



WE MOVE AS
ONE

WELCOME TO ARTISTIC SWIMMING



2022

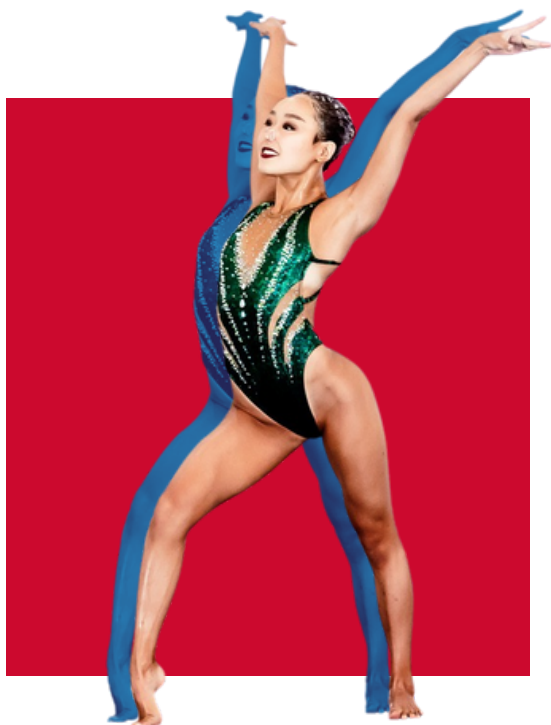


WELCOME TO THE SPORT, WE ARE HAPPY YOU'RE HERE!

Welcome to the wonderful sport of artistic swimming! This sport has some of its earliest history in the United States and we are honored to help keep this sport progressing in our nation. The best part about artistic swimming is the people – we have an incredible community of very passionate athletes, coaches, parents and officials who make this sport unique and special.

The benefits of participation in youth sports are endless: development of teamwork and problem-solving skills, increased self-esteem, physical health and time management. However, the benefits of our sport go far beyond the typical activity. Artistic swimmers have an outlet for self-expression while challenging their physical fitness, develop a sense of creativity while building leadership skills and learn how to accept constructive feedback in a way that allows for growth.

We are excited you are now a part of our community! Please don't hesitate to us or the national office staff if you have any questions as you navigate the world of artistic swimming. Staff contact information can be found on the last page of this document.



DENISE SHIVELY

PRESIDENT

ADAM ANDRASKO

CHIEF EXECUTIVE OFFICER



THE NATIONAL ORGANIZATION

USA Artistic Swimming (USAAS) is the recognized national governing body (NGB) for the sport of artistic swimming in the United States. As a national governing body, USAAS is required to adhere to protocols and requirements put in place by both the federal government and the United States Olympic and Paralympic Committee (USOPC). We are a membership-driven organization, as the USOPC only provides a minimal budget for our national team program to function.

ORGANIZATION MISSION STATEMENT

Lead in the advancement of artistic swimming by empowering athletes to achieve competitive success, uniting our community & inspiring our membership to pursue lifelong excellence & involvement in the sport.

THE SPORT AND NAME CHANGE

Spectators have been awed by the grace and power of artistic swimming since the inception of the sport in the early 1900s. Artistic swimming requires a unique combination of overall body strength and agility, grace, split-second timing, musical interpretation, stamina and dramatic flair. Many have described the sport as a mixture of swimming, dance and gymnastics. The competitive rules and manner of judging are similar to such sports as figure skating and gymnastics. The goal of every performance is technical excellence, artistic impression and synchronization with the music. The sport has deep roots in the United States, with the USA largely being viewed as the country that developed the sport in its early years and dominated the early competition scene.

The inaugural artistic swimming U.S. National Championships were held in 1946, just one year after the Amateur Athletic Union (AAU) first recognized the sport. A few years later, the 1955 Pan American Games included artistic swimming events and the World Aquatic Championships soon followed. After almost 40 years of concerted effort, artistic swimming, then known as synchronized swimming, was at last included in the Olympic Games in 1984. The United States won the very first solo and duet Olympic gold medals. In the 1996 Olympics, the team event replaced the solo and duet competitions. However, the overwhelming demand for tickets and broad television appeal of the 1996 team event prompted the IOC to reinstate the duet event for the 2000 Olympic Games.

NAME CHANGE: The sport was rebranded from synchronized swimming to artistic swimming at the international level following the 2016 Olympic Games in Rio. The world governing body (FINA) believed that the new name would better illustrate what the sport is about and hopefully lead to greater popularity. The new name, artistic swimming, was developed with the sport's similarities to artistic gymnastics in mind.

