

# East Zone Silver Clinic

November 16-17, 2019

CLINICIAN: Vasilisa Mironova

CONTENT FOCUS: The focus of this clinic will be figures, elements and synchro basics.

FACILITY: YWCA of Central Mass  
1 Salem Street  
Worcester, MA 01608

HOST: Synchro-maids of Central Mass  
Patty Flanagan  
pflanagan@ywcacm.org

ATHLETE ELIGIBILITY: Saturday - Intermediate (all ages)  
Sunday - Age Group (all ages)

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, November 8th if additional athletes can attend.

SCHEDULE: Saturday, November 16th - 9:00 AM – 5:00 PM  
Sunday, November 17th - 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.

You do not need to send payment for additional athletes unless they are accepted.

Make checks payable to the **East Zone**. Please send one check **PER TEAM** to:  
Katie Rice  
100 Aylesbury Road  
Worcester, MA 01609

REGISTRATION: Registration form is due by **Monday, November 4th**. Click on the link below to complete the online registration form. Share completed form with Katie Rice at [Rice.Katherine.L@gmail.com](mailto:Rice.Katherine.L@gmail.com).

[Online Registration Form](#)

HOST HOTEL: Comfort Inn  
426 Southbridge Street  
Auburn, MA 01501  
Double-Double and Queen rooms available - \$110 per night  
Continental breakfast included, 7:00-10:00 am  
Free parking  
To reserve: Call 508-832-8300  
Group Name: YWCA Synchro Swim  
Rooms will be held until November 11; however, reserve early if you want the Double-Doubles.