



2022 Spring Meeting
Teleconference
10:00am EST – May 7th, 2022

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.

AGENDA

1. **Call to Order**

Meeting was called to order at 10:00 am by Tim Husson. Tim welcomed everyone in attendance

2. **Approval of Minutes from 2021 Annual Fall Meeting (posted online)**

Meeting minutes were approved by acclamation

10A – Athletes from Maine presentation was made at this time (details under 10A.)

3. **Financial Report (posted online)**

Finance Committee Proposed Budget (posted online)

**Motion was made to approve budget with additional \$5100 under athlete support was made and seconded.
Motion to approve was carried.**

4. **Approval of Agenda**

Agenda was approved with addition of Beth Wintkowski of USA Swimming

4 a. Beth Wintkowski introduced herself as one of our new Team Service Advisor from USA Swimming. She joins Nate Chesney to provide support to the Eastern Zone. They look forward to being actively involved and present in the Zone. Beth will be at Super Sections in Virginia, please come and introduce yourself. Please don't hesitate to reach out. Email – bwintkowski@usaswimming.org; 719-330-4019

5. **Report of Officers**

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

Tim, Jerry, Aaron, Gavin are on the Zone Directors Council where they share/collaborate with other Zone Directors and USA Swimming staff

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

Tech Meeting was held this morning at 8:00 am. Not much going on. Will touch base with new meet hosts for summer meets, review time standards and hopefully get info out in the next 7-10 days. Cuts will most likely be SC 2021, 2019 LC standards.

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

Bids for Senior and Age Group Zones 2022 will be held posted dates – Motion was made to award bids received. Discussion on hotels and facility limitations. Cut times would go back to pre-Covid.

Bids awarded to University of Pittsburgh (Team Elite) for Senior Zone, and Ithaca College (Syracuse Chargers) for Age Groups

2024 Championship Proposed Dates:

March

27-30 Age Group Zones, SC
21-24 Spring Sectionals, 1 North 1 South LC
21-24 Spring Sectionals SC

May 16-19 Super Sectional LC

June 22 Open Water

August 7-10 Age Group Zones, LC
3-6 Senior Zones, LC

Notes:

1. Since 2024 is an Olympic year we, traditionally, have hosted March Sectional meets as long course meets.
2. Bid forms will be distributed to the LSC's in the Zone later this month. Bids will be due 10 days prior to Fall EZ Meeting.

4. **Athlete Representatives Report** – Aaron Zhu & Gavin Formon - report posted online
Athletes trying to integrate and form deeper relations with AEC National Athlete Committee, Zone Directors and LSC athlete committees. Workshop in Denver was very valuable. Looking forward to continued work in the future. Athlete awards - Maine Swimming won the Breakout Athlete Award, New England Outstanding LSC Award at the AEC athlete awards ceremony.
5. **Age Group Chair Report** – John Yearwood
Looking forward to working with the new leadership at USA Swimming in the Eastern Zone. Encouraged by new athlete leadership summit.
6. **Diversity Equity and Inclusion Chair** - Nadine Johnson (posted online)
100% LSC chairs! Report covers topics discussed at meetings. Thanks everyone for support!
7. **Officials Chair** – Genny Kimbel
Officials' numbers are slowly going up and there has been good support of meets. EZ Officials had most representation at International Trials.
8. **Safe Sport Chair** – Anne Kaufman – not present, no report submitted
9. **Disability Swimming Coordinator** – Amanda Pope - no longer a member of USA Swimming, Zone Directors will accept nominations for a replacement for this appointed position.

6. **Unfinished Business** - none at this time

7. **Nominations - nominations will be accepted from the floor at the September Meeting**
 - a. Zone Director (Coach) Jerry Adams (AD)
 - b. Secretary/Treasurer - Mary Fleckenstein (MR)
 - c. Athlete Representative - Aaron Zhu will take care of athlete nominations and vote prior to September Zone meeting – nominations as of now – Senior Director – Gavin Forman (NJ) Junior – TJ Walsh (NJ), Sophie Elliott (PV), Frankie Andersen(MR)
 - d. Technical Chair - Tristan Formon

8. **Reports from National Committees (Please provide a written report to be included in the minutes)**

Mary Turner (Membership and Registration Update on SWIMS 3.0 – Online Membership Registration. Registrars were given access to work in the program. Contact Eric Stimson or Mary if any trouble getting in. Still in testing. Hopefully all in by June 1 and fix bugs etc. after. SWIMS 2.0 transition, no definite date but they can't coexist.

Features of SWIMS 3.0 - Parents will receive a link from the club for registration to register. All registration will be done this way – non athlete, employees, board and club registration as well. OME and TIMES available thru SWIMS 3.0. LSC's will be able to upload information for their boards, LSC will be able to decide who has access. Change to what was announced earlier – USA Swimming will be collecting registration fees, theirs and possibly LSC – LSC can opt in or out of this. Information will be coming out. Parents pay USA Swimming directly. There will be changes to FLEX memberships – simplified version, age limit of 12 years old, new fee structure (increase) Has not been formally approved yet.

