



2023 Spring Meeting – Teleconference
12:00 PM EST, Sunday, May 7, 2023

The mission of the Eastern Zone is to develop a unified organization designed to work in cooperation with the LSCs to support and promote the Eastern Zone Swimming Membership

Final Agenda
and Minutes

1 – **Call to order** – meeting was called to order at 12:05 pm

2 – **Approval of minutes from 2022 fall meeting (posted online)** – Minutes were approved

3 – **Financial Report**

Treasurer's Report was posted online and presented. No questions on report.

Budget was then presented. Mary Turner explained the numbers. Motion made to approve budget. Discussion:

Athlete Proposal to add \$12,000 to the budget for Leadership Summit starting summer 2024. Other LSC's have such an item in their budgets. A Motion was made to add \$12,000 to the Athlete Leadership Camp line and removing Athlete Subsidize Spring Subsidy of \$4200. Discussion on entire budget adjustments. Vote was called and the motion was passed with no objections.

4 – **Approval of Agenda**- motion to approve agenda was passed.

5 – **Report of Officers**

1. **Zone Directors Report** – Tim Husson & Jerry Adams – report is posted.

Zone Directors and athletes are part of Zone Directors Council – meetings approximately once a month with other Zones. They now have a liaison directly with USA Swimming Board of Directors. SWIMS 3.0 is moving along, hopefully improvements will get rid of any hiccups. New Education module is coming. Reports have not been great – USA Swimming looking for a new vendor for reporting. It won't happen quickly but is on the horizon. LSC Records still have a long way to go. Workshop was good, we had EZ meeting where Beth and Nate spoke on how things were going. Motion to accept the report – motion passed.

2. **Technical Planning Report** – Tristan Formon

Technical Planning meeting was held earlier in the day. Minutes posted

5 proposals, that are posted on the web site, were made. R4 was pulled by Mary Turner. Would like to ask if it could start this summer if host is in agreement. The host will be contacted. Motion to accept R1, R2,R4,R5,R6 as an omnibus motion. Motion passes, none opposed.

Allegheny Mountain requested the Zone look into the SC Age Group Zone meet and maybe moving back to an LSC supported and entered meet as opposed to current team entered format. Technical Planning recommends a task force to look into this with representatives from the 12 LSC's and report back in September. If interested in serving on the task force, please email Jerry Adams. Jerry Adams requests 5 on task force and report back to the LSC's to keep the task force manageable. He has a few names and needs athlete representation. Tim Husson mentioned that there could be a third choice, a hybrid version. Motion was made to accept tech planning report – motion carries, none opposed.

3. **Report of Zone Championship Coordinator** – Bud Rimbault

There is still no bid for LC Sectionals for the South for March of 2024 – if anyone is interested, please let Bud know.

There was an error on dates posted for Senior Zone Meet – LC 2024 – Should be August 1-4, 2024.

2025 Bids – please note Easter will be in April 20th and will not impact any meets for the EZ.

Proposed dates: Sectional Meets – March 20-23, 2025

Age Group Zones – March 26-29, 2025

Super Sectionals if hosted – May 15-18, 2025

Open Water – Depends on the bidder and water access, possibly June 14, 15., 2025

Senior Zones – July 31 – August 3, 2025

Age Group Zone – August 6-9, 2025

Question asked about 2024 LC Sectional South meet – if no bid then is the south out of luck for a meet, would we open North? Bud says no one has expressed interest at the time of the meeting. Jerry said we should have a plan by the fall meeting. May need to make north meet a super sectional. Bud will be resigning as Technical Chair and thanked everyone for helping during his time. Motion to accept report – all in favor – none opposed.

4. **Athlete Representatives Report** – Gavin Formon

Report is posted on line. The USAS workshop went pretty well, the AC had great programming again for the athletes. Everyone came back with projects for their LSC. Looking forward to next few months. There were LSC check ins.

Leadership retreat is coming up – looking forward to that. There has been a lot of interest. Gavin thanked everyone for their support and funding to keep it going. This will better the athletes going forward. Motion to accept report – all in favor – none opposed.

5. **Age Group Chair Report** – John Yearwood

Excited to hear we may be bringing back LSC Age Group meet for SC. Might help smaller teams sending athletes. His term is up – thanks everyone for the help. Motion to accept report – all in favor, none opposed

6. **Diversity Equity and Inclusion Chair** – Nadine Johnson-Jesionek

Nadine was not on the meeting

7. **Officials Chair** – Genny Kimbel

Genny reported that she has reached out to the LSC Official's Chairs and referees. She reported that spots were filling up for the LC meets but looking to fill the referee spots as quickly as possible. Motion to accept the report – all in favor, non opposed.

