



Eastern Zone

Fall Meeting -Saturday, September 27, 2025

Hybrid Meeting – Denver, Colorado and Zoom

1. **Call to Order** – Meeting was called to order at 10:03 am
2. **Approval of Agenda** – Motion to Approve – Amended to add Meet bid Policy to old business – Motion approved.
3. **Approval of Minutes from Spring 2025 Meeting** – Motioned and Approved
4. **Financial Report** – Report is posted – Motioned and Approved
5. **Report of Officers** (written only where possible)
 - a. Zone Directors Report – Jamie Platt and Tom Ugast - posted
 - b. Technical Planning Report – Brittan Glass - posted
 - c. Zone Championship Coordinator Report – Tim Husson - posted
 - 2027 Championship Bids
 - d. Athlete Representative Report – TJ Walsh - posted
 - e. Age Group Chair Report – John Fedena - posted
 - f. Diversity, Equity and Inclusion Report – Nadine Johnson-Jesioneck - posted
 - g. Officials Chair Report – Genny Kimbel
 - h. Safe Sport Report – Will Gallagher - posted
 - i. Disability Swimming Coordinator Report – Elizabeth Jester

Reports were presented as a Consent Agenda - items B and C were pulled, all others were approved.

B. Technical Planning Report – Mary Turner asked that eligibility and restrictions be looked at with regards to Jr. National times and the cut off date for the meet. Brittany will take to the committee to look at. Motion to approve report was approved.

C. Zone Championship Coordinator Report – Tim Husson explained that Christiansburg was no longer available for South Region 2026 Sectionals meet – 1 new bid was submitted for Liberty University. TJ explained that we can't host a meet at Liberty as it violates our Policy – section 3034. Discussion followed and on advisement from USA Swimming legal counsel we can't host at Liberty.

2027 Bids

Spring Sectionals – North Region – Each Bidder was given the opportunity to speak

- 1) Brown University
- 2) Nassau County Aquatic Center
- 3) Webster Aquatic Center

Paper Ballot was taken of North LSC's and Brown University was awarded the bid.

Spring Sectionals – South Region – 1 bid – awarded to Christiansburg Aquatic Center

Spring Sectionals – LC – 1 Bid – awarded to Burt Flickinger Aquatic Center

SC Age Group Zones – 2 bids – Each bidder was given the opportunity to speak

- 1) Burt Flickinger Aquatic Center
- 2) Ithaca College

Paper Ballot was taken and Ithaca College was awarded the bid.

2027 LC Super Sectionals – 1 bid – awarded to Collegiate School Aquatic Center

2027 EZ Open Water Championship – 1 bid – awarded to Beesley's Point Sea-Doo Inc.

2027 LC Age Group Zones – 1 bid received – awarded to NOVA Aquatic Center

2027 LC Senior Zone – 1 bid received – awarded to Burt Flickinger Aquatic Center

6. Old Business

- a. Budget – Mary Turner presented the budget as posted
Discussion on budget. Directors want more input from the LSC's on how to make the budget work for our needs. Most of the discussion was about making the meets the zone runs better, more exciting. Please send ideas to the directors and Budget Task Force. Will Rankin from Metro suggested that we not have the athlete summit and use the funds from there for added official's evaluation. Many athletes spoke on behalf of the summit and athlete programing. Question was called and the motion to accept the budget as presented passed.
- b. Zone programming – Tom Ugast spoke as above on making our Zone programming better and to meet the needs of the zone.
- c. Meet bid Policy – TJ Walsh – TJ Walsh discussed Meet bid policy and the wording was updated to change to Meet Host Site – exact wording will be posted on the EZ web site.

7. New Business

- a. Shared Athlete Summit – TJ Walsh presented the 2026 Athlete Summit information – June 18-21 in Atlanta, Georgia with the Southern Zone. It will be at Emory University. 4 athletes and 1 chaperone from each LSC. Every General Chair will receive the information. Power Point presentation is attached
- b. Mary Turner sent a request to suspend the policy that prohibits awarding bids at facilities that are in violation of the Ted Stevens Act. Motion was made and seconded. Motion needs a 75% approval to suspend policy. Discussion followed and the question was called. Paper ballots were taken – the motion fails to receive 75 % approval.

8. Reports from National Committees – none received at this time

9. Nominations/Elections

- a. Non-Coach Director – Jamie Platt – MA
- b. Age Group Chair – John Fedena – MA
- c. Technical Planning Chair – Brittany Galss – AM

Nominations were accepted from the floor – there were no additions to the previous nominations. Nominations were closed and the nominated were elected by acclamation.

- Meet bids are open for 2026 Spring Sectionals – South – submit to Technical Planning Chair and EZ Directors.

10. 2026 Eastern Zone Spring Meeting – will be virtual. Directors will let everyone know the date.

