



2018 INFORMATION PACKET

NATIONAL TEAM PROGRAM

OLYMPIC DEVELOPMENT PROGRAM

NATIONAL TALENT PROGRAM

The following document contains information about the 2018 National Team Program, Olympic Development Program, National Talent and Elite Camps. Additional information for each program and age group will be available next year.

This season, the most important competitions are the 2018 Junior World Championships in Budapest, Hungary, the Comen Cup in Sevilla, Spain and the 2018 Pan-American Championship in Riverside, CA. For the first time in a long time, USA Synchro will enter a full delegation at the 2018 Pan-American Championships with a team in every age group.

This year's program includes many foreign coaches from Russia, Ukraine, China, Spain and France. Our goals are to expose our athletes to different training styles, learn from the leading synchronized swimming countries and to expand our international network and outreach to improve our international relations, credibility and presence.

Note that USA Synchro has published two National Team Guideline Manuals, which are available on the Members only website. These manuals outline the objectives and philosophy of the National Team program and the training process. We encourage all potential National Team athletes and their families to read these guidelines to familiarize and prepare themselves to participate in the program.

All athletes selected to the National Team program should read the information contained in this document as well as the National Team agreement, Athlete Handbook and the National Team program guidelines. All athletes will be required to sign all documentation and fill out the National Team registration form, medical questionnaire and medical release form prior to participating in any training camps

All athletes selected to the Olympic Development program should read the information contained in this document as well as the Code of Conduct, the Athlete Handbook. All athletes will be required to sign all documentation and to fill out the ODP registration form, release to travel overseas, medical questionnaire and medical release form prior to participating in any training camps.

All athletes invited to the National Talent and elite camps should read the information contained in this document as well as the Code of Conduct, the Athlete Handbook. All athletes will be required to sign all documentation and to fill out the National Talent registration form, medical questionnaire and medical release form prior to participating in any training camps.

For any questions regarding the National Team program, the Olympic Development Program and the National Talent and Elite Program, please contact:

Myriam Glez - High Performance Director
myriam@usasynchro.org

Teagan Betancourt - High Performance Coordinator
teagan@usasynchro.org

JUNIOR/SENIOR NATIONAL TEAM

Athletes: Anita Alvarez, Paige Areizaga, Grace Alwan, Yara Elian, Nicole Goot, Hannah Heffernan, Bill May (Mixed Duet), Cassandra Neeley, Daniella Ramirez, Ruby Remati, Abbygayle Remmers, Kanako Spendlove (Mixed Duet), Lindi Schroeder (senior only), Emmanuella Tchakmakjian

Coaches: Lolli Montico – Head Coach

Lolli coached the 2016 US Olympic Duet helping them to a 9th rank in Rio. She coached the Great Britain Olympic Team from 2007 to 2014 and prior to that the Italian National Teams at all levels - 13-15 to the Senior National Team. She participated in the 2004, 2008, 2012 and 2016 Olympics. Lolli also coached the Bronze Medal soloist from Scotland at the 2010 Commonwealth Games.

Lolli has a degree from the University of Sport in Rome, Italy and a Master in Sport Science from the University of Chichester, UK. She is also the Technical Director of the Down Syndrome International Swimming Organization since 2012.



Elvira Khasyanova – Assistant Coach

Elvira was a member of the Russian Synchronized Swimming National Teams for many years. She won gold medals in the team events at the 2004 Athens Olympic Games, the 2008 Beijing Olympic Games, the 2012 London Olympic Games. She is 10 times World Champion in Team events: Fukuoka 2001, Barcelona 2003, Montreal 2005, 2007, 2011 and a 6 times European Champions in Berlin 2002, 2004, 2006 and 2010. Elvira relocated to the US in 2015 to coach at the Walnut Creek Aquanauts.

In 2016, she was the Head Coach of the Junior National Team 2 at the 2016 UANA Championships and since 2016, she has been the Senior National Team Assistant Coach.