TJ Walsh – Operational Risk – Report online – Meet marshal program has been launched, program is free of charge and on the USA Swimming learning platform. Marco Greico working with LSC's on coaches expired certifications. Will send a report of LSC Op Risk

Taylor Rogers – Rules and Regulations – legislative packet submissions due May 15, 2022. Educate yourself on proposals before the September HOD meeting.

Mike Switalski – LSC Development – USA Swimming working on updating Club Recognition – 4 components. If any questions – contact Mike – coachmike@cityswimproject.org

Marci Callan – Coaches Advisory Council – Advises BOD of USA Swimming – 12 coaches in the country, she is the only representative from the Eastern Zone. Please let her know if you have any issues – please get in touch with her! mcallan@fairport.org

9. Bids for 2023 EZ Spring Meeting

Discussion on whether to have an in person or teleconference. September meeting usually held in conjunction with USAS Convention, there will no longer be any conventions. Discussion on holding a hybrid/in person/virtual meeting in conjunction with the Spring USA Swimming workshop. One meeting in person/ one meeting virtually. Many variables to consider. P&P will have to be amended and will be brought to the task force working on P&P. By-laws are no longer in place for Zones. The Workshops may not be geared to the pool of people that would attend the EZ meeting, so moving full business meeting to Spring may not work.

Motion was made to hold September 2022 meeting virtually prior to the September HOD meeting (September 22-23).
Motion carries.

Motion was made to the Spring meeting 2023 until further information comes from USA Swimming on the workshop.
Motion carries.

10. New Business

a. **Proposal from Maine Athletes**

Alison Bragg presented a proposal to the membership on behalf of Maine athletes. Proposal was first discussed at Workshop in Denver.

Proposal – Athlete Leadership Retreat to be held at Colby College in Maine in June of 2023. 16 athletes from each LSC would be invited (8 female, 8 male), along with 1 coach. Athlete age would be 10th grade – 15-18 year old
Application process would be based on LSC and USA Swimming, as well involvement, not by speed.

The summit would be Thursday to Sunday. Thursday arrival, check in; Friday a LC trials/final type meet with athlete bonding activity; Saturday would be LC practice, and workshops – DEI, LSC leadership, safe sport, goal setting, college recruiting panel and dinner as a group in dining hall. Sunday starts with a sprint meet then travel home.

The proposed cost, with athletes and coaches staying in the dorm at Colby College would be \$215 for athletes and \$195 for coaches. This is for room and meals at the college. Athletes extra \$20 would be for the meets. Travel would be expected to be LSC funded.

Discussion followed on details of the proposal. Budget item proposed under Athlete Support - \$5100.00 to support the summit. This money would be used to offset the cost for athletes/lsc's at approximately \$425 per LSC. Total cost per LSC sending 16 athletes and 1 coach for room/meals would be \$3635.

Motion was made to add \$5100 to Budget under Athlete Support. Motion was seconded. After discussion and breakout rooms by LSC's, motion was carried.

|| . Adjournment - all in favor 12:23 pm

Respectfully submitted:

Mary Fleckenstein
Eastern Zone Secretary/Treasurer



2022 Spring Meeting
Teleconference
10:00am EST – May 7th, 2027

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

1. Call to Order
2. Approval of Minutes from 2021 Annual Fall Meeting (posted online)
3. Financial Report (posted online)
 Finance Committee Proposed Budget (posted online)
4. Approval of Agenda
5. Report of Officers
 1. Zone Directors Report – Tim Husson & Jerry Adams
 2. Technical Planning Committee Report – Tristan Formon
 3. Report of Zone Championship Coordinator - Bud Rimbault
 4. Athlete Representatives Report – Aaron Zhu
 5. Age Group Chair Report – John Yearwood
 6. Diversity Equity and Inclusion Chair - Nadine Johnson (posted online)
 7. Officials Chair – Genny Kimbel
 8. Safe Sport Chair – Anne Kaufman
 9. Disability Swimming Coordinator – Amanda Pope
6. Unfinished Business
7. Nominations
 - a. Zone Director (Coach)
 - b. Secretary/Treasurer
 - c. Athlete Representative
 - d. Technical Chair
8. Reports from National Committees **(Please provide a written report to be included in the minutes)**
9. Bids for 2023 EZ Spring Meeting
10. New Business
11. Adjournment

**Eastern Zone Swimming
Treasurer Report
May 2022 – Spring Meeting**

Ending Balance – September 2021 HOD \$ 65,631.11

Transactions:

10/20/21 Mary Turner – web site expenses (\$235.00)

12/31/21 Interest on account 98.09

5/3/22 Aaron Zhu – Workshop in Denver – travel expenses (\$922.20)

Ending Balance \$ \$64,572.00

The only outstanding approved expenses outstanding are for N. Johnson for travel to Denver.

