

Eastern Zone May Meeting Report  
May 4<sup>th</sup>, 2013  
Ft. Lauderdale, FL

**Athlete Requirements to attend Convention-**

The USAS athlete committee has developed new guidelines for athletes attending convention. Proposals of new requirements were presented to the Board at the April meeting. The recommendations for change were accepted and endorsed by the board. The requirements for minor athlete travel to convention will go into effect this year.

Attached is a copy of the Athlete requirements. LSC General Chairs and Permanent offices are to support the effort to ensuring that all athletes have proper paperwork completed & turn in PRIOR to attending convention.

Zones are asked to encourage and assist in shared services programs (room sharing, chaperones, etc.) for athletes attending convention. Each athlete will have a designated chaperone from their home LSC for all athletes less than 18 years of age. Any athlete attending convention on a National Committee will be supervised by their home LSC.

The last proposal by the Athlete committee is athletes traveling to a committee meeting must attend with a parent. The current proposal states that costs associated with travel for USA Swimming or the LSC cover the parent.

**Recommendation to move Board of Review to Zone Level-**

Attached is the report from the task force regarding BOR. The recommendation is to move BOR of to the Zone level. The reasoning for this change is to remove an appearance of conflict of interest from the LSC of which the BOR action occurred.

This recommendation was endorsed by the USAS Board and will be apart of the 2013 legislation. Should this pass it would be implemented in 2014.

This recommendation posse a couple of questions that will need to be addressed by the Zone. Should the proposal pass, funding for BOR actions will either have to be provided by the Zone or by the LSC in which the BOR originated.

This proposal will be discussed at the Eastern Zone General Chairs meeting.

The second recommendation of the task force was to move to a permanent pool of BOR members. These members would serve a "term" similar to committee positions. The members would rotate service based on years and would serve a term of 2 years.

# Eastern Zone May Meeting Report

## May 4<sup>th</sup>, 2013

### Ft. Lauderdale, FL

#### **USA Swimming Foundation & Make A Splash-**

The USA Swimming foundation continues to grow and have banner years. May is National drowning awareness month. Some of the events planned are on May 16<sup>th</sup>; the Empire State Building will be lit in blue light to recognize Make a Splash and drowning prevention.

Several tour stops are planned for the next year. A complete list of tour stops will be available soon.

In May, the foundation will visit Capitol Hill in Washington, DC to talk about how to help in drowning prevention. Accidental drowning is still the leading cause of accidental death in children under the age of 7.

#### **Membership Dues Increase Recommendation-**

As noted in Chuck Weilgus' report, the growth of USA Swimming is strong and steady. Though many attribute this to the post Olympic boom, we are exceeding our membership projections for 2013. While growth is welcomed, we know that with growth also come additional expenses for programming, staff, membership services, etc.

The current structure of dues increase of \$1.00 per year will expire in 2015. The board has endorsed a recommendation that starting in 2015 dues increase of \$2.00 per year (4%) through 2025 (10 years). This recommendation will be part of the delegate package in September.

#### **FINA Change to Breaststroke Rule-**

The Breaststroke rule change will go before the FINA congress this summer. The current working for the rule change is:

At the start the swimmer will be required to take one stroke that may be all the way back to the legs. A breaststroke kick must be done prior to the break of the water. There is no limit to the amount of fly kicks that can be done. The swimmer must surface by the 15M mark. There must be a stroke and kick within the first 15M.

#### **Masters Swimming Coaches-**

USA Masters informed the Board that all Masters coaches must now be registered with USA Masters to be eligible to coach. USA Swimming coach's certification will no longer count for insurance purposes with USA Masters.

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**Sanctioning Task Force-**

The sanctioning task force presented their report and recommendations for Sanctioning rules. After consulting with LSC's all over the country the task force has recommended an "open market" structure. The recommendation does allow for LSC's to limit the number meets on weekends & meets that would conflict with LSC meets.

The task force also recommended an appeal process at the Zone level for a club that is denied a sanction.