Sara Lowe – Assistant Coach

Sara was a member of the National Team for many years. She competed at the 2004 Olympics in Athens where she won a bronze medal in Team. Sara has an undergraduate degree from Stanford University and a Graduate degree from St Mary's College. Sara is currently the Head Coach of Stanford University. She has also coached the National Team for many years including: the 2013 World University Games, the 2014 and 2015 12&Under National Team, the 2016 and 2017 13-15 National Team Head Coach, Stanford University Head Coach.



Training dates & locations:

All year - SODA Aquatic Center, Moraga, CA

Athletes are training at the National Training Center at the SODA Aquatic Center and are housed at home.

June 13 to July 2 – Stanford, CA

This training camp will be at the Stanford University and another pool in the area. The athletes and coaches will be housed at a hotel in the area.

July 5 to 16 – Ostia, Italy

This training camp will be at the National Center in Ostia. The athletes and coaches will be housed on-site. Ostia is located on the coast about 25 minutes from Rome.

July 26 to August 5 – Moraga, CA

This training camp will be at the National Training Center at the SODA Aquatic Center in Moraga, CA. Athletes and coaches will stay at home.

Competitions: Senior U.S. National, Oro Valley Aquatic Center, AZ
Senior Duet will participate in this competition March 31-April 1.

China Open

Team and Senior Duet will participate in this competition (in the Senior category). Location to be confirmed.

Japan Open, Tokyo

Senior Duet will participate in this competition in Tokyo the last weekend of April.

Synchro Canada Open, Surrey

Senior Duet will participate in this competition in Surrey, Canada the last weekend of May.

Synchro America Open, Orange County, CA

Team and Senior Duet will participate in this competition (in Senior category) in La Mirada the first weekend of June.

Junior World Championships, Budapest, Hungary

Junior Team and Junior Duet will participate in this competition in Budapest July 18-22.

Pan-American Championships, Riverside, CA

Team and Duet will participate in this competition (in Senior category) in Riverside, August 6-11.



JUNIOR NATIONAL TEAM 2

Eligible athletes: Camryn Carrasco, Katie Chidley, Nikki Dzurko, Kaitlyn Hoang, Rose Homoelle, Ava Jih-Schiff, Natalie LaGrone, Reverie Nedde, Aivan Nguyen, Audrey Nguyen, Lindi Schroeder, Noelle Song, Louisa Strutynski, Alexandra Suarez, Haley Watson, Victoria Woroniecki

Coaches: Olga Pylypchuk – Head Coach

Olga Pylypchuk coached the Olympic Duet for Switzerland in 2015 and 2016. Olga has coached synchronized swimming for many years: in Ukraine for 4 years, then in Austria for 5 years. She consulted with the Canadian National Team, then with the Chinese and Spanish National Teams from 2010 to 2017. Since 2010, she has been working in Switzerland with various clubs and the National Team. Olga has a master in Sports and speaks 4 languages: English, German, Ukrainian and Russian.



Ou Liu – Assistant Coach (to be confirmed)

Ou Liu competed for the Chinese National Team from 2005 to 2013. She won a bronze medal at the 2008 Olympic Games in Beijing and won a bronze in Duet with Huang Xuechen and Silver in team at the 2012 Olympic Games. From 2012 to 2013, Ou worked both as a coach and athlete for the Guangdong Provincial Synchronized Swimming Team winning a team Gold medal and duet Silver medal at the 12th National Games of China. Ou Liu currently coaches the 11-12 program at the Santa Clara Aquamaids.



Ashley Johnson – Assistant Coach

Ashley Johnson is the Head Coach of the Coral Springs Aquacades for 10 years, the leading club in South Florida. Ashley coached the 13-15 National Team 2 which compete at the 2017 UANA Championships in Chile and the 2014 National Talent Camp and consulted for several UANA collegiate and club teams. Ashley is also a Zone Judge.



Training Dates & Location:

July 5-18, 2018 – Fort Lauderdale, Florida

This training camp will be at Fort Lauderdale Aquatic Center. The athletes and coaches will be housed at a hotel close by the Aquatic Center.

July 22-August 5 – Riverside, CA or Mooraga, CA

This training camp will be at the Riverside Aquatic Complex, CA. The athletes and coaches will be housed at a hotel in Riverside.