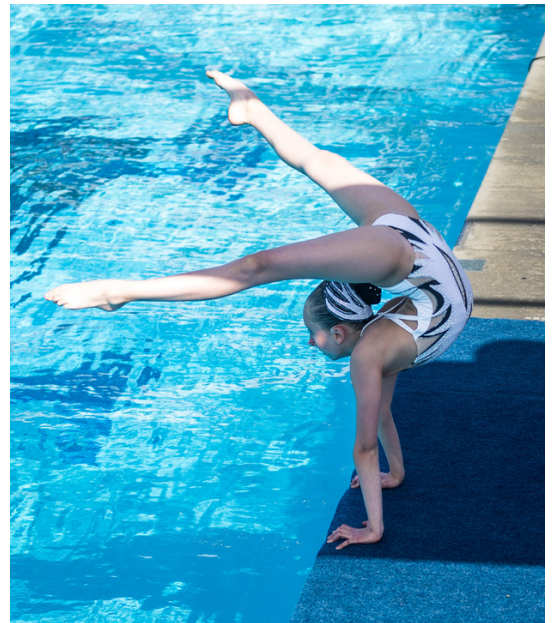


OUR COMPETITIONS

USAAS hosts several national competitions annually. Qualifications standards are set by the competitive operations committee to ensure high-level competition for all championships. Each event has different qualification standards based on Zone and Association results. Zone and Associations also operate their own local competitions and invitational throughout the year.

- Youth Championship and 12U Invitational
- Junior Olympic Championship
- Junior and Senior Championship
- Collegiate Championship
- Masters Championship

For qualification questions email memcoord@usaartisticsswim.org



OUR DEVELOPMENT CAMPS

Rising Stars Camps: Regional camps hosted across the country with the same curriculum being taught by high-level coaches at each. Athletes from these camps earn an invitation to our highest level camp - All Star Camp.

Elite Camp: Athletes earn an invitation to this development camp through 13-15 national team trials, junior national team trials, 12&Under national invitational and 12&Under Junior Olympics.

All Star Camp and Coaches College: hosted jointly. All Star Camp is an invitation-only athlete development camp and Coaches College is an educational seminar open to all coaches.

Boys in Sync Camp: open to male swimmers 10-18.

OUR JUDGES AND OFFICIALS

Judges and officials must complete comprehensive education requirements to evaluate athletes at all levels of competition. Judges participate in trainings and then are eligible to work their way from association, to regional, to zone and national levels through proven competency within the scoring system and standards set by the international federation for the sport. Some judges may seek to take their education further to become eligible to officiate Pan American or International-level competitions.

Judges complete trainings and required hours on a volunteer-basis. National judges affiliated with a club pay their own travel and accommodation for meets. Unaffiliated national judges are eligible to have some of these expenses compensated.





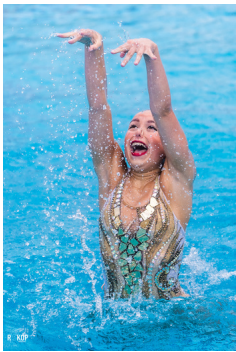
OUR COACHES

Coaches are required to complete coach certification courses to be on deck at association, zone and national competitions and must be at least level one to coach at any time. The courses cover areas such as technical skills, planning for a season, nutrition and emotional intelligence just to name a few.

USA Artistic Swimming requires coach members to hold current certifications for CPR and First Aid, complete a background check and yearly SafeSport courses.

ZONES AND ASSOCIATIONS

USA ARTISTIC SWIMMING IS DIVIDED INTO FOUR ZONES (NORTH, SOUTH, EAST AND WEST) AND FURTHER DIVIDED INTO ASSOCIATIONS FOR THE PURPOSE OF REPRESENTATION AND QUALIFICATION FOR CERTAIN NATIONAL MEETS. ZONES AND ASSOCIATIONS OPERATE INDEPENDENTLY FROM THE NATIONAL OFFICE AND HOST THEIR OWN INVITATIONALS AND COMPETITIONS. TO GET INVOLVED AT THE ZONE OR ASSOCIATION LEVEL AS A VOLUNTEER, PLEASE CONTACT THE NATIONAL OFFICE FOR YOUR ZONE CHAIR'S CURRENT CONTACT INFORMATION.