Respectfully submitted,

Mary Fleckenstein

Eastern Zone Treasurer/Secretary

May 3, 2022

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

Balance as of 9/1/2021: \$65,631.11

REVENUE		2021-2022 Budget	Actual to Date	2022-2023 Budget Proposal
1000	Zone Dues	\$0	\$0	\$0
1100	Other Income		\$0	
	Bank Interest	\$200	\$98	\$50
	Refunds			
TOTAL INCOME		\$200	\$98	\$50

EXPENSES

1200	Administrative Expenses			
	Awards	\$0	\$0	\$0
	Charitable Contributions/Donations/Special Awards	\$1,000	\$0	\$1,000
	Website	\$200	\$235	\$200
	Total Administrative Expenses	\$1,200	\$235	\$1,200
1300	Athlete Support			
	Subsidize Eastern Zone Spring Meeting	\$4,200	\$0	\$4,200
	Total 1200 Athlete Support	\$4,200	\$0	\$4,200
1400	Diversity and Inclusion			
	Multicultural Camps (biennially)	\$0	\$0	\$5,000
	Diversity and Inclusion Camp (biennially)	\$10,000	\$0	
	Total Diversity and Inclusion Programs	\$10,000	\$0	\$5,000
1500	Open Water			
	Open Water Circuit (2 @ \$2000 each)	\$4,000	\$0	\$4,000
	Open Water Championship Meet	\$5,000		\$5,000
	Total Open Water	\$9,000	\$0	\$9,000
1600	Safe Sport			
	Grant program - submit requests for zone related programs EZ grant committee	\$3,000	\$0	\$3,000
	Total Safe Sport Programs	\$3,000	\$0	\$3,000
1700	Travel			
	Zone Director Meetings - Travel and Lodging		\$0	\$0
	Spring Meeting Travel*	\$8,000	\$922	\$8,000
	Total Travel	\$8,000	\$922	\$8,000
TOTAL EXPENSES:		\$35,400	\$1,157	\$30,400

NET INCOME/LOSS

-\$35,200

(\$1,059)

-\$30,350

BALANCE AS OF 5/6/2022: \$64,572.00

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

Balance as of 9/1/2021: \$65,631.11

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	Refunds			
TOTAL INCOME		\$200	\$98	\$50

EXPENSES				
1200	Administrative Expenses			
	Awards	\$0	\$0	\$0
	Charitable Contributions/Donations/Special Awards	\$1,000	\$0	\$1,000
	Website	\$200	\$235	\$200
	Total Administrative Expenses	\$1,200	\$235	\$1,200
1300	Athlete Support			
	Athlete Leadership Camp			5,100
	Subsidize Eastern Zone Spring Meeting	\$4,200	\$0	\$4,200
	Total 1200 Athlete Support	\$4,200	\$0	\$9,300
1400	Diversity and Inclusion			
	Multicultural Camps (biennially)	\$0	\$0	\$5,000
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TOTAL EXPENSES:	\$35,400	\$1,157	\$35,500
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NET INCOME/LOSS (\$35,200) (\$1,059) (\$35,450)

BALANCE AS OF 5/6/2022: \$64,572.00



**EASTERN ZONE SWIMMING TECHNICAL COMMITTEE MEETING DRAFT AGENDA
SATURDAY MAY 7th, 2022, 8:00am ET**

Please forward agenda items to tristan@berkeleyaquatic.com no later than 5/6/22 at noon

CALL TO ORDER

TECH COMMITTEE ROLE CALL

ADDITIONS TO THE AGENDA

MINUTES

2022 EZ WINTER AG ZONES
2022 EZ LC WINTER SUPER SECTIONALS
2022 EZ SC WINTER NORTH SECTIONALS
2022 EZ SC WINTER SOUTH SECTIONALS
2022 EZ OPEN WATR CHAMPS
2022 EZ LC SENIOR ZONE CHAMPS
2022 EZ LC SUMMER AG CHAMPS
2023 EZ SECTIONAL CHAMP STANDARDS
2023 EZ WINTER AG ZONE CHAMP STANDARDS

STAFF: BETH WINKOWSKI / NATE CHESSEY

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 – 8am May 7th, 2022

Respectfully submitted by Tristan Formon, EZ Technical Chair

tristan@berkeleyaquatic.com

www.easternzoneswimming.org <http://www.njswim.org/>

2022 EZ WINTER AG ZONE CHAMPIONSHIPS

3,150 Splashes - 717 Athletes - 159 Teams

Marci Callan – First time running this meet in three years due to the pandemic and the event was well received by clubs, coaches, athletes and parents. There were 68 officials, with a number of officials evaluations taking place. FAST are looking forward to hosting this event once again next year!

2022 LC SUPER SECTIONAL CHAMPIONSHIPS

1,259 Splashes - 281 Athletes - 31 Teams

Paul Memont - Some stats for Buffalo Long Course Sectionals March 24-27

Officials--30, Some working only a session or two. Evaluations for National Certifications-11

Splashes-1,150 including 498 bonus. Swimmers-280 [155 Women & 125 Men]

Thursday Distance Session had 4 heats and was just shy of 1 hour.

Sunday Distance Session had 3 heats and was about 90 minutes.

Friday, Saturday, Sunday Prelims ran 2h 6m, 3h 14m, 2h 27m respectively.

Friday, Saturday, Sunday Finals ran 2h 16m, 2h 39m, 2h 25m respectively.

There was no need for any breaks, we ran a nice steady pace for all concerned, and remained within two or three minutes of the time-line.

LSCs: Adirondack, Allegheny Mountain, Connecticut, Lake Erie, Maryland, New England, Niagara, and Canada.