11. Meeting was Adjourned at 11:47 am.



**2025 Fall Meeting
Hybrid
10 – 11:30AM MST
Saturday, September 27, 2025**

Agenda

1. Call to Order
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3. Approval of Minutes from 2024 Spring Meeting
4. Financial Report
5. Report of Officers (written only where possible)
 - a. Zone Directors Report - Jamie Platt & Tom Ugast
 - b. Technical Planning Report – Brittany Glass
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 - 2027 Championship Bids
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 - f. Diversity, Equity, and Inclusion Report - Nadine Johnson-Jesonek
 - g. Officials Chair Report - Genny Kimbel
 - h. Safe Sport Chair Report - Will Gallagher
 - i. Disability Swimming Coordinator Report - Elizabeth Jester
6. Old Business
 - a. Budget – Mary Turner
 - b. Zone Programming – Tom Ugast
7. New Business
 - a. Shared Athlete Summit – TJ Walsh
8. Reports from National Committees (written only)
9. Nominations/Elections
 - a. Non-Coach Zone Director
 - b. Age Group Chair
 - c. Technical Planning Chair
10. 2025 Spring Meeting Scheduling

Company name: USA Swimming, Inc.
Report name: General Ledger report
Created on: 9/12/2025
Location: SWIMMING--USA Swimming, Inc.

| Posted dt. | Doc dt. | Memo/Description | Debit | Credit | Balance |
|---|-----------|--|-----------|----------|-----------|
| 24013 - EASTERN ZONE (Balance forward As of 01/01/2025) | | | | | 58,628.01 |
| 7/31/2025 | 7/31/2025 | Bill - WALSH, THOMAS: 2025 EZ ATHLETE SUMMIT REIMBURSEMENT | 4,628.66 | | 53,999.35 |
| 7/31/2025 | 7/31/2025 | Bill - THE CATHOLIC UNIVERSITY OF AMERICA: 2025 EZ ATHLETE SUMMIT POOL USAGE | 675 | | 53,324.35 |
| 7/31/2025 | 7/31/2025 | Bill - THE CATHOLIC UNIVERSITY OF AMERICA: EZ ATHLETE SUMMIT - HOUSING | 7,791.65 | | 45,532.70 |
| 8/5/2025 | 8/5/2025 | Connecticut Swimming EZ | | 200 | 45,732.70 |
| 8/5/2025 | 8/5/2025 | Maine Swimming EZ | | 400 | 46,132.70 |
| 8/5/2025 | 8/5/2025 | Middle Atlantic Swimming EZ | | 400 | 46,532.70 |
| 8/5/2025 | 8/5/2025 | New Jersey Swimming EZ | | 1,400.00 | 47,932.70 |
| 8/5/2025 | 8/5/2025 | Niagara Swimming EZ Athlete Summit | | 200 | 48,132.70 |
| 8/5/2025 | 8/5/2025 | Potomac Valley Swimming EZ | | 200 | 48,332.70 |
| 8/5/2025 | 8/5/2025 | Virginia Swimming EZ Athlete Summit | | 600 | 48,932.70 |
| 8/31/2025 | 8/31/2025 | Bill - HUSSON, TIMOTHY: EZ-DOMAIN NAME REGISTRATION | 62.04 | | 48,870.66 |
| Totals for 24013 - EASTERN ZONE | | | 13,157.35 | 3,400.00 | 48,870.66 |
| Grand total | | | 13,157.35 | 3,400.00 | 48,870.66 |

There is one outstanding debt – Mary Turner – website Domain for 2024 submitted to USA Swimming in the amount of \$61.80.
2025-2026 dues to be determined by finance committee and if dues are to be collected invoices will go out after the fall 2025 EZ Meeting.
Income was all for the Athlete Summit, expenses were for the Athlete Summit minus \$62.04 for the Domain registration.
Reminder to submit reimbursements in a timely manner.

Respectfully submitted,

Mary Fleckenstein

Eastern Zone Secretary/Treasurer

Eastern Zone Directors Report

Submitted by Thomas Ugast, Coach Director, Jamie Platt, Non-Coach Director

Jamie and I have been working with TJ Walsh as our athlete director to come up with plans for the Eastern Zone and what we should focus on for our members which are comprised of our 12 LSC's.

We have spent this past year collaborating with the Zone Director's Council which is comprised of all 4 Zones with the Directors and athletes attend a monthly Zoom meeting. We have also started to work closely with the Coach Advisory Council and their monthly meetings to make sure both groups are aligned on how to serve the membership better.

Jamie Platt helped put together a survey that was sent out to all LSC's to gather information on how the National Governing Body and its committees can best serve our local swim committees. We hope to use this information in the 2025-26 swim season to implement the ideas that came out of this survey.

Jamie and I attended the Long Course Age Group championship meet held in Richmond, Va. in August. We determined that one use of our monies should be to make the experience for these athletes the best that we can. Spending some money on signage and take aways for the athletes, coaches and officials would go a long way in making these meets special for our participants and hopefully will encourage all of our LSC's to participate.

One of our discussion points at our meeting on Saturday will be the budget taskforce that we asked Mary Turner to chair and reviewing with everyone how the Zone should be spending the money we have and what if any dues should be charges to the LSC's. The biggest expense we have at this point is our Athlete Summit and we will review plans for the 2026 budget year and how the Zone should support this event.

