



2022 USA ARTISTIC SWIMMING

Elite Camp

July 19 – 23, 2022
Las Vegas, NV

ANNOUNCEMENT

CONTENTS

CAMP MANAGER.....	2
FACILITY	2
HOST HOTEL INFORMATION	2
AIRPORT INFORMATION.....	2
TRANSPORTATION.....	2
CERTIFICATIONS.....	2
ATHLETE SELECTION	3
FEE INFORMATION.....	3
REQUIRED DOCUMENTS.....	3
EQUIPMENT	4
FOOD.....	4
COACHES AND PRESENTERS.....	4
Sara Lilly – Head Coach.....	4
Elizabeth Gerdin –Coach	5
Tammy McGregor –Coach.....	5
Roman Stsepaniuk – Acrobatics	5
Lori Eaton –Sports Psychologist	6
Natalie Kourpa –Contemporary Dance, Improv.....	6
Monica Velazquez-Stiak – Coach.....	7
Dacha Nedorezova – Choreographer/Improv.....	7
Rebecca Moody – Coach	7

CAMP MANAGER

Shari Darst: USA Artistic Swimming Education Director
shari@usaartisticswim.org

FACILITY

Pool: Heritage Park Aquatic Complex, 310 Racetrack Rd., Henderson, NV
Pool and classroom training location.
[Circus Center Las Vegas](#), 6425 S Jones Blvd., Suite 102
Silks, lyra, flexibility and core will be included.

HOST HOTEL INFORMATION

Hotel will be announced soon. Athletes will be paired up in twos and share a room. Staff will be staying at the same hotel and will serve as chaperones for the camp. Every attempt will be made to have all athletes staying on the same floor as chaperones. Younger athletes will have first priority for this.

AIRPORT INFORMATION

McCarran International Airport (LAS)

All athletes must fly in and out of the Las Vegas McCarran International airport. Athletes should book their flights according to the following schedule:

- Arrive July 18th between 12:00 pm and 6:00 pm.
- Depart on July 24th before 1:00 pm.

TRANSPORTATION

Airport transfers will be organized by staff to and from the hotel and the airport, as well as to and from the pool and other facilities.

USAAS Staff or volunteers will meet athletes at the airport upon arrival (at arrival gate for underage travelers if allowed) and will transfer athletes back to the airport for departure (to departure gate for underage travelers if allowed).

If your athlete has not traveled alone before, you may contact Shari at shari@usaartisticswim.org and she will explain the process.

CERTIFICATIONS

All staff and coaches for the camp will be members of USAAS, have a background screening, SafeSport, CCP and CPR/First Aid training.

ATHLETE SELECTION

Event Registration Opens: June 1, 2022 – link coming soon

Places 12th – 27th from the 2022 13-15 Age Group National Team Trials

Places 1st – 10th from the 2022 12 & Under Invitational

Places 1st – 6th at the 2022 U.S. Junior Olympics

Next 10 athletes in order from the 2022 Junior National Team Trials not selected to the 2022 Junior National Team.

Entry Deadline: June 20th, 2022

A total of 42 athletes will be selected.

FEE INFORMATION

\$1,100 per athlete. This cost covers all facility rentals, coaching & presenter fees, curriculum development, transportation to/from Las Vegas Airport/hotel/pool/other facilities, housing and meals for 5 days. This cost **does NOT include** flights, travel costs to and from Las Vegas, or pocket money if needed during the camp.

\$100.00 per coach. Club coaches will be allowed to attend and observe the camp at their own expense. Transportation, hotel arrangements and meals are the coach's responsibility. Coaches must be current on all certifications. A reminder that the focus will be on the athletes, not the coaches.

CAMP OBJECTIVES

The main objectives of this camp are to:

- Provide additional high level training opportunities over the summer.
- Encourage training exchanges between athletes from different clubs.
- Provides additional training opportunities in a motivational setting for the athletes.
- Improve & teach new skills both on land and in the water.
- Training will include Dance & Improv, Mental Training, Flexibility, Acrobatics, Lifts, Conditioning, Routine Skills and Figures/Elements.

Training information from the camp will be shared with all Athletes and Coaches.

REQUIRED DOCUMENTS

After an athlete accepts their invitation to the camp, they will be asked to complete their registration and paperwork for the camps.

