

**2014 SEPTEMBER 27th NJ Swimming HOD
USAS CONVENTION REPORTS
Respectfully submitted by Tristan Formon, EZ Technical Planning
Chair**

2014 USAS AG CHAIR WORKSHOP #1

Topic: Turning Parents Into Partners
Growing Champions For Life - David Benzel (Recovering Sports Parent)

Differing Perspectives:

Coaches

Athletes -15% criticized for performance, 73% drop out of sports by age 13

Parents - can take fun out of sports, can add additional performance pressure

Officials

What do parents want/experience in the beginning?

Have Fun

Nurturing environment

Sense of awe

Enjoy watching them play and have fun

Accepting of their performances

Be a positive encourager

Be a good example of good character

How can the parent's time, effort and financial investment impact the athlete?

I want my child to:

Parents wants them to move up

Improve quickly

Be a star

Get a return on investment

Parents become held hostage by their ego

How much concern parents have for performance in school and sports versus how much parents have for self-esteem?

Tiger Parent - Command/Control performance leads to good self esteem

Helicopter Parent - hovers and protect, no negative experience that could damage self-esteem. Child thinks the world is wonderful. If you feel good, you'll perform well.

Supplier Parent – I provide a roof over head, 3 meals a day, you're on your own. Sports is a babysitting service.

Tolerate and endure the sport experience

Hero Parent - balance between performance and esteem. You are acceptable the way you and how you perform, I'll challenge you, do your best and challenge yourself. Requires a faith in the process.

Message to the athletes:

Who do think you are?

Tiger message - you are how you perform. Personal value will go up and down throughout life

Supplier message – you are a circumstance or an inconvenience or a problem.

Hero message - you are wonderful and valuable the way you are. Full of potential. Capacity to do more.

Helicopter message - you are what others say you are. Need to be around nice people. Dependent upon the opinion of others to know what you feel about yourself.

What message should we deliver to the athlete? You have a gift but it's not enough, you have to develop it.

Hero - how good do you want to be? Take ownership. At some point it becomes the athletes not the parents.

Hover - I'll help you

Tiger - you need to be better

REMEMBER: It's the athlete's experience NOT the parents!!

In most cases, coaches are Tiger then subsequently parents become helicopter parents.

If coaches are hero, parents may join us in teaching life lessons and to develop a love for the sport. "A coach's role is to produce great human beings 30 years from now." J Wooden.

Suppliers don't interfere and are there for a distant 2nd choice behind a hero parent. Encourage them to become involved to become supplier.

Delusion - Tiger/Helicopters think they're heroes.

Long term success can be measured as we develop great human beings through the sport of swimming:

Kids need to Thrive - grow, healthy, work ethic, happy, proposer, flourish, succeed

Help them develop character, choose well-being/happiness, as human beings we are 30% more productive when happy.

Sport / School
Technique / Study Habit

Character
Values

Grades

Choices

Schedules

Purpose

Outcomes

Progress

Intentional about reaching goals

Intentional about adding value

What am I getting?

What am I adding?

What's the criteria for success in your team? We need to teach our children on how to win at life.

What are you as a coach working on right now?

List 6 goals for you as a coach and athletes then grade yourself

Lead by example, do not make excuses but persevere.

Do your best when you feel your worst. Ok to feel like not doing it, but I'm going to do it.

As a coach you need to figure out strategies to assist your athletes to overcome obstacles / challenges.

Long term project is to change the culture within the program. You'll attract similar minded athletes. Kids will listen to their coach provided you're credible. Encourage athletes to make good choices.

Winning teams emphasize TEAM versus Individuals. Respect for their opponents.

Six activities for developing character strengths:

Create a character scoreboard

Help athletes create their own

Reinforce every choice has consequences

Character must be built up over time.

Model the character traits you declare

Use winning and losing as opportunities to develop character lessons

Sometimes you win, sometimes you learn. Winning is fun, losing is feedback. Losing is irrelevant, what we can learn is.

The greater the connection, the greater loyalty
If we ignore people or accommodate them we're fostering disloyalty
If we educate folks, they become more loyal
If we engage parents, they become more supportive
Will you customize your answers to fit the situation? This leads to more loyalty dedication and motivation.

Need to do this to develop champions in life.
Show interest in life outside of swimming - show personal interest
Discussion relative to the child's goals and challenges
Promote parent support not involvement.
We need to develop a team culture where some parents support the team's philosophies.

