



2023 Fall Meeting – Teleconference  
12:00 Noon, October 1, 2023

- 1- Call to order – The meeting was called to order at 12:04 pm.
- 2- Approval of minutes from 2023 Spring meeting (posted online) – motion to approve – motion carried.
- 3- Roll call was done for each LSC to determine voting numbers – All present with athlete with the exception of Maine.
- 4- Financial Report – Mary Fleckenstein - posted online – Motion was made to accept – motion carried.
- 5- Reports of Officers
  - 1- Zone Directors Report – Tim Husson & Jerry Adams – report is posted online  
Tim Husson – Co-Director of Zone Directors Council. Tim reviewed his report and the updates from the annual business meeting. New officials' category – Junior Official, starting 2024. Marco Grieco added he is Co-Chair of the group, if you have any questions, you can email him at [mgreicoadlsc@yahoo.com](mailto:mgreicoadlsc@yahoo.com) . Motion was made to approve report, motion carried.
  - 2- Technical Planning – Pete Barry – appointed when Tristan Formon moved to NC.  
Agenda from 9:00 meeting is posted. Discussion on summer meets and splash counts. Trend for more participation from males than females. Review of qualifying times will be done for all meets. Championship regulations will be updated. Bonus events for upcoming meets were discussed. Looking at the possible to add B finals at 14 & Under zone meet. Also discussed was the need to balance the daily events. Please send any feedback to the committee and the committee welcomes it. Motion to accept report, approved
  - 3- Report of Zone Championship Coordinator – Tim Husson  
Tim Husson has assumed the role of Championship Coordinator. The bids are posted on the website.  
No bid yet for 2024 LC Sectionals for the south  
2025 Spring Sectionals - March 27-30,2025  
North – SC – 2 bids
    - (1) Niagara Swimming, Syracuse Chargers - Ithaca College, NI.
    - (2) Hauppauge Swimming, Sachem Swim Club, Three Village Swim Club, Metropolitan Swimming at Nassau County Aquatic Center (~~March 20-23~~)Discussion on dates – must be all on the same weekend of March 27-30

Both spoke on behalf of their bids.

South – SC - Christiansburg Aquatic Center – no additional bids

LC – ECC Burt Flickinger – no additional bids

SC Age Group Zones – April 2-5, 2025- Webster Aquatic Center – no additional bids

LC Super Sectionals – May 15-19, 2025 Collegiate School Aquatic Center – no additional bids

EZ Open Water Championships – 2 bids

(1) Beesley's Point Sea Doo – Middle Atlantic Swimming – June 14, 2025

(2) Quassy Amusement Park – Connecticut Swimming – June 28

Both spoke on behalf of their bids.

LC Age Group Zones – August 6-9, 2025 – 2 bids

(1) Ithaca College – Niagara Swimming, Syracuse Chargers

(2) Collegiate School Aquatic Center – Virginia Swimming, SwimRVA

Both spoke on behalf of their bids.

LC Senior Zones – August 7-10, 2025 – ECC Burt Flickinger – no additional bids.

Bids without contention were approved by acclamation. LSC's went into breakout rooms to discuss the 3 meets with multiple bids.

North – SC Sectionals – vote resulted in a tie

Open Water – Meet was awarded to Middle Atlantic

AG LC Zones – Meet was awarded to Virginia Swimming

Revote for SC North Sectionals – Meet was awarded to Niagara Swimming – full voting results were sent to Tim Husson for review upon request.

Open Water Dates were changed to June 22-23 – motion was made – approved.

Will look into running with Athlete Summit.

Tim thanked Bud Rimbault who spent many, many years serving the Eastern Zone.

Motion to approve Tim's report – approved.