- Medical release form for minors
- Signed USA Artistic Swimming Code of Conduct
- Insurance information, Parents information and Emergency contact details

EQUIPMENT

All athletes are required to bring the following equipment for training:

- Swimsuits, caps, goggles, nose clips, towels (extras will not be available).
- Yoga mat, TheraBand (2 x resistance band)
- Running shoes, leggings, t-shirts
- Journal and pen/pencils

FOOD

Athletes will be eating breakfast & dinner at the hotel and lunch at the facility. Families will be asked to note any allergies or food restrictions during the registration process.

COACHES AND PRESENTERS

SARA LILLY - HEAD COACH



Sara Lilly joined the staff at Texas Woman's University in February 2020 to start an Artistic Swimming Team. The team competed their first season in 2021-2022, finishing top six in each event and placing fourth overall. Five athletes received All Collegiate honors, and one athlete was named to the All-America Team. Prior to starting the program at TWU, Lilly spent the 2013-2018 seasons as the head coach at Stanford where she was a two-time national championship coach and two-time USA Synchro Coach of the Year. Lilly spent four years as an assistant coach at Stanford prior to assuming head coaching responsibilities.

From 2010-2018 Lilly led the USA Synchro 12&U National Team and 13-15 National Team to first place finishes in all events at the UANA Pan American Championships. She also led the 13-15 National Team to top three finishes in multiple events at the Comen Cup prior to working with the Junior and Senior National Teams.

In addition to her highly successful tenure as the head coach at her alma mater, Lilly was a key component of four consecutive national championship squads as an undergraduate at Stanford. A four-time All-American, Lilly earned Collegiate High-Point Athlete each of her four years. Lilly was a four-time member of the USA Synchro National Team and three-time member of the USA Synchro Junior National Team. She was also a member of the 2003 Pan American Team, winning a gold medal, and the 2004 Olympic Team, capturing a bronze medal in Athens. Lilly was recognized as the United States Synchronized Swimming Athlete of the Year in 2004 and 2007, and in 2008, Lilly was named Stanford Outstanding Female Athlete of the Year and was nominated for the USOC Athlete of the Year award. For her accolades as a competitor, Lilly was inducted into both the Stanford University and USA Synchro Halls of Fame. Lilly graduated from Stanford with a degree in communication in 2008 and was appointed a Matteson Fellow. She served as the AAC Athlete Representative on the USOC Athlete Advisory Council and as a member of the Board of Directors for United States Synchronized Swimming, Inc. from 2009-12.

ELIZABETH GERDIN – COACH



Elizabeth Gerdin has been formally coaching at the collegiate level for 7 years. During that time, she has placed numerous athletes on the Athletic All-America team as well as place athletes on the national team and the national team training squad. Elizabeth is also proud to see many of her former athletes manage both their chosen professional careers and continue to be involved in artistic swimming thru coaching as a passion. Elizabeth graduated with a degree in Athletic Training and Rehabilitative Science with a minor in psychology. She still holds her national certification for this field of work. Currently she is also working on a Masters in Nutrition. This education helps aid her in her coaching philosophy to help build up healthy and athletic artistic swimmers.

TAMMY MCGREGOR – COACH



Tammy is currently an Assistant Coach for the Junior A team at the Walnut Creek Aquanauts, a consultant for the United States Artistic Swimming National Team, and a member of the FINA Coaches Committee.

A 1996 Olympic Gold Medalist, a 2000 Olympian, and a 3-time Olympic Coach (2004, 2008, 2012), she was part of the United States Artistic National Team as an athlete from 1990-2000, as a coach from 2001-2017. Adding to her USAAS resume, she has also worked as a consultant, Rising Stars coach from 2018-2020 and a clinician at many other USAAS camps. Tammy started Artistic Swimming career in Orlando, Florida and moved to Walnut Creek, California at the age of 10 where she currently resides.

ROMAN STSEPANIUK – ACROBATICS



Born in Belarus, Raman started gymnastics at age 6 and joined the sport acrobatics national team at age 13 where he won national and international titles in "men four" acrobatic discipline. In July 2000, he graduated from the University of Education with physical education degree. Raman then joined the Russian circus as an acrobat, since then he has performed in numerous American circus and television productions. In 2004, Raman was part of the creation at Le Reve - The Dream in Las Vegas and has been performing with Le Reve since. He has consulted with numerous synchro teams across the country including the US National Team.