Respectfully Submitted,

Thomas E Ugast, Coach Director, Eastern Zone

Eastern Zone Technical Report – Fall 2025

Respectfully submitted by Brittany Glass, EZ Interim Technical Chair

Brittany.glass@amswim.org

www.easternzoneswimming.org

2025 Speedo Sectional Long Course Super Sectional

- **Meet Overview**
 - 2025 Speedo Sectional Long Course Super Sectional hosted by Swim RVA.
 - Participation: 752 athletes, 3,397 splashes, 49 teams.
- **Participation Growth (2023 → 2025):**
 - Women: 1,230 → 1,716 (+39%). Growth is steady year to year.
 - Men: 1,439 → 1,989 (+38%). Big jump in 2024, slight increase in 2025.
 - Both genders grew ~40% overall.
- **Fastest Growing Events (2023 → 2025):**
 - Women: 200 Backstroke (+65%), 200 Freestyle (+63%), 100 Butterfly (+51%).
 - Men: 400 Freestyle (+78%), 50 Freestyle (+68%), 100 Backstroke (+61%).
- **Key Takeaways:**
 - Strong overall growth, especially in sprint and mid-distance events.
 - Women's participation climbed steadily, while men's growth was concentrated in 2024 then leveled off.

2025 Eastern Zone Age Group Championships

- **Meet Overview**
 - Host: Virginia Swimming
 - 803 athletes, 4,407 splashes, 10 teams
- **Participation Analysis (2023–2025):**
 - 10 & Under = Growth Zone: Strong increases in sprints and stroke events → healthy base pipeline.
 - 11–12 = Risk Zone: Sharp decline in girls' participation. Boys are stable but stagnant.
 - 13–14 = Transition Zone: Declining participation, especially in distance freestyle → risk of dropout before senior level.
- **Event Trends:**
 - Booming: Sprint breaststroke & butterfly (especially in younger swimmers).
 - Declining: Distance freestyle & IM (across older groups).
- **Meet Feedback:**
 - Smooth operations, high satisfaction from athletes, coaches, and officials.
 - Suggestions: adjust relay scoring, clarify disqualifiers, reconsider distance formats (esp. 10 & Under 400), re-examine 11–12 qualifying cuts, and review event order.
 - Positive overall assessment—Richmond venue praised.
- **Key Takeaways:**
 - Strong growth in younger swimmers

- Notable drop-offs starting at 11–12 and worsening at 13–14, signaling a need to address retention and event structure

2025 Eastern Zone Senior Championships

- **Meet Overview:**
 - Hosted by Star Swimming
 - 277 athletes, 69 teams, and 1,972 splashes.
 - A total of 504 improved times were recorded (291 men, 183 women, 30 relays)
- **Participation Trends:**
 - Sharp decline overall from 2024 to 2025 across nearly all events.
 - Men vs. Women: Men began with higher numbers (e.g., 100 Free: 150 vs. 86 in 2023), but both genders declined significantly by 2025.
- **Event Trends:**
 - Sprints (50/100 Free): Stable through 2024 but cut by more than half in 2025.
 - Distance Freestyle (400–1500): Gradual yearly decline; very low by 2025.
 - Strokes & IMs: Stable through 2024, then steep reductions in 2025.
 - New Stroke Sprints (50 Back, 50 Breast, 50 Fly): Introduced in 2025, drawing 30–35 swimmers each, slightly offsetting declines.
- **Key Takeaways:**
 - While swimmers achieved strong performance improvements, the overall participation is shrinking rapidly, especially in traditional events.
 - New events brought some relief, but not enough to counteract the broader downward trend.

Detailed information, including site feedback and participation trends from 2023-2025 can be found **[HERE](#)**.



Eastern Zone Technical Planning Committee

September 22, 2025

Virtual Meeting via Zoom

Attendees: Brittany Glass (Chair – AM), Jonah Montgomery (MR), Patrick Johnstone (NE), Tom Killian (NI), Jenny Duffy (NJ), Mike Salpeter (VA), Catherine Sperry (NE – Athlete), TJ Walsh (NJ – Athlete), Harper Freeman (PVS – Athlete)

Ms. Glass called the meeting to order at 8:05pm.

Relay Scoring

- Discussed whether to keep both relays scoring or limit to one
- Decided to maintain current system of allowing both relays to score
- Noted potential advantage for larger LSCs, but aligns with individual event approach

Distance Event Check-In

- Recommended to change 10 & under distance events from positive check-in to intent-to-scratch
- Aims to streamline administrative process and reduce timeline pressure
- Will pilot with 10 & unders before considering broader implementation

Meet Eligibility Criteria

- Reviewed current restrictions on athletes who've competed at higher-level meets
- Decided to maintain existing eligibility rules to "protect that level of competition"
- Primarily impacts 13-14 age group; 12 & unders rarely affected

Adding 13-14 50s Events

- Unanimously recommended adding 13-14 50s events to align with Futures and emerging trends
- Will use Futures qualification approach: athletes qualifying for 100 can swim 50
- Plan to establish time standards after 2 years of data collection

Time Standards Review

- Brittany shared proposed adjustments to various age groups/events
- 13-14 SC tightened, 11-12 girls relaxed, 10 & unders relaxed per host request
- Committee to review and provide feedback via email

Growth Strategies

- Discussed declining participation, especially in senior meets
- Approved recommendation for task force to explore incentives and growth opportunities
- Aim to compete with alternative meets (ISCA, NCSA) drawing athletes away

The meeting was adjourned at 8:43 pm.



2027 Eastern Zone Meet Bids

Bids received as of Sept 18, 2025. Additional bids will be accepted from the floor during the EZ meeting on September 27, 2025.

