

# 2021 USA Artistic Swimming

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All-Star Camp & Coaches College

November 5<sup>th</sup> – 7<sup>th</sup>, 2021

Canton, OH



## S.T.E.P

*Skills, Technique, Extension & Power*

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## Welcome

USA Artistic Swimming is proud to host the joint 2021 All-Star Camp & Coaches College at the new remodeled, state-of-the art C.T. Branin Natatorium in Canton, Ohio. Only athletes who have been chosen from the Rising Stars Camps will be eligible to attend. Any and all coaches are invited.

USAAS is excited to welcome the following Coaches to the All-Star/Coaches College event: Jennifer Koptie, Inga Gillyer, Tammy McGregor, Ludi Stsepaniuk, Roman Stsepaniuk, Monica Velazquez-Stiak and Ou Liu.

This year's camp experience will focus on Technical Skills.

## Location

C.T. Branin Natatorium  
McKinley Senior High School  
1715 Harrison Ave NW  
Canton, OH 44708

## Date

November 5<sup>th</sup> - 7<sup>th</sup>, 2021  
(Arrival evening 11/4, Departure afternoon 11/7)  
8:30 am – 5:00 pm on Friday & Saturday  
8:30 – 12:30 pm on Sunday  
Final schedule provided upon arrival.

## Airport

Akron Canton Airport (15 minutes away)  
Cleveland Airport (60 miles away)  
Transportation will not be provided throughout camp.

## Housing

Please book directly with the link provided by Team Solutions. Any athlete staying outside of the block will NOT be eligible to participate in the camp. Hotel link will be provided soon and emailed directly to all athletes selected and posted on the event page.

## 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.

## Registration

Registration includes camp fees and meals.

See dates & deadlines for registration below – registration will open September 15.

### Deadlines to register:

Athletes selected from Wheaton, Mesa, OSU, Coral Springs and TWU:

\$300.00 - before October 27th

\$400.00 - October 28 – October 31 (Late registration)

No registrations and no refunds after October 31st

Athletes selected from Elk Grove

\$300.00 - before October 30th

\$400.00 - October 31 – November 2 (Late registration)

No registrations and no refunds after November 2nd

All Coaches

\$300.00 - before October 27th

\$400.00 - October 28 – October 31 (Late registration)

No registrations and no refunds after October 31st

## Schedule

There will be two schedules, one for athletes and one for coaches. Final schedule will be given on-site.

## Local Attractions

For chaperones who may be traveling with athletes, below are some suggestions for activities in your spare time:

Pro Football Hall of Fame

Wineries, Breweries & Distilleries throughout the county.

Museums – MAPS Air, Troll Hole, Classic Cars, Art, History

Canton Food Tour

[Visit Canton Website for more local area attractions](#)



2020 Coaches College

## Clinician Biographies

### Jen Koptie



Jennifer has been an Artistic Swimming Coach for 23 years and has coached at various levels within the sport. Her coaching experience includes; grassroots programming, Athletes with a Disability, provincial and national club teams, Provincial Teams, as well as National Team coaching at the 13-15, Junior, and Senior level. Jennifer is completing her Advanced Coaching Diploma in Toronto, which is the highest level of coach certification in Canada.

Along with coaching, Jennifer is also a certified teacher with the Toronto District School Board and has been so since 2005. With an honours undergraduate degree in Psychology from York University, she was able to complete her thesis project in the area of HP sport, as well as concurrently completing her BEd. Jennifer has additional qualifications at the Specialist level in both Teaching Leadership and Special Education

With a vast and deep understanding of teaching, learning, skill acquisition, and differentiated instruction, Jennifer is able to increase athlete success as well as support coaches in both development of programs and impacting high performance sport cultures. Teaching coaches how to utilize and leverage the skills of today's student athletes as well as supporting coaches in their quests to work within the current education and sport systems, is one of her strengths as a coach leader.

Jen's philosophy of coaching includes; always "Coaching the HOW", identifying and supporting individual athlete profiles, and focusing on the controllable. She enjoys working with athletes of all ages and varying skills and loves to work with coaches who are at different stages in their own journeys.

At home, in Toronto, Jennifer is a hard-working mom with two kids and is married to a Toronto Police Officer.

### 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 and 2019 and was thrilled to head coach the 13-15 National team in 2021! Ludi loves to use her experience as a show performer and stunt actor in teaching artistic swimming.

She is the proud mom of twin girls Eva and Sophia.

## Inga Gillyer



Inga was born and raised in Donetsk, Ukraine. She has 18 years of professional athletic career and 8+ years coaching background. She was the first Ukrainian synchronized swimmer who qualified for the Ukrainian National team at the age of 14 and was representing Ukraine internationally as a member of both Olympic and Junior National teams.

Throughout her athletic career she became a multiple time Ukrainian National Champion, European Champion, multiple time European silver and bronze medalist, was ranked 5th at the 2011 World Aquatics Championships, 2x NCAA D1 Champion, multiple time American National Champion and multiple time All-American. She has experience working with Olympic level athletes, she's produced National Champions, State Champions and helped athletes secure their spots on the National teams.

Inga is extremely passionate for what she does! Her purpose is to help anybody she works with to achieve their goals and become their best self.

## 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.



## Tammy McGregor



Tammy McGregor is currently the Head Coach for the Junior A team at the Walnut Creek Aquanuts, a consultant for the United States Artistic Swimming National Team, and a member of the FINA Coches Committee.

Tammy is a 1996 Olympic Gold Medalist, a 2000 Olympian, and a 3-time Olympic Coach (2004, 2008, 2012). She was part of the United States Artistic National Team as an athlete from 1990-2000, as a coach from 2001-2017, and a consultant and the Rising Stars coach from 2018-2020.

Tammy started Artistic Swimming in Orlando, Florida and moved to Walnut Creek, California at the age of 10 where she currently resides.

## Roman Stsepaniuk



Born in Belarus, Roman started gymnastics at age 6 and joined the sport acrobatics national team at age 13 where he won national and international titles in "men four" acrobatic discipline. In July 2000, he graduated from the University of Education with physical education degree. Roman then joined the Russian circus as an acrobat, since then he has performed in numerous American circus and television productions.

In 2004, Roman was part of the creation at Le Reve - The Dream in Las Vegas and has been performing with Le Reve since. He has consulted with numerous synchro teams across the country including the US National Team.

Roman is married and has twin daughters.