LORI EATON – READY, GO! CERTIFIED SPORTS PSYCHOLOGIST



Lori was an elite artistic swimmer for 14 years. She swam at the club level, represented TEAM USA at several International competitions, swam collegially, and even masters. Lori had the opportunity to swim on a college scholarship and took up coaching as a way to make extra money. But after a few short months, she knew that her place was on deck, coaching young athletes to get past their fears and strive for their goals. She turned in her swim cap for a microphone and has been a coach for more than 25 years.

She has coached 5 Olympians, placed 25 athletes on the US National Team, and has led clinics all over the world. Most notably, she built an NCAA college program from the ground, up, won the U.S. Collegiate National Championships in just 5 short years, plus three consecutive U.S. National titles.

Lori understands that in a judged sport like artistic swimming, success is about confidence, presentation, self-awareness, emotional strength, focus and determination, sometimes even more so than fitness or swimming ability. Her coaching style is about accountability and empowerment. It's about believing in you and coaching you through self-discovery to achieve your goals. Education & Certifications: MS in Counseling, Certified Sport Psychology Coach, Certified in Mindfulness Based Cognitive Therapy and Certified Life Coach

NATALIE KOURPA – CONTEMPORARY DANCE, IMPROV



Originally from the United Kingdom, Natalie is trained in dance and performing arts at the prestigious BRIT School of London. She graduated with a BTYEC National Diploma and took second in Theatre studies.

Natalie was part of the famous Las Vegas show Le Reve The Dream and held various roles including the lead "The Dreamer".

Natalie is also a Pilates Instructor for Lifetime Fitness.

MONICA VELAZQUEZ-STIAK – COACH



Monica Velazquez-Stiak is a former US national team member and collegiate athlete. Most recently she competed at the 2017 World Championships and finished her collegiate career in 2018 at Ohio State as a national champion.

Monica received her undergraduate and graduate degrees from The Ohio State University in Sport Industry and Sport Management. She worked with the Ohio State Athletic Department upon graduation. Monica returned to her roots and took a job in the national office of USA Artistic Swimming in 2021 and is currently our Athlete Safety and Membership Manager.

Monica still enjoys coaching and running clinics in her free time.

DACHA NEDOREZOVA – CHOREOGRAPHER/IMPROV

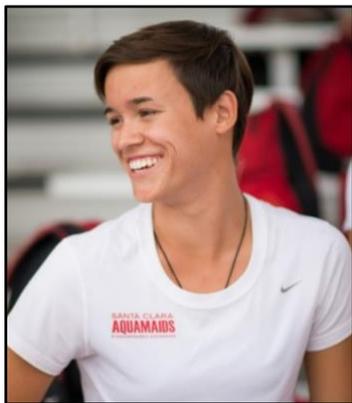


Dacha Nedorezova was born in Moscow, USSR. At the age of 9, she discovered and fell in love with synchronized swimming. Her passion for this sport guided Dacha's entire career from an accomplished athlete to a creative mind behind aquatic choreographies for various show productions worldwide. As a member of the Russian National Team, Dacha placed first in multiple national competitions and won gold in the junior and senior European championships and bronze in the World Cup. In 1991, Dacha's passion for theatrical performance and her high-level synchronized swimming skills led her to join the World Tour of an aquatic show "Sirella," created and directed by Muriel Hermine, who became Dacha's mentor.

Over the next 15 years, while performing and choreographing aquatic spectacles around the World, Dacha mastered the artistic side of synchronized swimming, dance, acting, aerial performances, and even an extraordinary equestrian act in the pool. In 2005, Dacha created aquatic choreography for the show "Le Reve" at Wynn Las Vegas, directed by a mastermind of Cirque du Soleil, Franco Dragone. Dacha's Red Shoe choreography became an iconic image of "Le Reve" and traveled around the globe as a part of numerous aquatic productions.

Today, as a coach and choreographer, Dacha shares her passion for artistic swimming and creativity with athletes who want to explore artistic expression and add an emotional connection to their athletic performances.

REBECCA MOODY - COACH



Becca “Bex” Moody is a houseplant lover, a pet parent and a poet who has been involved in artistic swimming for over fifteen years. As a high performing athlete, they achieved national recognition throughout their career and represented Team USA for several competitive seasons.

After retiring from the sport in 2015, they became a coach and choreographer for the Santa Clara Aquamaids. In this role – and under the guidance of Chris Carver—they specialized in improving athletes’ technical efficiency, artistic performance and fluidity of movement.

Becca loves discovering new things and sharing everything they’ve learned, and they’re very honored to have a part in passing on the torch to this next generation of American athletes.