

East Zone Silver Clinic

October 14-15, 2017

LEAD CLINICIAN: Paola Tirados

CONTENT FOCUS: The focus of this clinic will be the NEW 2017-2021 figures, with special emphasis on new transitions. Paola will be teaching drills and training strategies for these figures in addition to focusing on synchro basics.

FACILITY: Hamden High School
2040 Dixwell Avenue, Hamden, CT

HOST: Hamden Heronettes
Contact: Anna Montgomery
annamontgomery.hhc@gmail.com
Phone: 203-535-4520

ATHLETE ELIGIBILITY:

Saturday

Intermediate Athletes (all ages)

Sunday

12 & Under and 13-15 Age Group Athletes

All swimmers must be USSS registered athletes. **Each club may submit 8 athletes per day.** Additional athletes may be submitted. Additional athletes will be selected as space permits. You will be notified by Friday, October 6th if additional athletes can attend.

SCHEDULE: Saturday, October 14th 9:00 AM – 5:00 PM
Sunday, October 15th 8:00 AM – 4:00 PM

FEE: Swimmers \$80.00 – includes lunch
Coaches* \$40.00 – includes lunch
*A coach must accompany the team. All **elected** Association Education Reps may attend for free.

REGISTRATION: Registration Form and Fee Form are due by **Monday, October 2nd**. Submit online registration or email attached forms to Katie Rice at Rice.Katherine.L@gmail.com.
Online Registration Link:
https://docs.google.com/forms/d/e/1FAIpQLSf3Ka_hGCA_BcfcU16q2sCPPHsENGgZCWo-Lp3gvHVzFzSSg/viewform?usp=sf_link

HOTEL: Mention the “Silver Clinic” to get the rates quoted.

La Quinta

Queen Suite w/sofa sleeper - \$144/night + tax
400 Sargent Drive
New Haven, CT 06511
Phone: 203-562-1111
Email: email-reservations@laquinta.com

Quality Inn

2 Double Beds - \$107/night + tax
30 Frontage Road
East Haven, CT 06512
Phone: 203-469-5321
Breakfast included