East Zone Report September 2014

To the USA Synchro Board of Directors,

First I would like to thank my board for their time and commitment to the East Zone this past year. We had many email conversations and discussions at our meets regarding all the changes made last year and they did a fantastic job clarifying how the legislative items impacted our Zone and our meets.

This year the East Zone had 138 Scholar Athletes.

Our Zone awards were as follows:

Contributor – Pete McGeogh

Athlete – Anita Alvarez

Coach – Krista Bessinger

Junior Zone Team Trophy went to NCA Aquianas

Senior Zone Team Trophy went to NCA Aquianas

We held our Judges update in January at our Silver clinic and had the All Star swimmers who had attended Coach's College be our clinicians. The swimmers and Zone felt this was a tremendous success with these swimmers bringing back their training and information for our younger swimmers. This was a great example of giving back and building our sport.

It is with deep regret that we lost a dedicated Synchronized swimmer and great person in Louis Wing in April of this year. We appreciate USA Synchro for posting the information on the National website.

We will be hosting Coach's College at the Lake Placid Olympic Training Center November 14-16.

The East Zone continually strives to increase our numbers and producing more elite athletes as we move forward.

Respectfully submitted,

Diana Lenzo – East Zone Chair, Adirondack

TO: East Zone Athletes, Coaches and Officials

FROM: Betsy McGeoch, Vice Chair

DATE: August 24, 2014

RE: 2014 USSS Convention Report

Congratulations to our 2014 East Zone award recipients!

East Zone Scholar Athletes - **138** Swimmers
East Zone Coach of the Year – **Krista Bessinger**
East Zone Contributor – **Pete McGeoch**
East Zone Athlete – **Anita Alvarez**

This season we utilized the existing inventory of medals and ribbons for all of our Zone Championships. We purchased "Synchro" neck ribbons to present medals at the 13-15 Championship.

- East Zone 13-15 Championship
- East Zone Junior/Senior Championship
- East Zone Invitationals
- East Zone Age Group Championship

Junior and Senior High Point Trophies were presented to New Canaan at the March meet.

I continue to utilize a spreadsheet to track the inventory of awards, and provide an invoice for accounting each meet. The spreadsheet is sent to meet hosts and Zone Treasurer, so that costs can be invoiced and tracked. Returned awards are credited to host clubs. Any host returning awards, please notify me in advance, and itemize the return so you can be properly credited. Thank you to all who worked with me to get awards delivered and returned for our 2014 meets.

The current inventory of medals and ribbons is quite low, so I will need to place an order after this Convention to insure a supply for our next season. I would ask the Zone authorize me to place an order for a 2 year supply. This enables us to get a quantity discount. Please see the medal styles for choosing. Along with the medals, we need to order neck ribbons. We need to decide on style, color, and wording.

I also need to order more Scholar Athlete Pins. Are we keeping the current criteria, and will only "Senior" participants be eligible?

The High Point Trophies currently say "East Zone Senior" and "East Zone Junior". As we have changed the meets we select these awards, we need to order new trophies to reflect the current meets. We also need to decide what is to become of the current trophies.

East Zone Officials Report

September 2014

Thank you to Judy McGowan, Robin Weist, Eugenia Gillan, and Krista Bessinger for substituting for me as the administrator of officials at the following meets (Jr/Sr Zone Championship, EZ Invitationals, and EZ Age Group Championship)

Thank you to the Scoring Committee for everything you do to help support officials.

Thank you to the Association Officials chairs for updating the judging attendance rosters for each season and training new Level 1 and 2 judges.

Reminders:

- The deadline for participating in the judges update has passed. Any judge that did not attend an update in person or complete the online update before August is now lapsed. These individuals will need to restart at Level 1 in order to be reinstated.