Parents deserve answers to key questions
Credo - I trust or believe
The debtor is the coach
The families extend credit to work with their child, the athletes give us credit to lead them

Your credibility - listen, follow through, and express concern, what works for your child?
Can we trust you?
Are you good at what you do?
Do you care about my child?

Your clarity - consistency, education, mentor programs,
What do you stand for?
What's your coaching philosophy?
What do expect from us?

Your creativity - Educating yourself, figure out a way, what's going to work for you
How good are you at problem solving?
How will you inspire my child?
How with you customize your message?

How will parents respond?
Parents who don't want to change
Parents who don't need to change
The majority need to be pulled towards those that do not need to change.
Parents are priority using trial and error with our most valuable commodity - our children.

Host educational workshops for parents and families
Post educational content on your website
Create a unique learning environment

2014 USAS AG CHAIR WORKSHOP #2

Tom Avischious USA Swimming Staff Liaison

Elite level athletes play multiple sports as youngsters.
USA HOCKEY developed an incredible development program.
USA Tennis developed a new program.
Progressions for Athlete Development set up by USA Swimming.
A resource in the appendix of the foundations of coaching.

Ongoing work by the AG development committee:

Training

Competitive performance

Biomechanics skills

Physiological progressions

Character development

Psychological skills

Looking to change to format of the progressions shifting from training to skills.

It's been a very arduous task... 15 mins per lane of discussions and deliberations. It's now gone to the USOC for input.

John Leonard ASCA

Have your best coaches work with your youngest athletes. Blowing bubbles is most important skill to learn.

Try different approaches and to fit with the club structure. Expectations for transitions between groups.

You need to be able to sell your team's philosophy via your coaching staff. We all need to buy in to the 'program'

Who do you work for?

Head coaches need to mentor and impact coaches.

Who do coaches report to? Head AG Coach / Head Coach.

Ongoing dialog between Head Coach/Head AG coach to assistants.

We are in a service industry - we serve our athletes and families.

Need to be able to prove you're competent. If we all understand the culture of the program, we can all answer consistently.

It's not what you know, it's what you can deliver in the way of value to your club.

Athletes need to be able to relate to you. Every coach can communicate in different way. Find what works for you. If they know you care, they will listen. PERIOD. You must engage with you athletes. Athletes will connect with and talk to and listen to their coach. Your tremendous privilege and legacy is the impact you will have on these young adults through life. Kids need to know that you care about them as individuals. Talk the talk and walk the walk. Be consistent.

Do your young coaches understand what progressions that your program utilizes?

Fast Paced

Demonstration

Practice

Small segments

Short evocative comments - practice make permanent. The myelin sheath.

All new coaches should spend time shadowing Head coach or Head Age Group Coach.

Constant feedback.

Consistent terminology.

Send coaches out to other successful programs and come back with input for the group, 10 new good ideas.

Financially support education opportunities.

Weekly staff meetings with an educational component (Bi-Weekly at a minimum).

Respect your assistant coaches enough to give honest feedback.

Ultimate goal is to serve the athletes.

Best teaching opportunity is at a meet. Here's what you need to do better. Same way for assistant coaches. Learn from other coaches. Introduce your coaches to all other coaches.

Hire coaches that complement the existing coaches' skill sets.

Have all coaches write a monthly report. Attendance rates, comments on results, training environment, skill sets covered, and issues encountered.

Evaluate your assistants. 1-10

Punctuality

Daily enthusiasm

New ideas

Attendance of group

Work ethic displayed - on time, engaging athletes as they arrive

Like ability - if the kids like you, you'll be more successful. If athletes like you, the parents are more likely to be supportive.

Ask questions of your assistants that you don't know the answer to.

Ask AG coaches to describe their freestyle progression for example.

Ask AG coaches how they motivate an unwilling athlete.

Ask AG coaches how you address a parent comparing their athletes' performances to other athletes.

Teach your AG coaches in how to deliver a consistent message to the parents, the team philosophy, how you will engage their child, and what your goals are for that athlete in and out of the water.

Relate big mistakes you may have made as a novice coach and how you evolved to where you are.

Encourage all assistant coaches to spend time on deck with the head coach and head age group coach once a month.

What athletes from other teams at meets. Analyze those athletes as a staff. Tell me what you see. Here's what I see. Ask their coaches what works for them.

Watch how the athlete prepares behind the block, your athletes and others. Watch parents during the meet and to assist in how to interact with them in about their athlete.

