



Eastern Zone Athlete Report

Submitted by TJ Walsh

2025 Athlete Summit

The first-ever Eastern Zone Athlete Summit was held June 26-29, 2025, at The Catholic University of America in Washington, D.C., and it was a huge success! Over three and a half days, athletes took part in workshops on leadership, governance, wellness, Safe Sport & DEI, and more. Non-athlete attendees had their own sessions too, with time to sit in on athlete programming and workshops geared toward helping them better support athlete leaders.

The feedback was overwhelmingly positive: 82% of participants gave the Summit a perfect 5 out of 5, and the rest rated it a 4. A full report with details and highlights is [linked here](#).

Thanks to everyone who joined us for making this first Summit such a great experience. We're excited to share an exciting update about the 2026 Eastern Zone Athlete Summit at the Fall Meeting.

Quarterly Meeting Structure

We've adopted a quarterly meeting schedule to better connect with and support Eastern Zone athlete leaders. Our Q3 meeting was held this past week ahead of USA Swimming's Annual Summit, where we welcomed new athlete representatives and reviewed logistics before Denver.

Athlete Check-Ins

Over the past few months, we've completed individual check-ins with LSC athlete representatives to learn more about each LSC's accomplishments and goals. Based on these conversations, representatives were grouped into tiers reflecting shared challenges and priorities. These tier meetings created space for collaboration, peer-to-peer support, and stronger connections across the Zone. The feedback has been overwhelmingly positive, and we're excited to continue these check-ins moving forward.

Updated Contact Information

As of Sunday, September 21, we now have current contact information for every LSC Athlete Representative in the Eastern Zone. Having this updated list is a huge step forward and will be invaluable as we head into the year.

National LSC Awards Program

Together with the Southern Zone, the Eastern Zone has been an active partner in the revitalized National LSC Awards Program. This initiative highlights the outstanding work of LSCs across the country. Awards were first presented during the April 2025 All-Zone Virtual Summit and most recently at the September 2025 Summit in Denver.

Looking Ahead

As we move forward, we're focused on building stronger connections between athlete leaders, LSCs, and Zone representatives. The more we collaborate and share ideas, the more effective we become in ensuring athlete voices are heard and valued in every conversation.

If you have any questions, please feel free to ask during the Eastern Zone Fall Meeting or do not hesitate to contact me at:

ezathletereprs@gmail.com tjwalsh132@gmail.com

Respectfully submitted,

TJ Walsh, Athlete Director