8. **Safe Sport Chair** – Ann Koufman

Ann was not on the call. Tim Husson reported that she will be stepping down from this position, she is now the chair of the National safe sport committee. USA Swimming will recommend a replacement.

9. **Disability Swimming Coordinator** – Elizabeth Jester

Elizabeth reported that on a National level, the disability coordinators from all four zones and Jim Peter Fish, Disability Sub Committee Chair on the National level, have met many times to develop a form to facilitate athletes with disabilities in meets to help the referees with modifications and accommodations. This will help the ref know exactly what they need without confusion. This form should be ready soon and placed on all 4 Zone websites and then pushed to the LSC's. Motion to accept report – all in favor, none opposed.

6 – **Old Business**

- Policies and Procedures Task Force – task force from years ago started and needs to revamp. Tim Husson will start process, as we can't have Zone By-laws, so must use accurate Policy and Procedures Manual. Let Tim know if you are interested in serving on this task force. Hopefully a kick off meeting in next couple of weeks.

7 – **New Business**

- Tech Planning Chair Replacement
- Zone Championship Coordinator Chair Replacement

With the resignations of Tristan and Bud – these positions will be open. Directors will be looking to appoint replacements to fill remainder of the terms. Please email them if you have any nominations.

8 **Reports of National Committees**

Mike Switalski – Club Development: There will be a series of webinars coming up, the first one coming up in the next month. They will be focused on swim clubs and strategic planning – setting a course for their future. Dry side of sport and that clubs are stable.

Mary Turner – Registration announced webinar is coming up for registrars and others who might want to attend. There will be a rolling out of a bulk renewal for teams to decide if they want to go back to the old way for clubs to renew athletes. This is for renewals not new registrations. There will be a new category for coaches, to be discussed later.

Marci Callan – Coaches Advisory Council – New Coaches designation – Provisional membership starting September 1, 2023 for 2024 registration. Introduction to coaching for a period of 3 years as opposed to coming in year one and taking all the courses. There will be lots of questions, and all the details aren't available now. No other coach designation has changed.

Mike Seip – Operational Risk – Report on website. This is National Drowning Prevention Month – we will be rolling out a statement from USAS, YMCA and Red Cross on hypoxic training. There will also be a webinar later on in the month. Meet Marshall program is up and running. We encourage anyone running meets to have their meet marshal take the program. It's a great way to manage your risk and not increase your exposure should something bad happen at a meet. Marco is our certification expert and has been checking on certifications. We are working on guidelines for water temperature guidelines. Publication coming out soon to increase racing start awareness, which is a requirement in the rule book. Other areas being looked at – concussion protocol and disability waiver. Information will be given to general chair and operational risk chair of each LSC.

Tristan Formon – Age Group Development – Report is on website – The committee continues to work on different ways to track, recruit, retain age group families and athletes. Legislation to adjust the developmental competition category this fall to change some of the roles and programs and increasing tools for age group coaches.

Critical – if you are given the chance to vote for your LSC – Please ensure you exercise that right. Very few used that privilege last year. Find out who is voting in your LSC and if you have the opportunity to represent – please take it!

Jerry announced that Tristan is leaving the Eastern Zone/New Jersey Swimming for North Carolina. He has served as Technical Chair and Zone Director and has helped the Eastern Zone and keeping it together! We all thank Tristan and will miss him very much. Thank you for all you do and have done for swimming.

Jerry introduced Nate Chessey as one of our Eastern Zone liaisons to USA Swimming with Beth Wintkowski.

9 – Nominations

- Non-Coach Director – Nominations – Jamie Platt – MA and Marco Greco - AD
- Age Group 10 – Nominations - John Fedena – MA
- Junior Athlete Representative – TJ Walsh – NJ (athletes will handle their election)

We will also accept nominations from the floor in September. Reminder if you have any suggestions for replacing Tristan or Bud let the Directors know.

10- Scheduling of Fall Meeting

Meeting will be scheduled around USAS meeting the week of September 21-23, 2023

Meeting will be virtual on October 1, 2023 : 9:00 Technical Planning

12:00 for General Meeting

Motion was made to adjourn the meeting – all in favor.