- 4- Athlete Representatives Report – Gavin Formon and TJ Walsh  
Report is posted to the website. Gavin reported check-ins were done with the LSC's athlete reps and are continuing. New cycle of athlete reps coming in, keep motivating, help them to achieve goals. Jr. athlete position for Zone is now a 2-year position across all zones. Started reaching out to find a host for the 2024 Eastern Zone Athlete Summit. Motion to accept, approved.
- 5- Age Group Chair Report – John Yearwood  
Discussion on Tech Planning – impact and change for Age Group meets – reach out to John so Age Group can help with the process. Motion to accept the report, approved

- 6- Diversity Equity and Inclusion Chair – Nadine Johnson  
Report is posted on the website. Motion to accept report, approved.
- 7- Officials Chair – Genny Kimbel  
Genny has reached out to the LSC’s officials chairs and updated new chairs and referees.  
Motion to accept report, approved.
- 8- Safe Sport Chair – Will Gallagher  
No report
- 9- Disabilities Swimming Coordinator – Elizabeth Jester  
No report

#### 6 – Old Business

- Task Force for Zone Meet will be meeting soon
- Zone Policies and Procedure Task Force – TJ Walsh and Marco Grieco – TJ reported that a draft is almost ready for the zone Governance and Parliamentary Policies. They are finishing up on the Championship Rules and Regulations and Meet Operations. Hope to have completed by November then a comment period to lead to a vote.

#### 7 – New Business – No new business

#### 8- Elections

- 1- Director – Non-Coach – Jamie Platt – Middle Atlantic
- 2- Age Group – John Fedena – Middle Atlantic
- 3- Technical Planning – Pete Barry – Allegheny Mountain

No nominations were presented from the floor. Nominations Closed – Motion to accept by acclamation – Motion carries.

#### 9 - Reports of National Committees

Mike Seip – Operational Risk – 4 points – posted on website

Mary Turner – Registration – Please encourage people to contact the club or LSC registrars if you are having any issues. USA Swimming University is still feeling growing pains, matching items. Contact registrar before you take course multiple times.

Wade Atkins – National DEI – New regulations about accommodations and modification of the rules, more info will be coming out. Committee is working on streamlining information on registering outreach members. Working on an information sheet to help athletes who want suit waivers.

#### 10 – Scheduling of Spring Meeting –

No spring workshop for USA Swimming – will be in September with Annual Business meeting  
May 5<sup>th</sup>, 2024 via teleconference

Jerry thanked Tim Husson for his service as Director.

Meeting adjourned at 2:08 pm.

Respectfully submitted,  
Mary Fleckenstein  
Eastern Zone Secretary/Treasurer



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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
- 2 – Approval of minutes from 2023 Spring 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 – Peter Barry
  3. Report of Zone Championship Coordinator – Tim Husson
    - a. Proposed date change for 2024 Open Water Meet
  4. Athlete Representatives Report – Gavin Formon and TJ Walsh
  5. Age Group Chair Report – John Yearwood
  6. Diversity Equity and Inclusion Chair – Nadine Johnson
  7. Officials Chair – Genny Kimbel
  8. Safe Sport Chair – Will Gallagher
  9. Disability Swimming Coordinator – Elizabeth Jester
- 6 – Old Business
  - Zone Policies & Procedures Task Force
- 7 – New Business
  - ?
- 8 – Elections
  1. Director – Non-coach
  2. Age Group Chair
  3. Technical Chair (one year term)
- 9 – Reports of National Committees
- 10 – Scheduling of Spring Meeting

## USA Swimming Eastern Zone Accounting Statement

9/1/2022 **Beginning Balance** **62,479.05**

Transaction Date	Description	Transaction Amount
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)
7/19/2023	FOR602 G FORMAN/ECZ LEAD RETRE	(795.37)
9/6/2023	MAI600 MAINE SWIM/EZ LEAD RETR	(5,100.00)

9/20/2023 **Ending Balance** **51,210.10**

September 24, 2023 - request for Open Water Stipend was sent to USA Swimming for \$5000.00

Balance after stipend paid: \$46,210.10

There are no other known outstanding debts at this time.

Respectfully submitted,

Mary Fleckenstein  
Eastern Zone Secretary/Treasurer



2023 Fall Meeting  
October 1, 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.

The Zone Directors Council published a [Sectional Guidelines Manual](#) to provide information to those who wish to host Sectional meets. The Zone Athlete Representatives Committee (ZARC) has developed a Zone Athlete Summit Manual to document the procedures hosting a Zone Athletes Summit. This will be released soon.

