

UPSTATE NY DIVING

Summer Clinic July 2-6, 9-13, 16-20 2018



UPSTATE DIVING CLINIC

- ✓ National Level Coaches
- ✓ 2 One meters
- ✓ 2 Three meters
- ✓ 2 Trampolines
- ✓ Spotting rig
- ✓ 8 Somersaulting & Twisting belts
- ✓ Bubbler system
- ✓ Underwater Camera for Entries
- ✓ 4 TiVo's
- ✓ 20 Person Hot Tub
- ✓ 2 Diving sessions per day
- ✓ Video analysis
- ✓ Complete Dryland Facility
- ✓ 2 Dryboards



upstatediving.com | 585-224-5130 | cliff@upstatediving.com
RIT Pool 149 Lomb Memorial Dr | Upstate Diving Dryland Facility 305 Commerce Dr #6

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Achieve your diving goals at Upstate



Coaching

Head Coach Cliff Devries is a two time Diving All-American with over 20 years of diving coaching experience. As a diver Cliff was a two-time NYS Section V Champion and Empire State Games Champion. He attended the University of Kentucky where he dove at the Division I Level. He has had 5 Age-group National Champions, ten NCAA Conference Champions and has been named The Upper New York State Athletic Conference Coach of the Year in 2000, 2002, 2007, 2008, 2011 and 2015. He is currently the CEO of the PDCA. Cliff loves to work with all age groups and ability levels. He holds a degree in Business Administration, Accounting from RIT and passed the CPA Exam in 2003. Cliff is a cancer survivor and is active in his recovery and rehabilitation efforts. Assistant coaches from Upstate NY Diving will be helping Cliff run a safe, fun and productive clinic.

Program Objectives

The primary goal of this clinic is for divers to improve their diving skills. It will help educate, motivate and encourage diver's progress in the sport. Divers are taught in a structured and enjoyable environment that emphasizes goal setting and individual improvement. The clinic utilizes dryboards, trampoline and instant replay video. Participants will also receive instruction in: conditioning, nutrition, mental preparation for competition, meet strategy and goal setting. Participants will be broken into smaller groups based upon age and ability, which will allow for individualized instruction. The Upstate NY Diving clinic provides an excellent training session for all levels of competitive divers and a fun-filled week with friends.

Daily Schedule

Dryland Session

Warm-up & Stretching
Dryboard & Trampoline
Conditioning

Lunch Break /Video analysis/Games

Pool Session

Warm up & Stretching
Diving & Trampoline

The Gordon Field House and Activities Center at RIT is the \$55 million complex where the Judson Pool is located. The pool is, quite simply, the best diving facility in the greater Rochester area. Complete with two 3 Meter, two 1 Meter boards on concrete stands, and a 20 person hot tub, the pool has a bubbler system for learning new dives, and 2 digital replay systems for instant visual feedback for every dive.

The Upstate Diving Dryland Facility is the only complete dryland facility in New York State. It is the single most effective training tool available for divers. Divers have access to 2 dryboards, with instant feedback on the mounted TiVo stations and 2 high performance trampolines with overhead spotting rigs and belts. **Advanced Divers AM clinic is held at the dryland facility. Dryland Address:** 305 Commerce Dr, #6 Rochester NY 14623

Times & Lunch

Advanced divers should be dropped at dryland at 8:45 am and be picked up at 12 noon and brought to the pool for Lunch and afternoon practice. Advanced divers need to be picked up from the pool at 4:30 pm each day. Beginner divers should be dropped at the pool at 8:45 am and picked up promptly at 12:00 pm. (Dryland Facility on Wednesday July 18) The clinic does not provide food. Each diver participating in the Advanced clinic should bring their own bag lunch. On Wednesday, July 18 the Beginner Clinic will be at the Dryland Facility (There is no afternoon diving session on July 4.)

Insurance

All Upstate Diving camp participants must be registered in 2018 with AAU Diving for insurance purposes. If you are already a member of AAU Diving please place your number in the space provided and attach a copy of your card. If you are not a member, visit aausports.org and click on Membership and register for a "New Athlete Membership." The cost is \$14.00. All participants MUST be registered with AAU Diving. This is separate insurance from your personal insurance.

Beginner & Advanced Diver Registration

Beginner Enrollment is open to children ages 6 and older. Advanced divers must be over 12 years old and able to complete 101, 201, 301 and 401 on 1 meter. Divers are encouraged to enroll early; however, enrollment is open until all spots are full. Please enclose total clinic tuition with your application. Divers who register before June 15, 2018 will receive a free clinic T-shirt. **Please save a copy of your application for information purposes.** After receipt of your application, enrolled divers will receive an email confirmation. Pricing for the clinic is listed on the registration form. (The RIT pool is Closed on July 4 – There will be no pool session on July 4 for the afternoon practice for the Advanced Clinic)

Upstate NY Diving Clinic 2018 Registration Form

Achieve your diving goals at Upstate

Diver's Name _____ M F

Date of Birth MM/DD/YYYY ___/___/_____ Age_____

Address_____

City_____ State_____ ZIP_____

Parents' Names_____

Parent's Email _____

Parent's Cell Phone () _____

Emergency Contact () _____

T-Shirt Size YS YM YL Number of years diving
(Circle one) AS AM AL experience _____

List 1 Meter Dives _____

List 3 Meter Dives _____

School District _____

July 2-6 Advanced Full Day 9:00 am - 4:30 pm \$405
(There is no afternoon diving session on July 4)

July 9-13 Advanced Full Day 9:00 am - 4:30 pm \$450

July 16-20 Beginner 9:00 am-12:00 pm \$150
(On Wednesday, July 18 the clinic will be held at the Dryland Facility)

Note: Divers registering for the Advanced Clinic will be at the Dryland Facility for 9:00 am practice at 305 Commerce Dr, #6 Rochester NY 14623 (Approx. 3 miles from the pool)

2018 AAU Diving # _____

You must attach your diver's AAU card to this registration before you mail this form.

Diver Signature _____

Parent/Guardian Signature _____

Upstate NY Diving Clinic 2018

For more information visit:

www.upstatediving.com

Phone: 585-224-5130

Email:

manager@upstatediving.com

Registration Information

Please make a copy of this completed form and save for your records. Mail your completed registration before June 15 for a clinic T-shirt.

Mail this registration and a copy of the AAU card to:

Upstate NY Diving
144 Dunrovin Ln
Rochester NY 14618

Make checks out to Upstate NY Diving

Refund Policy

Any cancellation before June 15 will receive all funds except a \$50 handling fee.

Any cancellation after June 15 will receive all funds except a \$100 handling fee.

There will be NO REFUNDS for any cancellation after check-in.