- Please review Appendix G on the officials attendance/retesting policies

Progress:

We have 2 judges in progress to get their Level 3F or 3 rating (Amy McGeoch and Brianne Lojo)

Updates/News:

- Congratulations to Svetlana Malinovskaya for becoming a Level 4 national judge!
- Congratulations to Lauren Foster for becoming a Level 3 Zone judge!
- Congratulations to Heather Johnson and Sara Neitzel for becoming a Level 3F Zone figures judges!

Respectfully submitted by Kimberly Kohut, Lake Erie Association, (East Zone Officials Chair) ☺

Education Report 9/16/2014

The 2013-2014 season saw several clinics and educational opportunities. First, the All Star swimmers went to Colorado Springs to take part in the Coaches College. In return, the swimmers were to assist at the Silver Clinic. The swimmers learned the new FINA figure list that will be used for the next four years. Their attendance at the College contributed to the cancellation of the Gold Clinic for the year.
Unfortunately, due to weather, most of the swimmers were unable to attend the Silver Clinic.

This yearâ€™s Coaches College has requested 12 All Stars to attend to assist with the curriculum the National Staff is presenting. There will be a discussion as to whether this will preclude the Gold Clinic again this year.

The Silver Clinic ran in conjunction with the Judges Update. The registration totaled 185 for both sessions. The Judges Update had a registration of 29. Sue Nesbit and Jennifer Muzyk were the clinicians for the Athlete portion of the clinic. They were assisted by Leah Pinett, Cindy Ehlers, and Thea Barden. The Judges Update was conducted by Debbie Latchford.
I would like to thank the Gaviatas for hosting the clinic and for all the support from the parents.
Unfortunately, we ran into upstate New York weather. The actual attendance was about 50. Those who attended received a great deal of experience with the new figures. After all expenses were paid, the Zone Board voted to refund Â½ of the registration fee to those athletes who were not able to attend due to weather.

December saw our annual Lake Placid Camp. The Camp had another Judges update, a scoring workshop, and an athleteâ€™s workshop. I was unable to attend but I understand all the parts worked well but Lake Placid was also struck with a weather situation to overcome.
I believe there were 2 more judges updates held in the Zone. They were also facilitated by Debbie Latchford.

We attempted to run a CCP 2 class in Feb. but ran into problems in communication with the National Office and did not get approval in time to set it up. We need to set up a course in the Zone this year since Level 2 is required for all Zone meets. This year, Level 3 is required for National Meets. Level 3 is offered on line and does not require a formal class.
Please remember that your CPR, First Aid, and Lifeguarding or Swim Coaches Safety must be up to date. Send this information to the National Office. Also, bring updated certifications with you to the first Zone meet in case there are discrepancies.

Scoring committee notes pre convention 6_14

February Zone Meet (13-15 Championship), March Zone Meet (Junior/Senior Championship)

Elgibility – ages?
Overqualifications
Routines competing – Trios?
Figures – everyone?
Advancement from meet – from 13-15 top 6 go to 13-15 Nationals
Names of Championships
How many routines advance to finals
Awards? New medals to be ordered, new neck ribbons? How many places? 1-3,4-12?
New High Point Trophies
Do we need prelims and semis?

June Zone Age Group Championship

Many of the same from above

All Meets

Do we keep 10/under? If yes, how do we award and advace, tech elements
Posting results – scoring will post at pool, send email to coach (one name given at entry),
hosts do hotels if wanted
High point trophies – what counts
Intermediate/tech routine penalties (Int vs senior)
Timing for figure group draws
All Star Teams – 13-15, Junior, 11-12 ?? Names?
Memberships from each team to PMc for set up

2014 East Zone Scoring Report September 17, 2014

It was at our Lake Placid scoring clinic in December that most of the scoring committee for the East Zone got to see and use the new scoring program developed by Colorado Timing Systems for the first time. Fortunately, Pete McGeoch has had experience using the program, so he was able to provide a lot of guidance for the crew. We were also fortunate to have some computer-savvy folks who took the time to sit down and come up with a self-made manual that made it possible for the rest of us to get started using the program. I am sorry that I cannot remember all the names, but Nicole Woodford, Stan Wosniak, and Yang Dai, among others, put a lot of time into getting it all to work. As a result the East Zone has been able to run meets successfully. We still hit some bumps in the road but there is support throughout the zone when help is needed.