Keys to success

Hire the right people for your program and train them.

Get the right intent across the board. We're to improve.

Know who you are and be consistent.

Educate and improve your assistants.

Jleonard@swimmingcoach.org

SPORTS MEDICINE/SCIENCE WORKSHOP

USAS Swimming site

Injury prevention

Exercise, stretching etc.

Different ages, ability, levels of puberty lead to different nuances in each individual athlete. It's critical to use the resources on the USA Swimming site to determine the most optimal course of action. Go with preventative stretching, exercises ahead of time hopefully to avoid drugs, surgery etc. down the road.

For the scapula - you need stability and mobility. If you just work on mobility - this can lead to hyper mobility

Should we as teams be looking for a local Chiropractor to come in and speak with team? Potential for new business but more importantly can assist with some age specific exercises etc. Introduce injury prevention to teams, groups etc.

Athletes who sleep 8 or more hours of a sleep nightly are 68% less likely to become injured
Dimmed lights 30 mins prior to sleep
Laptops, cell phones etc should all be removed and shut down 30 mins prior to sleep.
No caffeine or stimulants after 4pm in the evening.
(8 hours of continuous sleep is better than 8 hours total between sleep and naps)

Increased sleep assists with creating new neurological pathways. (Myelin sheath)

Sleep also assists with school and the ability to learn.

At the USOC they evaluate national team athletes and get an A-Z on their bodies. All athletes this past summer had some level of shoulder inflammation. Some had no idea and were able to train without discomfort.

Functional Assessment: The panel discussed training exams for shoulders etc and processes for evaluating deficiencies in athletes and prescribing lat-cord exercises. It demonstrates laxity, deficiencies in each individual athletes.

Fair assessment that all athletes that have been swimming for 10 plus years have caused some form of structural / muscular injuries.

Making sure that their mechanics are impeccable will assist with injury prevention.

Sleep
Nutrition
Hydration
Good technique

Ideally teams need to identify Sport Med professionals with a connection to swimming, former athlete or lots of experience with swimmers. In many respects, we are a unique sub species of the human race in how we train throughout our careers.

Proper Education/Communication: Technique Sleep, Nutrition, Hydration, Exercise/Conditioning throughout the season

Core stabilization throughout the season not just early season and then stop when moving to different strength programs etc.

Talk about good posture. In the pool, on deck, at home.

Ask parents, if they are comfortable sharing, if there's anything showing up that's out of the ordinary in their annual physicals for the high school aged athletes.

Ferritin levels (40 nano grams or higher for a distance oriented athlete). Anemia is the second highest problem issue for elite athletes behind injuries. If lower, go to their doctor and seek advice. Weight, Height, Age, Gender, Family history are all considerations. A professional needs to be consulted. Especially if going to high altitude for training. Simple diet suggestions, green leafy vegetables, red meats etc all cooked in an iron skillet.

The US melting pot: Cultural norms from a diverse culture can make it more challenging for athletes. In these circumstances you may need to bring in a registered sports dietitian and what it means to be an athlete and what it takes to eat to be an athlete.

Differentiation between a registered dietitian needs a degree and a post grad degree. A nutritionist can be trained on line. The panel suggested reaching out to a dietitian versus a nutritionist.

Exercises to mitigate injuries for breaststrokes:
Many cannot bend over and touch their toes

Learn to keep their feet turned out and keep knees in earlier. This leads to better form and reduced risks for potential issues down the road.

www.usaswimming.org for videos/exercises.

COACHES MEETING

Dave Berkoff - outgoing USA Tech VP

FINA Backstroke Wedge

The backstroke will happen. There may be a few technical adjustments. Theory is that kids will not slip. Are designed not to cause additional determination to touch pads. How can the BW be used when it essentially shortens the length of the pool? Some part of the toe MUST touch the wall. Officials will make that determination.

0.2 - 0.5 faster for the first 25y is unofficial / unscientific testing.

OLYMPIC TRIALS - Dates and Standards

In line with expectations. The qualifying period last time was 3-4 years. This time with a shorter qualifying period by around 9 months.

Dates: June 26th - July 3rd 2016 in Omaha NB

OIOC

Essentially the committee is disbanding. Pat Hogan states from a practical perspective is to bring the mechanism in line with practice. OIOC no longer serves in its original capacity.

