

# ARTISTIC SWIMMING WEBINARS

13 recorded webinars from our junior and senior national team coaches

These videos are available individually or as a package set for current USAAS Members in good standing who are residents of the United States.

Package set of 13- \$275.00  
Individual videos- \$25.00

**SUBJECTS COVERED:** Extension, Flexibility, Positional Fitness, The Secret to Improving Patterns, Drills to Improve Execution, Choreography (Part 1 & Part 2) Land drill, Water Basics, Sharpness, Improving Your Lifts, Handstands & Headstands, Cartwheels, Bridges & Walkovers, Tabata (Bonus if you purchase all 13)

If a full package is purchased, it will count towards Coach Certification renewal  
For more information, email Shari at [shari@usaartisticswim.org](mailto:shari@usaartisticswim.org)



## **EXTENSION**

A 22 minute swiminar from Coach Anna. This video covers extension exercises for feet, knees and splits. Also included are ballet movements and exercises by the national team.

## **HANDSTANDS AND HEADSTANDS**

In this 20 minute video, Victor Cano the physical trainer for the national team, shares body positions and key progressions for handstands and handstands.

## **FLEXIBILITY**

Coach Anna shares her tips for improving flexibility for knees, points, splits, arm & shoulder flexibility and backs. National team athletes also share exercises for flexibility that they utilize.

## **THE SECRET TO IMPROVING YOUR PATTERNS**

Senior national team head coach Andrea covers why patterns are important, how each swimmer has a role, pattern changes, where and when to use each pattern and how to work on patterns. This video is 35 minutes long.

## **POSITIONAL FITNESS**

Victor focuses on basic land training that will give your athletes strength, flexibility and body control. The video covers multiple exercises in a 21 minute lesson.

## **LAND DRILL**

Coach Lara covers the subject of land drilling in 31 minutes. Land drill is a very important foundation of our sport and should be included in every practice. Covered is what can be accomplished in Land drill, basic position & transitions and how the national team land drills. Examples by the national team are included.

## **DRILLS TO IMPROVE EXECUTION**

This 35 minute swiminar by Coach Andrea covers understanding of the support in the water, laps and stationary drills to improve execution with demonstrations by the national team in the water. Also included are laps specific to figures and elements.

## **BASIC ACROBATICS: CARTWHEELS, BRIDGES & WALKOVERS**

Victor shares tips on basic acrobatics and the progressions for success. The 21 minute long swiminar will help coaches with progressions and athletes to get ready for the Grades Program.

## **HOW TO BUILD CHOREOGRAPHY - PART 1**

How do you start choreography? What is a good strategy for creating the structure? Coach Andrea shares in Part 1 of this crucial subject.

## **HOW TO BUILD CHOREOGRAPHY - PART 2**

Part 2 of Choreography by Coach Andrea, is the practical side of building choreography. The 30 minute swiminar will showcase how the national team's new technical team routine was built.

## **SHARPNESS**

This swiminar by Coach Andrea will include exercises to increase sharpness in your execution of routines. Included will be boxing and medicine ball work.

## **IMPROVING YOUR LIFTS**

The Lifts swiminar will cover both land and water drills on how to train for a good and safe lift in our sport. Learn how to train the base and the flyer of the highlights. Coaches Andrea, Anna & Victor will teach you the foundation of the most common lift structure in artistic swimming, the "basket". National team training sessions are included in this 25 minute video.

### **UPSIDE DOWN (WATER BASICS)**

Coach Anna focuses on the foundation of vertical, twirls, spins, barracuda and totem techniques. This session is practical training on how to increase height, build strength and refine the upside-down techniques. National team training sessions are included.

### **TABATA (BONUS)**

This high intensity session by Coach Lara will share with you why Tabata is important for artistic swimming, a set that will take your athletes through a series of Tabata exercises for land training and how this will help your athletes in routine swimming.