EUROPEAN AQUATICS®
NEXT WAVE
ARTISTIC SWIMMING DEVELOPMENT CAMP SAMORIN~2026

2-6 NOVEMBER 2026
ŠAMORÍN (SVK)

INFO BULLETIN 2

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the universe of sports, leisure and innovation

GET READY!
WELCOME TO ŠAMORÍN

We are delighted to welcome young athletes and coaches to the first European Aquatics Artistic Swimming Development Camp, taking place from 2 to 6 November 2026 at the X-BIONIC® SPHERE in Šamorín (SVK).

Who should attend this development camp?

Young athletes aged 10- 15, girls and boys, from beginner to intermediate level, who are looking to develop their Artistic Swimming skills, gain international experience and learn in a supportive environment.

Coaches accompanying their athletes are also welcome to attend as observers, gaining insights and new ideas to support their own coaching practice.

KEY DATES

DATE	ACTION
9 October 2026	Final Entry Form
9 October 2026	Travel Form
9 October 2026	Parental Consent & Liability Waiver Form
2 November 2026	Arrival Day / Check-in (including lunch)
2–6 November 2026	Development Camp
6 November 2026	Departure Day / Check-out (including lunch)

HOW TO REGISTER?

Athletes do not need to be members of their National Team and may be selected from clubs within the country. However, all registrations must be submitted by the relevant National Federation directly to European Aquatics. Individual or club registrations will not be accepted.

Each Federation must also appoint at least one coach aged 18 or over, who will be responsible for the delegation and for the supervision of participating minors throughout the Camp.









STEP 1
FINAL DELEGATION COMPOSITION
National Federations must complete the Final Registration Form provided by European Aquatics, confirming the final composition of their delegation. Please send the completed form to artistic@europeanaquatics.org

STEP 2
REGISTRATION & PAYMENT:
Once the final delegation composition has been confirmed, please complete the registration and payment through the European Aquatics Academy platform. This step is required to secure the required participant places and accommodation.
[LINK: European Aquatics Academy Official Learning Center]

STEP 3
DELEGATION INFORMATION FORM:
Please complete the Delegation Information Form with the information required for the organisation of your participation.
The information provided will allow European Aquatics to coordinate the accommodation, transfers and overall organisation of the camp.
[LINK - Delegation Information Form]

STEP 4
PARENTAL CONSENT & LIABILITY WAIVER
A completed Parental Consent & Liability Waiver Form provided by European Aquatics is required for every participating minor.

THE CAMP

***PLEASE NOTE:**

The detailed programme and session timetable will be confirmed and communicated to participants prior to the Camp. The programme may be subject to operational changes.

****NEW FIGURES FOCUS**

A key part of the Camp will be the introduction, learning and development of the new Artistic Swimming figures, with dedicated sessions for athletes and practical observation opportunities for coaches.

EUROPEAN AQUATICS ARTISTIC SWIMMING CAMP PROVISIONAL PROGRAMME

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Camp focus: Athlete technical development, creative learning and practical coach observation during new figure work across five days in an inclusive environment.

DATE	TIME	SETTING	SESSION
MONDAY 2 NOV (afternoon)	16:00-17:30 17:30-18:00 18:00-20:00	LAND TRANSITION POOL	**Meet, Move & Imagine!:** Introductions, light stretching, toe and knee extension, hip activation and sculling foundations on land. **Listen, Imagine & Express!:** Listen to music options, identify mood and character, and explore expressions and movement ideas for a possible choreography. **Reset & Ready:** Walk, change and prepare for water training. **Power in Motion:** Eggbeater, body boost and side kick, progressing into transitions that can be applied to routines.
TUESDAY 3 NOV	10:00-12:00	POOL	**Strong Shapes, Beautiful Lines:** Layout and Vertical positions: alignment, body tension, extension, height and support scull, applying the sculling cues introduced on land.
	16:00-17:30 17:30-18:00 18:00-20:00	LAND TRANSITION POOL	**Build the Shape:** Positions on land: alignment, extension and active flexibility for Arch, Bent Knee Arch, Knight and Split positions, with additional sculling rehearsal. **Reset & Ready:** Walk, change and prepare for water training. **Shapes That Move:** Transfer the positions to the water, then connect them with Vertical support, twists, twirls and spins while maintaining alignment and controlled sculling.
WEDNESDAY 4 NOV	10:00-12:00	POOL	**Figure Detectives:** Break selected 12 & Under and Youth figures into their positions, transitions and sculling actions; develop each component through progressions, drills and correction of common errors.
	16:00-17:30 17:30-18:00 18:00-20:00	LAND TRANSITION POOL	**Draw the Figure!:** After the morning figure session, athletes draw the order, direction and connections between positions to demonstrate their understanding. **Reset & Ready:** Walk, change and prepare for water training. **From Pieces to Full Figures:** Practise complete 12 & Under and Youth figures by connecting the skills developed during the morning. Coaches observe how the figures are introduced, progressed and corrected.

