

The New Jersey Swimming All-Star Zone team had a very enjoyable championship meet at Webster Aquatic Center March 27-29 in Webster, NY. This year's team was small with 32 male athletes and 29 female athletes. Overall the team placed 8 out of 9 LSC's that participated. This year's top 3 teams were Metro (1), Niagara (2) and Middle Atlantic (3).

The meet overall was a success with many NJ swimmers boasting top times. There were NO swimmer incidents either physical or behavioral. At the first practice as well on the bus rides home. At our team meeting on the first practice day, veteran Zone swimmers discussed with the group the fact that this is the best meet they go to all year. They stated how well run it is and the fact of the team spirit that NJ displays and the fun they have making new friends within the LSC on other teams. At the conclusion of the meet, swimmers processed as a group the level of great enjoyment they had despite the fact that the team was in the lower half of the rankings. They want other swimmers and coaches within the NJ LSC to go back and promote the meet. (Especially in the 13 and over age-groups where we just do not have the depth) We have competitive swimmers each year in these age-groups but could use more to have relays and older camaraderie. The 13 and over swimmers that go to this meet each year, tell the coaches and the younger swimmers how they simply do not understand why older swimmers in NJ do not attend. We have had State records made, sectional and Y National cuts made at this meet and many swimmers who participate in sectionals and/or Y Nationals and then also participate as a top qualifier in the Zone championship.

Our New Jersey coaching staff enjoyed the benefit of 3 veteran coaches as well as 4 new coaches to the SC Zone meet. The coaching staff worked extremely well as a team and this was evident in the smooth running of the team both on the pool deck and at the hotel with the swimmers in between sessions.

Please feel free to contact me at any time if you have questions regarding swimmer participation or coaching interest. We are looking at ways to boost the participation of our swimmers so that we can compete for the top ranking within the Eastern Zone.

Swimmingly,

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