USA Artistic Swimming is proud to host the joint 2022 All-Star Camp & Coaches College at the El Corazon Aquatic Center in Oceanside, California. Only athletes who have been chosen from the Rising Stars Camps and members of the 2022 junior or 13-15 national teams will be eligible to attend. Any and all coaches are invited.

USAAS is excited to welcome the following coaches to the All-Star Camp/Coaches College event: Ludi Stsepaniuk, Ou Liu, Hiea Yoon Kang, Sara Lilly and Lori Eaton. Other coaches will be added soon.

This year’s camp experience will focus on new figures, elements and rules, as well as sports psychology.

**LOCATION**
William A. Wagner Aquatic Center
(outdoor pool)
3306 Senior Center Drive
Oceanside, CA 92056

**DATE**
November 11th - 13th, 2022
(Arrival evening 11/10, Departure late afternoon 11/13)
8:30 am – 5:00 pm on Friday & Saturday
8:30 am – 12:30 pm on Sunday
Final schedule provided upon arrival.

**AIRPORT**
San Diego International Airport (40 miles away)
Transportation will not be provided throughout camp.

**HOUSING**
Please book directly with the link provided by Team Solutions. This is a Stay to Play event. Hotel Booking Link. (Hotel is walking distance to the aquatic center)
MEALS
Breakfast will be included at the hotel for all athletes and coaches. Lunch will be served Friday and Saturday at the facility for athletes and coaches. Dinner will be served Friday & Saturday at the hotel for athletes and coaches. There will be no lunch provided on Sunday.

REGISTRATION
Registration includes camp fees and listed meals.
See dates & deadlines for registration below – click HERE for registration.
The password for athlete registration will be sent directly after confirmation of attendance.

Deadlines to register:

All Athletes - $350.00 - before October 20th, $450.00 - October 21st – November 1st
No registrations and no refunds after November 1st

All Coaches
$350.00 - before October 20th, $450.00 - October 21st – November 1st
No registrations and no refunds after November 1st

SCHEDULE
There will be two schedules, one for athletes and one for coaches. Final schedule will be given on-site. Events will begin on Friday, Saturday and Sunday mornings at 8:00 am, Friday & Saturday will end at 5:00 pm, Sunday will end at 12:30 pm.

ITEMS TO BRING
Yoga Mat, Swimsuit, Goggles, Noseclips, Towels, Work-out clothing, Therabands
Ludi Stsepaniuk

Coach Ludi was born in France and swam for the French National team from 98 to 2004. After creating and performing at Le Reve in Las Vegas for 12 years, she opened Ovia entertainment (a performing and high-level training company) in addition to joining USA synchro and Nevada Desert Mermaids.

Ludi has coached the 12 and under National in 2016, 2018, 2019, 2021 and was thrilled to head coach the 13-15 National team in 2022! She loves to use her experience as a show performer and stunt actor in teaching artistic swimming. Ludi and her husband Roman are the proud parents of twin girls Eva and Sophia.

Ou Liu

Ou Liu is the Lead coach for the SCA Juniors program. Her synchronized swimming career spans more than 16 years as a swimmer and 7 years as a coach. She contributed greatly to the breakthrough of China’s Synchronized Swimming program as a top competitor in the world and now brings her talent to the Santa Clara Aquamaids.

She competed with the Chinese National Synchronized Swimming Team from 2005 to 2013 earning Bronze in the team competition at the 2008 Beijing Olympics and Silver in team and Bronze in duet at the 2012 London Olympics. From 2012 to 2013 Ou worked both as a coach and athlete for the Guangdong Provincial Synchronized Swimming Team. Winning team Gold medal and duet Silver medal at the 12th National Games of China.

Her training with coaches from China, Russia, Japan, Canada and the United States has enabled her to develop an effective training system of theories and methods unique to synchronized swimming. She believes her coaching must be efficient and precise to complement the intense training by the athletes.
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 national team and three-time member of the 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 USSS 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 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.
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

MORE COACHES TO BE ANNOUNCED

WE MOVE AS ONE