

**UNITED STATES EASTERN ZONE  
OLYMPIC TRAINING CAMP  
December 10-12 2010  
LAKE PLACID U.S.O.T.C., NEW YORK  
ATHLETES AND COACHES**

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

**WHEN: December 10 – 12, 2010**

**REGISTRATION DEADLINE: Postmarked November 22 MUST INCLUDE REGISTRATION FEE. (\$195.00 PER PERSON for US Citizen and \$235.00 for non US citizens) Contact Mary Ellen about non US Citizen.**

**Will accept emails and US mail for checks.**

**You must identify non- citizens. They must go through a security check and week before going to an Olympic Training Center.**

**I will accept email of the forms by 11/22. Checks by US mail. Telephone 716 695 6394**

**SEND TO Mary Ellen Wiegand  
21 Forest Lake Drive  
Wheatfield, New York, 14120**

Email will be accepted – Send check by US Mail ([maryewiegand@verizon.net](mailto:maryewiegand@verizon.net))

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

**I will accept emails sent by 11/22 with form and check mailed**

**ENTRY FEE BREAKDOWN:**The cost to stay and eat at the Olympic Training Center is \$95.00 (\$135.00 for non US Citizens) for 2 nights. The cost for the clinic staff is \$100.00 per person.

**CAMP COORDINATOR: MARY ELLEN WIEGAND** telephone number 716 695 6394  
Email address [maryewiegand@verizon.net](mailto:maryewiegand@verizon.net)

**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.
- To create an atmosphere that will motivate an individual athlete thereby providing an avenue for team motivation.
- To provide psychological training for athletes and coaches so that they may be better prepared for pre/post competition.

**CRITERIA:** Choose a Gold or Silver athlete with the following qualifications- a 69.00 routine (100%) score in solo, duet, trio or team from Senior Assoc. Regional, Zone, or National Championship. Choice of qualified athlete should be the coaches. Proof of qualifying must include entries. There will be NO GOLD CAMP this year. **We will divide athletes into 2 groups Gold and Silver.** Send top figure score achieved

1. Two 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 third qualified athlete may attend on a space available basis. **Call or email 11/29** as to available space.

**SCHEDULE:**

Friday, December 10, meal service starts with dinner, first meeting is at the USOTC at 7:00.

Saturday, December 11, 8:00-5:00 North Country Community College pool, 7:00 USOTC.

Sunday, December 12, 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.**

**Make sure you include the social security numbers. Lake Placid needs it for security reasons.**

**Form for Athletes and Coaches**

**YOU NEED TO SEND PROOF OF SCORE FROM A REGIONAL OR ABOVE MEET. THE SCORE IS 69.00 or above**  
**YOU NEED TO FILL OUT DIFFERENT PAPER WORK FOR NON – US CITIZENS**

**UNITED STATES EASTERN ZONE  
OLYMPIC TRAINING CAMP  
LAKE PLACID TRAINING CENTER  
December 10-12 2010**

SEND TO: MARY ELLEN WIEGAND  
21 Forest Lake Drive  
Wheatfield, New York 14120  
Will accept email and US Post for checks

**US POSTMARKED or EMAIL BY November 22**  
Telephone 716 695 6394  
  
email address maryewiegand@Verizon.net

**MUST INCLUDE ENTRY FEE**      **CHECK: TO EAST ZONE**      **AMOUNT INCLUDED \$** \_\_\_\_\_  
US Citizens \$195.00 Non US Citizens \$235.00

