

# UPSTATE NY DIVING

**Summer Clinic July 1-5 2024**

Diving Lessons to Help Your Child Succeed



## UPSTATE DIVING CLINIC

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

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

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### Coaching

Head Coach Cliff Devries brings over 25 years of diving coaching experience and is a two-time Diving All-American. As a diver, Cliff achieved impressive accolades, including being a two-time NYS Section V Champion and Empire State Games Champion. He competed at the Division I Level for the University of Kentucky. Throughout his coaching career, Cliff has mentored Age-group National Champions and guided NCAA Conference Champions. Recognized for his exceptional coaching abilities, he was named The Upper New York State Athletic Conference Coach of the Year in 2000, 2002, 2007, 2008, 2011, and 2015. Cliff is passionate about working with divers of all ages and skill levels. He holds a degree in Business Administration with a specialization in Accounting from RIT, and he successfully passed the CPA Exam in 2003. Additionally, Cliff is an inspiring cancer survivor actively involved in his recovery and rehabilitation. Assistant coaches from Upstate NY Diving will assist Cliff in running a safe, enjoyable and productive clinic.

### Program Objectives

The clinic's main goal is to improve divers' skills through education, motivation, and encouragement. Divers learn in a structured and enjoyable environment, focusing on goal setting and individual improvement. They receive instruction in conditioning, nutrition, mental preparation and meet strategy. Groups are based on age and ability for personalized instruction. The Upstate NY Diving clinic offers excellent training for all divers and a fun-filled week with friends.

**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, the pool has a bubbler system for learning new dives, and 2 digital replay systems give instant visual feedback on 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 train on dryboards, with instant feedback from the mounted TiVo stations. Divers love our 2 high performance trampolines with overhead spotting rigs and belts. The Intermediate/Advanced Divers AM clinic is held at the dryland facility. Dryland Address: 305 Commerce Dr, #6 Rochester NY 14623

### Lunch

Intermediate & Advanced divers should be picked up at 11:00 am and brought to the pool for Lunch and afternoon practice. The clinic does not provide food. Each diver participating in the Intermediate & Advanced clinic should bring their own bag lunch.

### Registration & Insurance

[Upstate Diving Clinic 2024 Registration](#) Divers who register before June 20 will receive a free clinic T-shirt. After receipt of your registration, enrolled divers will receive an email confirmation. All Upstate Diving camp participants must be registered in 2024 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) click on Membership and register for a "New Athlete Membership." All participants MUST be registered with AAU Diving. This is separate insurance from your personal insurance.

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### Registration Information

[Registration Link](#)

#### Clinic Dates & Times

Beginner	July 1 - 5	12:00 pm – 2:00 pm (No practice July 4)
Intermediate & Advanced	July 1 - 5	8:30 am – 3:00 pm (No afternoon practice July 4)

#### Clinic Groups & Prices

Beginner	\$50 Week - No beginner class on July 4. (\$100 after June 20) \$25 per day (\$50 per day after June 20)
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#### Beginner Diver Requirements

Beginner Clinic is open to children ages 6 and older, who can swim 25 yards in the deep end. No diving experience is necessary.

Intermediate & Advanced	\$250 Week - No pool practice on July 4. (\$300 after June 20) \$75 per day (\$100 per day after June 20)
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#### Intermediate & Advanced Diver Requirements

Intermediate & Advanced divers must be 10 years or older and have 1 year diving experience.

#### Payments

After the Upstate NY Diving office has received and reviewed your online registration, you will receive an email invoice.

#### Refund Policy

Any cancellation before June 20 will receive all funds except a \$50 dollar handling fee.  
Any cancellation after June 20 will receive all funds except a \$100 dollar handling fee.  
There will be no refunds for any cancellation after check-in. at 8:30 am on July 1, 2024.

#### Locations

**Upstate Diving Dryland Facility** 305 Commerce Dr, #6, Rochester NY 14623  
(Approx. 3 miles from the pool)

**RIT Pool** Gordon Field House, 149 Lomb Memorial Drive (Parking Lot D), Rochester NY 14623