The ZDC hosted a Meet the Candidates session on September 3. This 90-minute session gave all eight Board candidates the opportunity to present their positions in answer to questions developed by the ZDC.

### **SWIMS 3.0**

After a rough start in September 2022, things seem to be settling in better with SWIMS 3.0. There is still a lot of functionality to complete and not all functionality has been working smoothly.

Some of the original pieces have been replaced this year to fix problems. A new payment collection system provides detailed receipts for payments received. New reporting capabilities are available to allow real-time dashboard reporting and a new solution for PDF reports. A new education module has hopefully solved the problems of members not being able to access required courses.

Online Meet Entry (OME) continues to evolve.

### **Annual Business Meeting**

The Head Coaches for the 2024 US Olympic Team are Anthony Nesty and Todd DeSorbo (VA).

The Meet Referee for the 2024 US Olympic Team Trials will be Jamie Cahn (MD).

The 2024 USA-S Workshop will be held in conjunction with the Annual Business Meeting (ABM) and the House of Delegates (HOD). It will be held in Denver, CO on September 26-29, 2024.

### **USA Swimming Board Meeting**

Tim attended the USA-S Board Meeting on September 23 in Colorado Springs where he and Zach Toothman made a presentation of ZDC status and plans.

The Board approved a new registration category (Junior Official) for the 2024-2025 season.

### **USA Swimming House of Delegates**

At the USA Swimming HOD meeting on September 23 in Colorado Springs, Kathleen Prindle was re-elected to the Board. And Sabir Muhammad was elected to the other open position.

All proposed legislation was approved by the HOD. A final copy of the action taken is available on the [USA-S website](#). A few noteworthy items are listed below.

R-1 – Extends the current composition of the HOD for another year.

R-3 – Allows for Zones to hold more than one Senior Zone Championship per year.

R-5 – Changes to Article 105 explaining accommodations/modifications that can be made at a meet for swimmers with a disability.

R-8 – Change to the rule for observed swims to: (a) simplify the approval process, and (b) state that times will only be loaded into SWIMS for athlete members in good standing at the time of the swim.

R-9 – Require consistent certification standards across all LSCs for officials (referee, starter, stroke & turn judge, and administrative official).

HK-10 to HK-12, HK-14 – Change language to meet announcements because USA-S is no longer maintaining a database of certified pools.

HK-20 – Change in the whistle protocol for referees at the start of each heat (101.1.2)

Respectfully submitted by,

Tim Husson	Jerry Adams
Non-Coach Director	Coach Director



## 10/1/2023 Technical Planning Committee Meeting Agenda

Call to Order:

Technical Meeting Roll Call:

Additions to the Agenda and Approval:

Old Business:

- 1) Splash Counts from Summer Meets
- 2) Thoughts on looking at QT's for all meets

New Business:

- 1) Review and Update the EZ Championship Meet Regulations
  - a) last update September 2018
- 2) Proposal thoughts on Sectionals:

### **Sectional Meet Schedule 2024:**

- Thursday, March 23: General Warm-up: 10:00 am – 8:00 pm o Distance
- Warm-up: 2 pm in Competition Pool o Distance Session Start: 3:30pm
- Friday, March 24 – Saturday, March 25 Prelims Warm-up: 6:30am-8:20am o Prelims  
**Start: 8:30am Finals Warm-up: 3:30 pm- 4:20 pm Finals Start 4:30 pm**
- Sunday, March 26 Prelims Warm-up: 6:30am-8:20am o Prelims Start: 8:30am (Distance to be swam during Prelim Session)
- Finals **Warm-up: 2:30 pm o Finals Start: 3:30pm**
  
- This Timeline will help including Awards, Team Presentation and get families and coaches home sooner

### **Bonus Structure:**

Athlete will be allowed 4 Events Bonus regardless of how many cuts they have (Closer to NCSA Bonus Structure)



### **Mixed Gender Prelims for Distance Events (400 IM & Up)**

- Running these events of mixed gender can save ample amounts of time and make the environment more competitive for athletes.

