

East Zone Education Report September 8th, 2017

Sliver Clinic

2016 Silver Clinic

- December 3rd, 2016; Hosted by BGC Gaviatas in Owego, NY; Lead Clinician: Leah Pinette; Content Focus: fundamentals of synchro; 41 Swimmers and 10 coaches from 9 teams in attendance; due to low enrollment, the clinic was condensed into one day

2017 Silver Clinic

- October 14th-15th, 2017; Hosted by Hamden Heronettes in Hamden, CT; Lead Clinician: Paola Tirados; Content Focus: 2017-2021 FINA 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.
- Registration Deadline: October 2nd

Lake Placid Clinic

2016 Lake Placid Clinic

- November 11th-13th, 2016; Lead Clinicians: Sue and Barb Nesbitt; Content Focus: current techniques in coaching and training

2017 Lake Place Clinic

- December 8th-10th, 2017; more information to come

East Zone Clinic Structure

In order to clarify and standardize the East Zone clinics year-to-year, I am proposing we adopt the following clinic structure for our zone (to be discussed at Convention):

Tier	Athletes	Clinic
1	Athletes on National Teams	No Clinic
2	All Star Athletes who are not in Tier 1	All Star Camp
3	16-19 Age Group Athletes who are not in Tier 1 or 2	Gold Clinic (Lake Placid)
4	13-15 Age Group, 12 & Under Age Group and Intermediate Athletes (all levels)	Silver Clinic
5	Determined by Region	Bronze Clinic

East Zone Website

The East Zone website has been revamped! Visit www.EastZoneSynchro.com to check out the new format. This website will be an up-to-date form of communication for the East Zone going forward. Please send updates, corrections and/or suggestions for additional content to eastzonewebmaster@gmail.com.

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 me at Rice.Katherine.L@gmail.com so I can keep this list 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.

2017-2021 Rule Changes

A summary of rule changes made by FINA for the 2017-2021 quad has been posted on the East Zone website. This section will be updated after Convention and as finalized information is released by FINA.

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