



International Club Exchange

Opportunities for your club to meet
and train with artistic swimming
athletes from around the world!

Managed by USA Artistic Swimming

www.teamusa.org/USA-Artistic-Swimming

PROGRAM VISION

- * Foster friendships and encourage mutual exchange of information and ideas!
- * Share information to help artistic swimming grow!
- * Share technical, training and choreography strategies!
- * Increase artistic swimming exposure in your hometown area!
- * Promote your own club through sport and cultural exchange!

Program Details

- * A US club develops a “sister club” relationship with a club in another country - an artistic swimming, cultural & educational exchange!
- * A team from a foreign federation travels to the US for a 1 or 2 week visit.
- * Foreign athletes live with club families, train with the US club, visit schools, learn about the local culture, interact in the community, etc.
- * Trips could include an association, regional, or zone meet where more athletes can interact with international athletes and coaches.
- * US club team travels to the foreign club for a reciprocal visit.

BENEFITS

Federations share artistic swimming ideas.

- ✓ Techniques
- ✓ Training
- ✓ Choreography
- ✓ Flexibility and strength training
- ✓ Competition structure

Gain friends around the world.