I also need to mention that this was our largest group attending the clinic since its inception. We even had representatives from the North and West zones that were able to take information back home.

We do need to remember that since this is a new program it will need some adjustments. Colorado Timing has been very helpful about making those adaptations for us. Pete has been very busy acting as liaison between CTS and US Synchro. In the future we hope to have judges' evaluations, club summaries, figure rankings, and other amenities we have enjoyed in the past. Fortunately, Pete has a good working relationship with the software engineer.

One real drawback is the expense for the program and the license. $200 is a lot of money for a small club. We have also been able to run more than one computer at a meet for checking accuracy. CTS have said they would provide a second program and license for half price. That creates the possibility to share a computer that could be passed from club to club or throughout an association. People and businesses frequently retire computers that are available at little or no cost. A little Yankee ingenuity never hurt anyone.

The new scoring program plus changes in meet structure have taken me way out of my comfort zone. There needs to be a greater time commitment than I am willing to devote to the sport. Besides, after fifteen-plus years as zone scoring chair, I am more than ready to step down so that Pete can take over as chairman as of this convention.

It was a tough decision, because I have made many friends over the years and have had many enjoyable experiences. I will not go away, I'm just pawning-off the responsibility. I plan to be at some meets, Lake Placid, and Convention, if Mary Ellen lets me, and to help out with scoring when possible. I prefer to not be sitting in the bleachers.

Bob Wiegand,
Your Lame Duck East Zone Scoring Chair

EAST ZONE SYNCHRONIZED SWIMMING
INCOME STATEMENT AS OF ZONE MEETING (SEPTEMBER) 2014

INCOME		
Lake Placid (Dec 2013)	**$**	**9,665.00**
East Zone Gold Clinic		**-**
East Zone Silver Clinic (Dec 2013)		**13,525.00**
Awards - Zone Meets		**2,073.80**
Convention suite 2013		**1,135.00**
Athlete fees for 2014		**1,935.00**
Other Income (Donations, Grants, Interest)		**6,189.31**
TOTAL INCOME		**34,523.11**
EXPENSES		
Lake Placid Camp		**8,671.45**
East Zone Gold clinic		**-**
East Zone Silver clinic		**11,544.89**
East Zone 2014 Meets		**49.71**
Awards		**283.86**
Athlete Convention Expenses		**846.35**
Convention Expenses		**892.09**
Other Donations & Expenses		**4,327.00**
East Zone All Star Expenses		**6,964.76**
TOTAL EXPENSES		**33,580.11**
NET INCOME	**$**	**943.00**

Bank balance as of Aug 25, 2013	**$**	**20,300.74**
Add: Deposits		**34,523.11**
Less: Withdraws		**33,580.11**
Bank balance as of Aug 31, 2014	**$**	**21,243.74**

EAST ZONE SYNCHRONIZED SWIMMING
COMPLETE EVENT DETAILS

CONVENTION			
INCOME			
Association fees	$	900.00	
Extra food money collected		235.00	
TOTAL INCOME		1,135.00	
EXPENSES			
Suite expense (2013)		515.88	
Suite expense (2014) Deposit		365.21	
Miscellaneous expenses		11.00	Jen Hatt - copies
TOTAL EXPENSES		892.09	
NET INCOME	$	242.91	

ATHLETE REPRESENTATIVES			
INCOME			
2013 athlete fees	$	1,935.00	
TOTAL INCOME		1,935.00	
EXPENSES			
2013 Zone Athlete Rep - Sommer Stevens (c/o Mary Ellen Wiegand)			
USAS Registration	$	25.00	
USA Synchro Registration		200.00	
Hotel ($ 651 divided by 4)		162.75	
Ground Transportation		25.00	
Air		408.60	
Zone Suite Money		25.00	
TOTAL EXPENSES		846.35	
NET INCOME	$	1,088.65	