**HEAD COACH** \_\_\_\_\_ **CLUB** \_\_\_\_\_ **email** \_\_\_\_\_

**ADDRESS FOR FORMS TO BE SENT** \_\_\_\_\_

**CONTACT TELEPHONE NUMBER** \_\_\_\_\_ **TIME OF ARIVAL** \_\_\_\_\_

**1. COACH ATTENDING** \_\_\_\_\_ **TELEPHONE #** \_\_\_\_\_

**SOCIAL SECURITY #** \_\_\_\_\_ **email address** \_\_\_\_\_ **Citizenship** \_\_\_\_\_

**2. ADDITIONAL COACH** \_\_\_\_\_ **TELEPHONE #** \_\_\_\_\_

**SOCIAL SECURITY #** \_\_\_\_\_ **email address** \_\_\_\_\_ **Citizenship** \_\_\_\_\_

**GOLD AND SILVER ATHLETES: THERE WILL BE NO GOLD CAMP THIS YEAR. ATHLETES SEPERATED INTO GOLD AND SILVER SEE QUALIFICATIONS 2 QUALIFIED ATHLETES PER CLUB ONLY \* 69.00.0 Solo, Duet, Trio or Team score From a Senior Association or Regional or higher meet. send Qualifying Proof and their top figure score**

**NAME OF ATHLETE #1** \_\_\_\_\_ **TELEPHONE #** \_\_\_\_\_

**ROUTINE SCORE** \_\_\_\_\_ **EVENT** \_\_\_\_\_ **QUALIFYING MEET** \_\_\_\_\_

**SOCIAL SECURITY#** \_\_\_\_\_ **Citizenship** \_\_\_\_\_ **Top Figure Score achieved** \_\_\_\_\_

**NAME OF ATHLETE #2** \_\_\_\_\_ **TELEPHONE #** \_\_\_\_\_

**ROUTINE SCORE** \_\_\_\_\_ **EVENT** \_\_\_\_\_ **QUALIFYING MEET** \_\_\_\_\_

**SOCIAL SECURITY#** \_\_\_\_\_ **Citizenship** \_\_\_\_\_ **Top Figure Score Achieved** \_\_\_\_\_

**ALTERNATE ATHLETE IF THERE IS ROOM AT USOTC. CALL MARY ELLEN 716 695 6394 on November 29.**

**NAME OF ATHLETE #1** \_\_\_\_\_ **TELEPHONE #** \_\_\_\_\_

**ROUTINE SCORE** \_\_\_\_\_ **EVENT** \_\_\_\_\_ **QUAUFYING MEET** \_\_\_\_\_

**SOCIAL SECURITY#** \_\_\_\_\_ **Citizenship** \_\_\_\_\_ **Top Figure Score Achieved** \_\_\_\_\_

**NAME OF ATHLETE #2** \_\_\_\_\_ **TELEPHONE #** \_\_\_\_\_

**ROUTINE SCORE** \_\_\_\_\_ **EVENT** \_\_\_\_\_ **QUAUFYING MEET** \_\_\_\_\_

**SOCIAL SECURITY #** \_\_\_\_\_ **Citizenship** \_\_\_\_\_ **Top Figure Score Achieved** \_\_\_\_\_

**There may be room for 4 Athletes per Club but I will not know until entries are received. Please list them. Call/email after 11/29**

**Make sure you include the social security numbers. Lake Placid needs it for security reasons.**

**This Form is for those taking the Scoring Clinic and those taking the Judges Training and Testing Clinic**

YOU NEED TO FILL OUT DIFFERENT PAPER WORK FOR NON – US CITIZENS Notify Mary Ellen

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OLYMPIC TRAINING CAMP  
LAKE PLACID TRAINING CENTER  
December 10-12 2010**

SEND TO: MARY ELLEN WIEGAND  
21 Forest Lake Drive  
Wheatfield, NY 14120

**US POSTMARKED BY November 22**  
Telephone Number 716 695 6394  
email address maryewiegand@verizon.net

I will accept email of forms by 11/22. Mail checks US post.