Competition: 2018 Pan-American Championships
August 6-11, 2018
Riverside, California

The competition will be at the Riverside Aquatic Complex at the Riverside Community College. The athletes and coaches will be housed at the Marriott Riverside during the competition.

Financial Contribution: \$6,000/athlete

(Include all flights to and from camps and competition, housing, meals, transportation, coaching and training fees, outfitting)

Selection acceptance: All athletes will need to confirm their selection by December 22, 2017.

13-15 NATIONAL TEAM

Eligible athletes: Up to 12 athletes selected at Phase 3 National Team trials

Coaches: Megan Azebu – Head Coach

Megan is Stanford University Assistant Coach. She is also the Chair of USA Synchro Collegiate program. Megan coached the Senior National Team which won a bronze medal at the 2013 World University Games. She was the National Team Assistant Coach in 2014 and 2015 for the 12&Under National and in 2016 and 2017 for the 13-15.



Irina Rodriguez – Assistant Coach

Irina Rodriguez was a member of the Spanish National Team for 18 years. She won many medals at World and European Championships. She won a silver medal at the 2008 Beijing Olympics and was 2009 World Champion. She has a coaching diploma from the Royal Spanish Federation and a Post-Graduate degree in Physiotherapy and is trained in Osteopathy. She coached the Spanish National Team for 3 years and worked with Argentina, Mexico, Colombia and many Spanish clubs. She was the 2016 Junior National Team coach.



Paola Tirados – Assistant Coach

Paola competed for the Spanish National Team from 1993 to 2012. She competed in the 2000 Olympics, in the 2004 Olympic Games in Greece and won a medal at the 2008 Olympic Games in Beijing. She has won numerous World and European medals. She moved to New York in 2013. She coached the US National Team since 2015 and the Rising Star Program since 2016. She also started Imagine Synchro club in New York.



Training dates & location:

June 18 to July 2 – Stanford, CA

This training camp will be at Stanford University pool and other pool in the area. The athletes and coaches will be housed at a hotel or AirBnb house.

July 9 to July 22 – Stanford, CA

This training camp will be at Stanford University pool and other pool in the area. The athletes and coaches will be housed at a hotel or AirBnb house.

August 1-5th – Riverside, CA

This training camp will be at the Riverside Aquatic Center. The athletes and coaches will be housed at a hotel downtown Riverside.

Competitions: 2018 Comen Cup
July 23-29, 2018
Sevilla, Spain

2018 Pan-American Championships

August 6-11, 2018
Riverside, California

The competition will be at the Riverside Aquatic Complex at the Riverside Community College. The athletes and coaches will be housed at the Marriott Riverside during the competition.

Financial Contribution: \$7,000/athlete

(Include all flights to and from camps and competitions, housing, meals, transportation, coaching and training fees, outfitting, competition entry fees, travel insurance)

Selection acceptance: All athletes will need to confirm their selection by April 22, 2018.

12&UNDER NATIONAL TEAM

Eligible athletes: Up to 12 athletes selected at Phase 3 National Team trials

Coaches: Ludivine Perrin – Head Coach

Ludivine Perrin is the Head Coach of the Nevada Desert Mermaids. Ludivine coached the 12&Under National Team in 2016 and the Junior National Team in 2015. She was the Head Coach of the 2017 National Elite Camps in Las Vegas. Ludivine was a member of Le Reve show for 10 years and a member of the French National Team. Ludivine is also the co-owner of Entertainment company Ovia Entertainment.



Xin Shi – Assistant Coach

Shi Xin swam for the Chinese National Team for 8 years. She won a silver medal at the 2008 World Trophy, a silver medal at the 2009 World Championships and 2 silver medals at the 2010 World Cup and a gold medal at the 2010 Asian Games. She choreographs routines for many clubs and countries. She also was the Chinese Team Manager at the 2017 World Championship in Budapest. She currently lives in Madison, Wisconsin where she is studying in the International Studies Division.



Jocilyn Saylor – Assistant Coach/Team Manager

Jocilyn Saylor is a level 3 judge and the Junior/Senior Team coach for Seattle Synchro. She was the 2017 Team Manager for the 13-15 National Team 2. Jocilyn consulted with the City of Bristol Synchro club in 2015 and continues to consult in England with the Rushmoor Synchro Club. Jocilyn has a bachelors in Sociology and a masters in Sport Industry Management from Georgetown University.