2026 Spring Sectionals, South Region (SC) – REBID

Liberty University, Lynchburg, VA (3/26-3/29/2026)

2027 Spring Sectionals, North Region (SC)

- (1) Brown University, Providence, RI (3/18/3-21/2027)
- (2) Nassau County Aquatic Center, East Meadow, NY (3/18/3-21/2027)
- (3) Webster Aquatic Center, Webster, NY (3/18/3-21/2027)

2027 Spring Sectionals, South Region (SC)

Christiansburg Aquatic Center, Christiansburg, VA NY (3/18/3-21/2027)

2027 Spring Sectionals (LC)

No Bids Received

2027 SC Age Group Zones

- (1) Burt Flickinger Aquatic Center, Buffalo, NY (3/31-4/3/2027)
- (2) Ithaca College, Ithaca, NY (3/31-4/3/2027)

2027 LC Super Sectionals

Collegiate School Aquatic Center, Richmond, VA (5/20-5/23/2027)



2027 Eastern Zone Meet Bids

2027 EZ Open Water Championships

Beesley's Point Sea-Doo Inc., North Mamora, NJ (6/12/2027)

2027 LC Age Group Zones

NOVA Aquatic Center, Richmond, VA (8/4-8/7/2027)

2027 LC Senior Zones

Burt Flickinger Aquatic Center, Buffalo, NY (8/5-8/8/2027)

DRAFT



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:

ezathletereps@gmail.com tjwalsh132@gmail.com

Respectfully submitted,

TJ Walsh, Athlete Director

2025 Eastern Zone FALL HOD Meeting

Age Group Chair Report

EZ Age Group Chair Discussions

Over the last 2 years, the Zone AG Chairs have organized LSC AG Chair Zooms with the leadership of Dana Skelton, Team Advisor for USA Swimming.

We have met to discuss different topics that affect each LSC at the Age Group Level. Most recently, last week, we met to discuss “How LSCs are implementing 50s into LSC Age Group Championship Meets”. We are consistently getting 30-40 people on each zoom. Discussions are engaging and productive.

2026 Age Group Championships Dates & Sites

Short Course Championships

April 1-4, 2026

Hosted by Niagara/ FAST Swimming & STAR Swimming

Burt Flickinger Aquatic Center, Buffalo NY

Long Course Championships

July 29-August 1, 2026

Hosted by NOVA

NOVA Aquatic Center, Richmond VA

EZ LC Age Group Championships

Hosted by Virginia Swimming at Collegiate School Aquatic Center/ SwimRVA

August 6-9, 2025

Meet Host and Attendees comments/reactions:

Meet ran very well, smooth sessions, and under timeline for most sessions.

BIG plus of adding a “B final” for events. Gave more swimmers opportunities to race & contribute. Did not affect timelines from previous years.

This meet by the numbers: (2024 comparison)

9-10s: 122 female/ 157 male/ 279 total (97/133/230)

11-12s: 72 female/ 115 male/ 187 total (108/105/213)

13-14s: 172 female/ 159 male/ 331 total (159/180/339)

TOTAL Athletes: 803 (785)

Timeline Session Reports: (session finish time) (2024 comparison)

Wednesday – 7:36pm (7:53pm)

Thursday – 8:01pm (7:51pm)

Friday – 7:34pm (7:46pm)

Saturday – 6:09pm (6:23pm)

Times/Records:

4 NEW Individual Event Records

5 NEW Relay Event Records

Overall Time Improvements (based on seed times) (2024 comparison)

Total – 41% (40%)

Girls – 38% (36%)

Boys – 41% (40%)

Relays – 49% (50%)

Team Scores:

Girls -

1st – Middle Atlantic LSC

2nd – Virginia LSC

3rd – New Jersey LSC

Boys -

1st – New Jersey LSC

2nd – Middle Atlantic LSC

3RD – Metropolitan LSC

Overall -

1st – Middle Atlantic LSC

2nd – New Jersey LSC

3rd – Virginia LSC

EZ SC Age Group Championships

Hosted by Fairport Area Swim Team (FAST) at Webster Aquatic Center

April 2-5, 2025

Meet Host and Attendees comments/reactions:

Meet ran smoothly. Lots of swimmers, coaches, and spectators. Officials, Coaches, Volunteers were well take of care via hospitality. Long lines for meet “swag” but very popular.

Team Scores –

Overall:

Metro Area Lifetime – 1490.5

Stamford Sailfish Aquatic Club – 1034.5

Nation’s Capital Swim Club – 777.5

Girls:

Metro Area Lifetime – 923

Phoenix Aquatic Club – 445

Ridgefield Aquatic Club – 390

Boys:

Stamford Sailfish Aquatic Club – 966

Metro Area Lifetime – 567.5

Nation's Capital Swim Club – 518.5

This meet by the numbers:

- 212 teams
- 912 athletes
- 232 coaches
- 4,265 splashes
- 5 new individual records

| Age Group | Female | Male | | Age Group | Total |
|------------------|---------------|-------------|--|------------------|--------------|
| 8 | 0 | 2 | | 8 | 2 |
| 9 | 10 | 20 | | 9 | 30 |
| 10 | 105 | 104 | | 10 | 209 |
| 11 | 21 | 28 | | 11 | 49 |
| 12 | 76 | 131 | | 12 | 207 |
| 13 | 81 | 53 | | 13 | 134 |
| 14 | 128 | 153 | | 14 | 281 |
| | 421 | 491 | | | 912 |

