

ZONES 2013 REPORT

HOUSE OF DELEGATES MEETING

OCTOBER 6, 2013

Prepared by Kris Hall & Gina Leonhardt, Zones Coordinators

Total Athletes Attending 35: Age Group (AG) 13 Senior (SR) Zones 22 (29 athletes in 2011, 44 in 2012)

Location: AG Zones, Roseville, CA, August 7-10
SR Zones Clovis, CA, July 31-August 4

Budget: 2013 Actual \$20,055 vs. Budget of \$25,000

Coaches: AG Zones– Michael Turner & Rebekah Huckeby SR Zones - Brenden Smith & Lucy Kramer

SR Zone Chaperone/Van Drivers: Ben Peters & Jen Duval

SR Zone Advance and Onsite Coordinator/Chaperone: Gina Leonhardt

Zones Coordinator – Uniforms/Communication: Kris Hall

AG Zone Onsite Meals Coordinator: Lisa Keyes

AG Athlete Village Support: Shirley Gustafson (Berkoff)

Technical Support/Qualifying Times: Susan Huckeby

In 2013, Team Montana sent teams to compete at two separate Zones meets, Age Group (AG) Zones in Roseville, CA and Senior (SR) Zones in Clovis, CA. Gina Leonhardt coordinated in advance all arrangements for coach/chaperone travel, SR Zone onsite team travel via 2 vans, hotel rooms, meal plans and catering for both meets. Gina arranged hotel room blocks (coach, athlete and parent) with Holiday Inn Express at both sites: Clovis for SR Zones and Roseville for AG Zones. Kris Hall designed and procured uniforms and managed central communication to inform zones families and MT Swimming coaches about both meets.

We would like to thank all the supporting staff for sharing their talents, expertise and time to make AG and SR Zones 2013 meets a great success. Every one of you made a huge difference for the better in the lives of our MT Swimming athletes. Some of you rallied high above the normal call of duty in extenuating circumstances to serve the athletes well. Additional thanks to Susan Huckeby for running numerous qualifier reports as well as all MT Swimming coaches for monitoring athletes who were close to qualifying and notifying us of qualifiers under altitude adjustment, as the reports cannot pick up those qualifiers.

Budget: There was a lot of uncertainty as to the cost to adequately staff and cover necessary travel, lodging, and meals for the staff at both meets. We were originally given a budget of \$21,000 which was later increased to \$25,000 at the Butte HOD meeting. All historical data on which to base the budgets was for only one meet. Although the total number of athletes attending AG and SR meets was about the average of the number of athletes attending the last two Zones in Grand Junction and San Jose, costs almost doubled due to the necessity of having two separate locations and the requirement to have staff of both sexes at each meet. Total Zones cost was \$20,055 vs. \$25,000 2013 budget. Gina negotiated competitive rates on airfare, hotels and food service. She secured blocks of rooms very early and monitored airfares to secure the best rates. There were unanticipated en route meal expenses to be covered for athletes whose flights were delayed for many hours. Kris did a fabulous job with the uniforms and found many great deals that helped in the budget numbers. Uniform cost per person (athletes, chaperones and coaches) was \$105.42 in 2013 vs. \$148.12 in 2012.

2013 Zones Expenses and Income AG and SR Meets

Salaries	Amount
Brenden Smith	\$ 900.00
Lucy Kramer	\$ 700.00
Michael Turner	\$ 700.00
Rebekah Huckeby	\$ 450.00
Travel	
Brenden	\$ 346.60
Lucy	\$ 346.60
Ben	\$ 372.60
Jen	\$ 437.60
Gina	\$ 346.60
Michael	\$ 437.60
Rebekah	\$ 437.60
On-site Travel	
Vans Clovis	\$ 1,530.00
Car Rental Clovis	\$ 247.03
Car Rental Roseville	\$ 505.67
Gas Clovis	\$ 339.51
Gas Roseville	\$ 50.00
Hotel	
Coaches/ Roseville	\$ 1,365.79
Coaches/ Clovis	\$ 2,231.00
Swimmers/ Clovis	\$ 5,543.90
Food	
Cater Clovis	\$ 2,754.81
Other Food Clovis	\$ 1,361.43
Initial Snacks	\$ 351.61
Other Food Expense Roseville	\$ 989.78
Cater Lunches Roseville	\$ 257.25
Extra given in Cash Card-- Returned	\$ 409.28
Uniforms	
Total Cost uniforms and extras	\$ 7,694.03
Less Extra Gear Order Income	\$ 3,372.00
Net Uniform Cost	\$ 4,322.03
Registrations	
Roseville	\$ 678.00
Clovis	\$ 940.50
Time Trials Clovis	\$ 390.00
Extras	
Coordinator Roseville Stipend	\$ 300.00