Meeting was adjourned at 1:10 pm

Respectfully submitted,

Mary Fleckenstein
Eastern Zone Secretary/Treasurer



2023 Spring Meeting – Teleconference
12:00 PM EST, Sunday, May 7, 2023

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Final Agenda

- 1 – Call to order
- 2 – Approval of minutes from 2022 fall meeting (posted online)
- 3 – Financial Report
- 4 – Approval of Agenda
- 5 – Report of Officers
 1. Zone Directors Report – Tim Husson & Jerry Adams
 2. Technical Planning Report – Tristan Formon
 3. Report of Zone Championship Coordinator – Bud Rimbault
 4. Athlete Representatives Report – Gavin Formon
 5. Age Group Chair Report – John Yearwood
 6. Diversity Equity and Inclusion Chair – Nadine Johnson-Jesioneck
 7. Officials Chair – Genny Kimbel
 8. Safe Sport Chair – Ann Koufman
 9. Disability Swimming Coordinator – Elizabeth Jester
- 6 – Old Business
 - Policies and Procedures Task Force
- 7 – New Business
 - Tech Planning Chair Replacement
 - Zone Championship Coordinator Chair Replacement
- 8 – Reports of National Committees
- 7 – Nominations
 - Non-Coach Director, Age Group
- 8 – Scheduling of Fall Meeting

Treasurers Report
Eastern Zone
May 7, 2023

Beginning Balance 1/1/22	65,494.20
5/4/2022 ZHU001 AARON ZHU/WKSHOP REIMBU	(922.20)
5/18/2022 JOH636 NADINE JOHNSON/REIMBURS	(1,231.75)
6/1/2022 SCH201 SCHENECTADY/'22 SWIM WK	(861.20)
12/31/2022 TUR610 M TURNER/VOL. REIMB.	(200.00)
12/31/2022 ZONE INTEREST	93.41
3/1/2023 HAM000 HAMDEN HALL/22 EZ CT OW	(5,000.00)
5/2/2023 CAL401 M CALLAN/EZ AG CHAMP BA	(266.99)
5/4/2023 Ending Balance	57,105.47

As per USA Swimming accounting. There are no known outstanding debts at this time.

Respectfully Submitted,

Mary Fleckenstein

Eastern Zone Financial Statement/ 2022-2023 Budget Proposal

Balance as of 9/1/2022: \$62,479.05

REVENUE		2022-2023 Budget	2022-2023 Actual to Date	2023-2024 Budget Proposal
1000	Zone Dues	\$0	\$0.00	\$0
1100	Other Income		\$0.00	
	Bank Interest	\$50	\$93.41	\$50
	Refunds			
TOTAL INCOME		\$50	\$93.41	\$50

EXPENSES				
1200	Administrative Expenses			
	Awards	\$0	\$266.99	\$0
	Charitable Contributions/Donations/Special Awards	\$1,000	\$0.00	\$1,000
	Website	\$200	\$200.00	\$235
	Total Administrative Expenses	\$1,200	\$466.99	\$1,235
1300	Athlete Support			
	Athlete Leadership Camp	\$5,100	\$0.00	
	Subsidize Eastern Zone Spring Meeting	\$4,200	\$0.00	\$4,200
	Total 1200 Athlete Support	\$9,300	\$0.00	\$4,200
1400	Diversity and Inclusion			
	Multicultural Camps (biennially)	\$5,000	\$0.00	
	Diversity and Inclusion Camp (biennially)		\$0.00	\$10,000
	Total Diversity and Inclusion Programs	\$5,000	\$0.00	\$10,000
1500	Open Water			
	Open Water Circuit (2 @ \$2000 each)	\$4,000	\$0.00	\$4,000
	Open Water Championship Meet (2022 meet support paid pd in 2023)	\$5,000	\$5,000.00	\$5,000
	Total Open Water	\$9,000	\$5,000.00	\$9,000
1600	Safe Sport			
	Grant program - submit requests for zone related programs EZ grant committee	\$3,000	\$0.00	\$3,000
	Total Safe Sport Programs	\$3,000	\$0.00	\$3,000
1700	Travel			
	Zone Director Meetings - Travel and Lodging		\$0.00	\$0
	Spring Meeting Travel*	\$8,000	\$0.00	\$8,000
	Travel	\$8,000	\$0.00	\$8,000

TOTAL EXPENSES:		\$35,500	\$5,466.99	\$35,435
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NET INCOME/LOSS (\$35,450) -\$5,373.58 (\$35,385)

BALANCE AS OF 5/3/2023: \$57,105.47

**Eastern Zone Financial Statement/
2022-2023 Budget-Proposal**

** Approved + Adjusted Budget*

Balance as of 9/1/2022: \$62,479.05

Approved

REVENUE		2022-2023 Budget	2022-2023 Actual to Date	2023-2024 Budget Proposal
1000	Zone Dues	\$0	\$0.00	\$0
1100	Other Income		\$0.00	
	Bank Interest	\$50	\$93.41	\$50
	Refunds			
TOTAL INCOME		\$50	\$93.41	\$50

