



## 2015 West Zone Clinic & Grade Level 1-3 Testing

Portland, OR

December 4-6, 2015

ANNOUNCEMENT

### CLINIC

The 2015 West Zone Clinic & Grade Level 1-3 Testing will be held in Portland, OR.

### FACILITY

Multnomah Athletic Club West pool and gymnastics facility.

Multnomah Athletic Club  
1849 SW Salmon St.  
Portland, OR 97205  
(503) 223-6251

### COMBINED SCHEDULE

#### **Friday, December 4th, 2015**

4:00 pm-7:00 pm	Grade Levels 1-3 Water Testing (Swimming)
2:00 pm- 7:00pm	Grade Assessors Training with Shari Darst

#### **Saturday, December 5, 2015**

8:00 am – 9:45 am	<b>West Zone Clinic:</b> Older Girls: Grade Levels Water Tests Prep Younger Girls: Grade Levels Land Test Prep with MAC Gymnastics
10:15 am - 12:00 pm	<b>West Zone Clinic:</b> Older Girls: Grade Levels Land Test Prep with MAC Gymnastics Younger Girls: Grade Levels Water Tests Prep
12:00 pm – 1:00 pm	Lunch Break (lunch not provided)
1:00 pm – 8:00 pm	Grades Level 1-3 Water Testing (Figures and Routine)

#### **Sunday, December 6, 2015**

8:00 am – 12:00 pm	Grades Level 1-3 Land Testing
12:00 pm – 1:00 pm	Lunch Break (lunch not provided)
1:00 pm – 3:00 pm	<b>West Zone Clinic:</b> Acrobatic Training for Lifts with MAC Gymnastics Grade Level 1-3 Water Testing (only if needed)



## **COST**

For the first time we are incorporating Grade Levels Testing and the West Zone Clinic into one event. The two events have separate fees.

## **WEST ZONE CLINIC FEE**

Athletes - \$35 each

Observers - \$15 each (including coaches, non-participating athletes, any others observing, does not include assessors)

Each club sending athletes will 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. ***Individual checks will not be accepted.***

***Checks should be made payable to the "West Zone." Please designate "West Zone Clinic" on the note line of your check.***

## **GRADE LEVEL TESTING FEE**

Athletes - \$15 sponsor fee in addition to individual level fees as follows:

Level 1: \$15

Level 2: \$20

Level 3: \$25

Registration and payment for Grade Level Testing is done online at [www.usasynchro.org](http://www.usasynchro.org).

Each club sending athletes will collect the sponsor fee for all of their club's athletes and submit one club check for the total amount with one registration form listing all participants.

***Individual checks will not be accepted.***

***Sponsor fee checks should be made payable to "Oregon Synchronized Swimming Association." Please designate "Sponsor Fee" on the note line of your check.***

## **ELIGIBILITY**

The West Zone Clinic and Grades Testing are USSS sanctioned event. For educational events, all attendees (observers and swimmer participants) must be registered with USSS or their countries NGB. Observers must have at minimum a USSS Booster registration or registered under their countries NGB. Swimming participants must have a USSS regular athlete registration or



countries NGB athlete registration. USSS Registration information is available at [www.usasynchro.org](http://www.usasynchro.org).

**Registrations for the 2015 West Zone Clinic will be limited to the first 75 athlete registrants.**

**Registration for the Grades Testing is limited to 100 total level tests (participants can register for more than one level test), so get your registration in early!**

***No limit on number of observers.***

#### **GRADE LEVEL TESTING NOTICE**

Multnomah Athletic Club West Pool is a 25 meter pool. Swim tests will be performed as 25 meters rather than 25 yards and could affect your results.

Grade Level 1-3 Testing at this event will be divided by test type, not by level. If you are entering more than one grade level test please be advised that you must pass level 1 to pass level 2, and level 2 to pass level 3. If you register for levels you do not pass you will not be refunded.

Athletes must wear black suit and black athletic shorts for land skills and black suit and white cap for water skills.

Hair should be worn up in a ponytail or braid.

#### **HOST HOTEL**

Doubletree by Hilton Beaverton for \$109/night including breakfast. Must book by November 20<sup>th</sup> to get the group rate.

15402 NW Cornell Road  
Beaverton, Oregon, 97006  
TEL: 503-614-8100

Group name: OASS West Zone Clinic

#### **HOSPITALITY**

Hospitality will be provided for Clinicians, Assessors and Officials. Snacks will be provided for athletes. Lunch will not be provided for athletes. Personal food is permitted inside the club but



club food and coolers are not permitted. Athletes are invited to eat at MAC's snack shop and restaurants.