THURSDAY 5 NOV	10:00-12:00	POOL	**Move to the Music:** Develop tempo, synchronization, precision, pattern changes and interpretation in solo, duet and team work, using the musical ideas explored on Monday.
	16:00-17:30 17:30-18:00 18:00-20:00	LAND TRANSITION POOL	**Express, Perform & Prepare:** Dance, expression, movement-interpretation games, land drill, walk-on and dive-in preparation. **Acrobatics on Land:** Safe grips, athlete roles, phases of an acrobatic action and physical preparation, using suitable mats. **Reset & Ready:** Walk, change and prepare for water training. **Lift, Fly & Trust:** Progress from safe preparation to simple acrobatic actions in water, with emphasis on control, teamwork and connection to choreography.
FRIDAY 6 NOV (morning)	10:00-12:00	POOL	**Bring It All Together!:** Review the skills that need reinforcement: sculling, propulsion, positions, Vertical, rotations, figures or transitions. **Camp Finale:** Create and perform a short sequence combining technical skills, rhythm, expression, transitions and a simple acrobatic action. Finish with athlete feedback and a shared closing.






TRAINING PROGRAMME

MEET THE COACHES & EXPERTS



HANNAH PRECA TRAPANI
COACH

She is an artistic swimming coach, physiotherapist and sports leader with over a decade of experience developing athletes from grassroots to international level. A graduate of the ICECP, delivered through Olympic Solidarity, the IOC and the University of Delaware, she is passionate about long-term athlete development and creating positive, athlete-centred environments that support technical excellence, creativity, confidence and personal growth.

AREAS OF EXPERTISE

- Long-term athlete development
- Athlete-centred coaching
- Technical development and movement quality
- Athlete wellbeing and healthy participation
- Coach education and development
- Artistic swimming development initiatives



IRENE TOLEDANO
COACH

Artistic Swimming coach with a strong focus on technical precision, body awareness and efficient movement in the water. She combines detailed technical analysis with an enthusiastic and creative approach, adapting her coaching to each swimmer's needs and sensations. With an artistic background, she also explores rhythm, shapes, fluidity and emotional expression, creating a positive environment where motivation, teamwork and creativity support learning and performance.

AREAS OF EXPERTISE

- Technical analysis, sculling and movement efficiency
- Body awareness and effective supports
- Individualised coaching and communication
- Creative movement, rhythm and artistic expression
- Creating motivating and positive learning environments



LEILANI TORRES
COACH

She is an International Artistic Swimming coach and coach educator who approaches each challenge as a puzzle: observing its different components, understanding how they connect and creating a clear path towards the desired outcome. She works intuitively and creatively with people of all ages, taking time to understand how each person learns and experiences movement in the water. Equally passionate about technical precision and artistic expression, she helps athletes find solutions that suit their individual qualities. Her work is defined by commitment, adaptability and a genuine dedication to helping athletes and coaches progress.

AREAS OF EXPERTISE

- Technical analysis to improve height, alignment and ease of execution
- Breaking complex skills into coherent, progressive learning steps
- Individualised feedback adapted to the athlete and the immediate situation
- Body awareness and movement efficiency in the water
- Artistic movement development and performance quality
- Identifying coaches' and athletes' needs and providing practical tools and direction
- Coach education and learning-resource development



RENAUD BARRAL
COACH

He has been involved in Artistic Swimming as a male athlete since 2000, with over 25 years of experience in the sport. Throughout his career, he has also been involved in athlete representation, media and the wider European Artistic Swimming community. Alongside his sporting career, he has studied psychology with a clinical focus and developed a strong interest in athlete wellbeing, inclusion, communication and the psychological aspects of performance.

AREAS OF EXPERTISE

- Male Artistic Swimming athlete since 2000
- Athlete representation and advocacy
- Athlete wellbeing and mental health
- Psychology of sport and performance
- Inclusion and athlete-centred approaches
- Communication and interpersonal dynamics



ULLA LUCENIUS
COACH

She has over four decades of experience in European and international Artistic Swimming technical governance. She has been a member of the European Aquatics Technical Artistic Swimming Committee since 1990, serving as Chair since 2012, and has held senior roles within FINA and World Aquatics. With extensive judging and evaluation experience, she has in-depth knowledge of Artistic Swimming rules, regulations and their ongoing development and is actively involved in educating coaches, judges and referees.

AREAS OF EXPERTISE

- Artistic swimming rules and regulations
- Technical governance and development
- Judging and refereeing
- Coach and official education
- International Artistic Swimming development

COACHES' DEVELOPMENT PROGRAMME

DEVELOPING THE NEXT GENERATION OF COACHES

The Camp will also provide an important learning opportunity for coaches accompanying their National Federation delegations.