Eastern Zone Safe Sport Report for EZ Meeting (9/27/2025)

- Recap of topics from previous meetings (May/June/September)
 - Eastern Zone Safe Sport Meetings monthly
 - Topics covered
 - SSRP
 - Issues and challenges with clubs attaining SSRP
 - Positive notes about clubs who have attained SSRP
 - Discussion about Safe Sport roles on clubs
 - Safe Sport Coordinator
 - Club Admin
 - Junior Coaches
 - Making sure Junior Coaches complete APT & SSRP course for credit for club's SSRP
 - SSRP-Roster Count
 - More description of the parameters of how roster count is determined for SSRP Credit
 - Locker Room access & Photography policies
 - Upcoming Summit ideas (May Meeting)
 - Upcoming LSC Chair workshop ideas (September Meeting)
- Recap of our most recent meeting (9/17/2025):
 - USA Swimming Summit
 - Timeline:
 - Thursday 25th Registration/Breakfast 7:30AM-9AM
 - Opening Remarks 9AM
 - Session 1:
 - Safety Online
 - Session 2:
 - Reporting
 - Lunch 11:30-12:30
 - Session 3:
 - Population Resiliency
 - Closing remarks
 - Ice Breaker 4PM-5PM
 - Friday 26th
 - 8:30AM Session1:
 - Safe Sport Policies Myths VS Truths

- 10:30AM Session 2:
 - SSRP: Importance, Implementation, and Incentives (Panel)
- 12-2PM Break/Lunch
- 2PM-3:30PM Session 3:
 - USAS and U.S. Center for SafeSport
- 4PM-5:30PM Session 4:
 - Cultivating a Positive Culture
- Areas of focus for this weekend:
 - Safe Sport Track
 - Policies Myths vs. Truths
 - Similar track to the 2023 track
 - Great refresher for veterans/learning experience for new LSC Chairs
 - SSRP
 - Panel discussion with LSC chairs and what portions of the country are having success
 - Analyze challenges clubs and LSCs may have with SSRP
 - USAS & Center
 - Review that this session may go over the time allotted
 - Aware that we do not want to repeat ourselves with similar questions (i.e. timeline of reporting/investigating)
 - Cultivating a positive culture
 - Great way to finish the session!
- USA Swimming-Safe Sport Chair Workshop
 - Tentative Date: Saturday, November 8th
 - Open to all LSC Safe Sport Chairs and club coordinators!
 - Great experience and professional development for all
 - USA Swimming Safe Sport Committee is working on the agenda for this meeting

Eastern Zone
Diversity, Equity, & Inclusion Report
September 2025

Clifford and I don't really have much to report other than we've made several attempts to host meetings. Sadly the attendance is extremely low. We tried reaching out and taking a poll, the response was the Sunday evening time slot we were hosting the meetings, we're the majority favorite. We just hosted our most recent meeting this past Sunday, Sept. 21st, we sent out 2 reminders and texted 2 hours before the meeting. Unfortunately not a full quorum again. We have a meeting schedule out through 2026 we can share those dates to be posted. We will continue to try.

The meeting content has been limited. Clifford is hosting an LSC Camp in Nov. Not much happening in other LSC'S.

It would be helpful to know who the athletes are that are assigned to the EZ DEI Chairs Committee and to find a way to ask the LSC Chairs for their support in having their DEI Chairs attend these meetings. We have informed USA Swimming, DEI National Committee staff of this challenge.

We will continue to work at getting this group coordinated and reignited.

In Service

Nadine

G. Nadine J.-Jesionek

Budget Task Force Report

At its meeting earlier this month, the Budget Task Force gave careful consideration to each category in our budget in terms of historical spending as well as the impact of the dollars spent. We discussed requests for additional expenditures we received as well. The expense amounts included in the attached budget are what our group feels are reasonable based on historical spending and impact to members.

We also looked at the fee structures of the other Zones and found we are the only one that derives its revenues strictly from the number of athletes per LSC. Two Zones charge dues based on the number of Premium and Outreach athletes from the previous year plus a flat fee per athlete participating in their Zone meets while the other Zone only charges a fee per splash for events at Zone meets.

Because we are a non-profit we feel that finishing the year with \$5000 is appropriate. With that in mind, the current amount in our account would cover the proposed spending for 2026 season. Therefore, if the proposed budget is approved, the Task Force recommends collecting \$0 in dues for the 2025-2026 season and utilizing the currently available funds to pay for the budgeted expenses.

We also recommend that a goal/policy/agreement should be decided by the Zone members for budgeting purposes moving forward.