EAST ZONE GOLD CLINIC		
INCOME		
Fees		
TOTAL INCOME		-
EXPENSES		
Pool		
Air - Clinician 1		
Air - Clinician 2		
Clinician 1 fee		
Clinician 2 fee		
Food Expenses - Education Chair and/or Host		
TOTAL EXPENSES		-
NET INCOME	$	-

LAKE PLACID		
INCOME		
Fees (athlete,coaches, scoring)	$	9,665.00
TOTAL INCOME		9,665.00
EXPENSES		
Duke Zelinski's fee	$	3,200.00
Duke, Karen, Sarah - Air & Car		
USOTC		4,770.00
Judges Update expenses (Debbie Latchford)		269.81
Gifts/admin expenses - Mary Ellen Weigand		401.64
Sanction Fee		30.00
TOTAL EXPENSES		8,671.45
NET INCOME	$	993.55

SILVER CLINIC		
INCOME		
Fees	$	13,525.00
TOTAL INCOME		13,525.00
EXPENSES		
Clinician Expenses (Sue Nesbitt)	$	2,253.86
Clinician Expenses (Jen Muzyk)		1,240.39
Judges Update expenses (Debbie Latchford)		250.00
Clinicians food & hotel		676.41
Hotel for All Star (extra night due to weather)		120.00
Sanction fee		30.00
pool & facility rental		1,815.00
lunches/coffee		1,225.23
swimcaps		345.00
refund/overpayment (97 swimmers @ $37 each)		3,589.00
TOTAL EXPENSES		11,544.89
NET INCOME	$	1,980.11

OTHER INCOME & EXPENSES		
INCOME		
Other Income (Interest)	$	9.31
Donation from Carol Valles (split between Foundation & All Star Camp)		2,500.00
Grant from Foundation for Judges Updates @ Lake Placid		200.00
Grant from Foundation for Judges Updates @ Silver Clinic		200.00
Level 3F Test Fees		80.00
Collected for Emily Marsh Fund (Sr Zones)		625.00
Collected for Emily Marsh Fund (MA Invitational)		75.00
TOTAL INCOME		3,689.31
EXPENSES		
Postage		
Foundation Donation 2013 - EZ to Gold Level		2,337.00
Foundation Donation in Honor of Judy McGowan 35 yrs		153.00
Treasurer Checks		
Air Fare - Colorado Springs Judges Update Clinic (11/15 - 11/17)		437.00
Emily Marsh Fund Donation		1,400.00
TOTAL EXPENSES		4,327.00
NET INCOME	$	(637.69)

EAST ZONE MEETS		
INCOME		
	$	-
TOTAL INCOME		-
EXPENSES		
JR Zones - Tolls/gas ()		
SR Zones - non affiliated judge travel (Judy McGowan)	$	49.71
SR Zones - Conference Room ()		
EZ Invitational		
TOTAL EXPENSES		49.71
NET INCOME	$	(49.71)

AWARDS		
INCOME		
13-15 Champ and 13 & Over Open (Tonawanda Aquettes- Tonowa	$	151.40
JR/SR Zone (BGC Gaviatias - Binghamton, NY)		132.60
Invitational A (Sculpins Synchro - Albany, NY)		582.00
Invitational B (ANA Synchro- Andover, MA)		500.10
East Zone Age Group (New Canaan Aquianas - New Canaan CT)		707.70
TOTAL INCOME		2,073.80
EXPENSES		
Medal and Ribbon Purchase (Hasty Awards)	$	40.87
Sr. Zone Awards - Athlete, Coach, Contributor	$	242.99
TOTAL EXPENSES		283.86
NET INCOME	$	1,789.94