Ten days before the meet we had approximately 140 Swimmers and 12 Officials. Extending the entry deadline to March 21 helped bring the numbers up, and opening up for bonus events brought the splashes up to decent numbers. Allowing relay swimmers only also helped.

It's tough on the LSC when three Championship Meets are contested in a span of two weekends. Thanks for allowing me to be the Meet Referee!

Patrick Hunter - Overall, I thought the meet turned out great, as a result of the changes that were made last minute to increase participation- those changes really "saved the meet" in my opinion. A couple of thoughts as far as the meet moving forward: Adjust the qualifying times of the meet to produce a meet of appropriate size. I know that this meet has typically been small in the past, and also do know that other teams from New England were traveling elsewhere (for example, Wisconsin) for other LCM sectional meets with easier cuts. I think that this meet has the potential to really be great so as long as we open it up to include the right number of athletes. A lot of other meets (for example, junior nationals) have stopped doing positive check-in for relays, and running them scratch only (by the scratch deadline) like individual events. In my opinion, positive check-in for relays is significant added effort that doesn't yield much value. I think we should consider going scratch only in the future, but I do suggest we maintain that all teams must declare AM or PM for Sunday.

Finally, one of the other things I have seen- primarily in the Western Zone- is using OME for time trial signup. Entries are taken the day prior (i.e. signup for Friday is all day Thursday on OME). I have found this process to save time,

reduce chaos on deck, and also reduce errors in getting the time trials out- it is something I am familiar with and would be happy to help any interested meet host with in the future.

2022 SC NORTH SECTIONAL CHAMPIONSHIPS

2,173 Splashes - 566 Athletes - 84 Teams

Will Chidsey - Meet was on the light side with 450 athletes with hard cuts. Relays only swimmers brought the total up to 566. Coaches voted to add d final at coaches meeting and forgo presenting awards for top 3 at finals. Virtual scratch table made scratching and viewing who made it back during the scratch period very useful. Officials did a great job all around! It was great to be back at it!

2022 SC SOUTH SECTIONAL CHAMPIONSHIPS

1,708 Splashes - 509 Athletes - 55 Teams

Chris Barry - Overall, it was a successful meet with strong support from the host and good turnout on officials and teams. We had just over 500 athletes and sessions ran well with Saturday being our long day. Time trials were strong with over 200 splashes. Air quality was good and positive feedback was received. Our only issue was a timing system malfunction during Saturday finals that started in the W 50 Free but was fixed prior to relays and there were no issues after that point. The strong crew we had used manual starts and performed Heat Adjustments to get final results were awards were handed out during Sunday breaks. Sessions ended shortly after 9 pm (original end time) and we had results complete before 10 pm on Saturday. On Sunday we had Coaches meeting to discuss the events of prior evening and plan for awards from prior night. Positive feedback again was received from coaches.

2022 OPEN WATER ZONE CHAMPS

The 2022 EZ/CT Open Water Championship will be on Saturday, June 25th.

2022 SENIOR ZONE CHAMPS

No Finalized Host

2022 SUMMER AG ZONE CHAMPS

No Finalized Host

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.

Eastern Zone Athlete Report

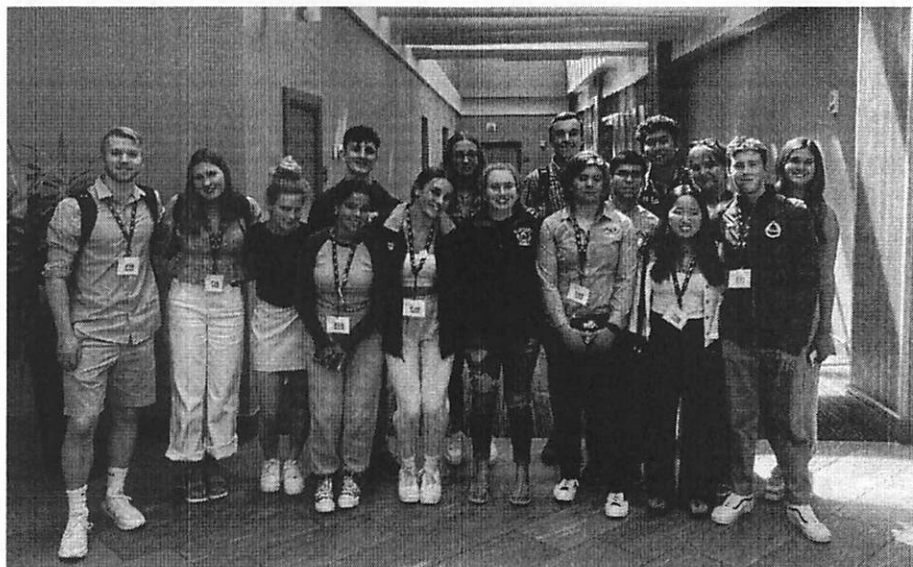
Submitted by Gavin Formon (NJ) and Aaron Zhu (AZ)

Collaboration with ZARC, AEC, ZDC, AAC

With the new restructuring of USA Swimming governance to comply with USOPC, Zone Athlete Reps (ZARC) has been working much more closely with the Zone Directors Council (ZDC) and Athletes Executive Council (AEC), for which Zone Reps now sit on as members without a vote. AEC and Athletes Advisory Committee (AAC) consisting of the 10 Year Athletes are working on creating a stronger collaborative relationship and hope to extend such relationships between the AAC and LSC Athlete Reps. Zone Reps have been working hard this past year to strengthen connections with their LSC Athlete Reps and help effectively mentor this round of athlete reps elected during COVID especially as we transition through Workshop and the ABM in September.