### **Eastern Zone SCY Ideas**

#### **Bonus Structure:**

- Athlete will be allowed 4 Events Bonus regardless of how many cuts they have (Closer to NCSA Bonus Structure)

#### **Facility Change:**

- With the popularity of the meet and with NCSA not having 9-10 at their meet this year, we can look for increased numbers at this meet so being able to run all 11-14 athletes in 1 session.

### **Eastern Zone LCM Ideas:**

#### **Add "B Final 11-14**

Adding B Final for 11-14, as most athletes are TEAM traveling and this give more opportunities to swim at night, and is on par with every other Zone meet in the country

#### **Bonus Structure:**

- Athlete will be allowed 4 Events Bonus regardless of how many cuts they have (Closer to NCSA Bonus Structure)

#### **Finals Start Time:**

- Thursday- Saturday Finals 4:00 (to be able to keep Timeline with added Final)
- Sunday Finals 3:00 PM Start (Allows people to get home)

Adjournment:



## 2025 Meet Bids

Bids received as of Sept 25, 2023. Additional bids will be accepted from the floor during the EZ meeting.

### **2024 Spring Sectionals, South Region (LC) – March 21-24**

No bids received

### **2025 Spring Sectionals, North Region (SC) - March 27 - 30, 2025**

Ithaca College, Ithaca, NY (Niagara Swimming – Syracuse Chargers)

### **2025 Spring Sectionals, South Region (SC) - March 27 - 30, 2025**

Christiansburg Aquatic Center, Christiansburg, VA (Virginia Swimming)

### **2025 Spring Sectionals (LC) - March 27 - 30, 2025**

ECC Burt Flickinger, Buffalo, NY (Niagara Swimming – STAR Swimming)

### **SC Age Group Zones - April 2-5, 2025**

Webster Aquatic Center, Webster, NY (Niagara Swimming – Fairport Swimming)

### **LC Super Sectionals**

Collegiate School Aquatic Center, Richmond VA (Virginia Swimming – SwimRVA)  
May 15-19, 2025



## 2025 Meet Bids

### **EZ Open Water Championships**

- (1) Beesley's Point Sea Doo, Beesley's Point, NJ (Middle Atlantic Swimming)  
June 14, 2025
- (2) Quassy Amusement Park, Lake Quassapaug, Middelbury, CT (Connecticut Swimming)  
June 28, 2025

### **LC Age Group Zones - August 6 - 9 , 2025**

- (1) Ithaca College, Ithaca, NY (Niagara Swimming – Syracuse Chargers)
- (2) Collegiate School Aquatic Center, Richmond VA (Virginia Swimming – SwimRVA)

### **LC Senior Zones - August 7 - 10, 2025**

ECC Burt Flickinger, Buffalo, NY (Niagara Swimming – STAR Swimming)

DRAFT



**Eastern Zone Athlete Report**  
Submitted by Gavin Formon and TJ Walsh

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**LSC Check-Ins:** This summer, as a part of a charge led by the Zone Athlete Representatives Committee (ZARC), we conducted LSC check-in meetings with our LSCs to help with project planning, gain data for use in a nationwide analysis, and answer any questions on the roles and responsibilities of being an athlete representative. The first round of calls allowed us to gain valuable information and were received positively by LSC representatives. The second round of check-ins are currently underway and include an expanded discussion framework and project planning resources. We plan to continue these check-ins throughout the year as a way to get to know our new athlete representatives and support them however possible.

**2024 Eastern Zone Athlete Summit**

We are currently in the process of scouting potential locations and soliciting quotes for the 2024 Eastern Zone Athlete Summit. This is part of a streamlined effort across all four zones to host an in person athlete summit in 2024. At the moment, the Summit is tentatively scheduled for **Thursday, June 20th to Sunday, June 23rd**. This date allows maximum flexibility for high school athletes still in school and also coincides with the tail end of Trials. This allows for some watch parties and trial-themed events within the Summit. We are very excited for this opportunity and the first ever Eastern Zone-hosted Summit.

**Eastern Zone Athlete Social Media Committee**

In an effort to boost social media posts and engagement with athletes across the Eastern Zone, we will be forming a subcommittee tasked with producing social media content for our athlete Instagram account. This initiative will allow LSC Representatives to get involved at the Zone level and provide unique insights to further improve our social media presence. We are looking forward to assisting this subcommittee and hope for some great content going forward.

