



**2022 ALL STAR CAMP & COACHES COLLEGE
NOVEMBER 11-13, 2022
OCEANSIDE, CA**

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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, Lori Eaton, Linda Witter and Gail Emery.

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)



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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



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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.

HIEA YOON KANG



Hiea-Yoon is currently the Head Coach for the La Mirada Aquabelles Artistic Swimming Club, as well as UCLA's Artistic Swim Club. In addition she is a consultant for the United States Artistic Swimming Senior National Team.

Hiea-Yoon began her coaching career with her home club in Cerritos, CA. In 2006, she started her own club in Long Beach, which she then moved to La Mirada the following year. Began her career with USAAS National Team in 2011 as the JR NT Assistant Coach. This led to positions with the 12&U, 13-15, and JR World team from 2012-2021. She also coached the Walnut Creek Aquanuts JR A Team for two seasons. Born and raised in Los Angeles, forever a Southern California girl, where she currently resides in Orange County.

SARA LILLY



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.

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LORI EATON



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

LARA TEIXEIRA



Lara Teixeira currently serves as the High Performance Manager for the national team program as well as acting as assistant coach for the senior and junior squads. Prior to her move to USA, she was an accomplished artistic swimmer in Brazil. Lara has appeared at four total Olympic Games including three as an athlete and one as a coach with Team USA. Her appearances include Beijing 2008 (Duet), London 2012 (Duet), Rio 2016 (Team) as an athlete representing the Brazil and Tokyo 2021 representing Team USA as a coach and manager. She competed at five World Championships and collected four medals at the Pan American Games. Lara owns a Business Administration degree and post graduate degree in Sport Management.

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LINDA WITTER



Linda started two very successful age group programs the Hamden Heronettes (Olympians Karen and Sarah Josephson) and the Arizona Aquastars (Emily Porter Lesueur 1996 gold medalist team).

She was the head coach of the Ohio State University for 17 years where her team won 12 National Championships along with her being named Coach of the Year. A member of the National Coaching staff since 1971, she was the Assistant Coach of the 2004 Olympic Bronze Medalist team and duet, and Coach of the 2009 World team.

Linda currently coaches the Lakes Mermaids alongside her daughter-in-law Annemarie Lichter. Her greatest joy, however, is watching her granddaughters Ava (a senior at OSU) and Arielle (age 9) participate in the sport that Linda has served and loved for 50 years!

GAIL EMERY



Gail started swimming at the age of 8 with the Solfettes of Walnut Creek, then the Howell Swim Club of Danville and finished her competitive career with the Santa Clara Aquamaids. She became a national team champion in 1972 and was part of a demonstration team that performed at the Munich Olympics.

In 1972 Gail started her coaching career with the Walnut Creek Aquanuts, the team her mother, Sue Ahlf, founded. Gail was selected as the national team coach in 1979, a position she held for 5 Olympic quadrennials. She served as a coach or manager for the 1984, 1988, 1992, 1996, 2000 and 2008 Olympics. Five of her athletes were part of the team who won the team gold medal in the first-ever perfect-routine score in Olympic history.

In 1998 Gail took over the position of Head Coach at the Stanford University, winning the NCAA National Championship. And was there until 2002. Gail currently coaches for Walnut Creek and consults with local teams in Arizona and with the national team.

OLIVIA ZHANG



Xinya Zhang, better known as Olivia, is currently the Head Coach of the Scottsdale Synchro club. In addition, Olivia was selected as the US 13-15 national team assistant coach in 2022, as well as the 2018 Olympic Development Camp assistant coach in Mallorca, Spain. Olivia worked closely with the 13-15 national team head coach, Ludivine Perrin Stsepaniuk, to prepare the team for the 2022 FINA Youth World Championship this past summer.. The USA youth national team achieved remarkable milestones by winning 1 gold, 1 silver and 2 bronze medals, and captured the Overall High Point award. Olivia was selected for her successful coaching background in Arizona and proven track record of preparing her athletes for success. When she took the SAZ head coach position, her impact was immediately felt as she was able to elevate the squad to consistently higher rankings at national and international competitions. Through her methodology and coaching expertise, she successfully coached a swimmer from her club to win gold in 13-15 figures in a field of 382 swimmers at the 2018 Junior Olympics. Olivia is a two-time recipient of the USA Artistic Swimming Coach of the Year Award, after her swimmers secured ten gold, two silver and four bronze medals at the events from 2021-2022 Senior, 13-15 and 12U National Championships. Internationally, she took eight of her swimmers to the 2021 UANA Pan American Championship in Aruba where they competed as a club team and notched three first-place and two third-place finishes.

DANIELA GARMENDIA



Daniela Garmendia is originally from Venezuela and now lives in Seattle. In 2013, she moved to the USA to pursue her studies and continue her swimming career at Lindenwood University. As a student athlete, she coached “In the Zone Camp” for 5 years developing the grassroots of the sport across the country. In 2016, she had her last appearance as a member of Venezuela's national Team. In 2017, after graduating with a bachelor degree in Athletic Training, she moved to the Northwest. She has been Seattle Synchro’s head coach for three years and this is her first season as the team owner. Daniela has been the assistant coach for the USA Junior National Team in 2019 and 2022.