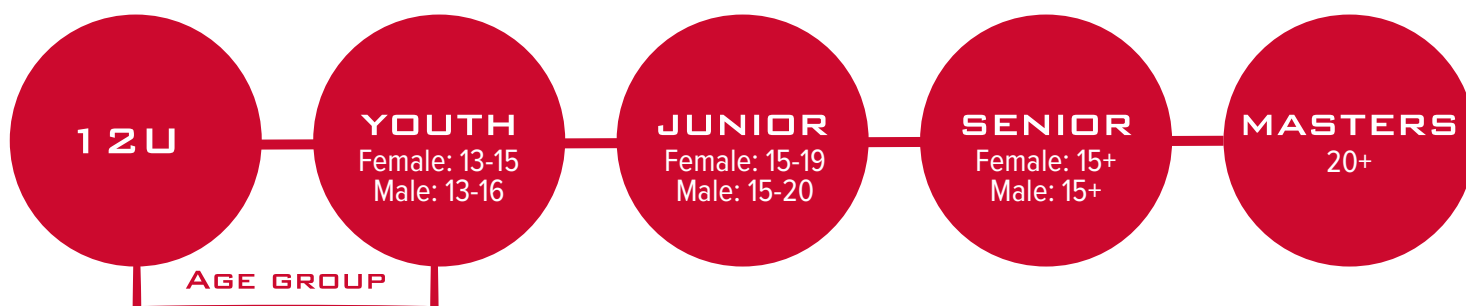


NATIONAL TEAMS

13-15/YOUTH	Gathered on an event basis. Athletes typically train for a specific event during a 6-8 week training camp in the summer. Those that do not make the squad roster but place high enough at trials are invited to Elite Camp.
JUNIOR & SENIOR	Full time training at the national team headquarters in Los Angeles, Calif. Junior aged athletes often train on an as-needed event basis unless they also hold a position on the senior national team.
QUALIFICATION	Athletes must go through a multi-step trials process, completing level requirements and showcasing predetermined skills. Those who make it past the necessary rounds will be invited to the final trial stage which is typically held in-person in conjunction with the relevant age group championship. Final scores from trials will be calculated to determine who receives an invite to be a part of the team. The selection procedures for our national teams are developed and implemented by many stakeholders including athlete representatives and the United States Olympic and Paralympic Committee to ensure fairness.
PURPOSE	Our national team represents the United States at international competitions including World Championships and Olympic Games.



COMPETITION AGE GROUPS



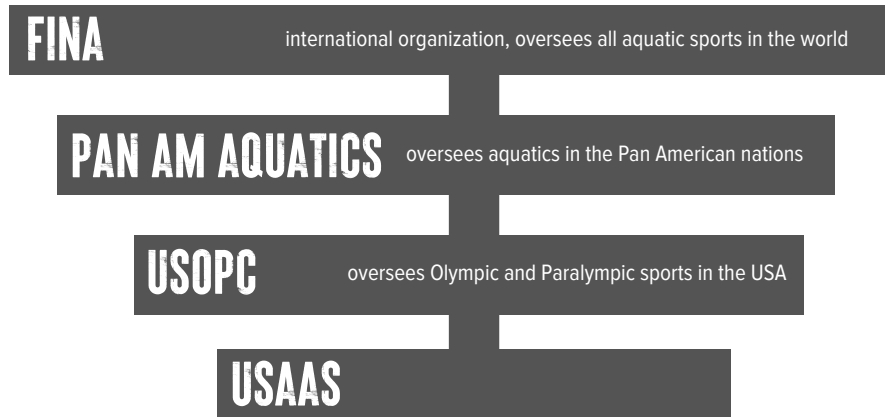
Typical advancement in our sport may look like the following progression:

Intro to Swim/Try Artistic Swimming > Novice > Intermediate > Age Group > Junior > Senior/Collegiate > Masters

Advancement is not required. Many athletes enjoy long novice or intermediate careers just to stay active and enjoy the sport. Each club may have different offerings for the various levels of athletes. Zones and associations may host novice or intermediate competitions but there are currently no national meets for athletes at those levels.