### **Eastern Zone Junior Representative Update**

The Zone Athlete Representatives Committee (ZARC) made a unanimous decision to not hold elections for Zone Junior Athlete Representatives and extend the terms of current Zone Junior Athlete Representatives until September 2024. This decision was made in conjunction with the National Athletes' Executive Committee (AEC) in order to allow for increased continuity between the Athlete Director and Junior Athlete Representative without the distraction of an election. There are a number of opportunities for athletes looking to get involved beyond the LSC level including our Eastern Zone Athlete Social Media Committee, National Committees, other Eastern Zone Committees, and voting in the National House of Delegates.

### **Closing Thoughts**

We are both very excited for another year of representing the athletes of the Eastern Zone and are especially excited to be hosting our first in-person athlete summit next summer. Our LSC Athlete Representatives continue to do amazing work within their LSCs and we look forward to what's next.

If you have any questions, please feel free to ask during the Eastern Zone General Meeting or do not hesitate to contact us at [gavinformon@gmail.com](mailto:gavinformon@gmail.com) and [tjwalsh132@gmail.com](mailto:tjwalsh132@gmail.com).

## **EZ DEI Chairs Committee Report – September, 2023**

The DE&I Chairs committee continues to meet via Zoom, included in attendance Zone Director, Tim Husson, joins the meetings regularly. There has been an average of approximately 70% regular LSC representation in attendance, we are currently back at 100% DEI Chairs for the Eastern Zone LSC's. We welcome 3 new DEI Chairs (Andre Stephens – NJ; Sheri Bellows & Wayne Willis – NES; Co-Chairs) and athletes.

Prior to taking off the month of August, the committee had a 2-part training series; led by Leland Brown III, DEI Director for USA Swimming.

**Part #1** - focused on DEI accomplishments at USA Swimming; how this trickles down to and through our LSC DEI Chairs; review of Inclusion=Accept & Diversity = Connect at the Macro; Meso & Micro levels. Once we've had a chance to identify these in our LSC, then asking how/what we can provide to make a difference. Reviewed ways USA Swimming is providing via a variety of programs. Then using the DEI Strategy = E4 (Engage; Educate; Empower & Elevate) how can each LSC DEI leader then develop DEI organization objectives.

**Part #2** – Focused on developing a mission statement and recalibrating to build a strong DEI Committee to focus on targeted programs that align with the mission.

The committee members have been encouraged to participate in the regular monthly scheduled DEI Webinars hosted by USA Swimming DEI office, topics included:

- Water Safety Festival – 101; 201; 301;
- LGBTQ 101 & 102;
- National DEI Committee 101

All are viewable on the DEI website in the view past webinars area.

We will resume our meetings in Oct., 2023 with a check in with all DEI Chairs and their missions and plans for this seasonal year.

Respectfully submitted,

G. Nadine Johnson-Jesionek

EZ DE&I Coordinator

**USA SWIMMING NATIONAL OPERATIONAL RISK COMMITTEE REPORT TO EASTERN  
ZONE 10/01/23 SUBMITTED BY COMMITTEE CHAIR MIKE SEIP – MIDDLE ATLANTIC**

- The Meet Marshals training program is available on the USA Swimming website. For non-members it is under the Operational Risk section, non-athlete members it is listed in the University. It is suggested that the Operational Risk Chair of each LSC keep record of who has completed the certification from your member clubs.
- Very important for LSC to encourage the Clubs to complete the Report of Occurrence forms for emergency situations no matter the magnitude. The form is under revision in the near future by the committee. Any suggestions please contact me.
- Please communicate and encourage your clubs to make sure they are following the racing start certification process defined in the rulebook. The forms are available on the USA Swimming website.
- The Operational Risk Committee has been working closing with the USA Swimming Board of Directors on identifying areas of concern relative to injuries tracked with the ROO reports.