Extra expenses-Brenden/ Lucy	\$	60.00
Coaches Zones Meeting- Roseville	\$	60.00
Fun Night Coaches- Roseville	\$	50.00
Fun Night Swimmers- Roseville	\$	350.00
Cab Fare- Roseville	\$	60.00
Extra-- Hotel room for Jen in Denver	\$	200.00
CDL Class C drivers license- Jen	\$	130.00
Checked "Cooler Bag"	\$	50.00
Total Zones Expenses	\$	31,002.79
Cost Extra Gear Orders	\$	3,372.00
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Total Expenses	\$	34,374.79
Income		
Swimmers Payments- first deposit	\$	13,473.50
Swimmers Payments- second deposit	\$	699.00
Extra from cash card/ Age Group	\$	409.28
Refunds	\$	(261.50)
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Total Income	\$	14,320.28
Net Zones Cost to Montana Swimming	\$	20,054.51

SR Zones:

Location: Clovis, CA

Swimmers (22) Coaches (2) Chaperone/Coaches: (2) Coordinators (1)

Transportation: air plus 15 passenger vans for on-site travel

Lodging: Holiday Inn Express, Clovis (5 miles from pool venues)

Food: breakfast- hotel, lunch - catered at the pool, dinner - some catered at hotel and two at restaurants.

Cost: Athlete paid airfare + \$400 to cover lodging, onsite transportation and meals.

Travel expense and arrangements to the SR Zones meet was the responsibility of athlete families. SR Zones athletes travelled unaccompanied, on the same flight as coaches or chaperones, or with MT Swimming families. Once athletes arrived for pick-up at the airport, they were required to be with the team. Athletes were housed three or four to a room, and shared all meals as a team. Onsite transportation was via two 15-passenger vans.

Denver had a fog problem and all individuals on the early flight did not arrive until around 11pm Monday night or the next day. However, all swimmers were taken care of, picked up on time at the airport, fed and checked into the hotel. It all worked out, in the end, but not without a lot of STRESS for the coordinator! Gina, the Chaperone/Drivers Ben and Jen, and the coaches (Brenden and Lucy) did an incredible job of feeding athletes and arranging airport pick up under extraordinary circumstances of numerous changes due to weather flight cancellations.

We had a great week once we all arrived in Clovis. Brenden and Lucy did a tremendous job of motivating and managing all of the swimmers for their swims, warm-ups and cool-downs. Ben Peters and Jen DuVal were wonderful chaperones. Their responsibilities were driving the vans to all locations and keeping track of all the swimmers. Gina, as coordinator, never had to worry about the kids as they were well taken care of. There was an additional complexity that the team competed in prelims for two days at each of two different pool sites (Clovis North and Clovis West). The athletes were very adaptable and some even felt it was a benefit to change venues. Athletes achieved lots of time drops and incredible individual and relay swims.

The hotel was fine, not great but fine. It was about 5 miles from each of the (2) pool venues. Breakfast was provided by the hotel but by the end of the week the swimmers were tired of that food. Gina had all of the lunches catered at the pool sites. The convenience was great but Gina would use a different caterer in the future. Some of the food was great, some was not. When you hire a caterer you just never know what the quality of the food will be.

AG Zones:

Location: Roseville, CA

Swimmers (13) Coaches (2) Meals Coordinator (1)

Transportation: Parent's responsibility for travel to Roseville and onsite.

Lodging: Holiday Inn Express, Roseville, CA

Food: breakfast - hotel, lunch - catered at the pool 2 days/2 days coordinator arranged, dinner – 2 team dinners at restaurants.

Cost: Athlete paid airfare + \$100 to cover daily team lunches and 2 team dinners.

All athletes were required to be accompanied by a parent for our first year of split AG/SR zones. Parents were responsible for all transport, lodging and supervision of their athletes when they were not on deck or in team meetings with coaches. Coaches Michael and Rebekah did a wonderful job in preparing and motivating our athletes for competition. Lisa Keyes served as onsite coordinator to keep our athletes fueled up. Lisa arranged take-out lunches for the two days that were not catered at site, managed orders and payment for the two team dinners, and purchased drinks and snacks made available to the team in the athlete village.