2022 USA Swimming Workshops, Denver, CO (by Gavin Formon)

Overall, we had athletes in attendance from almost all of our LSCs. It was a great weekend and terrific to finally meet our reps in person. We are super excited to work with this amazing group of representatives.



Highlights from Thursday:

- The Eastern Zone had a solid showing in the AEC Athlete Award Ceremony on Thursday night.
- Congratulations to Maine Swimming for winning the breakout LSC award. Ali Bragg and Ethan Schulz are credited with garnering lots of interest in governance in Maine and creating the LSCs first ever Athlete committee which earned them this award.
- Congratulations to New England Swimming on winning the Outstanding LSC award. Samantha Brabeck, Ellie Soska, Kenzie Driscoll, Diya Ackerman-Vállala are credited with the tremendous amount of work they have fronted in their various athlete-driven projects, from Leadership Summits to Starts and Turns Clinics and an All Star Meet this past year.

Highlights from Friday:

- Athletes really enjoyed listening from Robert Leeland III during the DEI sessions – very energetic and engaging
- Diversity = Connect - finding the needs of the other person
- Inclusion = Accept - accepting them for who they are
- Equity = Provide - fulfilling these needs
- Schuyler Bailar was a special guest at the afternoon DEI session and was a interview with Leland as well as a time for athletes to ask questions.
- LSC Athlete Leadership/USADA provided important knowledge about being an effective athlete leader such as being a good communicator and being organized. Also followed up by a short USADA presentation informing athletes on importance of checking what they are taking medicine / supplements etc.
- USADA Resources: globalDRO.com @usantidoping 87232 (anonymous tip line)
- Athletes collaborated with non-athletes from their LSC to discuss the strengths/weaknesses/opportunities/threats of their LSC and worked together to come up with an athlete-driven project to carry out for the next year! Some of these include AEC and Zone Reps will be checking in with athletes to hold them accountable with these projects

Highlights from Saturday:

- The Legislative Review Session received good feedback all around as it was a session where new legislation for the ABM was presented and discussed.
- Athlete Focused Legislation:
- 105.5.2 - discussed officiating of disability swimmers and notifying of stroke accommodations ahead of time.
- 202.4.1 - requires meet hosts to provide meet announcement which includes description of emergency services available.
- 203.3 (120 Day Rule) - there was a long winded discussion over making changes to the 120 day rule. Overall consensus between meeting and an AEC poll showed many in favor of reducing the window to 30 days for a swimmer to remain unattached when transferring teams.
- Governance Committee presented information about a new set of guidelines the nominating committee would follow for BOD people (skill sets) and shared the BOD SWOT analysis.
- AEC Meeting provided a comprehensive update of AEC achievements (mentorship program, LSC summit resources, LSC Rep survival guide, increase social media) Also discussed ways to stay involved once finished as an athlete rep
- ZDC Meeting : sectional manual is only meant to be a set of guidelines which can be used not must be used to help zones who have sectional planning issues.
- The USA Swimming Liaisons to the EZ are Nate Chessey and Beth Winkowski!
- The USA Swimming Trivia was a lot of fun and an EZ athlete led team (Pot Belly Sandwiches) took 2nd place
- Later that evening, the zone reps / AEC set up a fun night of games at the Athlete social which was much enjoyed all around and a further great event for athletes to get to know each other.

Highlights from Sunday:

- Eastern Zone Meeting: no senior / age group summer zone meet at the moment. CAC is working on more coach education. Maine Swimming Athletes (Ethan Schulz and Ali Bragg) presented an

interesting idea of an EZ LSC Athlete Reps Weekend event. More to come from them at this meeting!

- Town Hall Meeting: Spring workshop will remain in Denver through 2024 and vo

Looking Forward

USA Swimming Workshops was hugely successful for our athletes, and emphasized the importance of meeting with our LSC Athlete Reps in person. We look forward to hopefully continuing and bettering athlete experiences at the next Workshop next year, while also discussing ways we can change how we meet with and develop our LSC Athlete Reps to fulfill their needs. EZ has been discussing changes to our meeting cycle to align better with the Workshop/ABM timeline and having them more in person, and if feasible Zone Reps may ask to have another separate Athlete Workshop (maybe in collaboration with AEC/other Zones?) to have another opportunity for in-person programming – but still largely to be determined.

The ZDC and AEC have been discussing potential new plans to alter the election cycles. For EZ, we believe that our coach/non-coach election cycles are fine, but we may look to alter when we conduct Zone Rep, AEC Rep, and LSC Athlete Rep elections. The rationale is that Workshops is a great chance to mentor especially our new athletes and expose them to the fundamentals of being an athlete rep, and now Workshops is designed to be more of a stepping stone towards the ABM. We may be looking to push athlete elections earlier so that athlete reps are able to experience Workshops then vote at the ensuing ABM (rather than having new athlete reps take effect right before the ABM and asking them to vote when they are new to the position and all the legislation/etc.). Central Zone has recommended that Zones keep the Senior Zone Rep (Athlete Director) on their Zone Boards for an additional year after their term expires as an ex-officio in efforts to standardize all Zones and share identical practices, but we will eventually discuss with the EZ Directors to determine if that is actually necessary.

