



# 2018 ALL-STAR CAMP

## BODY and MIND...Complete Athlete Training

**Josh David Natatorium, San Antonio, TX**

*USA Synchro is proud to host the 2018 All-Star Camp at the Josh Davis Natatorium in San Antonio, Texas. All athletes are chosen & invited by their zone.*

*This year the camp will be headed up by Lori Eaton - 4-Time US National Coach of the Year, Aruba National Coach, and Former Lindenwood University Head Coach. Assisted by Reem Abdalazem – Andover YMCA Asst Director & Jr Team Lead Coach, National Talent Coach, Former Athlete for Egyptian National Team & Lindenwood University. Irene Montrucchio- 2012 Olympic Bronze Medalist, Former Athlete for Spain National and Olympic Team & Lindenwood University, Head Coach of the Houston SynchroStars Team*

*Athletes & Coaches will not want to miss this great opportunity! This year's unique camp experience will explore the areas of:*

- *Creating a Mental Game Plan & Confidence Training*
- *How to get noticed! Standing out from the competition!*
- *Learn to get comfortable with being uncomfortable.*
- *Extension, Training for Height, Core Strength & Spins*
- *Creative expression*

*And attend the University of the Incarnate Word Water Show!*

**Location:**

Josh Davis Natatorium  
12002 Jones Maltsberger Rd, San Antonio, TX 78216  
San Antonio, TX

**Date:**

October 26<sup>th</sup> – 28<sup>th</sup>, 2018

**Airport:**

San Antonio International Airport

**\*\*Transportation is not provided to/from airport.**



## Housing:

Courtyard Marriott Airport

8615 Broadway St.

San Antonio, TX 78217

1-800-321-2211

Mention: USA Synchro All Star Camp

Book before Friday Oct 12, 2018

\$89 plus tax

Breakfast is included at this host hotel.

[Book your group rate for USA SYNCHRO](#)

Last day to book is October 12, 2018

\*\*Housing is not included in the cost of camp.

## Driving Directions From San Antonio International Airport to Host Hotel

Continue onto airport Blvd. Turn left onto I-410 Access Rd/NE, 410 Loop. Use second from the left lane to turn left onto Broadway St. Hotel is on the left.

## Other Information:

Athletes will need to be accompanied by an adult. The camp will not be providing chaperones at the hotel. We would kindly request assistance in helping the athletes with transportation to/from 24 Hour Fitness on Saturday morning.

## Registration

- Registration cost includes snacks & lunch Friday & Saturday, facility and presenters.
- Registration cost does NOT include hotel, air travel, or transportation to/from the airport.
- See dates & deadlines for registration below.
- No charge for Coaches except for lunch and UIW show – total of \$15.00.

## Important Dates:

- Registration \$300.00 from September 1<sup>st</sup> to October 13<sup>th</sup>
- Late registration \$350.00 from October 14<sup>th</sup> to October 22<sup>nd</sup>

## Tentative schedule:

### Friday, October 26<sup>th</sup>

9:00 am – 9:30 am	Welcome
9:00 am – 12:00 pm	Land and Pool
12:00 pm – 1:00 pm	Lunch (at facility)
1:00 pm – 3:00 pm	Land and Pool
3:00 pm – 3:15 pm	Break
3:15 pm – 5:45 pm	Pool and Classroom
5:45 pm – 6:00 pm	Wrap-up

### Saturday, August 27<sup>th</sup>

9:00 am-11:00am	Special land session (Lifetime Fitness 281 location- more info coming) <i>Will need assistance with transportation.</i>
11:00 am-11:30 am	Classroom
11:30 am – 12:30 pm	Lunch (at facility)
12:30 pm – 3:30 pm	Pool
4:30 pm	Show at University of the Incarnate Word

### Tentative schedule (cont):

#### Sunday, August 28<sup>th</sup>

8:30 am – 12:00pm Pool and Classroom

12:00 am – 12:30 pm Wrap up

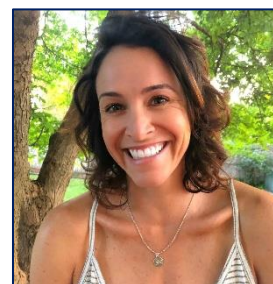
12:30 pm Departure

## CLINICIAN BIOGRAPHIES

### LORI EATON

Lori was an elite synchronized swimmer for 13 years. Swimming on the USA National Team for two years and a member of the 1997 Collegiate National Championship Team.

Lori built the Lindenwood University Synchro program from the ground up, won the U.S. Collegiate National Championships in just 5 short years, plus three consecutive U.S. National titles. She has coach 5 Olympians, placed 25 athletes on the US National Team, and have led clinics all over the world. She is also a coach for the Aruba Age Group and National Team programs. She is currently a consultant for synchronized swimming.



She is a certified Life Coach and owner of READY, GO. Lifestyle coaching for Sport, Health and Fitness.

She remains very active and since retiring from synchronized swimming as an athlete. She has competed in several sprint and Olympic distance triathlons, 5K, 10K and half marathons and even completed a Half Ironman!

### REEM ABDALAZEM

Reem is an Egyptian synchronized swimmer who competed in the 2008 and 2012 Summer Olympics. Her achievements include 1st in Figures and 4th in Duet at the 2007 Comen Cup in Geneva, Switzerland, 11th in Team at the 2007 FINA World Championships, 8th in Technical and Free Team and Technical and Free Duet at the 2008 Summer Olympics.

After swimming for Lindenwood University, she became the Head Coach of the program in 2016, and was named Coach of the Year. In 2017, Reem became the Assistant Director and Junior Team Lead Coach for Andover YMCA. She has been a freelance choreographer for 5 years coordinating with the national team of Puerto Rico, and international clubs in Brazil, Aruba, and more. She has coached and coordinated the Off Limits Camp with Andrea Fuentes for 2 years in a row in the New York and Connecticut area, and has lead her own camps in different parts of the country. She has just completed her second year as Head Coach at the National Talent Camps, and was a coach at the Olympic Development Camp this year in Seville, Spain. She is also pursuing an MBA in Sports Management, and speaks English, Arabic, Spanish and basic French.



## **IRENE MONTRUCCHIO**

Irene is an Olympic Bronze Medalist (Spain/2012 London Games) and has competed, coached, and consulted extensively in the US, Europe, and Latin America.

She swam in Spain for 17 years where she was part of the Catalan National Team, and then the Spanish National Team with who Irene not only achieved an Olympic medal in London 2012, but also 2 Bronze medals at the 2011 World FINA Championship (Shanghai), 2 Gold medals at the 2012 European Championship (Eindhoven), 1 Silver medal at the 2013 World FINA Championship (Barcelona), etc...

In 2013, Irene decided to move to the US and swim for Lindenwood University. She was an athlete for three years winning her first Gold Collegiate medal in 2014, and several Gold, Silver, and Bronze medals at different US Senior Nationals Championships (2014 – 2016). She had the privileged to lead the Lindenwood University Synchronized Swimming Team being the Captain during her Junior year. After being an athlete at Lindenwood, she remained on deck as the Lindenwood Volunteer Coach assisting the two official coaches. They were able to win several medals at Collegiate and Senior Nationals (2016-2017).

In 2017, Irene graduated with a major of Business Administration with an emphasis in Management and got a job in Houston, TX right away. Currently, she is combining two jobs, she is a Human Resources Consultant at Lincoln Leadership Advisors, and the Head Coach of The Houston SynchroStars Team. Irene focuses on teaching her athletes to have respect, discipline, and leadership, as well as to be grateful for what they have.