The deck was a closed deck as was the athlete village, meaning no one without credentials (athlete protection training and background check) was allowed in the areas where the athletes were. With such young athletes, there was some concern by parents that athletes could miss a race without parental guidance. Shirley Gustafson (Berkoff) holding credentials, generously agreed to help out as an adult in the athlete village to offer help and direction to athletes. Athletes were encouraged to eat, drink and no one missed an event.

The athletes melded into a cohesive team, often moving as a group from one lane to the next to cheer team mates. Athletes and coaches enjoyed bonding during the team dinners. There was feedback (from parents) that the dinners made the evenings later than if each family ate separately. Any way you slice it, Zones is a grueling week consisting of early warm-ups and some late nights. Our young team rose to the occasion and performed very well. We would not trade away the bonding experience gained by team dinners. All athletes swam best times and four of the 13 made one or more final events.

AG Zones Report from Coach Michael

Team Montana,

Well, Rebekah and I made it back safely from Roseville and it was a tremendous experience. I want to give everyone a look at what we did this last week. I was proud to represent Montana in every way at AG Zones 2013. We saw some FAST swimming, some excellent team spirit and bonding, and I got an amazing look at the Western Zone and how it works/who is involved. First and most importantly, I want to talk about the kids. Each day was full of surprises and breakout performances, so I would like to highlight each individual and some of their major accomplishments at this level of competition.

Mari Aoki: Mari was top sixteen in five out of six swims with a big 6th place finish in the 400 IM. Also, she had two great events on Friday, receiving second swims in both events for a total of 1200 meters of swimming for the day. That day was highlighted by a sub-3 minute swim in the 200 breast finals.

Lyndon Amon: Lyndon really stepped up and came out of his shell in California. He had solid best time swims in five out of six events. On Thursday he received the "swimmer of the day" award for his excellent performances in the pool as well as supporting his team on deck.

Cale Berkoff: Cale swam up in seed, earning second swims in five out of six swims with two top 8 finishes. He swam particularly well in middle distance freestyle moving up from 20th place seed to 8th in the 200 free. He also tied for a 4th place finish in the 100 back.

Katharine Berkoff: Where do I start? 7th in the 200 IM, 2nd in the 200 back, top 16 in the 100 and 200 breast, and Katharine ended the meet with an AG Western Zone Championship in the 100 back. 100% best times. Every event that she swam was a best time in prelims and a faster in finals.

Brendan Campbell: Brendan was a fantastic example of how a positive, confident attitude will help you succeed. He had a plan when he got to the meet and followed it precisely. Brendan had consolation finals swims in the 50 free and the 100 fly, breaking a state record in the fly with a 1:02.8. Six for six in best times.

Cailin Fiddler: Cailin had a brutal week swimming 400IM, 200 free, 200 back, 200 fly, 100 fly and 200 breast. She had a particularly good final day of the meet with big time drops in her 100 fly and 200 breast. She was entered with her yard qualifying time in the 200 back and hit well below the long course qualifying time on Thursday.

Joseph Guter: Joe had a great first experience at AG zones. His great outlook on the meet led him to six for six in time drops. He looked better and better as the week progressed. He also bettered his seed in five out of six of his swims.

Laina Hall: Laina was one of our veteran zones swimmers and really helped bring team Montana together this week. She had best times in half her events and two big relay swims. She especially stood out in spirit, watching every Montana swimmers events and organizing some great cheers for the team.

Ethan Harder: Ethan was another one who improved more and more the further we got into the week. On Saturday he a big 200 back swim earning him a 7th place finish in A final. He swam five out of six best times and he was four out of six in seed improvements.

Sawyer Keyes: Sawyer also had a great first experience at AG zones. He thoroughly enjoyed the atmosphere and trading all his souvenir wristbands with the other LSC's. He had two great relay swims as second leg on the 200 free relay and backstroke leg in the 400 medley. He also had a four second time drop in the 400 freestyle, which is an event he has been looking strong in.

Keidon Reynolds: Keidon was very supportive of her teammates and for that she received our team spirit award of the week. Each day she had clever items that she handed out to all of the swimmers and coaches encouraging fast swims and positive attitudes and hard work. She also had a solid time drop in her qualifying event, the 400 IM and another best time in the 200 breast.

Gabby Smart: Gabby was another great team supporter this week. She, along with a couple other swimmers, created a great team cheer for us to perform on Friday. She also had a two second time drop in the 200 free and a three second improvement in the 200 breast, one of her qualifying events.

Rin Ujikawa: Rin had a great first time at this level of competition. She qualified for Zones at State and swam quite well the very next week in California. Her middle distance free looked especially good. She started of the meet with a bang for a huge 8 second time drop in the 200 free. She shaved a bit in her 400 free as well.