As shared above, we will also be continuing to check-in and assist our LSC Athlete Reps with the projects they have taken away from the athlete/non-athlete session at Workshops. One particularly of note is the EZ Athlete Reps weekend presented by Ali Bragg and Ethan Schulz (ME) of which we are looking to collaborate on with AEC Reps Topher Bishop (AM) and Marco Greico (AD).

As we look towards September, the Senior (Athlete Director) and Junior Zone Rep positions will be up for re-election – a two and one year term respectively. We look to mentor potential athlete reps interested in those positions and focus more on the transition to the next Zone Reps. We also encourage athletes who are over 18 and have at least one year of National Committee experience to run for AEC elections.

We'd like to extend a huge thank you to Tim and Jerry (EZ Directors), Tristan (EZ Tech Chair), our LSC Athlete Reps, the AEC (especially EZ's own Topher and Marco), and the EZ LSC BOD's for their continued support in the athletes. Our Zone is truly in good hands with our current batch of eager, excited, and advocating LSC Athlete Reps.



EZ DEI Chairs Committee Report – May, 2022

The DE&I Chairs committee continues to meet via Zoom on, a monthly basis, included in attendance Zone Director, Tim Husson, along with Tristan Formon who we sincerely appreciate having join us. There has been an average of approximately 70% regular LSC representation in attendance, we are currently at 100% DEI Chairs for the Eastern Zone LSC's. We welcomed 6 new DEI Chairs this past year. Including some of our alumni members as Advisory/At-Large Members and not to forget our outstanding athletes.

Topics covered during meetings were:

1. Congratulations on R16 Legislation to add the DEI Chair on LSC's as a voting member!
2. If a DEI Chair is unable to attend as the DEI Representative for their LSC, please have a committee member attend in your place so that you will have continuity of information.
3. 2021 Regional Camp Hosted October 2021 – Chula Vista – Was a huge success & a number of Eastern Zone representatives in participation.
4. Lots of positive remarks on “Mighty GC Virtual Leadership Summit” – Oct. 30, 2021
 - a. Questions to the LSC DEI Chairs that we didn't get to during the Summit
 - i. What changes have been made in your LSC because the LSC BOD supports DEI?
 - ii. What opportunities are missed in your LSC when DEI is not supported as it could be?
 - iii. What one thing must change on your LSC BOD to raise the DEI bar for your members?
5. Consistently shared information on clinics, workshops and conventions related to the DEI in Aquatics space – USA Swimming and more
6. Return of the Black History Meet – In Person (Feb. 2021) A huge success!
7. How can we be and hold our LSC's more accountable –
 - a. Committee collectively agreed on: Start having real/uncomfortable conversations and stop being afraid!
8. How are our LSC's doing as it relates to the many statements that were put out about BLM & AAPI – during the time of civil unrest?
9. We wanted to host a Zone DEI Camp but wasn't able to this year, think of working with you DEI Chair to potentially host at least a one-day DEI Camp locally.

Zone Workshop – DEI Meetings:

It was amazing to see so many in person and for the first time, it felt like a reunion of sorts. Outstanding Learning and invigorating environment, with Leland Brown III, Director of DEI for USA Swimming.

Encouraged DEI Chairs to focus on Accept; Connect & Provide

DEI Strategy - 4E

- Engage
- Educate
- Empower
- Elevate

Create a feeling of community/family

We can not spell Success with our “US”!

Workshop with Schuyler Bailar – Outstanding

Covered what does the process of change look like? Value conversation over confrontation. Find out the root of emotional discomfort. Everyone has the need to belong somewhere. How would you build Individual connection, humanity & respectful language with an LSC. Ask the community how we respect their community & consistently update. Cancel culture & Accountability – “Intent” & “Impact”. Don’t minimize what wasn’t your intent. Disconnect what was done from what was said or who we are. When making policy, make sure it includes other marginalized groups, we are experts in our own lived experience. One thing that is detrimental to an organization is their unwillingness to admit failure.

Conclusion:

I want to extend my deepest gratitude to those who have served. We look forward to implementing what we recently learned from the many powerful stories. We remain committed to working for and with our Athletes and boards to enact creating a welcoming, inclusive environment for all.

Up Coming Next Meeting: May 11, 2022

Respectfully submitted,

G. Nadine Johnson-Jesionek
EZ DE&I Coordinator

Registration Committee Report

EZ Spring Meeting

5/7/2022

The SWIMS 3.0 Workshop was held in Denver two weeks ago. At the beginning of this week, all LSC registrars were provided access to the testing site and are able to work in the parts of the environment that are currently built. The features that SWIMS 3.0 (or OMR) will include for 2023 are:

- Parents will receive a link from the team to create an account on the USA Swimming website and register their children through that account. Non-athlete registrations will also be handled directly through the USA Swimming website.
- Clubs will renew their registration through the website and be able to upload the names of Board members as well as coaches and other employees.
- OME and Times will also be handled through the Clubs portion of SWIMS 3.0.
- LSCs will be able to upload the names of Board members and staff. The LSC will also control who has editing rights to the Registration, Times, and Sanctions modules.
- Based on input received from various sources, it was decided that the **registration fees will be collected from the parents by USA Swimming as part of the registration process.** This is a shift from what was stated previously. Final details on this will be forthcoming.

