

2012 West Zone Clinic
Portland, Oregon
December 10-11, 2011

ANNOUNCEMENT

- CLINIC** The West Zone Clinic will be held in Portland, Oregon at the Multnomah Athletic Club, December 10-11. The main clinicians will be from the national team coaching pool including: two Olympic coaches, Charlotte Davis and Gail Emery, as well as Julie Thaden, who most recently served as head coach for both the 2009 and 2010 12-under National Teams. Other presenters include M'Liss Stephenson, dance professional; Lucie Svrcinova, Olympian and others including a gymnastics professional.
- FACILITY** Multnomah Athletic Club
1849 SW Salmon Street
Portland, OR 97205
- SCHEDULE** Saturday, December 10, 8:00 am – 5:00 pm (lunch break around 11:30 am)
Sunday, December 11, 8:00 am – 12 pm
- FEE** Athletes, **\$125**; Observers (coaches, non-participating athletes, any others observing), **\$75**. Each club sending athletes should collect the money for all of their club's athletes and observers and submit one club check for the total amount with one registration form listing all participants. Please, we do not want individual checks from each participant. Checks should be made payable to the "West Zone." Please designate "West Zone Clinic" on the note line of your check.
- ELIGIBILITY** The West Zone Clinic is a USSS sanctioned event. For educational events, all attendees (observers and swimmer participants) must be registered with USSS. Observers must have at minimum a USSS Booster registration. Swimming participants must have a USSS regular athlete registration. USSS Registration information is available on the www.usasynchro.org website.
- Athletes must be competing in Age Group or Junior levels for the competition year 2012.* If less than 40 athletes are registered by the due date of December 1, openings may be filled by experienced athletes who will be competing at the intermediate level in 2012. However, any intermediates accepted should be told to expect a challenging curriculum. Any intermediates interested should contact clinic coordinator, Julie Thaden. Those who do not get in as athletes are welcome to attend as observers.
- Registrations will be closed upon the first 40 swimming registrants, so get your registration in early! ***There is no limit to the number of observers who may attend.***
- REGISTRATION** Mail the attached form and check to:
- Multnomah Athletic Club
c/o Michele Kraus, Aquatics
1849 SW Salmon Street
Portland, OR 97205

Registrations must be received by December 1st, 2011; registrations are not considered complete without payment.

If you have any questions, please contact the clinic coordinator listed below.

CONTACT

Julie Thaden (Clinic Coordinator)
1849 SW Salmon Street
Portland, OR 97205
(503) 517-7509
jthaden@themac.com

CURRICULUM

Will include both land and water sessions
Dance-based extension, flexibility and strength work
Gymnastics-based extension, flexibility and strength work
Many drills for figures (12-under, 13-15, 16-18 age group levels & junior)
Viewing and discussion of recent international competition videos
National Team Skills Routine
Efficient propulsion and routine transitions

HOTEL

Silver Cloud Inn (see attached hotel flyer for details)
Block Name: *West Zone Clinic*
Rate: \$109 (all non-smoking)
Includes expanded continental breakfast

AIRPORT

Portland International Airport
7000 NE Airport Way
Portland, OR

DIRECTIONS

Provided upon registration.

RESTAURANTS

Provided upon registration.