ALL STAR ATHLETES		
INCOME		
Donation from Carol Valles (split between Foundation & All Star Camp)		2,500.00
TOTAL INCOME		2,500.00
EXPENSES		
Zone All Star Camp Registrations		4,350.00
Zone All Star Camp Registrations		900.00
All Star Towels (All Promotions Plus) good through 2015		1,714.76
Pins		
All star suit rental		
TOTAL EXPENSES		6,964.76
NET INCOME	$	(4,464.76)

2014 East Zone Proposals

Proposals for specific meets:

1. a.) February Zone Championship meet becomes a 13-15 Championship, with separate events for 16/O. The top 4 13-15 solo, duet, and team qualify to the 13-15 Nationals.
   b.) February Zone Champioship meet is a true 13-15 Championship. The top 4 solo, duet, and team qualify to the 13-15 Nationals.

2. March Zone Championship meet is a Junior (15-18) and a separate Senior (15/O) Championship.

19 year olds will only be eligible for Senior events, and must swim Tech routines. Coaches may choose how to compete their athletes. Top 6 Junior solo, duet, and Team qualify to Junior Nationals. Top 4 Senior solo, duet, and team qualify to Senior Nationals.

3. Invitational meets - include Trios at Intermediate level. Add 16/O events for those not skilled enough to enter Jr. or Sr. Zone Championship.

Proposals for ALL meets:

1. Everyone does figures.

2. Top 12 places go to finals and are awarded.

3. National qualifying meets consist of prelims and finals.

4. Combos events are included in all 13/O Championships.

5. Regionals - Top 3 routines from combined 12/U category move on, regardless of their 11/12 vs 10/U ages. For award purposes only, they are separated.

6. High Point Trophies - new trophies to be purchased as follows: one 13-15, one combined Jr/Sr Trophy.

Additional items to be placed on the Agenda for Zone discussion:

1. All Star Teams
2. Intermediate Tech routine penalties
3. Timing for figure group draws
4. Posting of results at meets
5. Membership lists to scoring chair
6. Regional meets - need criteria, rules, as part of zone handbook
7. Names of Championships/meets
8. Awards, order for 2 years? design? Neck ribbons?

Subject: Lake Placid Report for 2013

Date: September 14, 2014

From: Mary Ellen Wiegand

The East Zone clinic at Lake Placid was December 20-22. Athletes, coaches, judges and scoring from all parts of the zone even from the North and West Zones, attended the camp. The coaches and Athlete clinic was a little different this year. We allowed those taking the Judges update to attend two sessions with the coaches. We had 5 full time coaches and 8 coach/judges attend plus 23 Athletes. The Judges update had 12 judges attend. All the associations attended the New Scoring Program Training. There were 12 scorers including one from the West Zone and one from the North Zone.

A grateful thank you for doing an outstanding job and giving to the East Zone to Duke Zilinski, Sara Josephson and Karen Josephson for the athlete/coaches clinic, to Debbie Latchford for the judges update and to Bob Wiegand, Pete McGeoch his sidekick and all those scorers that work through a shaky new program. Together they helped every one understand how to score a meet and they wrote a manual for the rest of the country.

This winter has been a little hard on the East and our time at Lake Place was the start of it. Saturday night we had an ice storm. Sunday morning the roads were impassable because of ice. We all stayed at the center and our staff adjusted.
It just showed how great everyone is both those teaching and those learning. We have a great zone that works together and can adjust to what ever they have to for our athletes, coaches, judges and scorers.

Our request for next year is already in and waiting for an OK from the center. The dates we have asked for are October 17-19, October 31-November 2, November 14-16 and November 21-23. Winter sports competitions take precedence over our clinics as well as USSSI coaches' college dates and Master's Nationals. They normally do not tell us until the end of August. As soon as we have the dates I will let you know. We are waiting on others to do their calendar.

Mary Ellen Wiegand
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