At its meeting on April 22nd, the Board also approved in concept some changes to Flex with final acceptance expected in the next week or so. The changes are a simplified version of what was approved pre-Covid. Joel indicated that the age limit will be changed from 18 & younger to 12 & younger and that the fee will also be changed.

The committee is also working with the Athlete's Executive Committee on a legislative proposal to amend Rule 203.2, also known as the 120-day rule.



USA Swimming Operational Risk Committee

Report to Eastern Zone Meeting May 7, 2022

Submitted by Mike Seip-MA Committee Chair

1. Certifications have been closely tracked/monitored by a subcommittee led by Marco Greico. With the help of the LSC registrars, Denise Thomas and Abby Howard developed a system for notifications of expired certifications that has been implemented.
2. The meet marshal training program has been launched and will be introduced to the membership. It is a super program that will be free of charge and hosted on the USA Swimming learning platform. More information to come.
3. Each Operational Risk Committee Member has 5 LSC's they are responsible for communicating with regarding all Operational Risk matters. Please reach out to Mike if your LSC Operational Risk (Safety) Chair is not being contacted.
4. The Operational Risk Committee has submitted two legislative items for consideration at the Annual Business Meeting. The items are a result of identified areas of need by the USOPC during its audit of USA Swimming as the NGB for swimming. We ask for the Eastern Zones support when these items come forward for a vote. Any questions feel free to contact Mike.
5. There are sub committees working on the following:
 - Air quality webinars
 - Updating of USA website with Operational Risk resources
 - Coaching Certifications
 - Water Temperature guidelines
 - Racing Start Certification
 - Hypoxic Blackout

Technical Planning, May 7, 2022 8:00 am

LSC	Name (Original Name)	Total Duration (Minutes)
AD	Jerry Adams - AD - EZ Coach (jerome adams)	21
AD	JoAnn Faucett AD (JoAnn Faucett)	22
AD	AD - Jenn Dixon (Jennifer Dixon)	21
AM	Georgiann Barry AM (Georgiann Barry)	19
AM	Laura Hartman	12
CT	Henk Jansen - CT Swim	17
MA	Will Gallagher-MA (Will Gallagher)	21
MA	Micahel Seip-MA (Micahel Seip)	22
MA	Mike Rinde-MA (Mike Rinde)	21
MA	Kathryn Scheuer	18
MD	Ben Shriner-MD (Ben Shriner)	21
ME	Brady Hale-ME (Brady Hale)	19
MR	Mary Fleckenstein - MR (Mary Fleckenstein)	22
MR	John Yearwood - Metro (John Yearwood)	20
MR	Kate Hallex-MR (Kate Hallex)	20
MR	Eric Fisher (MR) (Eric Fisher)	18
MR	Dom Boccio-MR (Dom Boccio)	18
NE	Betsy Russell - New England (Betsy Russell)	21
NE	Patrick Johnstone - NE (Patrick Johnstone)	21
NE	Aaron Zhu - EZ Athlete Director (NE) (Aaron Zhu)	20
NE	Kenneth Galica - New England Swimming (Kenneth Galica)	19
NE	Carol Healey NE (Carol Healey)	18
NE	Jenelle Dolan-New England (Jenelle)	18
NE	G. Nadine Johnson-Jesionek	18
NE	Patrick Hunter - NE (Patrick Hunter)	15
NI	Will Chidsey-NI (William Chidsey)	21
NI	Fred Leff-Niagara (Fred Leff)	22
NI	Marcia Callan NI (Marcia Callan)	21
NI	Rob Wahl - NI (Rob Wahl)	19
NI	NI-Michael Switalski-GC (Michael Switalski)	19
NJ	Will Wong-NJ (William Wong)	21
NJ	Tristan Formon NJS (Tristan Formon)	42
NJ	Gavin Formon - EZ JR Rep (Gavin Formon)	20
NJ	Tamsin Formon (NJ Snr Rep) (tamsin formon)	21
NJ	Alessandra Abeijon - NJ (Alessandra Abeijon)	20
NJ	Bud Rimbault - NJ (Bud Rimbault)	19
NJ	Stephanie Crofton NJS Office (Stephanie Crofton)	18
NJ	TJ Walsh - NJ (TJ Walsh)	18
NJ	Logan Driever NJ (Logan Driever)	18
NJ	Judith Sharkey	17
NJ	graham bodner	14
PVS	Tim Husson - Zone Director (Potomac Valley Swimming)	22
PVS	Erik Collins/PVS AG Chair (Erik Collins)	22
PVS	Albert Hu	2
PVS	Kelly Oipari	10
USA	Beth Winkowski USA Swimming (Beth Winkowski)	19
VA	Genny Kimbel - VA (Genny Kimbel)	22
VA	John Stanley (VA) (John Stanley)	19
VA	Mary Turner - VA (Mary Turner)	19
VA	peter maloney	11