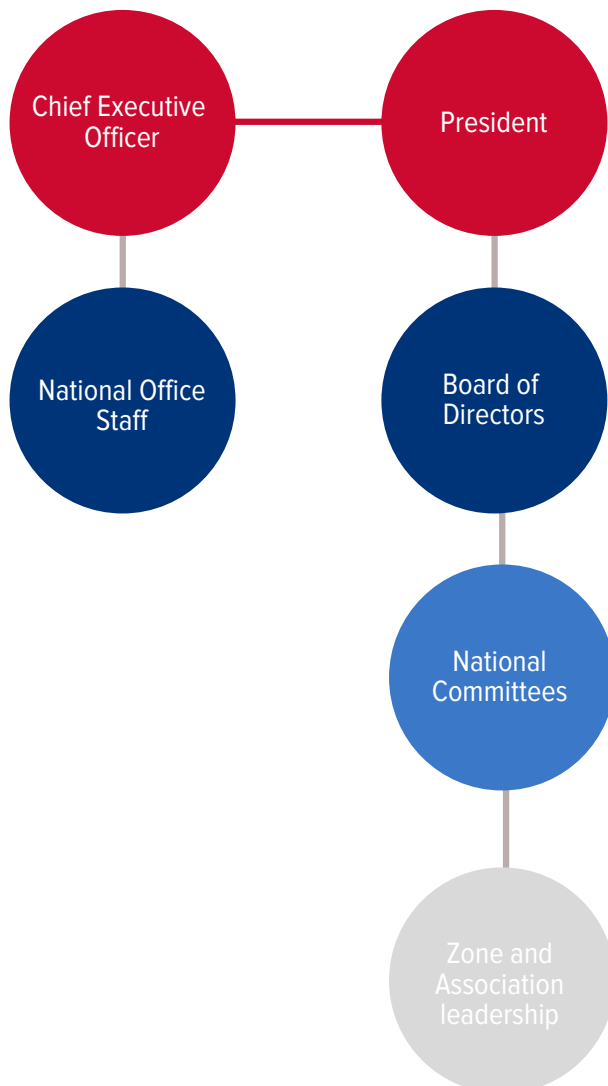


INTERNATIONAL STRUCTURE



It is important to understand that when rule changes happen they often come from FINA with the goal of enhancing our sport. The implementation of those rules is up to the national federations such as USA Artistic Swimming. Therefore, there may be some minor adaptations unique to our country.

ORGANIZATION STRUCTURE



The CEO and national office staff of USA Artistic Swimming are paid professionals to run the organization as a whole. The President, Board of Directors, committee members and zone and association leadership are all volunteer positions held by coaches, athletes, parents or anyone within our community who may be interested in moving the sport forward and is successfully voted into the position. Volunteer positions help to provide our stakeholders a voice in decisions being made at the organizational level.

The United States Olympic and Paralympic Committee mandates that all NGBs must meet a minimum athlete representative percentage for volunteer advisory positions so that the athlete voice is adequately represented.

If an athlete is interested in getting involved in a volunteer position, the best place to start is by reaching out to the Athlete Executive Council President. Email the national office to get connected.

OUR SPORT IS FOR EVERYONE - DEI INITIATIVES

USA Artistic Swimming believes that artistic swimming is for everyone and aims to eliminate bias and discrimination while removing barriers to participation. The Athlete Bill of Rights was created in 2020 with the goal of outlining expectations for those within our community and guaranteeing rights to our athlete population. One of the biggest initiatives at the organizational level has been the inclusion of the Athletes With Disabilities division. Our AWD athletes first competed at the national level at the Junior Olympic Championship in 2021. Many clubs across the country are expanding their offerings to athletes with varying levels of cognitive or physical disabilities.

If you have any concerns or would like to hear more about what our organization is doing to make artistic swimming safe for everyone please visit the DEI webpage [HERE](#) or contact our Vice President of Diversity, Equity and Inclusion. Email a staff member at the national office to get connected with our VP of DEI.