EXPENSES

1200	Administrative Expenses			
	Awards	\$0	\$266.99	\$0
	Charitable Contributions/Donations/Special Awards	\$1,000	\$0.00	\$1,000
	Website	\$200	\$200.00	\$235
	Total Administrative Expenses	\$1,200	\$466.99	\$1,235
1300	Athlete Support			
	Athlete Leadership Camp	\$5,100	\$0.00	\$12,000
	Subsidize Eastern Zone Spring Meeting	\$4,200	\$0.00	
	Total 1200 Athlete Support	\$9,300	\$0.00	\$12,000
1400	Diversity and Inclusion			
	Multicultural Camps (biennially)	\$5,000	\$0.00	
	Diversity and Inclusion Camp (biennially)		\$0.00	\$10,000
	Total Diversity and Inclusion Programs	\$5,000	\$0.00	\$10,000
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	Open Water Championship Meet (2022 meet support paid pd in 2023)	\$5,000	\$5,000.00	\$5,000
	Total Open Water	\$9,000	\$5,000.00	\$9,000
1600	Safe Sport			
	Grant program - submit requests for zone related programs EZ grant committee	\$3,000	\$0.00	\$3,000
	Total Safe Sport Programs	\$3,000	\$0.00	\$3,000
1700	Travel			
	Zone Director Meetings - Travel and Lodging		\$0.00	\$0
	Spring Meeting Travel*	\$8,000	\$0.00	\$8,000
	Travel	\$8,000	\$0.00	\$8,000
TOTAL EXPENSES:		\$35,500	\$5,466.99	\$43,235

NET INCOME/LOSS

(\$35,450)

-\$5,373.58

(\$43,185)

BALANCE AS OF 5/3/2023: \$57,105.47



2023 Spring Meeting
May 7, 2023

Zone Directors' Report

The mission of the Eastern Zone is to develop a unified organization designed to work in cooperation with the LSCs to support and promote the Eastern Zone Swimming Membership.

Zone Directors Council (ZDC)

The ZDC consists of the Coach, Non-Coach, and Athlete Directors of each of the four Zones. The Junior Athlete Representatives are also invited to participate. The ZDC meets regularly with USA Swimming staff to share information and provide feedback from the LSCs. Kathleen Prindle is now the ZDC Liaison on the USA Swimming Board. Tim is currently the ZDC Co-Chair along with Zach Toothman, the Athlete Director of the Central Zone.

SWIMS 3.0

After a rough start in September 2022, things seem to be settling in with SWIMS 3.0. There is still a lot of functionality to complete, but registration for the 2023 registration year is all but completed. Online Meet Entry (OME) just came online last month which should make entries for the summer meets easier than those in March.

A new user interface for the Education Module is scheduled to be launched in mid-May. That will hopefully alleviate some of the problems that have plagued those trying to complete their required training.

USA Swimming is also looking for new vendors for the reporting functionality which has not been up to the standards required for this new system.

A first cut at an LSC records capability has also been launched. There is still much work to be done on it.

USA Swimming Board Meeting

Tim attended the USA-S Board Meeting on April 20 in Denver where he and Zach Toothman made a presentation of ZDC status and plans.

The Board created a new Provisional Coach membership category, similar to the Junior Coach membership, but for those over the age of 18. Fewer initial requirements to get on deck is the key feature of this membership category. A coach can remain in this category for up to three years. This will be available in September 2023 for the 2024 Membership year. More details to follow.

Given the rough start of SWIMS 3.0, USA Swimming has enlisted the help of a consultant with major system development experience. An initial assessment by this consultant pointed out the problems in

the structure of the development and rollout of the system. He will help USA-S create a better path forward in the development of the system.

The Board is looking into providing insurance for pre-competitive & learn to swim program through the same insurance company used by the membership. The goal is to have a one-stop insurance provider for those USA-S clubs that also have these non-member developmental programs.

There was considerable discussion by the Board concerning recruiting and retaining membership. Membership is still below the peak of 2017. No specific plans or actions came out of the discussion.

USA Swimming Spring Workshop

At the USA Swimming Spring Workshop, April 20-23, 2024²⁴ in Denver, the USA Team Services representatives for the Eastern Zone, Beth Winkowski and Nate Chessey, gave a presentation to the EZ members in attendance. The presentation outlined their strategic plan to provide better service to the Zone, particularly in the area of communications.

There was a Legislative Session to discuss potential legislation for the 2023 HOD in September. Copies of the proposed legislation are available on the USA-S Rules & Policies webpage - <https://www.usaswimming.org/about-usas/governance/rules-policies>

The workshop included tracks for LSC General Chairs (and other LSC Leaders), LSC Officials Chairs, LSC Safe Sport Chairs, Coaches, and New Referees.