10:00 am

General Meeting 5/17/22

LSC	Name (Original Name)	Total Duration	NE	Patrick Hunter- NE (Patrick Hunter)	145
AD	JoAnn Faucett	140	NE	Carol Healey-NE (Carol Healey)	144
AD	Jerry Adams AD - EZ Coach Dir (j	145	NE	G. Nadine Johnson-Jesioneck	95
AD	AD - Jenn Dixon (Jennifer Dixon)	146	NI	Fred Leff-NI (Fred Leff-NI)	98
AD	Don Lipkin (AD) (Don Lipkin)	146	NI	Rob Wahl -NI (Rob Wahl)	147
AD	Katherine Ferreira	144	NI	Alexandra Switalski - NI (Alexandra	89
AD	Caitlin Cho AD (Caitlin Cho)	107	NI	Nicholas Weiner - Niagara (Nichola	163
AD	Adam Hershberg	94	NI	Dani Richards - NI (Dani Richards)	146
AD	Marco Greico	2	NI	Courtney Christ-NI (Courtney Christ	146
AM	Tophier Bishop (AM / AEC) (Toph	75	NI	Marcia Callan NI (Marcia Callan)	145
AM	Haihan Xu - AM (Haihan Xu)	147	NI	NI - Will Chidsey (William Chidsey)	145
AM	Pete Barry GC-AM (Pete Barry)	146	NI	NI-Michael Switalski (Michael Switz	143
AM	Georgiann Barry-AMS (Georgian	98	NJ	Marlene - NJ (Marlene)	145
AM	Courtney Fazenbaker AMS (Cour	144	NJ	Alessandra Abeijon - NJ (Alessandr	146
AM	Laura Hartman	4	NJ	Tamsin Formon - NJ Senior Athlete	146
CT	Henk Jansen-CT (Henk Jansen)	146	NJ	Will Wong- NJ (William Wong)	153
CT	Christine Grey- CT (Christine Gre	136	NJ	Gavin Formon - NJ EZ Jr Rep (Gavin	146
CT	Ellen Johnston	124	NJ	Tristan Formon NJS (Tristan Formon	288
MA	Kate Levensten	143	NJ	graham bodner nj (graham bodner)	145
MA	Will Gallagher-MA (Will Gallaghe	147	NJ	Stephanie Crofton NJS Office (Stepl	143
MA	Larry Schwarz - MA (Larry Schw	146	NJ	Logan Driever NJ (Logan Driever)	144
MA	Kathryn Scheuer-MA (Kathryn Sc	145	NJ	TJ Walsh - NJ (TJ Walsh)	143
MA	Mike Rinde-MA (Mike Rinde)	146	NJ	Judith Sharkey	29
MA	Jamie Platt - Middle Atlantic (Jar	145	NJ	Bud Rimbault - NJ (Bud Rimbault)	135
MA	Liam Simmons - MA (Liam Simm	139	PV	Tim Husson - Zone Director (Potom	147
MD	Susan McDonald - MD (Susan M	147	PV	Kelly Opipari-PV (Kelly Opipari)	96
MD	Jamie Cahn - MD (Jamie Cahn)	145	PV	Erik Collins/PVS AG Chair (Erik Colli	146
MD	Jeffrey Scrivener	52	PV	Sophie Elliott - PVS (Sophie Elliott)	146
MD	Zach Bishop - MD (Zach Bishop)	87	PV	Trish Buswell-PVS (Trish Buswell)	142
ME	MESI Holly (FVC) (Holly Hatch)	146	PV	Albert Hu	82
ME	Brady Hale - ME (Brady Hale)	146	PV	Samantha Gilbert- PVS (Samantha C	95
ME	MESI Taylor Rogers (GC) (Taylc	146	USA	Beth Winkowski USA Swimming (Be	144
ME	Alison Bragg - ME (Alison Bragg)	42	VA	Mary Turner VA (Mary Turner)	124
MR	MR - Monique Grayson (Moniqu	146	VA	John Stanley - VA (John Stanley)	147
MR	Mary Fleckenstein	145	VA	Genny Kimbel - VA (Genny Kimbel)	146
MR	John Yearwood - metro (John Ye	145	VA	peter maloney	142
MR	Kate Hallex-MR (Kate Hallex)	145	VA	Jihan Minson-VA (Jihan Minson)	85
MR	Eric Fisher	60		15188523182	145
MR	Jeff Chu-MR (Jeffrey Chu)	72		14124961685	129
MR	Lamar DeCasseres- MR- DEI-CHA	128		12404188537	53
MR	Zachary Hojnacki (MR) (Zachary	65		17328872418	114
MR	Dom Boccio- MR (Dom Boccio)	58			
NE	Moriah Tyrrell NE (Moriah Tyrre	147			
NE	Aaron Zhu - EZ Athlete Director (146			
NE	Kenneth Galica - New England S	146			
NE	Betsy Russell - NE (Betsy Russell)	146			
NE	Jenelle Dolan-New England (Jeni	145			