

**UNITED STATES EASTERN ZONE
OLYMPIC TRAINING CAMP
November 6-8 2015
LAKE PLACID U.S.O.T.C., NEW YORK
ATHLETES AND COACHES**

WHERE: UNITED STATES OLYMPIC TRAINING CAMP, LAKE PLACID, N.Y.

WHEN: November 6-8, 2013

REGISTRATION DEADLINE: Postmarked October 16. MUST INCLUDE REGISTRATION FEE.

Athletes and coaches (\$210.00 Per person for US Citizen and \$270.00 for non US citizens) Contact Mary Ellen about non US Citizen.

The USOTC needs LAST 4 DIGETS OF SS# because we need to go through a security check

**SEND TO Mary Ellen Wiegand
21 Forest Lake Drive
Wheatfield, New York, 14120
Telephone 716 695 6394**

**ENTRIES: Entries may be Emailed and send checks by US Mail by October 16,
(maryewiegand@verizon.net**

No Late Entries- No Entries with out the Registration fee included will be considered. Checks written TO EAST ZONE.

ENTRY FEE BREAKDOWN: Athletes and Coaches-the cost to stay and eat at the Olympic Training Center is \$110.00 PLUS Clinic Cost \$100 (\$170.00 for non US Citizens) for 2 nights.

Total \$210 athletes and Coaches Non Citizen \$270

GOALS:

- To provide the athletes and coaches with knowledge of current techniques in coaching and training Synchronized Swimming Elite Athletes.
- To improve the ability of the athletes and coaches to achieve the best possible performance in figures and routine competition.
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- To create an atmosphere that will motivate an individual athlete thereby providing and avenue for team motivation.
- To provide psychological training for athletes and coaches so that they may be better prepared for pre/post competition.

CRITERIA: The following Routine camp qualification scores- a **67.00 routine (100%) score in solo, duet, trio or team from Senior Assoc. Regional, Zone, or National Championship. Choice of 3 qualified athlete should be the coaches. Proof of qualifying must include entries.**

1. Three qualified athletes per Club.
2. One coach per club. If there is room a second coach may come. A coach must accompany a swimmer. Coaches must be knowledgeable of junior and senior level figures and free routine competition. A coach may come without an athlete.
3. A fourth and up qualified athlete may attend on a space available basis. **Call or email 11/19** as to available space.

SCHEDULE:

Friday, November 6, meal service starts with dinner, first meeting is at the USOTC at 7:00.

Saturday, November 7, North Country Community College pool, 7:00 USOTC.

Sunday, November 8, 8:00-12:00 at North Country Community College pool.

STAFF: The Duke Zielinski Coaching and Consulting Corporation: SARAH AND KAREN JOSEPHSON, US OLYMPIC GOLD ~MEDALISTS AND DUKE ZIELINSKI will be in attendance.

******There will be a night session on the new assessment program.**

Form for Athletes and Coaches Clinic The USOTC needs **LAST 4 DIGETS OF SS#**
YOU NEED TO SEND PROOF OF SCORE FROM A SR. ASSOCIATIONAL ,REGIONAL OR ABOVE
MEET. **THE SCORE IS 67.00 or above**

**UNITED STATES EASTERN ZONE
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LAKE PLACID TRAINING CENTER
November 6-8, 2015**

SEND TO: MARY ELLEN WIEGAND

US POSTMARKED / EMAIL BY OCTOBER 16

21 Forest Lake Drive
Wheatfield, New York 14120
Will accept email and US Post for checks

checks must be US post by 10/16
email address maryewiegand@Verizon.net

MUST INCLUDE ENTRY FEE CHECK: **TO EAST ZONE** AMOUNT INCLUDED \$ _____
US Citizens \$210.00 Non US Citizens \$270.00 (this is much less than last year)

HEAD COACH _____ CLUB _____ email _____

Email Address for forms to be sent (Print clearly) _____

CONTACT TELEPHONE NUMBER _____ TIME OF ARIVAL _____

1. COACH ATTENDING _____ TELEPHONE # _____

LAST 4 DIGETS OF SOCIAL SECURITY # _____ email address _____ Citizenship _____

2. ADDITIONAL COACH _____ TELEPHONE # _____

LAST 4 DIGETS OF SOCIAL SECURITY # _____ email address _____ Citizenship _____

ATHLETES **** Please include all alternates you may want to bring if there is room.

1. NAME OF ATHLETE _____ TELEPHONE # _____

ROUTINE SCORE _____ EVENT _____ QUALIFYING MEET _____

LAST 4 DIGETS OF SOCIAL SECURITY# _____ Citizenship _____

2. NAME OF ATHLETE _____ TELEPHONE # _____

ROUTINE SCORE _____ EVENT _____ QUALIFYING MEET _____

LAST 4 DIGETS OF SOCIAL SECURITY# _____ Citizenship _____

3. NAME OF ATHLETE _____ TELEPHONE # _____

ROUTINE SCORE _____ EVENT _____ QUALIFYING MEET _____

LAST 4 DIGETS OF SOCIAL SECURITY# _____ Citizenship _____

ALTERNATE ATHLETE IF THERE IS ROOM AT USOTC. CALL MARY ELLEN 716 695 6394 OCTOBER 20

1. NAME OF ATHLETE _____ TELEPHONE # _____

ROUTINE SCORE _____ EVENT _____ QUALIFYING MEET _____

LAST 4 DIGETS OF SOCIAL SECURITY# _____ Citizenship _____

2. NAME OF ATHLETE _____ TELEPHONE # _____

ROUTINE SCORE _____ EVENT Team _____ QUALIFYING MEET _____

LAST 4 DIGETS OF SOCIAL SECURITY# _____ Citizenship _____

This Form is for those taking the Scoring Clinic and those taking **CCP 2** The USOTC needs **LAST 4 DIGITS SS#** because we need to go through a security check