Respectfully submitted by,

Tim Husson	Jerry Adams
Non-Coach Director	Coach Director



**EASTERN ZONE SWIMMING TECHNICAL COMMITTEE MEETING DRAFT AGENDA
SUNDAY MAY 7th, 2023, 9:00am ET**

Please forward agenda items to tristanformon@gmail.com no later than 5/6/23 at noon

CALL TO ORDER

TECH COMMITTEE ROLL CALL

ADDITIONS TO THE AGENDA

MINUTES

- 2023 EZ WINTER AG ZONES
- 2023 EZ LC WINTER SUPER SECTIONALS
- 2023 EZ SC WINTER NORTH SECTIONALS
- 2023 EZ SC WINTER SOUTH SECTIONALS
- 2024 SECTIONALS & SNR ZONE PROPOSALS
- AG GROUP ZONES: LSC versus CLUB
- STAFF: BETH WINKOWSKI

NEXT MEETING DATE

ADJOURNMENT

The mission of the Eastern Zone is to develop a unified organization designed to work in cooperation with the LSCs to support and promote the Eastern Zone Swimming Membership.

Eastern Zone Technical Spring Zoom Meeting – 9am May 7th, 2023
Respectfully submitted by Tristan Formon, EZ Technical Chair
tristanformon@gmail.com
www.easternzoneswimming.org

2023 EZ WINTER AG ZONE CHAMPIONSHIPS

2022 Data: 3,150 Splashes - 717 Athletes - 159 Teams

2023 Data: 3,112 Splashes - 710 Athletes - 168 Teams

Meet Host / Referee: No Written Report

2023 LC SUPER SECTIONAL CHAMPIONSHIPS

2022 Data: 1,259 Splashes - 281 Athletes - 31 Teams

2023 Data: 1,251 Splashes - 293 Athletes - 27 Teams

Meet Host / Referee: No Written Report

2023 SC NORTH SECTIONAL CHAMPIONSHIPS

2022 Data: 2,173 Splashes - 566 Athletes - 84 Teams

2023 Data: 2,475 Splashes - 644 Athletes - 84 Teams

Meet Host / Referee: No Written Report

2023 SC SOUTH SECTIONAL CHAMPIONSHIPS

2022 Data: 1,708 Splashes - 509 Athletes - 55 Teams

2023 Data: 1,729 Splashes - 527 Athletes - 61 Teams

Meet Host / Referee: No Written Report

2024 SECTIONALS & SNR ZONE PROPOSALS

These proposals were shared with the Technical Committee, EZ Directors and respective Meet Hosts for commentary, please see below.

PURPOSE: To afford a more inclusive opportunity for member clubs and athletes and create a similar competitive experience and opportunity across all meets.

EFFECTIVE DATE: SEPTEMBER 1st 2023

Recommendation for consideration by the Technical Committee:

R1. Each year the Zone receives requests by hosts to consider offering the 3.5 day format versus the full 4 day format. The intent is that this would be addressed prior to awarding of bids.

Require bidders to indicate their intention to run a 3 ½ Day or full 4 Day Format for Summer Super Sectionals at the time of bidding for consideration by the EZ General Meeting when awarding bids.

R2. For all EZ Sectional and Senior Zone Meets, Winter, Spring and Summer will permit any athlete qualified in 1 or more individual events the opportunity to swim up to 7 individual events. Essentially Make 1, 2, 3, 4, 5, 6 swim 7. Per the 2023 LC Super Sectional Meet in Buffalo wording:

If an athlete qualifies for one (1) event, they may swim in as many bonus swims as they would like, as long as they stay within the entry limits (no more than 3 events per day, no more than 7 total events).

R3. Each year the Zone receives requests to permit a D final at one or more of the Sectional Meets, even though the 600 athlete cap has not been met. It is therefore proposed that all Sectional and Senior Zone Meets offer an A B C D Final for all Prelim/Final events with an age restriction of 18&U be placed on the D Final. (A B C open age) (See Commentary 1 C1 below)

R4. The SNR Zone Bonus Standards be removed. Currently, the Sectional Events only have qualifying standards. It is suggested that the Snr Zone meet have a similar process for event participation qualification. (Standards to be approved following the EZ Tech Meeting)

R5. With Safe Sport calling for two-deep leadership on team travel trips, the number of coaches deck passes to be increased for teams of 4 or less athletes to two deck passes versus one. Only the smallest sized teams would be impacted (positively) (wording appears in the meet announcement)

R6. With the exception of EZ Sectional Meets in Olympic Year, the Sectional Meets will be limited to the 100 out of section athletes. Winter Sectionals: North go North, South go South plus up to 100 out of Zone athletes per meet. For Super Sectionals, limit to 100 out of Zone athletes per meet. On Olympic Years, all EZ Sectional Meets are restricted to EZ athletes only. Snr Zones is always limited to EZ Athletes.