FUTURES / LEGENDS MEET

Junior cuts are getting so fast that there's a large gap / stepping stone to Nationals. The Futures / Legends meet provide an intermediary step for developmental and late blooming athletes coming through the pipeline. Swimmers aged 13-18 have increased by 40,000 over the past 4-5 years.

Zones are adding or have added a Senior Zone meet. WZ meet went from 26 swimmers to 1,200 swimmers at Snr Zones. WZ removed all 15&Os from AG Zones.

Futures/Legends to serve athletes at the top of sectionals closer to Juniors or Nationals. Senior Development are looking to have open ended ages. Steering wants to restrict to non-National qualifiers.

Head to head with Juniors. EZ meet in Greensboro NC.

Initial breakdowns in geography, it will evolve and adjust over time.

Dave Berkoff spent some time discussing legislation that he has on the floor for HOD that is currently slated for rejection by rules and regulations. Looking to remove Ex Officio past presidents - voice no vote.

TVP Candidates

Steve - PC Swimming. Bringing a new perspective and a set of fresh eyes.

Tim Bauer - Coach from Woodlands. Looking to bring folks, philosophies together. Post Grad, Pro, College and Club.

Bill Marlin brought up the issue of foreign national coaches who are banned in their own NGBs moving to the US and coaching. The lists are not always readily available to USA Swimming from other NGBs.

CO2 levels impacting performances. When it gets above 1500 parts per million. High CO2 at 2012 Olympic Trials and only 19% best times. Mick Nelson, Facility Development Consultant agrees that is part of the potential problem.

Greg York - who would shake up the board the most? Dave would not commit to shake up the board. (A very political response). The presidential candidates were asked to leave the room. What do we want from the USA swimming president? We want the president to permit coaches to make the coaching decisions. PERIOD.

When considering Presidential candidates, consider if you'd like that individual run your parent board. Some individual will micro manage. Some allow coaches to coach and officials to officiate and steer rather than drive the organization.

Coaches want to know what you as president will do for us. Not a micro manager, but rather a president that can impact clubs in a positive manner.

UPDATE ON AIR AND WATER QUALITY

Mick Nelson - Facilities Development Department
Archived Info all available on the USA swimming site

Development of new pool renovations existing pools, assist with pool challenges, provide assistance for sustainability

Most challenges are with indoor facilities
Differing perspectives and concerns
Owners and Directors
Meet Hosts and Teams renting
Officials and Spectators
Athletes and Coaches

The safe Water Air You (WAY)
If the water is good, you're probably in good shape

The air can only be as good as the water.... PERIOD.

Lots of changes in the past four decades: Air - Source Water - Treatment Methods - Environment
Filtration via sand / DE (30x more effective than sand) / Cartridge and Ceramic / UV (not a filter)
Must control the PH - critical 7.4
Treat chemically with Chlorine or Bromine and/or physically with UV Light

HVAC: Heat and Cool / Dehumidify

Need to treat the water - by products are Chloramines = bad air
Need to destroy these. Cannot filter all of them out.

www.nspf.org

At least 90 chemicals that continually affect our pool water. If you shower before entering the pool, it will reduce chloramines. **YOU MUST SHOWER**.

GOOD WATER is the basis. (Put out the fire not just the smoke)

Ensure the HVAC can bring in as much fresh air as possible. It is more costly. Need to ensure the filters, belts,, compressors etc. are all clean and up to date as far as servicing.
Ensure the chemicals used to treat the pool are stored appropriately. Chlorine should be 2.0-2.5, no higher.
Evaluate the pool filtration system to ensure it is functioning as it should. Mystic White Silica Sand.
Do not want certain cleaning products in and around the pool, as they can tremendously accelerate chloramines within the pool.
Use of UV water treatment systems and activated carbon filters will assist in removing chloramines

Education:
Stop urination in the pool

Rinse before entering the pool
Require indoor pools have fresh water and have UV operational
Stop shocking pools before meets or between sessions
Check equipment before meets

<http://www.bulkreefsupply.com/chloramines-database>

Activate Carbon Filter on your pool water up line. Remove chloramines from city water.
Use separate UV for separate pools.
Regenerative DE Filters (perlite) - save 75% on water usage and 25% on chemicals.

Track what happens prior to and during meets. Water, air turnover rates, what doors/windows were opened.
Information can be viable for helping to solve potential issues down the road.

MODEL AQUATIC HEALTH CODE - MAHC
It's a set of best practice guidelines

At some point we'll need to start testing air instead of water. Once the water is balanced.

