



East Zone Silver Clinic January 20th and 21st, 2024

Lead Clinician: Paola Tirados

Content Focus: [Silver Clinic Topic Requests](#)

Facility: Oneonta Senior High School
130 East Street
Oneonta, NY 13820

Host: USA Artistic Swimming East Zone
Kayla Parvana
kayla.parvana@gmail.com

Athlete Eligibility: Saturday: All Intermediates
Sunday: 12-U AG and Youth AG

- All swimmers must be USAAS registered athletes.
- Each club may submit 8 athletes per day. Additional athletes may be submitted.

Schedule: Saturday January 20th: 9 am - 5 pm
Sunday January 21st: 8 am - 4 pm

Fee: Swimmers: \$100 - includes lunch
Coaches: \$50 - includes lunch

- A coach must accompany the team.
- All elected Association Education Reps may attend for free.

Make checks payable to **East Zone Synchronized Swimming**.

Please send **one check per team** to:

Katie Rice

30 Saxon Road

Worcester, MA 01602

Please mail checks by **December 20th**

Registration: [Silver Clinic 2024 Entry Form](#)

Please email completed registrations to kayla.parvana@gmail.com

by **December 8th at 11:59pm**.

- Additional athletes will be selected as space permits. You will be notified by Sunday, December 10th if additional athletes can attend.

Hotel: Holiday Inn Express Oneonta

141 Courtyard Drive

Oneonta, NY 13820

To reserve:

- Call (607) 684-2000 and use group code: **EZS**
- Nightly rate of \$119
- Rooms will be held through **December 18th** at discounted rate