



2023 Olympic Dreams Diving Clinic

Coach Mary Ellen Clark, 2x Olympic Medalist

Atkinson Pool 40 Fairbanks Rd, Sudbury MA

Week I

7/10 - 7/13

AM Session
10:00 - 12:00

PM Session
12:30 - 2:30

Double Session
10 - 12 & 12:30 - 2:30

Week II

7/17 - 7/20

AM Session
10:00 - 12:00

PM Session
12:30 - 2:30

Double Session
10 - 12 & 12:30 - 2:30

Week III

7/24 - 7/27

AM Session
10:00 - 12:00

PM Session
12:30 - 2:30

Double Session
10 - 12 & 12:30 - 2:30

Week IV

7/31 - 8/3

AM Session
10:00 - 12:00

PM Session
12:30 - 2:30

Double Session
10 - 12 & 12:30 - 2:30

ZAP is invested in taking a holistic view of each diver, fostering the development of the athlete and the human being.

ZAP arms 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.

ZAP believes 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.



Weekly Schedule

DAY 1: Goal Setting and Safety

- Introduction & Welcome
Safety and goals handout, explanation of rotating stations (trampoline, 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.
- Trampoline spotting

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)
- Trampoline spotting

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
- Trampoline spotting

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!

Olympic Dreams Coaching Staff



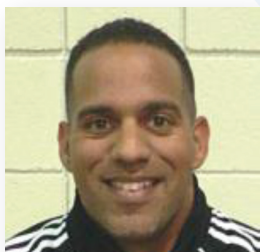
Coach Mary Ellen Clark has participated in the sport of diving as an athlete for more than 26 years. She was the Junior Olympic Champion at 16, a High School State Champion, four-time All American and NCAA national qualifier at Penn State, a seven-time US National Diving Champion, and a 10-time member 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 (7 years strong!). For 36 years, she has coached age group, high school, and college divers, and mentored our Olympic hopefuls. Additionally, Mary Ellen works in ecommerce in the health and wellness space. She creates teams of people who want to feel better, eat better, move better, and look better from the inside out. Mary Ellen meets her clients' individual nutritional needs head-on with respect to healthy aging, improved energy, athletic performance, and weight management, while helping families generate additional income.

< *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.



Coach Wil Aybar will begin his 14th season as the head men's and women's diving coach at Holy Cross. Prior to Holy Cross he was the head diving coach for Clark University ('99) and WPI from 2000 to 2003. While a four-year member of the swimming and diving team at Clark, he held records on both 1 and 3 M springboards. He has been the head diving coach for Nashawtuc Country Club since the summer of 2000.

...PLUS Surprise Guest Coaches!

**"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



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 & Atkinson 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, Atkinson 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 July 10! Registrations received after July 10 will incur a \$50 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.

Things to bring

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

Olympic Dreams Registration Form Part 2

2023 Olympic Dreams Clinic	ZAP MEMBER RATES				NON-MEMBER RATES			
	EARLY BIRDS! <i>Register 4/1 thru 6/1</i>		Standard Rates <i>Register 6/2 thru 7/9</i>		EARLY BIRDS! <i>Register 4/1 thru 6/1</i>		Standard Rates <i>Register 6/2 thru 7/9</i>	
	Single Session	Double Session	Single Session	Double Session	Single Session	Double Session	Single Session	Double Session
ALL 4 Weeks	\$900	\$1050	\$1025	\$1225	\$1000	\$1175	\$1100	\$1300
Any 3 Weeks (I, II, III, IV)	\$750	\$900	\$825	\$1025	\$825	\$1000	\$900	\$1100
Any 2 Weeks (I, II, III, IV)	\$600	\$750	\$625	\$825	\$650	\$825	\$700	\$900
1 Week (I, II, III, IV)	\$400	\$600	\$425	\$625	\$450	\$650	\$500	\$700
4-Day Pkg <i>(non-consecutive days)</i>	\$600	\$1000	\$700	\$1100	\$700	\$1100	\$800	\$1200
Single Day Rate	\$150	\$250	\$150	\$250	\$175	\$275	\$175	\$275

PLEASE NOTE: ALL registrations received after July 10 will incur a \$50 late fee!!!

Registration Instructions

Step 1 Complete Part 1 of the Registration Form

Step 2 Circle your selections in the table above and your choice of weeks/days and sessions below:

WEEKS: I (7/10-7/13) II (7/17-7/20) III (7/24-7/27) IV (7/31-8/3)

DAYS: 7/10 7/11 7/12 7/13 7/17 7/18 7/19 7/20 7/24 7/25 7/26 7/27 7/31 8/1 8/2 8/3

SESSION: AM (10-12) PM (12:30-2:30) Double (10-12 & 12:30-2:30)

Step 3 Mail your completed forms with check to:

ZAP Diving c/o Mary Ellen Clark
19 Faulkner Rd
North Grafton, MA 01536

Or pay with Venmo (@MaryEllenClark-7)

Venmo users, please enter **your diver's full name and weeks/days and sessions** into the payment description field in the Venmo app. Please print your transaction receipt and submit with your completed registration forms by mail or scan and email to zapdivingma@gmail.com



NEW!
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