Mnelson@usaswimming.org - Facilities
Snelson@usaswimming.org - Programming

www.usaswimming.org/facilities - Click on about

Look for Build A Pool conferences. They're about building pools and building programming to make your facility financially viable.

CLUB AND LSC FINANCIAL MANAGEMENT

Stu Hixon - USA Swimming Treasurer, Jim Harvey (USA Swimming CFO) and Jill Goodwin, CPA (Jgoodwin@waughgoodwinllp.com)

Internal Audit Program - Differences between Internal and External

Internal:

Policies and Procedures

Budget Process

Financial Statements

Bank Reconciliations

Investments

Cash Accounts

Property and Equipment

Accounts Payable

Payroll Liabilities

Deferred Revenues

Create an approval policy

Where are records kept?

Who has access?

Data backup procedures

Passwords

Minutes

There was a great deal of discussion regarding required filings with the IRS, financial statements to USA Swimming etc. A point of interest came up that is not currently nor has it been the practice of NJ Swimming. The panel discussed recording USA Swimming membership dues in the balance sheet as an account payable (to USA Swimming) rather than as a revenue flow then disbursement. This can significantly reduce the overall operating budget which could permit LSCs to file a shorter version of the Federal 990s. (In NJS's case - approaching 10,000 members \$52 - \$500,000). Stu Hixon and Jim Harvey indicated that this interpretation received from the IRS would be made available to LSC Chairs and Treasurers.

Contractor or Employee - (NJS Member Clubs are encouraged to assess their current practice and seek professional advice as necessary)

Contractor has several clients, sets own hours, provides own tools to complete work, invoices for completed work.

Employee typically works for one boss, duties controlled by others, provided training or tools.

USA Swimming working on providing 2 hours of consulting for each LSC throughout the year with Waugh & Goodwin, LLP to assist with a myriad of financial related questions.

EZ TECHNICAL RECOMMENDATIONS TO THE GENERAL MEETING EZ Fall Meeting – September 17th 2014

Respectfully submitted by Tristan Formon, EZ Technical Chair

tr1stan@juno.com

www.easternzoneswimming.org

2014 EZ Summer Championship Meets

Each of the meet hosts were asked to provide comments/feedback for each of their respective meets in written form for inclusion in the Technical Report for the September 18th EZ Fall Meeting and/or oral form at the Technical Meeting on Wednesday September 17th 2014. Mary, Bob, Rick, Tim and Gordon all addressed questions verbally at last evening's Technical Planning Committee Meeting:

2014 Eastern Zone Age Group Championship Meet – Mary Turner / Bob Vincent

2014 Super Sectional Championship Meet – Rick Aronberg / Tim Husson

2014 Eastern Zone Open Water Age Group Championship Meet - Gordon Hair

Gordon Hair agreed to work with the EZ Directors is finalizing the EZ Open Water Policies.

Details of the 2014 EZ Summer Championship Meets written reports are located in the 2014 09 EZ TECHNICAL FINAL REPORT posted on www.easternzoneswimming.org

The Technical Planning body agreed that the EZ AG Meet Announcement will request a comprehensive listings of individuals requiring deck credentials from participating LSCs (coaches, managers etc.) at the time of entry submission.

2015 Winter Sectional Championships

The following items were discussed at the Technical Planning Meeting:

Placement of the Winter LC Super Sectional Meet: Following general discussion at the 2014 EZ Spring Meeting, the body indicated the most optimal placement may still be in March. It was agreed that this would be opened for discussion at the EZ Fall Tech Meeting at USAS.

USA Swimming now requires at least one final dedicated to 18 & Under Athletes at all Sectional Championship Meets.

Traditionally on Olympic Years, the EZ has offered two LC Sectional Championships in March, one North and one South. With three meets now being offered in the Winter by the EZ, there are a couple of options to consider for 2016: North LCM, South LCM, Super Sectional SCY OR North SCY, South SCY, Super Sectional LCM as in 2014 and 2015.