Commentary Received:

Adam Kennedy: Thank you. It looks like a great agenda and I do not have more to add.

Mary Turner: Thanks for sending this. C1: Agree with all points but 3 from an admin perspective. It is very difficult to fill 4 heats in finals on Sunday night. Suggest changing wording in 6 to: "With the exception of Super Sectional meets in an Olympic year. . ." C2: Even the SC Super Sectional in an Olympic year can be very large. (note C2 was incorporated)

2024 AGE GROUP ZONES

At the recent USA Swimming Workshop, AMS requested the Zone reconsider the format of the Winter AG Zone meet. It is presently set up as an Age Group (14 & U) Invitational versus the traditional LSC entered All Star Meet. The Technical Committee will entertain a motion to return to the former LSC Entered All Star Meet and subsequent discussion.

MISCELLANEOUS: 9.1 Amendments: Any provision of the EZ Policy Manual (Sections 1 to 9) not prescribed by USA Swimming Bylaws may be amended at any meeting of the EZ by two-thirds (2/3) vote. At least thirty (30) days written notice must be given to the General Chair of each LSC of any proposed amendment. Any provision of the EZ Regulations (Sections 10 and 11) and the Appendices may be amended at any meeting of the EZ by simple majority of the votes cast.

updated
5/7
after
Tech Mtg.

**Eastern Zone Spring General Meeting,
Technical Proposals
Respectfully submitted by Tristan Formon, EZ Technical Chair
tristanformon@gmail.com
www.easternzoneswimming.org**

Recommendations from the Technical Committee for approval/consideration by the body at the General Meeting:

**R1. Require bidders to indicate their intention to run a 3 ½ Day or full 4 Day Format for Summer Super Sectionals at the time of bidding for consideration by the EZ General Meeting when awarding bids.
Effective date: (For bids received on or after) September 1st 2024**

**R2. For all EZ Sectional and Snr Zone Meets, Winter, Spring and Summer, each athlete qualified in an individual event will receive 3 bonus swims. (Exception 800/1500 1000/1650 – Only athletes who qualify in the 800/1000 may elect to bonus the 1500/1650 and vice versa)
Effective date: September 1st 2023**

R3. Withdrawn (see below)

**R4. The SNR Zone Bonus Standards to be removed.
Effective date: September 1st 2023**

**R5. With Safe Sport calling for two-deep leadership on team travel trips, the number of coaches' deck passes to be increased for teams of 4 or less athletes to two deck passes versus one.
Effective date: September 1st 2023**

R6. Participation by out of Zone athletes in Sectional meets:

- Senior Zones are restricted to Eastern Zone Athletes only.
- Winter Sectional Meets – 100 out of Zone athletes allowed per meet. Teams in the north region must participate in the northern regional meet and teams in the south region must participate in the south regional meet.
- Super-Sectional Meets
 - Non-Olympic years – 100 out of Zone athletes allowed per meet.
 - Olympic years – restricted to Eastern Zone athletes only.

Effective date: September 1st 2023

R3. WITHDRAWN Each year the Zone receives requests to permit a D final at one or more of the Sectional Meets, even though the 600 athlete cap has not been met. It is therefore proposed that all Sectional and Senior Zone Meets offer an A B C D Final for all Prelim/Final events with an age restriction of 18&U be placed on the D Final. (A B C open age)

2024 AGE GROUP ZONES

The Technical Committee considered the following request: “At the recent USA Swimming Workshop, AMS requested the Zone reconsider the format of the Winter AG Zone meet. It is presently set up as an Age Group (14 & U) Invitational versus the traditional LSC entered All Star Meet.” The Technical Committee voted to create a taskforce / working group to research the potential for a full LSC supported/enter Winter Meet / HyBrid or retaining the current Club Team supported/entered format. This group will be tasked with returning a recommendation at the 2023 Fall EZ Meeting.

Thank you to the meet hosts and officials who provided feedback on each of the 2023 Eastern Zone Winter Championship Meets.

2023 EZ WINTER AG ZONE CHAMPIONSHIPS

2022 Data: 3,150 Splashes - 717 Athletes - 159 Teams

2023 Data: 3,112 Splashes – 126 Relays 710 Athletes – 183 Teams - 179 coaches
11 LSC's

338 Female Athletes - 372 Male Athletes - 14 Unattached Athletes

135 10&U Athletes, 240 11-12 Athletes, 335 13-14 Athletes

The AM sessions were split, all went well.

