International Club Exchange
Opportunities for your club to meet and train with artistic swimming athletes from around the world!

Managed by USA Artistic Swimming
www.teamusa.org/USA-Artistic-Swimming
* Foster friendships and encourage mutual exchange of information and ideas!

* Share information to help artistic swimming grow!

* Share technical, training and choreography strategies!

* Increase artistic swimming exposure in your hometown area!

* Promote your own club through sport and cultural exchange!
Program Details

* A US club develops a “sister club” relationship with a club in another country - an artistic swimming, cultural & educational exchange!

* A team from a foreign federation travels to the US for a 1 or 2 week visit.

* Foreign athletes live with club families, train with the US club, visit schools, learn about the local culture, interact in the community, etc.

* Trips could include an association, regional, or zone meet where more athletes can interact with international athletes and coaches.

* US club team travels to the foreign club for a reciprocal visit.
BENEFITS

Federations share artistic swimming ideas.

✓ Techniques
✓ Training
✓ Choreography
✓ Flexibility and strength training
✓ Competition structure

Gain friends around the world.