

USA Artistic Swimming

Rising Stars

Your Lane to the Next Level



WE MOVE AS
ONE

USA Artistic Swimming (USAAS) would like to announce our new athlete development program, Rising Stars. This program will focus on the development of elite athletes in each region, identifying the most talented athletes in the nation and cultivating the Olympic athletes of tomorrow.

The Rising Stars Program is an opportunity for athletes who want to improve their artistic swimming talents in the off-season, allowing them to work toward their dream to perform at a higher level. We have developed a pathway for athletes to start at their association and club level and advance forward to selected events. The Rising Stars Program continually works to develop athletes for future consideration to the U.S. National Teams. Rising Stars athletes will experience small group training to improve their artistic swimming abilities.

Athletes will advance through a three-tier program set up to find the top athletes in our Nation. This program will provide a pipeline to the final tier, All Star Camp. Rising Stars Age Group Athletes will have the opportunity to be selected to the next level elite programs. The Rising Stars Program will be for novice, intermediate and age group athletes. Age group athletes will advance to next levels. USAAS will identify host locations for each level event. High level coaches will be appointed to each event to help train each athlete and identify those that will advance through to the next levels. There will also be an application process for coaches to complete before being selected as a camp coach. Each level is defined below:

Red Star Camp One: Association Level

- USAAS will sanction a maximum number of 20 Association Level clinics across the country between July – September of each year. The clinic will take place over three nonconsecutive days and age group athletes are required to attend two of the three clinics to advance to the next phase.
- The camp does not have to be restricted to one Association and can include multiple associations or be club based depending on the camp size. Associations can pair together to host a clinic or can host on their own.
- USAAS will work with all associations to make sure athlete travel is at a minimum to allow for as much participation as possible.
- USAAS will provide curriculum written by National Team Staff and the National Office. Curriculum will be specific to each level.
- USAAS will work with associations to contract all facilities to host these events.
- Association will provide an onsite clinic Manager to assist with the event who will receive a stipend from USAAS.
- Association will assist USAAS in identifying the best coach/coaches in their area. All coaches will need to be approved by USAAS Application Process (see below).
- Coaches will work to provide overall camp feedback for athletes to use moving forward.
- A total of 300 athletes from across all Red Star Camp One clinics will advance to Blue Star Camp Two.

Blue Star Camp Two: Sectional Level

- USAAS will lead six Sectional Events that will be geographically located across the country to keep travel at a minimum for each participant.
- These events will take place over one weekend in October of each year.
- USAAS will host and it will be led by National Team Coaches and USAAS Staff. Additional coaches will include the top coaches in the area including available college coaches.
- Coaches will work to provide overall camp feedback for athletes to use moving forward.
- A total of 60 athletes from across all Blue Star Camp Two camps will advance to All Star Camp.

Rising Star Camp Three: All Star Camp

- USAAS will host the All-Star Camp in November/December of each year.
- At least one Senior National Team Coach and additional National Team Coaches from Junior & Age Group teams will be in attendance.
- This camp will take place over a three-day period.
- Overall camp feedback and videos will be shared with athletes and coaches afterwards.

Clubs or Associations that are interested in hosting a Red Star Camp One can fill out the [Host Application](#) or reach out to Events Director [Baylee Robinson](#) for more information. We will work with all applications to locate the camps across the United States equally. Our goal for Red Star Camps is to limit the travel expense on the athlete as much as possible. Your application must be approved by the National Office to host.

Coaches that are interested in coaching at a Red Star and/or Blue Star camps can fill out the [Coach Application here](#). Applications are required for all coaches participating in the event. Coaches will have access to virtual training in preparation for hosting camps. The curriculum will be the same for all locations. Virtual coach train will be hosted by our National Team coaching staff and all coaches participating in Red Star and Blue Star camps will have access to this training.

Athlete registration to participate in Red Star camps will open as locations are confirmed.

USAAS will work with host to schedule and announce locations as the information becomes available. If you need any additional information or have questions, please send them to [Events Director Baylee Robinson](#).