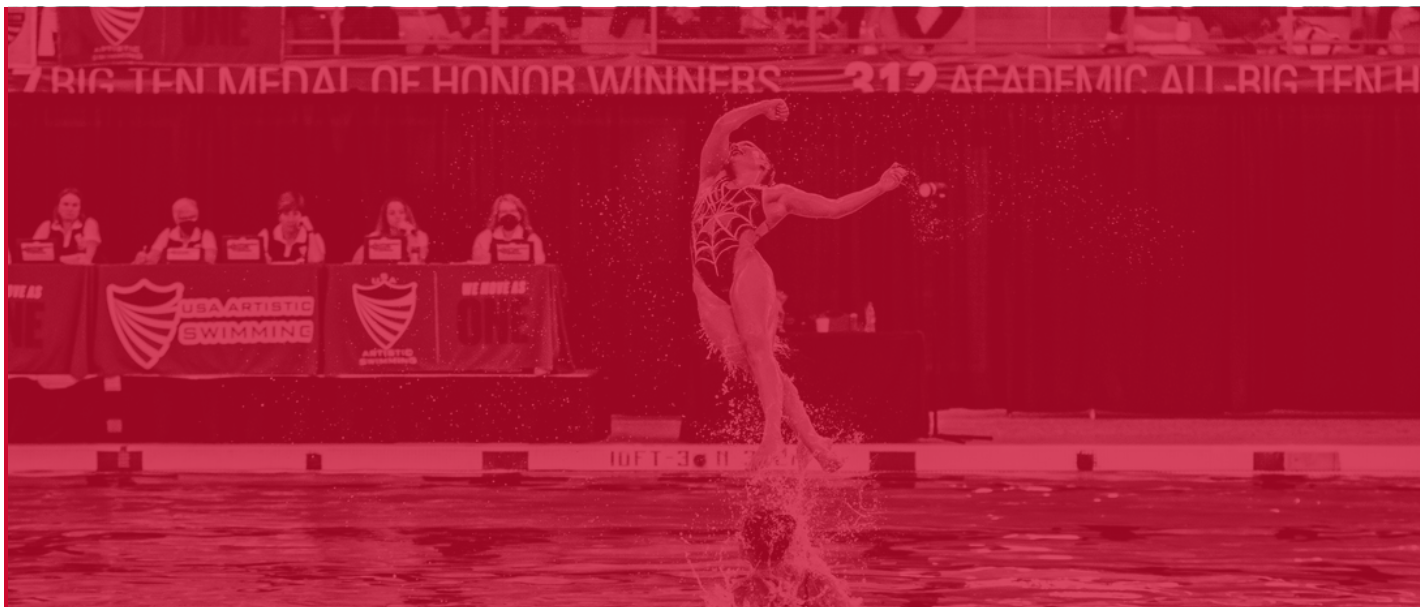


USA ARTISTIC SWIMMING FOUNDATION



Our foundation exists as a separate entity from the national governing body. Unlike other nations, USA Artistic Swimming does not receive any government support. For the sport to succeed, we must nurture it at every level and this means relying on the power of team to support every club and team from grassroots through elite levels, inspiring future generations to continue building upon its success.

The foundation hosts several fundraising events throughout the year and works to raise money to support the sport at all levels. Funds are distributed in the form of grants through an application process with the goal of making an impact across the sport including funding programs benefitting DEI initiatives, grassroots development and national talent programs.



BUYING A USA ARTISTIC SWIMMING MEMBERSHIP

HOW + WHY



USA Artistic Swimming memberships are required for all individuals who participate in local or national events and are managed through Sports Engine. Your membership with USAAS provides insurance coverage for both the individual swimmer and the clubs hosting practices and events. By being a member of USAAS you gain access to our education and training opportunities, exclusive offers from USAAS partners and much more. There are a variety of membership levels depending on the individual's involvement with their club. Each membership level requires different compliance standards for training and education.

The USAAS membership season is September 1 - August 31. Individuals may purchase their own membership or reach out to their local club for membership support. Membership information can be found on our website [here](#).

SAFE SPORT AND ABUSE PREVENTION

OVERVIEW + WHAT IT MEANS FOR YOU

The Safe Sport Act legally requires NGBs and Paralympic organizations to work with the U.S. Center for Safe Sport (USCSS). The USCSS exercises jurisdiction over NGBs with regard to safeguarding amateur athletes against abuse. This includes further training, oversight policies and procedures to prevent all forms of child abuse.

USA Artistic Swimming is required to follow these regulations and ensure all members are in compliance. This means that our members are required to stay up to date on SafeSport training and refresher courses annually so we can ensure a safe environment for all. Additionally, professional members are required to complete and pass background checks.

SafeSport training details are on our website [here](#). Safe Sport training is taken annually on a four year training rotation; SafeSport Trained, Refresher 1, Refresher 2 and Refresher 3. Once all four courses (4 years of training) are completed, the individual restarts training from the beginning.

Background screening details are posted [here](#). Screens are valid for 2 years.



YOU HAVE OPTIONS IF YOU BELIEVE ABUSE IS HAPPENING. PLEASE REPORT ANY CONCERNS AS SOON AS POSSIBLE.

Individuals may either report concerns to the national governing body (USA Artistic Swimming) to determine whether the concern needs to be elevated to the U.S. Center for Safe Sport or go directly to the U.S. Center for Safe Sport.

NGB Level Reporting: please email USAASsafesport@usaartisticswim.org or call 719-866-2235
U.S. Center for Safe Sport Reporting: website [here](#) or call 833-587-7233

HELPFUL LINKS

- [FINA Website](#)
- [Safesport Website](#)
- [USA Artistic Swimming Foundation Website](#)
- [USA Artistic Swimming Rulebook](#)
- [USA Artistic Swimming Events Calendar](#)
- [Membership Support](#)

CONTACT INFORMATION

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