Fred Pasqualin – Gymnastics/Acrobatic coach

Fred Pasqualin has been coaching gymnastics for 22 years. He has a Bachelor Degree in Psychology, in Sport Science and is a national gymnastic coach. He has coached athletes who 103 Gold Medals at French National Championships since 1991. He has also won a Gold Medal at the World Games in 2005 and a Gold Medal at the World Championship in 2005 with Acrobatic Rock n' roll. Fred started working with USA Synchro in 2013 with the US World University Games Team and with many other groups since.



Training dates & location:

July 5 to July 15, 2018 – Las Vegas, CA

The training camp will train at the Desert Breeze Pool in Las Vegas (indoor pool). The athletes and coaches will be housed at an AirBnb house.

July 22-August 5, 2018 – Las Vegas, CA

The training camp will train at the Desert Breeze Pool in Las Vegas. The athletes and coaches will be housed at an AirBnb house.

Competition: 2018 Pan-American Championships
August 6-11, 2018
Riverside, California

The competition will be at the Riverside Aquatic Complex at the Riverside Community College. The athletes and coaches will be housed at the Marriott Riverside during the competition.

Financial Contribution: \$6,000/athlete
(Include all flights to and from camps and competition, housing, meals, transportation, coaching and training fees, outfitting, entry fees)

Selection acceptance: All athletes will need to confirm their selection by April 22, 2018.

13-15 OLYMPIC DEVELOPMENT PROGRAM

Eligible athletes: Up to 16 athletes selected at Phase 3 National Team trials (who are not selected to the 13-15 National Team)

Coaches: Andrea Fuentes – Head Coach

Andrea participated in 3 Olympics (Athens, Beijing and London). She won 2 Silver medals in Beijing, one Silver in duet and 1 Bronze in team in London 2012. She also won 14 medals at World Championships in Montreal 2005, in Melbourne 2007, in Rome 2009 and in Shanghai 2011. She has also 8 medals at European Championships from 2006 to 2011. She retired in 2013 and started coaching in Spain and helping other countries as well. Andrea now coaches for many teams and countries. Andrea speaks English, French and Spanish. She has a degree in coaching and nutrition.



Victor Cano – Gymnastics Coach

Victor Cano is a former Olympic gymnast who participated in Sydney 2000 and Athens 2004 where he won the 5th place on the pommel horse final. He has been part of the Spanish national team for 14 years competing on every World Championships during those years. One of his biggest achievements was the 1st place on pommel horse at the Cottbus World Cup 2004. As well as the victory in the Mediterranean games in the all-around final and pommel horse. Victor has a degree in Sport Science. He was a gymnastics & acrobatic coach for the Spanish Synchro National Team from 2010-2012 during Spain's best acrobatic lift period. Victor is Andrea Fuentes partner and now works with her specializing in gymnastics for synchronized swimming with a focus on general strength, body control, agility, flexibility, acrobatics and lifts.



Reem Abdalazeem – Assistant Coach

Reem is originally from Cairo, Egypt and has been involved in this sport for 17 years. She joined the national team when she was 13, and represented her country in solo, duet and team. She participated in the 2008 and 2012 Olympic Games in Beijing and London. After swimming for Lindenwood University, she coached the team before moving to become the Assistant Coach at ANA. Reem has been named Coach of the Year in 2016 and has been coached the Talent Camps in 2016. Reem speaks English, Arabic, Spanish and basic French.



Hiea-Yoon Kang – Assistant Coach

Hiea-Yoon Kang coached the 2017 12&Under National Team, the 2016 13-15 National Team 2 and the 2013 Junior National Team. She has also been a consultant of the National Teams in 2012, 2014 and 2015. Hiea-Yoon is the Head Coach of the La Mirada Aquabelles. In 2016, her team won the silver medals in Team and Duet, bronze on Free Combination at the 2017 US national Championships and gold in solo, duet and team at the 2017 Junior Olympics in 12&Under.