Members of the Budget Task Force:

Ellen Colket
Jenelle Dolan
Marco Greico
Mike Seip
Mary Turner

REVENUE

| | | 2023-2024 Budget | 2023-2024 Actual | 2024-2025 Budget | 2024-2025 Actual to Date | 2025-2026 Budget | |
|------|---------------------|---------------------|---------------------|---------------------|--------------------------------|---------------------|---------------------|
| 1000 | Zone Dues | \$0 | \$0 | \$17,700 | \$17,701 | \$0 | \$.25/athlete dues |
| 1100 | Other Income | | \$50 | | | | |
| | Bank Interest | \$50 | \$69 | \$50 | \$88 | \$88 | |
| | Misc Income | \$0 | \$0 | \$0 | \$3,400 | | Athlete Summit |
| | TOTAL INCOME | \$50 | \$69 | \$17,750 | \$21,189 | \$88 | |

EXPENSE

| | | 2023-2024 Budget | 2023-2024 Actual | 2024-2025 Budget | 2025-2025 To Date | 2025-2026 Budget | |
|------|---|---------------------|---------------------|---------------------|----------------------|---------------------|---|
| 1200 | Administrative Expenses | | | | | | |
| | 1210 Awards | \$0 | \$0 | | \$0 | | |
| | 1220 Charitable Contributions/Donations/Special Awards | \$1,000 | \$0 | \$250 | \$0 | \$2,000 | Zone pins & signage/service |
| | 1230 Other (Website, Reim. of BOR filing fee) | \$235 | \$440 | \$0 | \$62 | \$100 | |
| | Total 1200 Administrative Expenses | \$1,200 | \$440 | \$250 | \$62 | \$2,100 | |
| 1300 | Athlete Support | | | | | | |
| | Athlete Leadership Summit | \$12,000 | \$0 | \$12,000 | \$13,095 | \$7,200 | \$600 per LSC for 3 athletes to attend |
| | 1310 Subsidize Eastern Zone Spring Meeting - Travel and Lodging (per LSC) | \$0 | \$0 | \$0 | \$0 | | Subsidy of up to \$350/LSC |
| | Total 1200 Athlete Support | \$12,000 | \$0 | \$12,000 | \$13,095 | \$7,200 | |
| 1400 | Diversity and Inclusion | | | | | | |
| | 1410 Program Support for LSC's - Multicultural Camps (biennially) | | \$0 | | \$0 | | \$5,000 allocated to budget line item biennially. |
| | 1420 Diversity and Inclusion Camp (Eastern Zone Diversity Select Camp - biennially) | \$10,000 | \$0 | \$0 | \$0 | | \$10,000 distributed to camp host biennially. |
| | Total 1400 Diversity and Inclusion Programs | \$10,000 | \$0 | \$0 | \$0 | \$5,000 | |
| 1500 | Open Water | | | | | | |
| | 1510 Open Water Circuit: 2@\$2000 | \$4,000 | \$0 | | \$0 | | |
| | Open Water Championship Meet (2023 meet paid 9/2023) | \$5,000 | \$10,000 | \$5,000 | | | |
| | Total 1500 Open Water | \$9,000 | \$10,000 | \$5,000 | \$0 | \$5,000 | |
| 1600 | Safe Sport | | | | | | |
| | 1610 Grant program - submit requests for zone related programs EZ grant committee | \$3,000 | \$0 | \$0 | \$0 | | |
| | Total 1600 Safe Sport Programs | \$3,000 | \$0 | \$0 | \$0 | \$0 | |
| 1700 | Zone Director Support | | | | | | |
| | 1710 Zone Director Meetings - Travel and Lodging | \$0 | \$0 | \$3,000 | \$0 | \$8,000 | National Evaluators |
| | Spring Meeting Travel* | \$8,000 | \$0 | | \$0 | \$3,000 | Intended for Zone officers at the discretion of the Z D |
| | Total 1700 Zone Director Support | \$8,000 | \$0 | \$3,000 | \$0 | \$11,000 | |
| | TOTAL EXPENSE | \$43,200 | \$10,440 | \$20,250 | \$13,157 | \$30,300 | |
| | TOTAL INCOME | \$50 | \$69 | \$17,750 | \$21,189 | \$88 | |
| | Net | (\$43,150) | (\$10,371) | (\$2,500) | \$8,032 | -\$30,212 | |

| Balance in Account as of: | | | | | |
|---------------------------|----------|----------|----------|----------|-----------|
| 9/1/2022 | 9/1/2023 | 5/1/2024 | 9/1/2024 | 1/1/2025 | 9/12/2025 |
| \$62,479 | \$51,210 | \$45,839 | \$51,003 | \$58,628 | \$48,871 |
| * | # % | % | % \$ | \$ | # \$ |

* Zone Officer Travel
Athlete Summit

% Open Water
\$ Zone Dues



2026 Eastern Zone Athlete Summit

Saturday, September 27th, 2025

TJ Walsh, Senior Athlete Director



Agenda


- 2026 EZ Athlete Summit
 - Preliminary Information & Logistics
 - Logo Reveal
 - Athlete Track Information
 - Non-Athlete Track Information
 - Budget Proposal & Financials



The 2026 Eastern Zone Athlete Summit will be held...



June 18 - 21, 2026



Exciting Potential New Addition for 2026- Southern Zone!

- Pending approval, we will be joining the Southern Zone LSCs for the event!
- They are excited to be a part of the event and we are excited to provide our LSC athletes with further cross zone connections.
- Our LSCs will benefit from having an additional zone present to share ideas and work towards improving all LSCs!
- **NOTE:** Our planning process does not change if they approve or reject joining the event for our LSCs! Only the location!



2026 EZ Athlete Summit is Heading to...



ATLANTA, GA!!!!



