

February 2012 Figure and Routine Clinic

When: Sunday February 12th from 11:00am -3:00pm

Where: Peninsula High School, 14105 Purdy Drive NW Gig Harbor, WA 9833

Who: Synchronized swimmers currently registered with USA Synchro
Parents

To register, send an e-mail by Feb 1st, which includes the following information:

Your name Your age Your club
Routine(s) you will be swimming
Name of any partners or team members you will be swimming with
Level of your routine (AG, Intermed, Novice)
Send the e-mail to: paulandlee@earthlink.net

Fees: The day of the clinic please bring your registration fee (\$25) in cash or as a cheque made out to PNA. Please print and sign the waiver which is attached to this announcement as well.

What's happening: This clinic is an excellent opportunity for swimmers to have their routines critiqued by Charlotte Davis, before the first meet of the year. Get feedback from one of the most respected coaches in our country, and enter the first routine meet of the year with a new confidence in the quality of your routines. Your routines will be videotaped, and posted on You-Tube, with a link e-mailed to you so you can review it after the clinic is over.

We will also be working on the two compulsory figures for each swimming level, Ballet Leg Single, Walkover Front, Walkover Back, Porpoise Spinning 360, Kip split closing, and Ibis Continuous Spin.

For Parents and synchro supporters, this clinic is a great opportunity for you to attain your Level 1 Tech Routine judging certification in a non-competitive environment. During the clinic, Tori Johnson will be walking you through routines, required technical elements, and how to judge them in a routine.

You will also be able to observe the coaches working with the swimmers and learn more about how a routine is created, and how the different elements in a routine come together to result in the finished product.

Judges are the backbone of our swim meets, and this is a great way to introduce yourself to a new side of our sport, and become involved. At the conclusion of the clinic you will be able to take the Level 1 open book test.