine, CA



Coaches:

Marivi Escalona – Lead Clinician
Asst Clinicians: Heather Carrasco, Ivy Davis, Candy Hipp, Heia-Yoon Kang, Sue Nesbitt, Lara Teixeira
Sheila McNabb, Administrator and AQUA Judge

Tentative schedule (*Subject to change*)

*On Saturday there will be performances by our Sr National Team at 11:00am and 12:50pm as they prepare for the Pan American Games. **No recording of the performances is allowed.**

There will be a session for autographs and pictures after the 12:50 performance. Parents are welcome on deck during this time to take pictures of the athletes with National Team Members.

Intermediate Level – Day 1

9:00 – 9:25 Welcome
9:25 – 10:00 Land
10:00 – 12:00 Water
12:00 – 12:30 Lunch
12:30 – 1:30 Land
1:30 – 2:00 Classroom session/Wrap-up

Intermediate Level – Day 2

9:00 – 9:15 Good morning
9:15 – 10:00 Land
10:00 – 12:00 Water
12:00 – 12:30 Lunch
12:30 – 1:30 Land
1:30 – 2:00 Classroom session/Wrap-up

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

9:00 – 9:25 Welcome
9:25 – 12:00 Water
12:00 – 12:30 Lunch
12:30 – 1:30 Land
1:30 – 4:00 Water & Wrap-up

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

9:00 – 9:15 Good morning
9:15 – 10:00 Land
10:00 – 12:00 Water
12:00 – 12:30 Lunch
12:30 – 1:30 Classroom & Land
1:30 – 4:00 Water & Wrap-up

Age Group Level – Day 1 (Youth & Jr)

9:00 – 9:15 Good morning
9:15 – 10:30 Land
10:30 – 12:00 Water
12:00 – 12:30 Lunch
12:30 – 1:30 Land
1:30 – 4:00 Water & Wrap-up

Age Group Level – Day 2 (Youth & Jr)

9:00 – 9:15 Good morning
9:15 – 11:00 Water
11:00 – 12:00 Land
12:00 – 12:30 Lunch
12:30 – 1:30 Classroom & Land
1:30 – 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.