Basic Quick Facts

- June 18th-21st(Thursday-Sunday)
- Atlanta, GA @ Emory University
- We ask that each LSC send 4 Athletes and 1 Chaperone.
- We welcome LSCs who want to send more attendees than the above but please reach out to the Athlete Summit Leadership Team for approval.



Arrival/Departure Information

- All attendees should fly into Hartsfield-Jackson Atlanta International Airport by 1pm ET on June 18th. Check-In will begin at Emory University at 1pm ET and last until 2:30pm ET.
- The Athlete Summit will conclude promptly at 12:30pm ET on Sunday June 21st.
- All athletes and chaperones are responsible for transportation to and from the airport. It is recommended that chaperones and athletes travel together.



Hotel Accommodations for Non-Athletes

- Non-Athletes who would not like to stay in the dorms have the opportunity to stay at hotels within walking distance of Emory and the athlete dorms.
- We will be asking a handful of chaperones to stay in the dorms in addition to the Leadership Team.
- Many hotels within the 15 mile radius (Marriott, Hilton, IHG)



NEW Mission and Goal of 2026 Athlete Summit

2026 Mission: To engage zone athletes in bold, collaborative conversations and wild idea-sharing across LSCs, pushing the boundaries of creativity and leadership, to develop action plans that spark effective communication, drive impactful change, and ensure lasting success and continuity for LSC athlete committees.

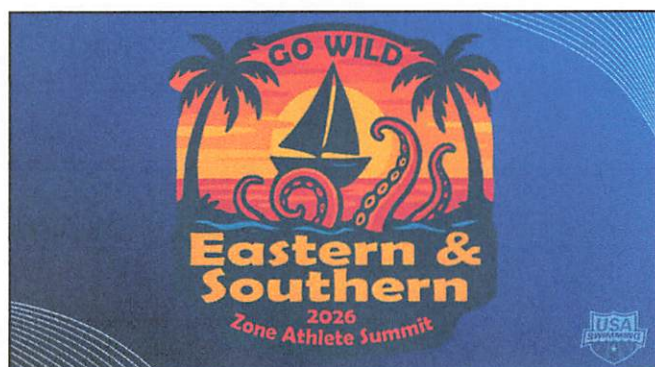
2026 Vision: "Go Wild! Bold Ideas, Real Action."

- Diving deeper into critical thinking and creativity to solving problems and creating solutions
- Engaging with National Committees to work towards collective problem solving
- Understanding the necessary skills for critical thinking, communication, and problem solving



2026 Eastern Zone Athlete Summit Logo Reveal





Meet Your 2026 EZ Athlete Summit Leadership Team!

Athlete Track Leaders:

- TJ Walsh
- Nicole Zhang
- Nicole Caruso (SZ)
- Louis Roux (SZ)
- Two select AEC reps
- One select social media

Non-Athlete Track Lead Curriculum Coordinator:

- Pam Lowenthal

Additional Zone Leaders:

- Jamie Platt
- Tom Ugast
- Melissa Hellervik-Bing
- SZ Coach Director
- Up to Four USA staff members

Athlete Track Tentative Plans

Session Highlights

- DEI & Safe Sport Session
 - With USA Swimming Staff (Leland & Liz)
- Bold Critical Thinking
 - Collaborative Leadership
 - Unlock Creative Thinking
 - Trailblazing Critical Thinking
- Communication & Persuasion
 - Pitching & Persuasion
 - Project Communication
- Continuity & 'Shark Tank'
 - Survival Guide
 - Problem Solution 'Shark Tank'

Non-Athlete Track Tentative Plan



Who Should Attend?

- We are gearing this towards non-athlete representatives who work closely with the athlete representatives in your LSC. This could be someone on the Board of Directors or someone who is an athlete liaison to the athletes committee.
- A great chance to get to know the commonalities of issues all face within the Eastern Zone, have conversations on how to successfully implement ideas, and support your LSC athlete leaders



The Benefit for Non-Athletes!!

Getting to see and know our athlete leaders of the future and what they can bring back to their club and LSC with your support.



Non-Athlete Track Schedule

- As most non-athletes have working jobs, Thursday & Friday morning provide flexibility for them to wrap up their work week before engaging in curriculum and designated track.
- Optional non-athlete sessions will be available with the athletes or individual discussions with Zone Leaders & USA Swimming staff during those time periods.
- Mandatory programming will begin Friday afternoon at 2:00pm local time.



Thursday/Friday Schedule Plan

- LSC attendees arrive Thursday.
- All attend the initial welcome meeting and review the daily schedule.
- A list of joint workshops will be supplied by the Athlete Summit leaders.
- Non-athletes first session will begin at 2:00pm on Friday as a joint session with the athletes followed by an individual session. (Hopefully this will accommodate anyone's work schedule)
- Following dinner there will be an adult social.



Friday Topic Schedule

- There will be two mandatory sessions for the non-athletes track starting at 2pm.
- The first will be a critical thinking warm up with the athletes followed by some individual programming during that same block.
- The second session will focus on 'Puzzles vs Mysteries' comparing easy problems to solve versus outside of the box problems that don't have a clear cut answer.
- An adult social will follow dinner in the evening.



