

Report of the High-Performance Manager – National Team Program

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The USA Artistic Swimming's High-performance program has had a leap of progress in 2022. With a growth, innovative and inspiring mindset the National Team program has made some big changes to deliver excellence for all the USAAS National Squads.

The USA Senior National Team program has moved from Northern California to LA area and UCLA has become the new training center. The move increased the opportunities for athletes to pursue education and sport career at the National Team. Currently, the National Team program has 3 athletes enrolled in college and 3 graduated and returning to the National Team.

FINA international competitions were a hybrid format with virtual events and in person meets. The National Team took advantage of the World Series calendar entering in all legs, 4 in total. This opened the opportunities for the National team to be exposed to the competition environment and prepare for the 19th FINA World Championship in Budapest, the pinnacle event in 2022. The US National Team participate at the USA & CAN FINA World Series Event first stop, French World Series second stop, Australia World Series fourth stop and Greece Super Final. The National Team placed in all international meets proofing a strong showing in 2022.

The focus of the 2021-22 season was on writing new choreographies, with a total of 11 and enter 2022-23 with the strategy on improving execution and adapting all routines to the new scoring system. In October FINA may vote on the new rules and new elements for the sport.

At the 19th FINA World Championship held in Budapest, Hungary, the United States outbid Mexico and Canada the strongest rivals in UANA, in the Free Team Preliminary event entering finals in 8th place with 88.3 points. Event did not repeat in the Finals due to a last-minute change of the roster. The United States results were Mixed Duet Free and Technical and Highlight 5th place, Free Team and Duet Free 9th place, Solo Free and Duet Technical 7th place, and Solo Technical and Team Technical 6th place finish.

The US National Team was awarded with \$190,00 in prize money. This amount based on our placement throughout the World Series program, Super Final Event, World Championship, as well as the Operation Gold funded by USOPC. The proceeds were distributed by USAAS among the 13 athletes of the National team. In addition, the USAAS athletes stipends support was \$172,00 in 2022.

The Junior World Championship was held in Quebec City, Canada in August 2022. The US Junior National Team had 3 Senior members and 8 athletes that incorporate the team after the tryouts. Within this group 3 athletes were part of the 13-15 National Team in 2021 giving continuity on the National Team program. The Junior National Team had 7 weeks preparation leading up to the meet and with an efficient training program accomplish to enter 7 events at the Junior World Championship. The Technical Team

swan strongly and secured 6th place with a 82.6 points beating our strongest rival, Mexico. The US entered two different pairs of athletes in the Duet events in order to develop athletes and prepare them for the highest-level event on the Senior stage. In 2023 the focus for the Junior National Team will be the PanAm Aquatics Championships and potentially an international meet.

Our 13-15 National Team had 8 weeks to put together their competitive routines. The Youth World Championship was held in Charlotte, North Carolina. The US National Team made history being the first ever overall FINA Youth World Champions. The Youth National Team also overcome Mexico and Canada our closest opponents on the World Stage and PAQ. Athletes and coaches dedication all summer in Las Vegas training camp to represent USA was impressive. In 2023 the focus for the 13-15 National Team will be the PanAm Aquatics Championships and potentially Comen Cup in Europe. The National Team Program plan is to give those young athletes in our pipeline the exposure to the high-level and send the age group overseas.

The Talent Identification for the National Talent Program selected the top 12 and under athletes as well as the next 16 athletes after those selected for the 13-15 National Team. They participated in a one-week training program, with top level coaches and tons of cross-training opportunities. We aim to provide high level educational and skill development opportunities for those on the talent program.

By modifying the selection procedures, we are aligning with the desires of athletes who want to return to the National Team program, both during college and upon graduation. Every athlete who was a part of the Senior National Team and is transitioning to college, ten in total has agreed to remain on the Squad and be eligible to compete for a full-time position on the team in 2024.

Finally, none of these results could have been possible without the coaching staff. With that, I thank our Head Coach Andrea Fuentes, assistant Coach, Anna Voloshyna, gymnastic coach Victor Cano, Junior Team Head Coach, Megan Abarca, Junior Team Assistant Coach, Daniela Garmendia, 13-15 Team Head Coach, Ludivine Perrin-Stsepaniuk, 13-15 assistant Coach Olivia Zhang and National Team medical staff Dr. Selina Shah, Dr Thomas Kremen and AT Hannah Gates.

I would also like to thank the dedicated CEO Adam Andrasko, and our hard worker National office staff, Shari Darst, Baylee Robinson, Alyssa Jacobs, Monica Velazquez-Stiak, all of whom worked relentlessly behind the scenes to make the 2021-22 National Team Program a success.

Respectfully,

Lara Teixeira Cianciarulo, High Performance Manager and National Team Assistant Coach.