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LAKE PLACID TRAINING CENTER
November 6-8

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Wheatfield, NY 14120

EMAIL/US POSTMARKED BY OCTOBER 16
Telephone Number 716 695 6394
email address maryewiegand@verizon.net

I will accept email of forms Mail checks US post by October 16

MUST INCLUDE ENTRY FEE CHECK: TO EAST ZONE AMOUNT INCLUDE \$_____ **\$140.00 US Citizens \$180.00 non Citizens (non US Citizens have more forms that need to be filled out you need to inform me call Mary Ellen) The cost of the Olympic Center \$110 and course \$30 Rooms can be checked in on Friday afternoon and out on Sunday morning. Meals start with Friday Dinner and end with Sunday Lunch.**

SCORING UPDATE – This is a training Clinic for the scoring Committee and those holding Sr./ JR. ZONE, 13-14 Zone 12 AND UNDER (JUNE) , INVITATIONAL MEETS

Scoring Member : Name _____ Association _____

Email Address for forms to be sent (print clearly) _____

Home address _____ Telephone _____

LAST 4 DIGITS OF Social Security # _____ **Citizenship** _____

Scoring Member : Name _____ Association _____

Email Address for forms to be sent (print clearly) _____

Home address _____ Telephone _____

LAST 4 DIGITS OF Social Security # _____ **Citizenship** _____

SCHEDULE: We will be starting at 7:00 on Friday and finishing Sunday noon.
It is important to know when you are arriving so we do not pay for a room that isn't being used.
Please let us know if you are not able to get there for the Friday evening session so we can adjust room plans.

Please bring a laptop computer if you have one. Questions- email PETE MCGEOCH
petermcgeoch@gmail.com

This Form is for those taking CCP LEVEL 2 COURSE FORMS:

UNITED STATES EASTERN ZONE
OLYMPIC TRAINING CAMP
LAKE PLACID TRAINING CENTER
OCTOBER 6-8 2015

We plan on doing a CCP level 2 course if there is enough interested. We will need 10 registered in order to have the course.

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Wheatfield, NY 14120

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Telephone Number 716 695 6394
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\$250 for USSS to take the CCP course PLUS Cost of the Olympic Center is \$110. Equals = \$360.00.
(non US Citizens have more forms that need to be filled out. You need to inform Mary Ellen) The East Zone will Register and pay USSS. Rooms can be checked in on Friday afternoon and out on Sunday morning. Meals start with Friday Dinner and end with Sunday Lunch.

CCP LEVEL 2 The USOTC needs LAST FOUR DIGETS OF SS# because we need to go through a security check

1. Name _____ Association _____

CUB Code _____

Email Address for forms to be sent (print clearly) _____

Home address _____ Telephone _____

LAST 4 DIGETS OF Social Security # _____ Citizenship _____

2. Name _____ Association _____

CUB Code _____

Email Address for forms to be sent (print clearly) _____

Home address _____ Telephone _____

LAST 4 DIGETS OF Social Security # _____ Citizenship _____

3. Name _____ Association _____

CUB Code _____

Email Address for forms to be sent (print clearly) _____

Home address _____ Telephone _____

LAST 4 DIGETS OF Social Security # _____ Citizenship _____

This Form is for those taking Assessor COURSE FORMS:

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Telephone Number 716 695 6394
email address maryewiegand@verizon.net

I will accept email of forms Mail checks US post by October 16

MUST INCLUDE ENTRY FEE CHECK: TO EAST ZONE AMOUNT INCLUDE \$ _____

\$140.00 US Citizens \$180.00 non Citizens (non US Citizens have more forms that need to be filled out you need to inform me call Mary Ellen) The cost of the Olympic Center \$110 and course \$30 Rooms can be checked in on Friday afternoon and out on Sunday morning. Meals start with Friday Dinner and end with Sunday Lunch.

Assessor Training – This is a training Clinic for the new levels

Assessor Member : Name _____ Association _____

Email Address for forms to be sent (print clearly) _____

Home address _____ Telephone _____

LAST 4 DIGITS OF Social Security # _____ Citizenship _____

Assessor Member : Name _____ Association _____

Email Address for forms to be sent (print clearly) _____

Home address _____ Telephone _____

LAST 4 DIGITS OF Social Security # _____ Citizenship _____

SCHEDULE: We will be starting at 7:00pm on Friday and Saturday evening.
It is important to know when you are arriving so we do not pay for a room that isn't being used.
You must be there both Friday night and Saturday night for the full training.

Questions- email Mary Ellen Wiegand - maryewiegand@verizon.net