Saturday Topic Schedule

- Saturday will be focused on preparing for Sunday's presentation of the non-athletes take on out of the box problems and concerns within USA Swimming and the zones.
- Sessions will be focused on success stories, ways of working, and then group discussion and work time on generated problem statement.



Sunday Topic Schedule

- Shark Tank for non-athletes & athletes to pitch solutions and ideas for successful implementation in the sport & then vice versa
- Keeping with continuity and sustainability of athlete initiatives & allowing attendees to generate ideas and critical thinking at the national level then provide the same way of thinking locally in LSCs.



The Financials

Costs for LSC/Zone

- LSCs will be responsible for covering transportation to/from the event, meals, & rooming for their contingency.
- Athletes will be in a double or single bedroom for the event. Chaperones may opt in to the same setup with designated chaperone blocks.
- Eastern Zone will cover all other costs including social event cost, meeting spaces, swag, and other costs!
- Eastern Zone will supply \$12,000 to cover these costs as in the budget

Expected Cost Breakdown per Person:

| | |
|---|---|
| Housing | \$114 per person (Double Rooms) \$144 per person (Single Room) |
| Meals (Catering ~8 Meals) | ~\$103 per person |
| Average <i>Estimated</i> Fee per person to LSC: | \$217 |
| Average Flight Cost | Maine (NORTH)- \$439 Cleveland (MIDDLE)- \$324 Virginia (SOUTH)- \$300 AVG- \$354.33 |
| TOTAL Average <i>Estimated</i> Cost per person to LSC: | \$571.33 |

Expected Cost Breakdown per Person:

| | |
|---|---|
| Housing | \$114 per person (Double Rooms) \$144 per person (Single Room) |
| Meals (Catering ~8 Meals) | ~\$103 per person |
| Average <i>Estimated</i> Fee per person to LSC: | \$217 |
| Average Flight Cost | EZ AVG- \$354.33 SZ AVG- \$274 |
| TOTAL Average <i>Estimated</i> Cost per person to LSC: | \$571.33 (EZ) \$491 (SZ) |

Any questions or comments?

Any questions or comments should be
directed to TJ Walsh & Pam Lowenthal

tjwalsh132@gmail.com

pam.lowenthal@ilswim.org



DRAFT

Adirondack

JoAnn Faucett
William Faucett
Alicia Faucett
Rob MacLeod
Christian Jerome - ath
Marco Greico

Allegheny Mountain

Gianna Boburka
Brittany Glass
Ryan DeLong
Donna Beyerl
Jackson Edwards
Nate Agens
Topher Bishop
Luke Modrak

Connecticut

Jeff Sargent
Margy Sargent
Kristen Finnegan
Greg Pinchbeck
Emmanuel Lanzo
Gregory Pinchbeck - ath
Caroline Ward - ath
Caroline Gies - ath
Ellen Johnstin
Steve Christensen

Maine

Olivia Thishe - ath
Stephanie Crofton
Jim Willis
Amanda Gleason

Virtual - unknown LSC

Thomas Daly
Donna Johnson
Rob Wahl
Ray Pirant
Susan Pascale

Maryland

Carron Dunker
Bryan Saxton
Michael Cleary
Hilary Yager
Stephen Henderson
Jeff Scrivener
Susan McDonald
Jamie Cahn
Meghan Risper
Abby Cohen - ath
Gabby Linger - ath
Reese Fairfax - ath

Metropolitan

Will Rankin - ath
David Rodriguez
Kimberly Ferraris
Jen Bancroft
Jeff Chu
Allen Wone
Brian Pfisterer
Lisa Giordano

Middle Atlantic

Andrew Austria
Coleman Bye
Will Gallagher
Mike Seip
Kate Scheuer
Amy Steeves
Cheryl Edwards
Allie McPeak
Tara Bolivar
Beth Cholisich

New England

Betsy Russell
Jess Workman
Jenelle Dolan
Jason Eaddy
Lauren Gale
Emma Main - ath
Addison Cart - ath
Brady Hale - ath
Rhi Jeffrey
Ken Galica
Matt Craven
Ben Shriner

New Jersey

Shea McGlynn - ath
Emily Black-Wright - ath
Jenny Duffy
Nicky Cicalo-Decaro
Eric Harse
Sandra Franc
Judy Sharkey
Joy Siegel
Oluwafemi Oshodi - ath
Meaghan Donnelly
Andre Stephens
Allison Collins

Niagara

Ben Hinds - ath
Morgan Harrington
Courtney Christ
Will Chidsey
Paul Cary
Leo Gibbons
Deborah Burke
Nicholas Weiner
Marci Callan
Dsage Vadney
Mike Switakski

Potomac Valley

Matt Cohen
Christina Minear
Chris Schlegel
Aaron Dean
Ellen Colket
Trish Buswell
Cherlynn Venit
Hannah Kovacs - ath
Eurie Kim - ath
Nicole Zhang - ath
Tim Husson
Jared Diallo
Jim Crompton
Jessica Moore

Virginia

Bryan Wallin
Anthony Pedersen
Lurena Huffman
Emily Fagan
Michael Sizemore
Aaron Euker - ath
Jonathan Kaplan
Kelly Warnageres
Sam Wills
Maureen Tolliver
Mike Julian

Eastern Zone

Jamie Platt
Tom Ugast
TJ Walsh
Mary Fleckenstein

USA Swimming

Beth Wintkowski