Motions considered relating to EZ Winter Sectional Meets at the EZ Technical Meeting:

- **Motion to make the C Final an 18&U Only Final. Motion PASSED. (Note: 18&U athletes are still eligible for both A and B finals)**
- **Motion to determine optimal placement of the Winter Super Sectional LC Meet to be in late March. Motion PASSED.**
- **Motion for 2016 for two LCM meets (North and South) and one SCY Super Sectional Meet. Motion PASSED.**

2015 Summer Senior Zone Championships

An update was provided as to the status of the EZ Senior Zone Meet which was presented at the May EZ Spring Technical Committee and General EZ Meetings. Details of the written reports are located in the 2014 09 EZ TECHNICAL FINAL REPORT posted on www.easternzoneswimming.org

The EZ Technical Committee Chair would like to thank the EZ Senior Zone Task Force Members: Ray Grant (NE), Adam Zackowski (NI), Jerry Adams (AD), Peter Barry (AMS) and Tristan Formon (EZ)

2015 Summer Super Sectionals

USA Swimming now requires at least one final dedicated to 18 & Under Athletes at all Sectional Championship Meets. Standards for the 2015 EZ Super Sectional Meet will be finalized following USAS Convention ensuring compliance with USA Swimming's 'No Faster Than' time standards for 2015.

Motion considered relating to EZ Summer Super Sectionals at the EZ Technical Meeting:

- **Motion to make the C Final an 18&U Only Final. If the athlete count at the meet exceeds 600 athletes, then the D Final would become an 18&U Only Final. Motion PASSED. (Note: 18&U athletes are still eligible for both A, B or A, B and C finals if a D Final is required)**

2015 Summer AG Zone Championships

Concerns have been raised regarding 11/12 year old athletes swimming prelims immediately followed by finals with the existing Summer AG Zone Champ Meet format. The Technical Chair has been asked to consider developing alternate meet formats that could allow the 11/12s to swim in the Prelim Session followed by a 10 & Under Timed Final Session, followed by finals similar to the Winter All Star AG Meet.

A number of potential options were shared with the body and the details of those options are located in the 2014 09 EZ TECHNICAL FINAL REPORT posted on www.easternzoneswimming.org

It has been requested that the EZ consider adopting wording to limit participation in the EZ Age Group Championship Meets, both Winter and Summer, to athletes who have not competed in college. Currently each meet limits participation to 18 & Under Athletes.

Due to the differing Winter and Summer USA Swimming Junior National Time Standards, it is recommended that the exclusionary standards be removed from the EZ Winter and Summer AG Zone Championship Meet Announcements. The wording from the EZ Policy Manual will remain to define athlete eligibility.

Motions considered relating to the EZ AG Summer Champs at the EZ Technical Meeting:

- **Motion that at the discretion of the meet referee, the 13&O Prelim Final and/or 12&U Prelim/Timed Finals would run with a chase format to permit additional downtime following the 12&U Session prior to finals. Motion PASSED.**
- **Motion to exclude 18&U college athletes from AG Zones. Motion FAILED.**
- **Motion for 2015 onwards for the EZ AG All Star Meet and EZ AG Summer Champs to remove the exclusionary top end standards from the meet announcement and leave the wording from EZ Policy Manual. Motion PASSED.**

2015 Eastern Zone Championships

The body was asked to consider optimal placement of the Eastern Zone Senior Zone Meet and Eastern Zone Legends Series Meet. Please refer to the Scenarios for potential 2015 Meet Calendar for the Eastern Zone. These flow charts of scenarios were prepared for and presented to the Eastern Zone General Chairs on a conference call on Tuesday September 9th 2014.

Motions considered at the EZ Technical Meeting:

- **Motion to adopt Scenario 2 from the potential flow charts provided, placing the new EZ Senior Champs head to head with USA Swimming National Championships. Motion PASSED.**

Steve Hennessy (VSI) introduced new discussion in regards to the required end date for the Eastern Zone Age Group Championships. Following a lengthy exchange with the body a motion was made.

- **Motion to require that the Eastern Zone Age Group Championship Meet should end on a Saturday between August 2nd and 15th. Motion PASSED**

For 2015:

Eastern Zone Super Sectional LC Meet will occur July 16th-19th 2015 in Ithaca, NY
Eastern Zone Age Group Champs will occur August 5th – 8th 2015 in Richmond, VA
Senior Zone Meet will occur on August 6th – 9th 2015 in Buffalo NY

Jamy Pfister indicated that following the outcome of the USAS HOD on Saturday, the Legends Series will need to be added to the EZ Policies and Procedures. This should be prepared for consideration by the body at the 2015 Spring EZ Meeting in Virginia Beach, VA.

Each LSC is asked to provide contact details for each of their respective LSC EZ Technical Appointees to Tristan Formon tr1stan@juno.com at your earliest convenience.