The meet was very well received by clubs, coaches, athletes, officials, and parents.

3 meet records were broken:

Men 11-12 50 Yard Butterfly: Bruce Qian, AQUA-MR (24.60Y)

Women 13-14 100 Yard Breaststroke: Kim Tran, LIFE-NJ (1:03.91Y)

Men 13-14 50 Yard Freestyle: Benjamin Pope, IVY-CT (21.39Y)

There were 71 officials, with a number of official's evaluations taking place.

FAST is looking forward to hosting this event once again next year! *Marci Callan*

2023 LC SUPER SECTIONAL CHAMPIONSHIPS

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MISCELLANEOUS: 9.1 Amendments: Any provision of the EZ Policy Manual (Sections 1 to 9) not prescribed by USA Swimming Bylaws may be amended at any meeting of the EZ by two-thirds (2/3) vote. Any provision of the EZ Regulations (Sections 10 and 11) and the Appendices may be amended at any meeting of the EZ by simple majority of the votes cast. At least thirty (30) days written notice must be given to the General Chair of each LSC of any proposed amendment.



Eastern Zone Athlete Representative Report

Submitted by Gavin Formon and TJ Walsh

USA-S Workshop

The Zone Workshop was extremely successful and a great experience for all of the Eastern Zone athletes who were able to attend. Sessions led by the Athletes Executive Committee (AEC) included LSC Leadership, Professional Development, Goal/Project Setting, and Diversity Equity and Inclusion. These presentations furthered our athlete reps' understanding of serving in governance and to build leadership qualities. In addition, all Eastern Zone LSC athlete representatives created a project that they will continue to work on after Zone Workshop. Projects include starting an athlete Instagram page and an athlete committee charity event. Additionally, the legislative review session was incredibly productive to solicit feedback and amend legislative proposals in advance of the fall House of Delegates meeting. Overall, our athletes had a very fun time and learned a lot about governance, helping them to become better athlete representatives in their LSC.

LSC Check-In Process

In coordination with the Zone Athlete Representatives Committee and the AEC, we reached out to all of the LSC athlete reps and conducted check-in meetings in order to find what areas we can assist them with. We were ultimately able to connect with eight out of twelve of our LSCs and followed up with additional athletes in Denver.

Eastern Zone Leadership Retreat hosted by Maine Swimming

Thank you to Maine Swimming who is hosting the Eastern Zone Athlete Leadership Retreat June 22-25 at Colby College. This retreat will have workshops regarding being an athlete representative, a swim meet, swim practice, and plenty of social activities for the athletes in attendance. Many LSCs have already committed to sending athletes and the Maine representatives are currently reaching out to other LSCs to gauge interest. We hope that LSCs can send up to 16 athletes and 2 coaches, who are all selected at the LSC level. Please reach out to Brady Hale at mesisrathrep@gmail.com for an example athlete application or any additional information.

Goals for 2023 & Beyond

1. Create a description of the roles and responsibilities for the Eastern Zone Athlete Director and Junior Representative to better help our successors
2. Post more regularly on Instagram. We have been doing Instagram takeovers on the story but are looking to create more permanent posts too.
3. Implement a future Eastern Zone Athlete Summit. Working in conjunction with the other Zone Athlete Reps, we hope to make a yearly Eastern Zone Athlete Summit.

Looking Ahead

We are confident we have a great group of athlete leaders among us. Their enthusiasm to better the sport of swimming and represent their LSCs was especially apparent in Denver and we are excited to work alongside them the next few months. Next year we hope that an Eastern Zone LSC wins an award from the AEC and by completing their projects, they will be positioned well to do this. Overall, looking forward to another great year serving as your Eastern Zone Athlete Representatives.

**USA SWIMMING NATIONAL OPERATIONAL RISK COMMITTEE REPORT TO EASTERN
ZONE 05/07/23 SUBMITTED BY COMMITTEE CHAIR MIKE SEIP – MIDDLE ATLANTIC**

- Hypoxic Blackout Statement will be published during May, which national drowning, joint statement with USA Swimming, Red Cross and YMCA. There is also a webinar being planned for the month of May.
- The Meet Marshals training program was launched and posted on the USA Swimming website.
- SWIMS 3.0 is now available to the committee, particularly Marco, to track non athlete certifications.
- The committee has in the following workgroup/ goals for the coming year:
 1. Create guidelines for training water temperatures for coaches.
 2. Increase awareness of Racing Start Certification requirements.
 3. Review of the present concussion protocols.
 4. Creation of a communications group which will correspond monthly with each LSC via the LSC's Operational Risk Director, General Chair and office.
 5. Review of the coach's disability waiver for coach certification.

