

East Zone Education Report

March 8th, 2018

Sliver Clinic

2017 Silver Clinic

- October 14th-15th, 2017; Hosted by Hamden Heronettes in Hamden, CT; Content Focus: 2017-2021 FINA Figures; Athletes Invited: Intermediates (all levels) on Saturday; 12 & Under and 13-15 Age Group on Sunday.
 - 105 swimmers and 20 coaches were in attendance
 - Thank you to our clinicians: Paola Tirados and Cailia Tong!
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Lake Placid Clinic

2017 Lake Place Clinic

- December 8th-10th, 2017, approximately 30 athletes in attendance
 - Thank you to our clinicians: Heather and Camryn Carasco!
 - Thank you to Mary Ellen Wiegand for organizing this 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.
- Please continue to send grade level assessment results and roster updates to Rice.Katherine.L@gmail.com so this list can be kept up-to-date.

Grade Level Assessors

- A list of current East Zone assessors is also posted on the East Zone website. Please send me updates to this list.
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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.
 - First Aid, CPR and SafeSport must be current to be fully certified.
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SafeSport

- It is very important that everyone required completes the SafeSport course. Please check the USA Synchro website to see who is required to take SafeSport. Given that it is now required for many different people, including judges and chaperones, please make sure everyone in your organization is meeting this requirement.
 - Please complete the SafeSport course well in advance of any meets you will be attending. This will give the National Office time to check that all people attending Zone and National meets are certified.
 - Only coaches need to send your completion certificates to Shari Darst. All other members who complete the course will be listed on the full SafeSport list which can be found on the SafeSport Resources page of the website.
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All-Star Camp

- Shari would like to change the format of the camp. If you have any suggestions, please let Shari know.
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Talent and Elite Camps

- Participants for these camps are usually picked from National Team Trials, Zone or National Meet results, and recommendations from National Team Coaches or National/FINA Judges. If a coach has an athlete that feels should be invited they are welcome to send an application and video for their athlete to be considered. Please send this to Christina McMaster-Shah, mcmasterchristineanne@gmail.com and Teagan Betancourt, teagan@usasynchro.org.
- Talent Camps will be held at the Olympic Training Center in Colorado Springs, Elite Camps will be held in Las Vegas.
- Dates for Talent Camps are:
 - July 8-14 (11-12-13 year old athletes)
 - July 16-22 (13-14-15 year old athletes)
- Dates for Elite Camps:
 - Still being worked on as the preliminary dates crossed over the UANA Competition.

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Coaching for Success Clinics

- USA Synchro has generously been awarded grants for these clinics by the USSS Foundation.
- USA Synchro would love for more teams to take advantage of them.
- These clinics cover the sorely needed basics of our sport. Covered costs are airfare and Clinicians' stipend. Association/Region must cover any other costs such as pool time, housing, meals.
- Please note: these 12 hour clinics are designed to work with coaches, not athletes (even though there will be athlete demonstrators). If you would like for a Clinician to work with your team outside of the clinic, this is a completely separate clinic and extra fees must be covered by the team.

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