Olivia Zhang – Assistant Coach

Olivia is originally from China and has been involved in Synchro since age 6. During her career, she was a member of the Chinese National Team that won a gold medal at the 2013 German Open, and a silver medal at the 2013 French Open. Olivia also won numerous gold medals at Chinese National Championships. In addition, Olivia was selected as Youth Olympics Torchbearer at the 2014 Youth Olympic Games. Olivia has a Master Degree in Sports Management and currently works as the Head Coach of Scottsdale Synchro.



Kristina Makunshenko – Assistant Coach

Kristina was a member of the Russian National Team for many years. She is a four time Comen Cup Champion, two time European Champion and multiple times Russian and Moscow National Champion. During her career she competed in Team, Combo and Solo for the Russian Federation. Kristina coached the 2017 National Talent Camps. She currently coaches for the Coral Springs Aquacades in Coral Springs, Florida.



Training dates & location:

July 27-28 – Sevilla, Spain

The athletes will stay at a hotel close by the pool. Details to be confirmed once the Comen Cup information has been published.

July 28 – August 12 – Palma de Mallorca, Spain

The athletes will train at the Best Aquatic Center in Palma de Mallorca and will stay at the BlueWater Hotel which is located 5 minutes' walk from the pool.

Competition: The athletes will not compete at the Comen Cup but will be attending to watch the competition on Saturday July 27 and Sunday July 28 to observe figures, team, duet and solo finals.

Financial Contribution: \$3,800/athlete

(Includes round trip flight from Boston to Lisbon, roundtrip flight from Lisbon to Mallorca, 2 hotel night in Sevilla, 14 hotel nights in Mallorca, all meals for 16 days, Airport transfers, transportation, coaches fees, facility rental and tickets to Comen Cup)

Selection acceptance: Athletes are selected to the 13-15 Olympic Development program through the 13-15 National Team trials. 16 athletes ranked 13th to 28th after Phase 3 National Team trials will be selected to this program.

Athletes will have 2 weeks to accept their selection following trials.

NATIONAL TALENT CAMPS

Eligible athletes: Up to 32 athletes each week selected through scouting at National Team trials, Zone championships, 13-15 Nationals, Junior Olympics.

Coaches: Fred Pasqualin

Fred Pasqualin has been coaching gymnastics for 22 years. He has a Bachelor Degree in Psychology, in Sport Science and is a national gymnastics coach. He has coached athletes who 103 Gold Medals at French National Championships since 1991. He has also won a Gold Medal at the World Games in 2005 and a Gold Medal at the World Championship in 2005 with Acrobatic Rock n' Roll. Fred started working with USA Synchro in 2013 with the US World University Games Team and with many other groups since. Fred speaks English, French and basic Russian.



Guest Coach – To be Confirmed

There will be a foreign Guest Coach leading the camp. We are waiting for confirmation from that coach. Should be confirmed before the Christmas Break.

Reem Abdalazeem

Reem is originally from Cairo, Egypt and has been involved in this sport for 17 years. She joined the national team when she was 13, and represented her country in solo, duet and team. She participated in the 2008 and 2012 Olympic Games in Beijing and London. After swimming for Lindenwood University, she coached the team before moving to become the Assistant Coach at ANA. Reem has been named Coach of the Year in 2016 and has been coached the Talent Camps in 2016. Reem speaks English, Arabic, Spanish and basic French.



Olivia Zhang

Olivia is originally from China and has been involved in Synchro since age 6. During her career, she was a member of the Chinese National Team that won a gold medal at the 2013 German Open, and a silver medal at the 2013 French Open. Olivia also won numerous gold medals at Chinese National Championships. In addition, Olivia was selected as Youth Olympics Torchbearer at the 2014 Youth Olympic Games. Olivia has a Master Degree in Sports Management and currently works as the Head Coach of Scottsdale Synchro.



Kristina Makunshenko

Kristina was a member of the Russian National Team for many years. She is a four time Comen Cup Champion, two time European Champion and multiple times Russian and Moscow National Champion. During her career she competed in Team, Combo and Solo for the Russian Federation. Kristina coached the 2017 National Talent Camps. She currently coaches for the Coral Springs Aquacades in Coral Springs, Florida.



