



# 2025 Olympic Dreams Diving Clinic

Coach Mary Ellen Clark, 2x Olympic Medalist

Atkinson Pool, 40 Fairbank Rd, Sudbury, MA

Week I	Week II	Week III	Week IV	Week V	Week VI
6/30-7/3	7/7-7/10	7/14-7/17	7/21-7/24	7/28-7/31	8/11-8/14
<b>Session A</b> 9:00-11:00  <b>Session B</b> 11:00-1:00  <b>Double Session</b> 9:00-11:00 11:00-1:00	<b>Session A</b> 9:00-11:00  <b>Session B</b> 11:00-1:00  <b>Double Session</b> 9:00-11:00 11:00-1:00	<b>Session A</b> 9:00-11:00  <b>Session B</b> 11:00-1:00  <b>Double Session</b> 9:00-11:00 11:00-1:00	<b>Session A</b> 9:00-11:00  <b>Session B</b> 11:00-1:00  <b>Double Session</b> 9:00-11:00 11:00-1:00	<b>Session A</b> 9:00-11:00  <b>Session B</b> 11:00-1:00  <b>Double Session</b> 9:00-11:00 11:00-1:00	<b>Session A</b> 9:00-11:00  <b>Session B</b> 11:00-1:00  <b>Double Session</b> 9:00-11:00 11:00-1:00

## Weekly Schedule

### DAY 1: Goal Setting and Safety

- Introduction & Welcome  
Safety and goals handout, explanation of rotating stations (platform, boards, and mats in 4 designated groups)
- Active stretching and exercises specific to sport of diving
- POOL: Front and back approach, board work drills, hurdles and focus on voluntary and optional dives (forward and inward group) New dives.

### DAY 2: Conditioning and Nutrition

- Discussion, handout, video analysis, and stretch/ exercises.
- Focus on back and reverse dives (come outs and spotting)
- POOL: Back and reverse optional dives using all stations (new dives)

### DAY 3: Overcoming Obstacles and Dealing with Fear

- Discussion, handout, video analysis, stretch, exercises, warm up, “saves”
- Abs, mental relaxation and visualization techniques
- POOL: forward and inward spinning voluntary and optional dives, back and reverse spinning voluntary and optional dives, forward and back twisting voluntary and optional dives

### DAY 4: Competitive Preparedness and Personal Strategies

- Discussion, hand out, video analysis and stretch
- POOL: warm up for Mini Meet
- ZAP Olympics Special Awards, pictures with new friends!

**ZAP Diving's Olympic Dreams Summer Clinic is a fun and immersive summer diving experience for divers aged 6 through collegiate level and beyond!**

**We Are Invested** in taking a holistic view of each diver, fostering the development of the athlete and the human being.

**We Arm Divers** with exceptional technical skill, as well as a critical understanding of themselves as individuals, the strength of their character, and the vastness and elasticity of their potential.

**We Believe** diving is the ultimate metaphor for life: from getting into a swimsuit, to climbing the stairs of the board – visible to all, to making a leap into space. When vulnerability is answered with courage, anything is possible.



**Coach Mary Ellen Clark** has participated in the sport of diving as an athlete for more than 26 years. She was the Junior Olympic Champion at 16, a High School State Champion, four-time All American and NCAA national qualifier at Penn State, a seven-time US National Diving Champion, and a 10-time member of the National US Diving Team. Clark is a two-time Olympic Bronze Medalist (1992 and 1996) and at the age of 33, holds the record as the oldest diver in the history of the Olympic Games to medal.

Mary Ellen is the owner and head coach of ZAP Diving (11 years strong!). For over 40 years, she has coached age group, high school, and collegiate divers (currently at Bryant University), and mentored Olympic diving hopefuls. Additionally, Mary Ellen has partnered with health and wellness company, Isagenix International, for 13 years. Her deep understanding of the complex relationship between nutrition and the way we feel, move, and perform in all areas of life, makes her a passionate advocate for Isagenix products. Mary Ellen takes enormous pride in educating families about building healthy lifestyles and convenient nutritional alternatives for improved energy and focus throughout the day.

*< Mary Ellen Clark  
in Barcelona, 1992*



**Coach Michael Kennedy** graduated from the University of Notre Dame as a standout diver in 1985. Michael won the Midwest conference diving title his senior year, was a high point award winner for his swim team at ND several years, and earned the team's captain's award his senior year. He moved to Boston to attend graduate school, where he coached both Tufts and MIT NCAA Division III national divers. Later, Harvard University hired him as head coach of the men's and women's diving teams, training divers for NCAA Division I nationals. Michael currently coaches the girls' and boys' teams at Newton South and Newton North, where divers have been top finalist every year.