Respectfully submitted by Mike Seip 05/07/23

Age Group Development Committee AGDC Report for the Eastern Zone

Respectfully submitted by Tristan Formon and Topher Bishop

The AGDC continues to develop additional opportunities to recruit and retain age group athletes. Adjustments have been proposed to the DCC (Developmental Competition Category) for consideration by the body at the USA Swimming ABM this fall.

Additionally, seeking to create some tools for age group coaches similar to IMX and IMR > IML (I am Learning, name still being developed): downloadable adaptable certificates for best times, first swims, "Speeding Tickets" for DQs.

The AGDC now participates in the Senior Development and DEI Committee meetings to improve cross-committee collaboration and ensure Diversity Inclusion and Equity within all aspects of our committee initiatives and activities.

Eastern Zone - May 2023 General Meeting Attendance

Name

EZ - Jerry Adams (Coach Director)
EZ - Tim Husson Non-Coach Director)
EZ - Gavin Formon (Athlete Director)
EZ - Mary Fleckenstein (Secretary/Treasurer)
EZ - TJ Walsh (Junior Athlete Representative)
AD - Ally Dheeradhada (athlete)
AD - JoAnn Faucett
AD - Katie Ferreira (athlete)
AD - Marco Greico (athlete)
AM - Atalie Abranovic
AM - Claudia Smith (athlete)
AM - Cynthia Woods
AM - Donna Beyerl
AM - Peter Barry
AM - William Gao (athlete)
CT - Ellen Johnston
CT - Rick Lewis
MA - Jamie Platt
MA - John Fedena
MA - Kathryn Scheuer
MA - Michael Seip
MA - Will Gallagher
ME - Brady Hale (athlete)
MR - David Rodriguez
MR - Dylan Gallub (athlete)
MR - Ethan Fergus
MR - Jeff Chu
MR - John Yearwood
MR - Jonah Montgomery
MR - Keith Green
MR - Ken Graham
MR - Lamar DeCasseres
MR - Zac Hojnacki (athlete)
NE - Betsy Russell
NE - Carol Healey
NE - Elizabeth Antenucci (athlete)
NE - Jenelle Dolan
NE - Ken Galica
NE - Lisa Black Sholudko
NE - Noa Chambers (athlete)
NE - Patrick Johnstone
NE - Rhi Jeffrey
NE- Moriah Tyrrell
NI - Courtney Christ
NI - Marci Callan
NI - Michael Switalski
NI - Nicholas Weiner (athlete)
NI - Will Chidsey
NJ - Alessandra Abeijon (athlete)
NJ - Stephanie Crofton
NJ - Tristan Formon
NJ - Bud Rimbault
PV - Andrew Char (athlete)
PV - Bryce Bohman
PV - Cherlynn Venit
PV - Elizabeth Jester
PV - Samantha Gilbert (athlete)
PV - Trish Buswell
VA - Genny Kimbel
VA - John Stanley
VA - Mary Turner
1-585-3642-557
USA-S - Nate Chessey

Eastern Zone - May 2023 Tech Planning Attendance

Name

EZ - Tristan Formon (Tech Chair)	NE - Betsy Russell
EZ - Jerry Adams (Coach Director)	NE - Carol Healey
EZ - Tim Husson (Non-Coach Director)	NE - Jenelle Dolan
EZ - Gavin Formon (Athlete Director)	NE - Ken Galica
EZ - Mary Fleckenstein (Secretary/Treasurer)	NE - Patrick Johnstone
EZ - TJ Walsh (Junior Athlete Representative)	NE - Rhi Jeffrey
AD - JoAnn Faucett	NE - Scott Ellis
AM - Georgiann Barry	NE -Patrick Hunter
CT - Ellen Johnston	NI - Charles Schutt
CT - Rick Lewis	NI - Courtney Christ
MA - John Fedena	NI - Marci Callan
MA - Kathryn Scheuer	NI - Michael Switalski
MA - Michael Seip	NI - Nicholas Weiner
ME -Brady Hale	NI - Will Chidsey
MR - David Rodriguez	NJ - Bud Rimbault
MR - Dylan Gallub	NJ - Stephanie Crofton
MR - Elaine Ang	PV - Bryce Bohman
MR - Jeff Chu	PV - Cherlynn Venit
MR - John Yearwood	PV - Elizabeth Jester
MR - Jonah Montgomery	VA - Genny Kimbel
MR - Ken Graham	VA - John Stanley
1-585-364-2557	VA - Mary TurneR