Christine McMaster-Shah

Christine has been involved with Synchronized Swimming for 25 years; 11 years as an athlete and 18 years as a coach. Christine began coaching at 14 by volunteering with the novice programs in the Arizona. Since then she has coached several competitive teams in Arizona and Colorado. She is currently a Head Coach with the Arizona Desert Dolphins. Christine is a level 3 Certified Coach and Level 4f judge. Christine has a master's degree in International Relations and lives in Arizona with her husband Neil.



Training dates & location:

Week 1 – July 13-19, 2018, Olympic Training Center, Colorado Springs, CO

Week 2 – July 20–26, 2018, Olympic Training center, Colorado Springs, CO

For each week of training camp, the athletes will be housed at a hotel close by the Olympic Training Center in Colorado Springs. The athletes will eat their meals and train at the Olympic Training Center.

Financial Contribution: \$1,000 per athlete

Fee include housing, meals, transportation, coaching and training fees.

Athletes are responsible for their flights to and from Colorado Springs. For those flying into Denver, there will be an additional transportation fee from Denver to Colorado Springs.

Selection acceptance: The National Talent Camps are by invitation only.

Upon reception of the invitation, athletes have 2 weeks to confirm their participation in the camp.

NATIONAL ELITE CAMPS

Eligible athletes: Up to 16 athletes each week selected through scouting at National Team trials, Zone Championships, Collegiate Championship, Senior Nationals, Junior Olympics

Coaches: Ludivine Perrin – Head Coach
Ludivine Perrin is the Head Coach of the Nevada Desert Mermaids. Ludivine coached the 12&Under National Team in 2016 and the Junior National Team in 2015. She was the head coach of the 2017 National Elite Camps in Las Vegas. Ludivine was a member of Le Reve show for 10 years and a member of the French National Team. Ludivine is also the co-owner of Entertainment company Ovia Entertainment.



Leah Pinette – Assistant Coach
Leah Pinette graduated from The Ohio State University. She is a 9-time US National Team Member and was named to the United States Olympic Selection Team in 2012. Leah competed in numerous international competitions including the Olympic Qualifier, Pan American Championships, FINA World Championships, FINA World Cup and FINA World Trophy. Leah has been the Head Coach of ANA Synchro for the last 2 years. She coached the 2015 and 2016 National Teams and the 2017 National Elite Camps.



Benoit Beaufile – Assistant Coach
Benoit Beaufile has been a member of the Las Vegas show Le Reve for 10 years. Prior to this, Benoit swam in France. In 2015, he resumed his synchronized swimming career to swim in the mixed duet with triple World champion Virginie Dedieu. He finished 4th in the Mixed Duet at the 2015 World Championships. In 2016, he partnered with Kloe and competed in the mixed Duet at the 2016 European Championships where he won a bronze medal. Benoit coached the National Elite Camps with Ludivine Perrin in 2017.



Valerie Williams – Assistant Coach
Valerie has over twelve years coaching experience in Southern California, including former lead coach for the 12&U team with the Meraquas of Irvine. She coached the 2012 and 2016 12&Under National Team. Valerie choreographs and performs for private shows and film/tv productions. She worked for a production company for several years and is the local coordinator for Aquabatix synchro show team in Southern California. She is also the Head Coach for the local Masters Team, a CCP3 coach, a Regional judge and a Level assessor.



Raman Stsepaniuk – Acrobatic Coach

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 and still performs at Le Reve - The Dream in Las Vegas and has been performing with Le Reve since. He has consulted with numerous synchro team including the US National Team.



+ Several other artistic consultants

Training dates & location:

Week 1 – 13-18 August 2018 - Las Vegas (Senior)

Week 2 – 20-25 August 2018 – Las Vegas (Junior)

For each week of training camp, the athletes will be housed at an AirBnB house close by the pool in Las Vegas. The athletes will train at the Desert Breeze Pool (pool location TBD – indoor pool).

Financial Contribution: \$1,200 per athlete

Fee include housing, meals, transportation, coaching and training fees.

Athletes are responsible for their flights to and from Las Vegas.

Selection acceptance: The National Talent Camps are by invitation or by application.

Upon reception of the invitation, athletes have 2 weeks to confirm their participation in the camp.