East Zone Education Report

March 2nd, 2024

Submitted by Kayla Parvana

Lake Placid Athlete Clinic

- December 16th and 17th, 2023. Lake Placid Olympic Training Center and North Country Community College
- Athletes invited: Youth, Junior, and Senior
- 34 athletes and 11 coaches in attendance.
- Thank you to our clinicians, Mathilde Warren and Fannia Xu from McGill University Artistic Swimming
- Please send feedback on how to improve the Lake Placid Clinic and any content or clinician suggestions to kayla.parvana@gmail.com

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Silver Clinic

- January 20th and 21st, 2024; Oneonta Senior High School in Oneonta, NY
  *Thank you, Amy Hornburg-Heilveil for coordinating facilities
- Athletes Invited: Intermediates (all levels) on Saturday; 12 & Under and 13-15 Age Group on Sunday.
- 52 swimmers and 9 coaches were in attendance
- Thank you to our clinician Paola Tirados Sánchez
- Please send feedback on how to improve the Silver Clinic and any content or clinician suggestions to kayla.parvana@gmail.com

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Grade Levels

Grade Level Results

- A list of levels passed by East Zone swimmers is posted in the Grade Levels section of the East Zone website.
- Please send grade level assessment results and roster updates to kayla.parvana@gmail.com

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Coaching Certification Program (CCP)

Requirements

- **CCP Level 1** – Required for all artistic swimming coaches to be on deck at any land training, water training or sanctioned competition.
  Exception: Skills Specialists as defined in Appendix C

- **CCP Levels 1 and 2** – Required for all coaches to be on deck at any Regional or Zone Championship.

- **CCP Levels 1, 2 and 3** – Required for all coaches to be on deck at any National Championship.
  Exception: A one-time emergency waiver may be allowed for either CCP 2 or 3 at the discretion of the Education Director.

    - SafeSport, CPR, First Aid and Background Checks - Required for all coaches to be on deck at any time.

- A first year waiver is automatically applied for first year coaches. They are only required to complete CCP 1.

CCP Expiration

- If your CCP certification is due to expire, options are to re-take CCP 1, 2 or 3, or attend Coaches College to maintain your current rating for 4 years. Purchasing all 13 Swiminar videos will count toward extending your expiration date by 1 year.
- For more information, visit Appendix W

SafeSport

- **Important Requirement for Clubs:** All club board members must be background screened and SafeSport trained. The Athlete Safety Membership, specifically for these individuals, will include the cost of a background screening.

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- SafeSport is required for all members who are 18 or older including collegiate, masters, and life members who are competing, coaching, judging and working in the sport. For Life members who may be retired and no longer engaged in day-to-day activities within the sport, they are exempt from SafeSport training.

Background Checks

- USA Artistic Swimming Professional, Officials Level 1 & 2, Instructor Members and Life Members - according to USA Synchro's revised application of the United States Olympic Committees athlete safety policy, Background Checks are now a requirement to be a member of USA Synchro in the category you are currently registered.

- Please refer to the USA Artistic Swimming website for more details: Background Checks

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CPR and First Aid

- Please submit CPR and First Aid certificates to coachcerts@usaartisticswim.org
- To view the current spreadsheet of credentials, visit Coaching Certification Programs

Thank you everyone for your prompt response in making sure your credentials are up to date!

Respectfully submitted,
Kayla Parvana
East Zone Education Chair