The board endorsed the recommendations of the task force and final legislation proposals are being drafted and will be submitted prior to the May 15<sup>th</sup> deadline.

**2016 Olympic Trials Host**

The USA Swimming Board unanimously endorsed the 2016 Olympic Trials returning to Omaha. USA Swimming Assistant Executive Director, Mike Unger, presented the choice to the board after long and complex review by the panel at USA Swimming reviewing the bids.

The Eastern Zone's own, Jim Wood, was apart of the selection process for the 3<sup>rd</sup> time! Thank you Jim for your hard work in ensuring that the 2016 trials will be the best yet.

2016 trials cuts will be released in mid- late 2014.

**Convention Schedule**

The full convention schedule has been released and is posted on the USA Swimming website. Please review all the Eastern Zone meetings as the schedule for the East has changed slightly this year.

***Respectfully Submitted by:***

Paris Jacobs-  
Eastern Zone Director- Non Coach

Ed Dellert  
Eastern Zone Director- Coach

**Attachments:**

*Athlete Travel requirements*  
*Exec. Director- Chuck Weilgus Report*  
*Eastern Zone USAS Board Report*



TO: Board of Directors

FROM: Chuck Wielgus, Executive Director

COPY: USA Swimming Staff  
LSC General Chairs  
Committee Chairs & Others

DATE: April 18, 2013

SUBJECT: GENERAL UPDATE

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This memo is being sent to you in advance of the April 27<sup>th</sup> board meeting to provide a general update on a wide range of activities, issues and programs that currently have our attention at the national office. There is a full agenda for the board meeting, so please try to find some time prior to the meeting to review this memo, and do not hesitate to contact me or any of the staff division directors if you have questions or desire more information about anything referenced in this memo.

### **MEMBERSHIP**

Members are the lifeblood for every NGB, and membership growth is a primary factor toward ensuring long-term organizational health. For 30 years, our athlete membership growth has been on a steady rise, and there are no indications that this growth will subside in years to come. The analysis of statistics can sometimes become overwhelming, which is why I thought it might be interesting simply to look at our athlete membership growth over the past ten years, since the advent of the dues increase in 2004.

<u>YEAR</u>	<u>ATHLETE MEMBERS</u>	<u>% INCREASE</u>
2013 (YTD)	308,439 (YTD)	14.1% (YTD comparison)
2012	300,831	3.3%
2011	291,182	1.5%
2010	286,900	0.3%
2009	286,147	11.3%
2008	257,163	2.2%
2007	251,547	0.9%
2006	249,326	0.1%
2005	249,182	7.2%
2004	232,361	-1.1%

## **BUSINESS DEVELOPMENT & EVENTS**

2012 U.S. Olympic Team Trials: The 2012 U.S. Olympic Trials event was nominated for “Best Sports Event of the Year” by the *Sports Business Journal*. The other three finalists include the Ryder Cup, Stanley Cup and the U.S. Grand Prix (Formula 1). The sixth annual Sports Business Awards will be handed out during a ceremony on May 22 at the New York Marriott Marquis at Times Square.

2016 U.S. Olympic Team Trials: Following a long and thorough study and selection process, we will be asking you to endorse our recommended host city for the 2016 U.S. Olympic Team Trials. A detailed presentation will be made at the board meeting.

Call Me Maybe? The *Call Me Maybe* video was selected as an official honoree in The 17<sup>th</sup> Annual Webby Awards in the viral category. The official honoree distinction is awarded to the top 15% of all work entered that exhibits remarkable achievement of the more than 11,000 entries. You can find more at <http://winners.webbyawards.com/2013/online-film-video/general-film-categories/viral/honorees>.

