2025 East Zone Artistic Swimming
Lake Placid Athlete Clinic
December 5th-7th, 2025

Clinician: Inga Gillyer - Flexibility specialist see bio

Topics: Clinic Topic Requests

Facility: Lake Placid Olympic Training Center
196 Old Military Road, Lake Placid, NY 12946

Athlete Eligibility:

- Athletes must be synchro age 13yrs or older.
- Must know and be capable of Jr Tech elements.
- All swimmers must be USAAS registered athletes.
- Each club may submit 8 athletes. Additional athletes may be submitted.
- Additional athletes will be selected as space permits.
  You will be notified by Monday November 10th if additional athletes can attend.

Schedule: **Friday 12/5:** Check in begins at 3pm -
Athlete activity in the evening ~7 pm
Saturday 12/6: 8 am - 5 pm
Sunday 12/7: 8 am - 12 pm - Lunch provided

Driver/Parents: Are only able to stay onsite if enrolled in a program. If enough parents are interested, we can run a judges clinic. Must have at least 5.

Fee: Covers Clinic, housing, and meals begin Fri. with dinner & end Sun. with lunch.
Athletes: $400 - A coach must accompany the athletes.
Coaches: $300
Make checks payable to **East Zone Synchronized Swimming**.
Payment is due by **Saturday, November 29th**.
Please send **one check per team** to:
Katie Rice - 30 Saxon Road, Worcester, MA 01602

Registration: **2025 Lake Placid Clinic Entry Form**
Please email completed registrations to eastzoneeducation@gmail.com
By **Friday, November 7th, 11:59 pm**.

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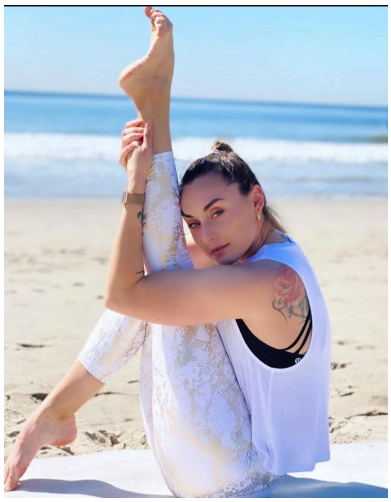
Inga Gillyer Artistic Swimming and Flexibility coach and mentor

Known in the artistic swimming world for my flexibility training methods (and my refusal to accept “I’m just not flexible” as an excuse), I bring over 12 years of international coaching experience to the table.

As a former member of the Ukrainian National Team, multiple-time European Champion, NCAA Champion, and Ukrainian-American National Champion, I’ve lived and breathed this sport for most of my life. I hold a bachelor’s degree in physical education, I am a certified yoga instructor, and have multiple certifications in personal training and sport performance.

I’ve worked with national teams and clubs across the globe, and was honored to consult for World Aquatics on their flexibility education course for coaches. My signature method focuses on building flexibility without sacrificing strength — or causing injuries — and showing how smart mobility work can transform athletes at every level.



- Over 10 years coaching experience
- European Champion in Artistic Swimming
- European Silver and Bronze Medalist in Artistic Swimming
- American & Ukrainian National Champion in Artistic Swimming
- 2x NCAA Division 1 Champion in Artistic Swimming
- 3x US Masters National Champion in Artistic Swimming
- 2022 FINA Flexibility Expert
- 200hr Certified Yoga Teacher
- Sports Performance Certified Trainer
- Degree in Physical Education