

# East Zone Silver Clinic

October 20-21, 2017

CLINICIANS: Lead Clinician - Reem Abdalazem  
Assistant Clinician – Petra Cacic

CONTENT FOCUS: The focus of this clinic will be presentation and artistic impression.

FACILITY: Owego Free Academy Natatorium  
1 Sheldon Guile Blvd.  
Owego, NY 13827

HOST: BGC Gaviatas  
Diana Lenzo  
[ddlenco@gmail.com](mailto:ddlenco@gmail.com)  
607-727-9871

## 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 12<sup>th</sup> if additional athletes can attend.

SCHEDULE: Saturday, October 20<sup>th</sup> 9:00 AM – 5:00 PM  
Sunday, October 21<sup>st</sup> 8:00 AM – 4:00 PM

FEE: Swimmers \$85.00 – 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 **Friday, October 12<sup>th</sup>**. Submit online registration or email attached form to Katie Rice at [Rice.Katherine.L@gmail.com](mailto:Rice.Katherine.L@gmail.com).

Online Registration Link:

[https://docs.google.com/forms/d/e/1FAIpQLSdHDTAUcWmtSOHLRMziKbvrUz0cAkAfXAWQIEq66b-PIpVyQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdHDTAUcWmtSOHLRMziKbvrUz0cAkAfXAWQIEq66b-PIpVyQ/viewform?usp=sf_link)

HOTELS: Mention the “East Zone Silver Clinic” to get the rates quoted.

**Hampton Inn**  
1030 NY-State Route 17C  
Owego, NY 13827  
607-687-4600

**Quality Inn & Conference Center**  
1100 NY-State Route 17C  
Owego, NY 13827  
607-687-4500

**Holiday Inn Express**  
1100 NY-State Route 17C  
Owego, NY 13827  
607-687-9000

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## DIRECTIONS:

**Directions:** From I-17/86 take Exit 64. Go to end of ramp - from west it will be a right turn/from the east it will be a left turn and proceed to traffic light and go across bridge to light and continue straight on the right hand side of Courthouse and stay in right lane. Turn right at light onto Main St and then a quick left onto North Ave/Rte 96. Remain on 96N -you will go through 4 traffic lights. After the fourth light (Talcott St.) turn left onto George St.-McClosky Auto will be on your right. About half way down George St. you will see on the right a large granite marker - Owego Free Academy – Turn right into Sheldon Guile Blvd (school driveway) and continue 1/2 mile to parking lot.

**From the North:** Take Route 38S or 96S into Owego. Turn right onto George Street at the sign for the Owego Free Academy. Take the first right onto the Owego Free Academy Campus