---

**“Take the leap into a sport for fun, and enjoy the process  
of achieving your dreams! Anything is possible!”**

*- Mary Ellen Clark, 1992 & 1996 Olympic Medalist*

---



ZAP Diving



Isagenix



# Olympic Dreams Registration Form Part 1

## Yes! Please sign me up!

Diver Name	Age (6 and up)	Birth Date
Parent Name		
Street Address	City/State	Zip
Cell Phone	Home Phone	
Email(s)		
ZAP Member? (circle one) Yes No	AAU/USD Member # (if any)	
Diving Club	Coach's Name	

## Tell us about you...

What is your level of experience (diving, ballet, gymnastics, dance, team sports)?

Which dives would you like to learn?

How did you learn about this clinic?

## Olympic Dreams Clinic & Boston Sports Institute Pool Release Form

In consideration of my acceptance of this application, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damage I may have against ZAP Diving or its coaches, Boston Sports Institute Pool or any other facility ZAP uses, and the NE Association of USA Diving and/or the AAU, as well as their agents, representatives, successors and assignees, for any and all damages suffered by me in or during the Olympic Dreams clinic.

I have been cleared by my doctor to participate in any and all athletic activities.

Diver	Date
Parent/Guardian	Date

## Things to know

- Registration deadline is June 29! Registrations received after June 29 will incur a \$75 late fee.
- Sign up is limited to 20 divers per session on a first come first serve basis.
- Anyone unable to make their desired week due to capacity will be placed on a waitlist. Session offerings are contingent upon registration numbers. I will contact you directly with any changes.
- Schedule is dictated by pool availability. We reserve the right to make schedule changes in circumstances beyond our control.
- Please arrive 15 minutes before your session start time.
- NO refunds.

## Things to bring

- swimsuit
- towel(s)
- sneakers
- t-shirt
- shorts
- snacks
- water

# Olympic Dreams Registration Form Part 2

2025 Olympic Dreams Clinic	RATES			
	EARLY BIRDS! <i>Register thru 5/25</i>		Standard Rates <i>Register 5/26 thru 6/29</i>	
	Single Session	Double Session	Single Session	Double Session
<input type="checkbox"/> ALL 6 Weeks	\$1150	\$1200	\$1200	\$1250
<input type="checkbox"/> Any 5 Weeks (CIRCLE BELOW)	\$1050	\$1150	\$1100	\$1200
<input type="checkbox"/> Any 4 Weeks (CIRCLE BELOW)	\$950	\$1050	\$1000	\$1100
<input type="checkbox"/> Any 3 Weeks (CIRCLE BELOW)	\$850	\$950	\$900	\$1000
<input type="checkbox"/> Any 2 Weeks (CIRCLE BELOW)	\$700	\$850	\$750	\$900
<input type="checkbox"/> Any 1 Week (CIRCLE BELOW)	\$550	\$700	\$600	\$750
<input type="checkbox"/> 4-Day Pkg (CIRCLE BELOW) <i>(non-consecutive)</i>	\$700	\$1100	\$800	\$1200
<input type="checkbox"/> Single Day (CIRCLE BELOW)	\$175	\$275	\$200	\$300

**NOW AVAILABLE**

**1-on-1 Competitive Mindset / Sport Specific Personal Training**

Private one-hour sessions with Coach Mary Ellen will help you break through fear, anxiety, and mental blocks. And for the athlete who seeks to develop greater strength, power, and flexibility with specific exercises to enhance their sports performance, Mary Ellen's, background as a NSCA certified personal trainer can help! Each program is tailored to the needs of the individual athlete. **\$150/hour**

Sign up with Mary Ellen directly at **413.687.7323** or **zapdivingma@gmail.com**

**PLEASE NOTE: ALL registrations received after June 29 will incur a \$75 late fee!!!**

**SIBLINGS?**  
Full price registration for the first child, 10% off for each additional child!

## Registration Instructions

**Step 1 Complete Part 1 of the Registration Form**

**Step 2 Circle your choice below** of weeks/days and sessions as outlined in the table:

**WEEKS:** I (6/30-7/3) II (7/7-7/10) III (7/14-7/17) IV (7/21-7/24) V (7/28-7/31) VI (8/11-8/14)  
**DAYS:** 6/30 7/1 7/2 7/3 7/7 7/8 7/9 7/10 7/14 7/15 7/16 7/17 7/21 7/22 7/23 7/24 7/28 7/29 7/30 7/31 8/11 8/12 8/13 8/14  
**SESSION A:** 9:00-11:00 **SESSION B:** 11:00-1:00 **DOUBLE SESSION:** 9:00-11:00 & 11:00-1:00

**Step 3 Pay with Venmo! (@MaryEllenClark-7)**

- In Venmo's payment description field, please enter **your diver's full name, weeks/days and desired sessions** to secure your spot.
- Print and scan Venmo transaction receipt and completed registration forms and submit via email to **zapdivingma@gmail.com**.

**No Venmo? No problem.**  
 Email **zapdivingma@gmail.com** with **your diver's full name, weeks/days and desired sessions** to secure your spot.  
 Mail check and completed forms to:  
**ZAP Diving c/o Mary Ellen Clark**  
**19 Faulkner Rd**  
**North Grafton, MA 01536**