



UNITED STATES SYNCHRONIZED SWIMMING, INC.
Pacific Northwest Association

**2011 - 2012 Pacific Northwest Association
INVITATIONAL FIGURES SYNCHRONIZED SWIMMING CLINIC
Novice, Intermediate and 10 & Under, 11 – 12, 13 – 15 AGE GROUPS
Sunday, November 20, 2011
7:30 AM - 1:00 PM**

**North Kitsap High School Pool
1780 NE Hostmark Street
Poulsbo, WA**

Directions from the Poulsbo Ferry Terminal:

270 Olympic Dr SE (Bainbridge Island Ferry Terminal) to 1780 NE Hostmark St, Poulsbo
Distance, about 12 miles - 25 minutes

Head Northwest from Olympic Drive, continue 2/10th miles
Continue on WA-305. Go 11 Miles
Turn Right at NE Hostmark St, go .5 miles
The pool will be on the Right side of the road, across from the high school.
Parking is available in front of the pool.

<http://maps.google.com/maps?f=d&hl=en&geocode=&time=&date=&ttype=&saddr=seattle+Bainbridge+Ferry,+Seattle,+King,+Washington+98119,+United+States&daddr=1780+NE+Hostmark+St,+Poulsbo&sl=48.048251,-122.595749&sspn=0.18361,0.390015&ie=UTF8&z=11&om=0>

*****Note: for those of you taking the ferry across to Poulsbo, the Washington State Ferries leaves Seattle at 6:10 AM from the Seattle Colman Dock. (The Edmonds - Kingston ferry does not leave until 7:10 AM making it too late to arrive on time for the competition) . Please plan accordingly.**

HOSTED BY AND SANCTIONED BY THE PACIFIC NORTHWEST ASSOCIATION

GOVERNED BY: 2012 USSS RULES

ELIGIBILITY: All swimmers must be registered with USSS for 2012

**EVENTS: Novice, Intermediate and Age Group, 10 & Under, 11 – 12 and 13 - 15 figures clinic,
Synchro 101 for Parents (we encourage all parents to participate)
Figure Judge Class
Testing and Update for returning judges**

NOVICE FIGURES: 8 & Under, 9-10, 11- 12, 13-15, and 16 & over
101 Ballet Leg, Single 1.6
310 Somersault, back tuck 1.1

INTERMEDIATE & AGE GROUP COMPULSORY FIGURES: 10 & Under, 11- 12, 13-15

Intermediate "A" + 13 - 15 figures

Intermediate "B" + 12 & under

Compulsory Figures -
420 Walkover Back 2.0
355e Porpoise Spinning 360 2.1

Compulsory Figures -
101 Ballet Leg, single 1.6
360 Walkover Front 2.1

ENTRY DEADLINE: Must be postmarked and e-mailed by November 13, 2011

Fees: \$10.00 sponsor fee for each competitor plus \$10.00 per competitor per figure group.
Make checks payable to PNA.

Email Entries and Fee Calculation form to: pnasynchro@hotmail.com

Mail checks to: Sandra Bearden
11615 91 Lane NE #4
Kirkland, WA 98034
Phone: 360-949-1898

TENTATIVE SCHEDULE: Schedule may change depending on number of swimmers.

7:45 – 8:00	Coaches, Clinicians and Judges meeting
7:45 – 8:00	Laps only warm-up
8:00 – 9:30	Swimmers will be divided into figure categories for clinic
8:15 – 9:30	Synchro 101 - For all parents new to Synchronized Swimming - "What every Synchro Parent Needs to Know!"
8:15 – 9:45	Figure Judge class, testing and update for returning judges
10:00 – 11:45	Figure "Competition" and Parent Participation on Deck
12:00	Awards following clean-up of locker room and bleacher areas

All swimmers must wear a plain black one-piece swimsuit with a plain white cap for figure competition.

All Judges and deck workers are asked to wear a white top and black bottoms.