



The University of the Incarnate Word®
Synchronized Swimming Cardinals host the...



Annual South Zone Clinic

Special points of interest:

**Saturday and Sunday
Nov. 7-8, 2015**

- All levels and ages welcome
- Improve technical ability in figures
- Learn International Trends
- Stretching, Pilates, and strength and conditioning exercises
- Work with National Team members and UIW athletes

Megan Deatherage
UIW Head Coach

Elizabeth Gerdin
UIW Assistant Coach

Tammy McGregor
Current National Team Coach
2008 USA Olympic Head Coach
1996 Olympic Team Gold Medal Winner and 2000 Olympic Team Member

University of the Incarnate Word Synchronized Swimming

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Attention South Zone Synchronized Swimmers!

The University of the Incarnate Word Synchronized Swim Team is pleased to host current National Team Coach and 2008 Olympic Team Head Coach **Tammy McGregor**. Tammy has coached National Team for 13 years and has represented 3 different countries at the 2004, 2008 and 2012 Olympic Games. She also represented the United States at both the 1996 and 2000 Olympics. This year's clinic will emphasize the new USSS grade levels, international figure strategies, stretching, Pilate's workouts, and much more! Swimmers and coaches will learn tactics to become proficient in figures and routine swimming in accordance with National Team programs.

Healthy lunches and snacks provided on Saturday and Sunday.

Location: Ann Barshop Natatorium on the UIW campus

4301 Broadway, San Antonio, TX 78209

Time: Saturday, November 7 8:30-4:30 pm

Sunday, November 8, 9:00-3:00 pm

Hotel: The host hotel for this clinic is the **Drury Inn and Suites Airport**. Please mention "South Zone Clinic" in order to get the special rates. Drury is \$79.00 and includes a hot breakfast and complimentary cocktails along with a dinner buffet. Please make reservations for the Drury Inn and Suites by October 24, 2015 to guarantee rate.

Drury Inn and Suites Airport 95 NE Loop 410 San Antonio, TX (210) 308-8100

Entries: \$125 per athlete, \$100 per coach/observer. Five or more swimmers together get a \$25 discount off total amount. Ten or more receive \$50 discount off total. **The deadline for entries is Oct. 20, 2015.** Changes to entries made within one week of clinic will receive only a 50 percent refund. Please send checks payable to "Cygnets of San Antonio" along with registration forms to:

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