

East Zone Elite Clinic

December 13-15, 2019

- CLINICIAN:** Ludi Perrin-Stsepaniuk
- CONTENT FOCUS:** The focus of this clinic will be figures, elements, speed/sharpness in routines and more!
- FACILITY:** Owego Free Academy
1 Sheldon Guile Boulevard
Owego, NY 13827
- HOST CLUB:** BGC Gaviatas
Yvonne Hartman - hartmanclan2@aol.com
- ATHLETE ELIGIBILITY:** Elite level 13-15 Age Group, Junior and Senior athletes.
All swimmers must be USSS registered athletes. **Each club may bring 4 athletes.** Additional athletes may be submitted. Additional athletes will be selected to attend as space permits. You will be notified by Wednesday, December 4th if additional athletes can attend.
- SCHEDULE:** Friday, December 13th - 7:00 - 9:00 PM (at the hotel)
Saturday, December 14th - 8:00 AM - 9:00 PM (pool and hotel)
Sunday, December 15th - 8:00 AM - 12:00 PM (pool)
- MEALS:** Lunch will be provided for athletes and coaches on Saturday only. Everyone will be on their own for breakfast and dinner. There will be a break in the schedule on Saturday to give everyone time to get dinner.
- FEE:** Swimmers: \$150.00 – includes lunch on Saturday
Coaches*: \$75.00 – includes lunch on Saturday
*A coach must accompany the team. All elected Association Education Reps may attend for free.
Make checks payable to the **East Zone**. Please bring one check **PER TEAM** to the clinic or mail to:
Katie Rice
100 Aylesbury Road
Worcester, MA 01609
You do not need to send payment for additional athletes unless they are selected to attend.
- REGISTRATION:** Registration form is due by **Monday, December 2nd**. Click on the link below to complete the online registration form. Share completed form with Katie Rice at Rice.Katherine.L@gmail.com.
[2019 East Zone Elite Clinic Registration Form](#)
When you click on the link you will be forced to make a copy of the form. Replace “Copy of” with your 3 letter club code.
- HOST HOTEL:** **Hampton Inn - Owego**
1030 Route 17C
Owego, NY 13827
607-687-4600
Rate: \$119+tax per night
Group Name: Synchro Gold Elite Clinic
Each team is responsible for making their own hotel reservations. We recommend 4 athletes to a room and that coaches share rooms if they are the only coach from their team attending.
- NEAREST AIRPORTS:** Greater Binghamton Airport (approx. 40 minutes from pool)
Syracuse Hancock International Airport (approx. 1.5 hours from pool)
Albany International Airport (approx 2.5 hours from pool)