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

**\$110 US Citizens \$145.00 non Citizens (non US Citizens have more forms that need to be filled out you need to inform me call Mary Ellen)**

**Rooms can be checked in on Friday afternoon and out on Sunday morning. Meals start with Friday Dinner and end with Sunday Lunch.**

**Circle Clinic**

**Scoring/ Judging      Name \_\_\_\_\_ Association \_\_\_\_\_**

**Email Address for forms to be sent (print clearly) \_\_\_\_\_**

**Home address \_\_\_\_\_**

**Social Security # \_\_\_\_\_ Telephone number \_\_\_\_\_**

**Were you there last year      Yes      No      Circle**

**Citizenship \_\_\_\_\_      Circle Clinic -      Scoring Clinic**

**Judges Clinic - Level \_\_\_\_\_**

**Additional Scoring or Judging person if there is room \_\_\_\_\_**

**Email Address for forms to be sent (print clearly) \_\_\_\_\_**

**Home address \_\_\_\_\_**

**Social Security # \_\_\_\_\_ Telephone number \_\_\_\_\_**

**Were you there last year      Yes      No      Circle**

**Citizenship \_\_\_\_\_      Circle clinic-      Scoring Clinic**

**Judges Clinic - Level \_\_\_\_\_**

**ADMINISTRATED CHAIRMAN PLEASE PASS THIS ON TO YOUR SCORING AND OFFICIALS CHAIRMAN FOR YOUR ASSOCIATION. WE WILL HAVE TWO SCORING CLINICS GOING: ONE FOR NEW PEOPLE AND ONE FOR THOSE MORE ADVANCED. OFFICIALS WILL BE LEVEL 1-3 INCLUDING TESTING.**

**UNITED STATES EASTERN ZONE  
OLYMPIC TRAINING CAMP  
LAKE PLACID TRAINING CENTER  
December 10 – 12, 2010**

**ASSOCIATION SCORING CHAIRMAN AND OFFICIALS CLINIC/TESTING (level 1-3)**

**WHERE: UNITED STATES OLYMPIC TRAINING CAMP, LAKE PLACID, NY  
WHEN: December 10 – 12, 2010  
WHO: SCORING CHAIRMAN FOR EACH ASSOCIATION AND ANYONE INTERESTED IN OFFICIALS CLINIC AND TESTING LEVEL 1-3**

**REGISTRATION DEADLINE: Postmarked November 22, must include registration Fee. I will accept email of email of forms by 11/22. Send checks by US post.  
( \$110.00 per person for US Citizens \$145.00 for non US Citizens - Non US Citizens please call Mary Ellen for information)**

**SEND TO: MARY ELLEN WIEGAND  
21 Forest Lake Drive  
Wheatfield, New York 14120  
Will accept email and US Post for checks**

**US POSTMARKED BY November 22, 2010  
Before 11/22 2010 Telephone 716 695 6394  
email address [maryewiegand@verizon.net](mailto:maryewiegand@verizon.net)**

**No late Entries- No Entries without the registration fee included will be considered. Checks written to East Zone. Please inform us if you are not a US Citizen. There will be different paper work that must be filled out before you come to the training center.**

**ENTRY FEE BREAKDOWN:** the cost to stay and eat at the Olympic Training Center is \$110.00 for US Citizens and \$145.00 for non US Citizens.

**CAMP COORDINATOR:** Mary Ellen Wiegand telephone number 716 695 6394 [maryewiegand@verizon.net](mailto:maryewiegand@verizon.net)

**SCORING COORDINATOR:** Bob Wiegand – East Zone Scoring Chairman [bobwiegs@yahoo.com](mailto:bobwiegs@yahoo.com)  
**OFFICIALS COORDINATOR :** Joann Wright will appoint officials coordinator

**SCORING GOAL:** To help association scorers be more comfortable with the scoring program and to learn any changes that take place during convention.

**EXPERIENCED SCORERS:** To learn to run an advanced meet such as East Zone Senior or Junior, or a National Championship. (to do advances)

**Please bring a laptop computer if you have one.**

**JUDGING GOAL:** to train more Judges levels 1-3.

**SCHEDULE:** We will be starting at 7:00 on Friday and finishing Sunday noon.  
Our meals start Friday dinner and end Sunday lunch. Rooms can be checked in on Friday afternoon and out on Sunday morning. 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 our plans.