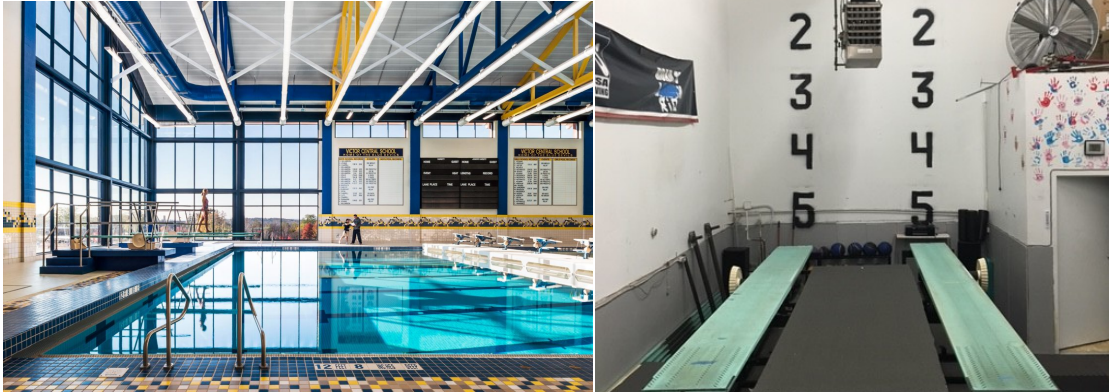


# UPSTATE NY DIVING

**Summer Clinic August 9-13, 2021**

Victor HS Pool / Upstate Dryland Facility



## USA DIVING National Level Coaches Clinic Limited to 20 divers

### **Training Equipment**

#### Victor High School

- 2 One Meter Diving Boards

#### Upstate Diving Dryland Facility

- 2 Dryboards
- 2 Trampolines
- 2 Spotting Rigs with Belts
- 8 Somersaulting and Twisting Belts
- Underwater Camera for Entries
- 2 Tivo Digital Replay Systems
- 2 Diving Sessions Per Day
- Video Analysis

### **Daily Schedule**

#### Dryland 8:30-11:30 am

- Warm up
- Stretching & Flexibility
- Skills training
- Harness & Belt
- Conditioning
- Video Analysis

#### Victor Pool 1:00-4:00 pm

- Warm up
- Stretching & Flexibility
- Diving Training
- Mental Training & Visualization

### [Registration Link](#)

You will receive an email invoice for payment within 24 hours of registration.

upstatediving.com | 585-224-5130 | [cliff@upstatediving.com](mailto:cliff@upstatediving.com)  
Victor High School Pool | Upstate Diving Dryland Facility 305 Commerce Dr #6

# Upstate NY Diving Clinic August 9-13, 2021

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, 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

#### Pool Session

Warm up & Stretching  
Diving

**The Victor High School Pool** is the new pool built in 2015. 13 feet deep with 2 duraflex maxi b boards on cement stands.

**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 will train on 2 dryboards, with instant feedback from the mounted TiVo stations. Divers love our 2 high performance trampolines with overhead spotting rigs and belts. **AM clinic is held at the dryland facility.**  
**Dryland Address:** 305 Commerce Dr, #6 Rochester NY 14623

## Times & Lunch

Clinic divers should be dropped at dryland at 8:30 am and be picked up at 11:30 am. Divers attending the pool session should be dropped off at the pool at 1:00 pm and picked up from the pool at 4:00 pm each day. The clinic does not provide food. Each day there will be a one and a half hour break from 11:30 to 1 PM for divers to get lunch and travel to the Victor pool.

## Registration & Insurance

Registration is now online at [Upstatediving.com/registration](http://Upstatediving.com/registration) There is no longer a mail-in registration. Divers who register before August 1, 2021 will receive a free clinic T-shirt. After receipt of your registration, enrolled divers will receive an email confirmation. All Upstate Diving clinic participants must be registered in 2021 with AAU Diving for insurance purposes. If you are already a member of AAU Diving please place your number in the space provided. If you are not a member, visit [aausports.org](http://aausports.org) and click on Membership and register for a "New Athlete Membership." The cost is \$14.00. This is separate insurance from your personal insurance.

## Diver Requirements

Beginner Clinic is open to children ages 9 and older who can swim 25 yards and are comfortable in the deep end. No diving experience is necessary.

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Victor High School Pool | Upstate Diving Dryland Facility 305 Commerce Dr #6

# Upstate NY Diving Clinic August 9-13, 2021

Achieve your diving goals at Upstate Diving

## Registration Information

[Registration Link](#)

You will receive an email invoice for payment within 24 hours of registration.

## Refund policy

Any cancellation before Aug 1 will receive all funds except a \$50 dollar handling fee.

Any cancellation after Aug 1 will receive all funds except a \$100 dollar handling fee.

There will be no refunds for any cancellation after check-in.

## 2021 Clinic Prices

	Diver	Upstate Diver	Upstate Competition Team
Full Week Clinic	\$550	\$412.50	\$225.00

	Diver	Upstate Diver	Upstate Competition Team
Single Day (up to 4 days)	\$135	\$101.25	\$67.50

	Diver	Upstate Diver	Upstate Competition Team
Session (3 hours)	\$75	\$56.25	\$32.50

## Locations

Divers registering for the full clinic will start each day at the Dryland Facility at 8:30 am.

Upstate Diving Dryland Facility

305 Commerce Dr, #6

Rochester NY 14623

(Approx. 27 minutes from the pool)

Divers registering for the pool sessions will start each day at the Victor Pool at 1:00 pm.

Victor High School Pool

953 High Street

Victor NY 14564

[upstatediving.com](http://upstatediving.com) | 585-224-5130 | [manager@upstatediving.com](mailto:manager@upstatediving.com)

Victor High School Pool | Upstate Diving Dryland Facility 305 Commerce Dr #6