SwimToday: The latest update to the SwimToday White Paper was distributed to suit manufacturers, retailers, other non-profit organizations and more March 25. This update takes all of the initial brainstorming and narrows it down to a more streamlined direction for the campaign that will focus on moms with kids, with an emphasis on multicultural outreach. The full version of the White Paper and next steps can be found at the following: <http://www.usaswimming.org/DesktopDefault.aspx?TabId=2438&Alias=Rainbow&Lang=en>

Deck Pass: We currently have a total of 120,000 users. From Sept. 1-April 2, we have added 41,000 users. As the summer season begins we have started a campaign to have Deck Pass promoted with summer leagues around the country in heat sheets and programs. Our goal is to encourage summer league swimmers to use the non-member functionality within the app including tracking times, setting goals and connecting with friends. In an effort to increase revenue, we have created a pilot with team dealer Kast-A-Way that that highlights Deck Pass pins (lapel pins vs. virtual pins) coming soon. Merchandise will include taggoggles, bag tags and iron-on patches.

Swimmers in the Community: The 2012-13 swIMPACT program has added seven post-NCAA eligibility athletes; we now have 37 participating athletes. To date, these athletes have made more than 40 appearances across the country in helping to promote the sport.

Family & Friends Program: USA Swimming’s Family & Friends program is gearing up for the FINA World Championships this summer (swim dates July 28-August 4, 2013) in Barcelona, Spain. USA Swimming has secured a block for family and friends attending. If you are interested in purchasing tickets contact Jim Fox at [jfox@usaswimming.org](mailto:jfox@usaswimming.org).

Matt Farrell to speak at Paris Conference: Matt has been invited to make a presentation at the “Connected Sport Conference” in Paris on May 16. The conference is hosted by *SportBusiness*, an international trade publication similar to the *Sports Business Journal* here in the U.S.. Matt’s presentation will focus on the Aqua Zone at our Olympic Trials and how technology and social media served to enhance the visitor experience.

New staff additions to the Business Development & Events team:

- **John Martin** will serve as our Sports Communications Manager. John’s work will focus on communication related to our key events, as well as promotion of both our National Team athletes and the sport of swimming as a whole. John comes to USA Swimming from USA Triathlon, where he served as Communications & Media Relations Manager for the past three years. Prior to joining USA Triathlon in 2010, John worked for six years at the University of North Carolina (his alma mater) as a part of the Athletic Communications staff. John is a graduate of the University of North Carolina.
- **Dana Bonner** will serve as Marketing Manager. She will oversee the marketing and promotional elements of swIMPACT. Additionally, she will manage programs to help clubs promote themselves. She will focus on Deck Pass and SwimToday in particular. Dana comes to us from GMR, an engagement marketing agency, where she oversaw experiential marketing for the smart car USA account for Mercedes-Benz. She also has been a marketing manager and coach for a USA Gymnastics club and worked with the NBA’s New Jersey Nets for four seasons on their sponsorship team. Dana graduated from the University of Miami (Fla.).
- **Tommy Schield** will be our new Organizational Communications Specialist. In his role, Tommy will work to promote USA Swimming as an organization. He’ll focus on communication related to our programs, will work to promote our executive team, and will also actively promote swIMPACT appearances. Tommy received his bachelor’s degree in public relations from Illinois State University. As an undergraduate, he worked in the athletic communications department at Illinois State and then worked for a year at Conference USA after his graduation. He attended graduate school at Angelo State University in Texas, earning his master’s degree in communication. Most recently, Tommy spent eight months in the communications department at the United States Olympic Committee.

**CLUB DEVELOPMENT**

Foundations of Coaching Course Revision: The first half of the Foundations of Coaching revision, the 101 course, launched in February. Comments about the content and design of the 101 course have been very positive. To date, over 500 new coaches have taken this revised course as a part of their new coach requirement. The second half of the course, Foundations 201, required before 2<sup>nd</sup> year coach registration, has a target launch date of June 1, 2013. The 201 course is similar to the 101 course in design with video, narrated informational slides and interactive learning, but the 201 course is much more extensive and comprehensive. It will require approximately 4-5 hours of online learning time

followed by a test. The developer, ePath Learning, has done a wonderful job in both developing the courses and providing ongoing support while we work out the minor technical bugs inherent in any launch. The third aspect of the education requirement, a Rules and Regulations test, is already active on the USA Swimming website. By the end of 2013, the transition to the new coaching requirement will be complete and the current DVD based course and test will no longer be offered.

