



## Transforming Pools into Magical Liquid Stages™

### Acro Synchro Camp

Ovia Acro Synchro Camps offers specific

high-level training for competitive synchronized swimmers. Our Camp Masters work with team, duets or flyers on land and in the water.

The camp goal is to develop competitive synchronized swimmers in areas of acrobatics, advanced lift techniques, and design best lift for choreography. As well as, expand synchronized swimming skills and techniques working on the LTAD grade levels and choreography. Sessions up to 6-hours a day.

Camps organized in Las Vegas, Nevada or in your home club! Information on lodging and transportation accommodations available upon request.

All sessions taught by world-class masters in their perspective fields, which is why synchronized swimmers from across the globe seek out this high-level camp to develop their skills.

For more information and to book your  
Ovia Acro Synchro Camp

Contact our office at 702-505-3687 or via email  
eva@oviaentertainment.com

**Oviaentertainment.com**

## Program Elements

### ACROBATICS

#### Training in the gym:

- ◆ For flyers, lessons on dynamic movements: somersault, different positions in the air and general awareness in the air and static movements: handstands, headstands, contortion, and balance and will provide a personalized conditioning program.
- ◆ For the team, lessons on general and specific conditioning, acrobatics elements: different lifts techniques, flexibility and learning how to work with a partner.

#### Training in the water:

- ◆ Training on the most efficient technique of different lifts: dynamic and static, water warmup for lifts and specific water conditioning.

### SYNCHRO

#### LTAD grade levels training:

- ◆ Coaching on the grade levels and bringing the swimmer's technique to meet the LTAD requirements.

#### Choreography:

- ◆ Session on developing choreography and polishing a routine.

#### Dance Class:

- ◆ Dance Masters lead classes on specific dance genres: ballet, contemporary or hip-hop.

#### Acting class:

- ◆ Acting workshop to enhance character development and explore routine theme.

## Master Camp Directors

### **Raman Stsepaniuk**

Born in Brest, Belarus, in 1978, Raman Stsepaniuk started gymnastics at age 6. At age 13, he joined the sports acrobatics national team where he won national and international titles in "men four" acrobatic discipline.

In July 2000, he graduated from the University of Education with a Physical Education degree.

Upon graduation, Raman joined the famed Russian Circus as an acrobat. Since then, he performed in numerous American circuses and TV productions.

In 2004, Raman became a member of the Le Reve creative team under the direction of creator Franco Dragone and choreographer Guiliano Peparini and has been performing in the show in Las Vegas as an acrobat and character since 2005.

Since 2010, Raman has been a consultant and coach for the French synchronized swimming team including senior national team, 13-15 national team and the French mixed duet team. He has also trained the USA Synchro national team.

### **Ludivine Perrin-Stsepaniuk**

Ludivine has been a synchronized swimmer for over 26 years. Starting in a small club in the south of France, she was rapidly recruited to swim for one of the top clubs in France, Aix-en-Provence. Following numerous national titles, Ludivine moved to Paris to swim with the senior national team at INSEP where she competed for 2 years.

In 2004, she joined the creation team of Le Reve, in Belgium, an aquatic themed show created by Franco Dragone and choreographed by Guiliano Peparini. In 2005, she was part of the opening cast in Las Vegas and performed nightly with the show for 10 years. Ludivine's talents earned her the position of synchro team captain. She has performed in numerous TV, film and music videos, as well as in print.

Her exceptional skills led Ludivine to be named the Head Coach of the Southern Nevada Desert Mermaids in 2016 and a Training Coach for the USA Synchro national teams as well as the French mixed duet team.