

# East Zone Education Report

## March 6<sup>th</sup>, 2017

### Sliver Clinic

#### 2016 Silver Clinic

- Thank you to the BGC Gaviatas for hosting the 2016 Silver Clinic!
- Leah Pinette was the lead clinician. Ayne Pinette was the assistant clinician, Rachael Cavalari was the dance instructor, and Ashley Tang and Liz Zhang (both from Freedom Valley Synchro) were the All-Star Athlete Assistants. Thank you to all of these people!
- In attendance: 41 Swimmers from 9 teams, 10 coaches
- Due to low enrollment, the clinic was condensed into one day.

#### Silver Clinic Questionnaire

- Club Reps were asked to complete a questionnaire about the Silver Clinic. Thank you to everyone who took the time to respond. The most common responses (from highest to lowest) to each question are listed below.
  - What level athletes would you like included in the Sliver Clinic?
    1. 12 & Under Age Group
    2. 13-15 Age Group
    3. 13 & Over Intermediate

\*Only 1 team selected 16-19 Age Group
  - I am most likely to send swimmers if the Silver Clinic is in the following association:
    1. Connecticut (selected by almost every team)
    2. New England South
    3. Three-way Tie - New England North, New Jersey, Adirondack
  - I am most likely to send swimmers if the focus is on:
    1. Figures
    2. Routine Skills
    3. Tie – Specialty Skills, Basics
  - What time of year are you most likely to send swimmers to the Sliver Clinic?
    1. October
    2. November
    3. September
  - No consensus on the following questions:
    1. What is your highest priority when deciding whether or not to send athletes to the Silver Clinic?
    2. Are you more likely to send swimmers if a coach is not required to attend with them?
    3. What is the ideal number of swimmers you would like to be able to bring in each Age Group?
    4. Would you like to have CCP2 and Judges Training offered during the Silver Clinic? (please check all that apply)

#### Recommendation for 2017-2018 Silver Clinic

- Date: October – working around the All-Star Clinic
- Location: Will work with the top 3 selected associations to see if we can find a host facility within one of those associations.
- Content: Figures – this was a top priority based on responses, plus we will be starting a new quad of figures.
- Athletes Invited: Intermediates (all levels) on Saturday; 12 & Under and 13-15 Age Group on Sunday. Each team may bring 8 athletes per day.

I also received a recommendation for an additional clinic for coaches with a focus on how to correct swimmers. I will work on this if there is interest for this type of clinic.

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## Grade Levels

### Grade Level Results

- A list of levels passed by East Zone swimmers is posted on the East Zone website (currently under: Events, Meet Information). Please continue to send grade level assessment results to me at [Rice.Katherine.L@gmail.com](mailto:Rice.Katherine.L@gmail.com) so I can keep this list up-to-date.
- There is also a list posted on the USA Synchro website (in the Members Only Section under “Coaching Resources”). This list is pulled from a database periodically, so it is not always up-to-date. Please go through this list and email Shari Darst at [shari@usasynchro.org](mailto:shari@usasynchro.org) about any errors or omissions.
- As of February 22, 2017, USA Synchro had the following number of swimmers at each level:
  - Level 1: 1585
  - Level 2: 1226
  - Level 3: 675
  - Level 4: 365
  - This does not include athletes who have failed a level.

### Grade Level Assessors

- A list of current East Zone assessors is also posted on the East Zone website. (Currently under: Events, Meet Information). Please send me any updates to this list.
- USA Synchro currently has the following number of assessors:
  - Level 1-3: 70
  - Level 1-4 108

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## Coaching Certification Program (CCP)

### Requirements

- As of January 1, 2017
  - CCP 1 - Required for all coaches to be on deck at any meet.
  - CCP 2 - Required for all coaches to be on deck at any Regional, Zone and National Meet.
  - CCP 3 - Required for all coaches to be on deck at any Zone and National Meet.
  - Everyone who currently has an expiration date of 2016 will have 1-year grace to re-take their current level course, take the next level course, or attend Coaches College.
  - Please do not forget that First Aid, CPR and SafeSport must be current to be fully certified.

### Certified Coaches

- USA Synchro currently has the following number of certified coaches:
  - Level 1: 70
  - Level 2: 113
  - Level 3: 250
  - Level 4: 8
  - Level 6: 4

### Reminders:

- Many coaches are slated to go off the 100% compliance list at the end of 2017. To renew, coaches need to take the level that they are at again, take the level above OR attend Coaches College. The dates and locations for Coaches College will be sent out in the April Newsletter (hopefully)

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### Additional Information from Shari Darst

- Please carefully read each Education Newsletter that comes out from USA Synchro. There is a lot of useful information in these newsletters!
- The new "Welcome to Coaching" Handbook has been posted on the website. It will be a very valuable tool for new coaches, and maybe even for coaches who have been on deck for a while. Many, many thanks to Anne Schulte and her team for all of the incredibly hard work they did to put this together!

Respectfully submitted,  
Katie Rice  
Education Chair, East Zone Synchronized Swimming