Coach-Owner Seminar: USA Swimming's Club Development Division will host the first-ever Coach-Owner Seminar at the Olympic Training Center in Colorado Springs April 26-29. 35 coaches have registered to hear presenters Chuck Batchelor of Bluefish Swim Club, Mike Koleber of Nitro Swimming, and Bill Schalz of Academy Bullets. Topics will include motivation, planning, process, pitfalls, working models, and club operations.

Spring Regional Coaches Clinics: Following are the sites and dates for the four Regional Coaches Clinics to be conducted this spring:

<u>Site</u>	<u>Dates</u>	<u>Registrations</u>
Allentown PA	April 12-14	166 (sold out!)
Lake Tahoe, CA	April 19-21	86
Pensacola, FL	April 26-28	115
Little Rock, AR	April 26-28	21

These clinics continue to attract a significant number of assistant coaches and first-time clinic attendees. The clinics also provide an excellent opportunity to piggyback club visits by our field service staff prior to and following each clinic.

2013 Diversity Select Camp: The 2013 Diversity Select Camp will take place May 2-5 at the Olympic Training Center in Colorado Springs. 36 athletes ages 14-16 have been selected to participate in the camp. The purpose of the camp is to instill a vision of success and inspire athletes from ethnically underrepresented populations to become leaders in the sport. The camp staff includes:

Head Coach:	Joy Lim - CCY Dragons, Crescenta, CA
Assistant Coaches:	Peter Maloney - Tsunami Swimming, Fredericksburg VA David Rodriguez - Asphalt Green, New York NY David Prodanovich - FAST, Fullerton CA
Head Manager:	Kimi Davidson - Mount Pleasant Swim Club, Mount Pleasant, SC

2013 Open Water Select Camp: On June 4-8, USA Swimming will conduct the 2013 National Open Water Select Camp in Fort Myers, FL. This camp is a unique opportunity to introduce accomplished pool distance swimmers to Open Water swimming. Since inception, a high percentage of finalists in the annual 5K and 10K Open Water National Championships have been participants in this camp program. 24 athletes have been selected for the 2013 camp. The camp will include long course workouts, salt water workouts and fresh water workouts in addition to educational sessions. The athletes will also participate in a local 5K event as part of the camp experience. Following is a listing of the camp staff: Rick Walker;

Denny Ryther; Shannon Gillespy; John Payne; Kacey McCaffrey; Alicia Kendig; Dr. Lenny Wirsma ; and Alex Meyer.

2013 Zone Select Camps: In late May and early June, 224 athletes (28 male and 28 female per Zone) will participate in the 2013 Zone structured to mirror a national team experience Select Camps. Girls selected are age 12-13 at the time of performance and selected boys are age 13-14 at the time of performance. The camps include a combination of educational, motivational, and training experiences. Following are the sites, dates and lead staff for the 2013 Zone camps:

Central Zone

- May 23-26
- Miami University, Oxford, OH
- Site Director: Mark Davis
- Head Coach: Ron Aitken
- Head Manager: Brendan Betts

Southern Zone

- May 23-26
- University of Louisville, Louisville KY
- Site Director: Arthur Albierro
- Head Coach: Chris Lear
- Head Manager: Mary Plant

Western Zone

- May 30 – June 2
- Arizona State University, Tempe AZ
- Site Director: Dan Kesler
- Head Coach: Chris Wolford
- Head Manager: Jennifer Gibson

Eastern Zone

- June 6-9
- UMBC, Baltimore MD
- Site Director: Chad Cradock
- Head Coach: Kathy McKee
- Head Manager: John Fedena



## **NATIONAL TEAM**

April has been an exceptionally busy month for the National Team staff. Following are just some of the recent activities that have been taking place.