As you can see we swam quite well across the board and represented Montana well both IN and OUT of the pool. We had 13 competitors and each one played a vital role in their team every day. I couldn't have been more proud to wear a Team Montana uniform all week.

I am very gracious for the opportunity to coach at Age Group Zones 2013. It was everything I could have expected and much more. I learned an incredible about USA swimming and it's Western Zone in particular. I eagerly look forward to continuing my education and coaching at this level more in the future. I want to thank EVERYONE for the effort they put forward to make this a memorable experience. I can't even begin to express my appreciation.

Zone Coordinator Recommendations for 2013:

- 1) **Coordinators Pre-meet Arrangements:** We recommend that we keep with (2) Zones coordinators - one for the uniforms/communication and one for the travel and managing central budget numbers. We do not think that we should split the responsibilities between SR and AG because it is critical that one person should manage expenses to the budget.

- 2) **Uniforms:** There was discussion about possibly discontinuing SR Zones uniforms due to budget concerns, as not many of the teams had uniforms. There were only 5 LSC's competing and the rest were all club teams. We believe we need to keep uniforms for both SR and AG Zones teams. SR Zones team received many compliments on our uniforms. Our swimmers looked professional, uniform and stood out in the pool and on deck so coaches, coordinators and chaperones could scan the pool deck and quickly locate our athletes. We anticipate seeing more teams sporting uniforms at SR Zones next year.
- 3) **Flight Travel:** We recommend flying to zones in the future if the distance is more than one day's drive. We recommend having the coordinator arrive one day in advance of the swimmers so we don't run into any problems with "no adults" at the airport when swimmers arrive!
- 4) **Coordinators vs. on-site coordinators:** Zones coordinator is a very big job (130+ hours per coordinator in advance of the meet) but it is still a volunteer position. All the work that Kris and I did to plan in advance for the zones swim meets was completely of a volunteer nature. Because the SR Zones meet is organized for athletes to be housed, transported and eat as a team (without accompanying parents) it is imperative that a coordinator is there to coordinate logistics. It is a full-time (12-14 hour day), onsite job to manage all the arrangements for the SR team where athletes are under the supervision of the coach/chaperone/coordinators. The coordinator will have all expenses paid just as all expenses are paid for the coaches and chaperones required to support the team full-time during the meet. Depending upon how future coordinators choose to structure the AG meet (Team travel with chaperones like SR Zones vs. requiring athletes to travel and be accompanied by parents) the degree of responsibility required by the coordinator will vary from part to full-time. The coordinator who attends the Age Group meet will have some or all of their expenses covered depending upon how it is structured. I just want to make sure that all future coordinators understand the volunteer vs. paid expense components with these positions.
- 5) **Consider Invitation to non-qualifying athletes for AG Zones:**
 - A) AG Zones rules allow some flexibility on the athletes who can attend meaning non-qualifiers could attend provided the team does not exceed allotted swims. In 2013, we had a situation where Team Montana was short just one girl and two boys to complete two additional team relays. We discussed with Coach Michael and Rebekah the possibility of giving Zones Coaches the option in future years to invite a few non-qualifying athletes to Zones to complete partial relays. Budget allowing, we support the adding a few athletes selected by the coaches to the roster, but look to the House of Delegates for feedback on this concept.
 - B) Although it can be done well, it is very difficult for someone other than the coordinator who has made the arrangements for these meets to step in (sometimes very last-minute) and manage coordinator duties onsite, according to plans. Reasons for this include the inability of a coordinator to attend both meets (AG and SR) or in the event a coordinator's child does not achieve a qualifying time. We recommend that, if necessary, an allowance be made for a coordinator's child to attend AG Zones (q-time or no) to avoid last minute scramble to find an onsite coordinator. Athletes must have a qualifying time to attend SR Zones.

Thank you to all of the MT Swimming delegates for supporting the incredible experience (competition and life skills) our athletes gain by attending Zones.

I, Kris Hall, have completed my two-year term as Zones Coordinator, having had the pleasure of working with and forming close friendships with LuAnn Giammona and Gina Leonhardt. I notified Curt Jacobson on July 23rd via e-mail that serious family health issues and demands of our business preclude me from feeling I can satisfactorily fulfill duties necessary to serve another term as Zones coordinator, but that I would fulfill my duties through the Oct. HOD meeting. We are actively looking for new Zones Coordinators for 2014. Gina and I will be happy to help train a new team of coordinators.

Respectfully Submitted By, Kris Hall and Gina Leonhardt