Respectfully submitted by Mike Seip 10/01/23

Eastern Zone Technical Meeting  
October 1, 2023

EZ - Peter Barry (Chair)  
EZ - Tim Husson  
EZ - Jerry Adams  
EZ - Gavin Formon  
EZ - Mary Fleckenstein  
AD - Mardo Greico  
AM - Donna Beyerl  
CT - Rick Lewis  
MA - John Fedena  
MA - Kathryn Scheue  
MA - Mike Rinde  
MA - Mike Seip  
MD - Satoshi Katsumoto  
ME - Jim Willis  
MR - John Yearwood  
MR - Jonah Montgomery  
MR - Sandra Graham  
NE - Betsy Russell  
NE - Jenelle Dolan  
NE - Ken Galica  
NE - Kenneth Graham  
NE - Patrick Hunter  
NE - Patrick Johnstone

NI - Charles Schutt  
NI - Courtney Christ  
NI - Marci Callan  
NI - Michael Switalski  
NI - Nicholas Weiner  
NI - Paul Cary  
NI - Will Chidsey  
NI - Zach Gaskill  
NI - Rick Aronberg  
NJ - Eric Harse  
NJ - Nicole Decaro  
NJ - Stephanie Crofton  
NJ - TJ Walsh  
PV - Andrew Koons  
PV - Cherlynn Venit  
PV - Erik Collins  
PV - Nicole Erickson  
VA - Emily Y  
VA - Genny Kimbel  
VA - John Stanley  
VA - Mary Turner



Eastern Zone Meeting  
October 1, 2023

EZ - Jerry Adams (Coach Director)  
EZ - Tim Husson (Non-Coach Director)  
EZ - Gavin Formon (Athlete Director)  
EZ - TJ Walsh (Junior Athlete Representative)  
EZ - Mary Fleckenstein (Secretary)  
AD - Ally Dheeradhada  
AD - Katie Ferreira  
AD - Marco Greico  
AM - Donna Beyerl  
AM - Peter Barry  
AM - Todd Sterlitz  
AM - William Gao  
CT - Ellen Johnston  
CT - Henk Jansen  
CT - Jeff Sargent  
CT - Jen Lyman  
CT - Margy Sargent  
CT - Rick Lewis  
MA - Andrew Austria  
MA - Jamie Platt  
MA - John Fedena  
MA - Kathryn Scheuer  
MA - Mike Seip  
MA - Taiylor Tegler  
MD - J. Wade Atkins  
MD - Jamie Cahn  
MD - Sammy Rotman  
MD - Satoshi Katsumoto  
ME - Jim Willis  
MR - Brandon Modrov  
MR - David Rodriguez  
MR - Jeff Chu  
MR - John Yearwood  
MR - Jonah Montgomery  
MR - Kenneth Graham  
MR - Monique Grayson  
MR - Sandra Graham

NE - Betsy Russell  
NE - Carol Healey  
NE - Elizabeth Antenucci  
NE - Elizabeth Staats  
NE - Jake Eastman  
NE - Jenelle Dolan  
NE - Jonathan Castaldo  
NE - Ken Galica  
NE - Moriah Tyrrell  
NE - Noa Chambers  
NE - Patrick Hunter  
NE - Patrick Johnstone  
NE - Susan Pascale-Frechette  
NI - Courtney Christ  
NI - Elle Noecker  
NI - Marci Callan  
NI - Michael Switalski  
NI - Nicholas Weiner  
NI - Paul Cary  
NI - Rick Aronberg  
NI - Thomas Day  
NI - Will Chidsey  
NI - Zach Gaskill  
NJ - Derek Cheng  
NJ - Eric Harse  
NJ - Nicole Cicalo-DeCaro  
NJ - Stephanie Crofton  
PV - Aaron Dean  
PV - Andrew Koons  
PV - Bryce Bohman  
PV - Cherlynn Venit  
PV - Erik Collins  
PV - Harper Freeman  
PV - Nicole Erickson  
PV - Trish Buswell

VA - Charlie Mayr  
VA - Genny Kimbel  
VA - John Stanley  
VA - Jonathan Kaplan  
VA - Mary Turner  
VA - Adam Kennedy  
USA-S - Nate Chessey  
Guest - Tristan Formon