- On the first weekend of the month, we hosted 90 Junior Team athletes and coaches at the training Center for a Junior Team Camp.
- The Sports Medicine Network held its annual meeting here at the OTC on April 12-13 and there were 40 attendees. The feedback was that this was the best annual meeting ever held by the group.
- The Women's Leadership Conference was held April 14-16 and 30 female coaches participated. These coaches also had the opportunity to join the portions of the National Team Coaches meetings.
- The National Team Coaches Conference was held April 15-17 and 117 National Team and Junior National Team coaches were in attendance. By all accounts, it was an exceptional gathering of our nation's most elite coaches.
- The Senior Development Committee also was in town and met at the Olympic Training Center April 17-18.
- Last month, Frank Busch, Lindsay Mintenko and Candi MacConaugha toured Puerto Rico, Trinidad and Tobago and Brazil looking at possible training camp sites for the 2016 Olympic Team. We hope to have the training site secured by July.
- This year's World Championships will be held in Barcelona July 28 to August 4. We will be selecting our World Championship Team in June at the National Championships in Indianapolis. We will also be selecting the Open Water World Championship Team in May at the Open Water Nationals.

## **RISK MANAGEMENT**

Following a thorough search process, George Ward has joined our national office staff team as the new Director of Risk Management. We will introduce you to George at the board meeting. The hiring of George is a major step in USA Swimming's long-term strategy to assume a much greater leadership role with USSIC and in all aspects of our NGB's risk management activities.

## **SAFE SPORT**

- Susan Woessner recently accomplished an important professional milestone and is now officially a Licensed Social Worker (LSW) in the state of Colorado. Requirements to receive this license include: completion of a master's degree in



## ATHLETE REPRESENTATIVES HONOR CODE

Duration: April 28, 2013 – October 31, 2013

As an athlete member of USA Swimming Committee(s), I understand and will comply with the following rules, as set forth by the USA Swimming Athletes Executive Committee and adopted by the USA Swimming Board of Directors, at all times while serving as an athlete representative for USA Swimming. A signature on this document constitutes unconditional agreement to comply with the stipulations of the document.

### ***General Rules:***

- a. Athletes will adhere to the USA Swimming Code of Conduct.
- b. Athletes will display proper respect and sportsmanship toward committee members, athletes, USA Swimming staff and the public at all times.
- c. When using social media, attending meetings, and traveling for meetings, athletes are representing both themselves and USA Swimming. Athlete behavior must positively reflect the high standards of the sport.
- d. Athletes are to refrain from use of inappropriate language.

### ***Travel Rules:***

- e. **Athlete Representatives Travel Policy; Athlete Representatives Authorizations, Release, Waiver Form; and Athlete Representatives Medical Treatment Authorization & Consent** must be executed by the athlete and parent/guardian (if applicable) and on file with USA Swimming.
- f. Athletes will not commit any illegal act and will refrain from any inappropriate behavior that would detract from a positive image of USA Swimming or be detrimental to its objectives.
- g. The possession or use of alcohol, tobacco products, or controlled substances by any minor athlete is prohibited at all times, including travel to and from and for the duration of all committee meeting(s).
- h. The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
- i. Athletes are to refrain from inappropriate physical contact during committee meeting travel.
- j. Athletes will attend all meetings, educational sessions, and related events, unless excused for good cause by the Athletes Executive Committee or the related Committee Chair.

### ***Disciplinary Action:***

Failure to comply with the Athlete Representatives Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:

- i. Dismissal from a trip and immediate return home at the athlete's expense;
- ii. Denial of travel reimbursement;
- iii. Other financial penalties;
- iv. Suspension from one or more future committee meetings;
- v. Dismissal from the committee(s); and/or

vi. Proceedings before a USA Swimming National Board of Review.