Coaches will be able to observe training sessions, exchange experiences and gain practical insights from experienced European Artistic Swimming coaches.

The programme will include:

- Observation of pool training sessions
- Technical discussions
- Coaching methodology
- Athlete development
- Physical preparation
- Choreography and artistic development
- Practical coaching exchange
- Q&A and knowledge-sharing sessions
- Networking with coaches from other National Federations

Coaches will also have the possibility to attend the EA Artistic Swimming Certification Course Level 1, subject to registration and the applicable course requirements.

YOUR STAY






ACCOMMODATION & MEALS

Check-in:
2 November 2026 – from 15:00
(lunch included at X-BIONIC)

Check-out:
6 November 2026 – by 10:00
(lunch included at X-BIONIC)

Dietary Requirements
Participants must indicate any food allergies, intolerances or special dietary requirements through the Participation Form (STEP 3)

If you need an early arrival or late departure please contact artistic@europeanaquatics.org to check availabilities and prices with X-BIONIC Sphere

TRAVEL & TRANSFERS

Bratislava Airport (BTS)

Approximately 30 minutes from X-BIONIC® SPHERE.

Vienna International Airport (VIE)

Approximately 55 minutes from X-BIONIC® SPHERE.

Vienna Train Station

Approximately 55 minutes from Šamorín.

European Aquatics will provide centralised transfers between the official airports / train station and the accommodation for arrivals and departures.

TRANSFER INFORMATION

Transfers will be organised centrally for participating delegations.
Please note that some waiting time may be required at the airport or train station while participants from different delegations are regrouped.

WHAT TO BRING

YOUR CAMP PACKING LIST:

POOL TRAINING	DRYLAND & DANCE	PERSONAL ITEMS
Training swimsuits	Sportswear	Passport / ID
Goggles	Sports shoes	Medical and insurance documentation
Swimming caps	Comfortable clothing for dance/choreography	
Nose clips		Personal medication
Flipflops		Reusable water bottle
Towels		Warm clothing
		Rain jacket
		Comfortable shoes

All participants will receive a Welcome Pack when they arrive at the Camp!

PARTICIPANT SAFETY
SAFEGUARDING & WELLBEING

SAFETY & SUPERVISION

As the Development Camp is designed for young athletes, the health, safety and wellbeing of all participants is a priority.

Coaches accompanying athletes are responsible for the supervision and wellbeing of their delegation outside the scheduled Camp programme, including during meals, free time and travel to and from Camp activities.

MEDICAL & ACCIDENT INSURANCE

All athletes and coaches must have valid medical and accident insurance covering the entire duration of their stay, including training sessions and related activities.
The insurance should cover:
Medical treatment
Hospitalisation
Emergency care
Repatriation
Related medical expenses

Each National Federation is responsible for ensuring that adequate insurance coverage is in place for its delegation.

SAFEGUARDING

European Aquatics is committed to providing a safe, respectful and inclusive environment for all participants.

All athletes, coaches and staff are expected to follow European Aquatics safeguarding principles, as well as all instructions provided by European Aquatics, Camp staff and the venue.

CODE OF CONDUCT

Respect.
Responsibility.
Teamwork.

All participants are expected to:

- Respect fellow participants, coaches and staff.
- Follow the Camp programme and instructions.
- Respect the venue and accommodation.
- Follow all pool and training safety rules.
- Behave appropriately and respectfully at all times.
- Respect designated quiet hours.
- Remain under the supervision of their responsible coach outside scheduled Camp activities.
- Take care of equipment and facilities.
- Contribute positively to the Camp environment.

PARENTS & GUARDIANS

Important Information for Families

The Parental Consent & Liability Waiver Form must be completed and submitted by the applicable deadline.

Parents and guardians should ensure that:

- Travel documents are valid and up to date.
- Appropriate medical and accident insurance is in place.
- Medical and dietary information is accurately provided.
- Any medication requirements are clearly communicated.
- Emergency contact details are complete and up to date.

PERSONAL DATA

Personal information provided during the registration process will be used for purposes related to the organisation and delivery of the Camp, including registration, accommodation, transport, meals, medical and dietary requirements, safeguarding and other necessary logistical arrangements.

Personal data will not be used for unrelated purposes.

PHOTOS & VIDEOS

Photos and videos may be taken during the Camp for European Aquatics communication and promotional purposes, including the European Aquatics website, social media and other official communication channels.

For participants under 18, the required parental or legal guardian consent will be requested as part of the registration process.

Personal data and images will be handled in accordance with applicable data protection legislation.






EUROPEAN AQUATICS NEXT WAVE
ARTISTIC SWIMMING DEVELOPMENT CAMP
SAMORIN~2026

CONTACTS:

ARTISTIC SWIMMING
artistic@europeanaquatics.org

EA ACADEMY/EDUCATION:
education@europeanaquatics.org

WE WILL MEET SOON!