## REGISTRATION

Registration and payment for Grade Level Testing is done online at [www.usasynchro.org](http://www.usasynchro.org).

To register for Grade Level Testing Sponsor Fee and West Zone Clinic mail the attached form and check to:

Multnomah Athletic Club, Aquatics  
c/o Michele Kraus  
1849 SW Salmon St  
Portland, OR 97205

## DEADLINE

***Registrations must be postmarked by November 25th, 2015; registrations are not considered complete without payment.***

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

## CONTACT

Michele Kraus  
[mkraus@themac.com](mailto:mkraus@themac.com)  
503 517-7507



## 2015 West Zone Clinic and Grade Level 1-3 Testing– Portland, Oregon

Registration Form (deadline November 25, 2015)

NAME OF CLUB: Seattle Synchro

NAME OF HEAD COACH/OFFICIAL: Lacey Ethier

CONTACT PERSON: \_\_\_\_\_

ADDRESS: 11410 NE 124th St #461

CITY STATE ZIP: Kirkland WA 98034

HOME PHONE WORK PHONE: 253-951-4388

FAX # CELL PHONE: \_\_\_\_\_

EMAIL: info@seattlesynchro.com

Athlete Name	DOB*: xx/xx/xxxx	Competitive Level	West Zone Clinic (\$35 to West Zone)	Levels Testing Sponsor Fee (\$15 to OASS)	Observer Name (\$15 to West Zone)	Assessor Name
Ito-Ibrahim, Hannah	11/10/2004	AG 12 & U	\$35	\$15	Amanda Dagle- \$15	Lacey Ethier
Hollodi, Reka	02/04/2004	AG 12 & U	\$35	\$15	Emily Smith- \$15	Kathleen Snedecker-
Kwon, Audrey	06/16/2006	AG 12 & U	\$35	\$15		
Polyakova, Valeria	04/28/2007	AG 12 & U	\$35	\$15		
Trihn, Hanna	03/10/2004	AG 12 & U	\$35	\$15		
Hunter, Keana	03/04/2004	AG 12 & U	\$35	\$15		
McVey, Kittredge	01/09/2001	AG 13-15	\$35	\$15		
Hobson, Meili	06/25/2003	AG 13-15	\$35	\$15		
Huang, Ivy	06/12/2002	AG 13-15	\$35	\$15		
Korolenko, Natalie	12/01/2001	AG 13-15	\$35	\$15		
Polyakova, Elizaveta	06/18/2002	AG 13-15	\$35	\$15		
Sorosy, Vivien	05/18/2003	AG 13-15	\$35	\$15		
Wu, Alicia	10/06/2003	AG 13-15	\$35	\$15		
Zhang, Grace	11/13/2001	AG 13-15	\$35	\$15		
Cao, Lilly	02/16/2000	AG 16-19	\$35	\$15		
Satterfield, Shanaya	11/26/1998	AG 16-19	\$35	\$15		
Blissett, Mia	05/04/2000	AG 16-19	\$35	\$15		
Chen, Grace	11/27/1999	AG 16-19	\$35	\$15		
Strand, Zoe	11/10/1998	AG 16-19	\$35	\$15		
Strande, Elizabeth	05/10/2002	AG 13-15	\$35	\$15		
Fang, Sophia	11/14/2003	AG 13-15	\$35	\$15		

\*need full date of birth example: (03/26/2000)

Pak, Irene	09/21/2003	AG 13-15	\$35	\$15
Pseehu, Maria	07/28/2002	AG 13-15	\$35	\$15

Tent



FEES:

Total number of Athletes attending West Zone Clinic \_\_\_\_\_ x \$35 = \_\_\_\_\_

Total number of Coaches/Observers attending Clinic (excluding assessors) \_\_\_\_\_ x \$15 = \_\_\_\_\_

Total number of Athletes attending Grade Levels 1-3 Testing \_\_\_\_\_ x \$15 = \_\_\_\_\_

Total Fee \_\_\_\_\_

Total number of Assessors available to assess Grade Levels 1-3 Testing \_\_\_\_\_ **THANK YOU!!**

Please complete the information and return with registration fee postmarked by November 25th, 2015 to:

Multnomah Athletic Club, Aquatics  
c/o Michele Kraus  
1849 SW Salmon St  
Portland, OR 97205