Disciplinary action shall be the responsibility of the USA Swimming Athletes Executive Committee. The USA Swimming Athletes Executive Committee shall have the right to establish and use one or more systems to determine if all aspects of the Rules of Conduct have been followed by national committee athletes and will provide the subject athlete with at least the opportunity for a hearing after proper notice. Any appeal following any disciplinary action shall be in accordance with Part Four of the USA Swimming Rules and Regulations to the National Board of Review.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Athlete's Name (Print)

Date: \_\_\_\_\_

LSC: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Athlete's DOB: \_\_\_\_\_

Athlete's Gender (M/F): \_\_\_\_\_

Committee(s): \_\_\_\_\_

**Athletes under 18 years of age as of April 28, 2013 need parent or guardian signature also:**

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Parent's/Guardian's Name (Print)

Date: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



## **TRAVEL POLICY FOR ATHLETE REPRESENTATIVES (18 Years and Older)**

Duration: April 28, 2013 – October 31, 2013

As an athlete member of the USA Swimming National Committee(s) set forth below, I understand and will comply with the following policies:

“National Committee Travel” by an athlete member is defined as any travel to a USA Swimming national committee, subcommittee or task force meeting or workshop, or to the annual USA Swimming Convention.

### **Applicable Policies:**

- a. **Athlete Representatives Travel Policy (18 Years and Older); Athlete Representatives Authorization, Release & Waiver; and Athlete Representatives Medical Treatment Authorization & Consent** must be executed by each athlete and be on file with USA Swimming prior to any National Committee Travel.
- b. A current copy of the **Athlete Representatives Honor Code** must be executed by the athlete and on file with USA Swimming.
- c. During overnight National Committee Travel, the athlete shall room (i) with an athlete of similar age, when reasonably possible, and if not reasonably possible, placed in a single room (i.e., without a roommate), and (ii) always with an athlete of the same gender (if sharing a room).
- d. The athlete should carry proof of their personal medical insurance with them at all times during National Committee Travel.
- e. Athletes shall attend all meetings and any related functions unless otherwise excused for good cause by the Committee Chair.
- f. During National Committee Travel, athletes shall:
  - a. Be quiet and respect the rights of committee members and other guests in the hotel;
  - b. Be punctual for all meetings and other activities, and dress appropriately;
  - c. Use good taste when accessing and posting to social media;
  - d. Respect travel vehicles;
  - e. Use appropriate behavior in public facilities;
  - f. Stay in the assigned hotel room; and
  - g. Acknowledge that the needs and interests of USA Swimming come first.
- g. During National Committee Travel, athletes are responsible for any:
  - a. Incidental charges at the committee meeting or hotel; and
  - b. Any damages or lost property at the committee meeting or hotel.

I hereby agree to comply with the policies set forth above in connection with all National Committee Travel.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Athlete's Name (Print)

Date: \_\_\_\_\_

LSC: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Athlete's DOB: \_\_\_\_\_

Athlete's Gender (M/F): \_\_\_\_\_

Committee(s): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



## **TRAVEL POLICY FOR ATHLETE REPRESENTATIVES (Minor Athletes)**

Duration: April 28, 2013 – October 31, 2013

As a minor athlete member and parent of a minor athlete member, respectively, of USA Swimming, we understand and agree to comply with the following USA Swimming policies. Signatures on this document constitute unconditional agreement to comply with the stipulations of the document.

“USA Swimming Travel” is defined as travel to a USA Swimming National Committee or subcommittee meeting or workshop (each, a “Committee Meeting”), or to the USA Swimming annual convention. USA Swimming Travel by a minor athlete must be supervised by a designated committee member, LSC adult member, or parent/guardian of the athlete (each, a “Supervisor”).

### **Section 1 – Policies for both the Athlete & Supervisor**

1. **Athlete Representative Travel Policy for Minor Athletes; Athlete Representatives Authorization, Release & Waiver; and Athlete Representatives Medical Treatment Authorization & Consent** must be signed and agreed to by the athlete and parent/guardian and on file with USA Swimming.
2. For each Committee Meeting, or the annual USA Swimming convention, attended by an athlete member under 18 years of age that requires travel, the athlete must complete the **Travel Authorization for Minor Athletes** form, which must indicate the Supervisor (a parent or guardian, a designated committee member, or a designated LSC athlete supervisor) who will be responsible for the athlete during the USA Swimming Travel. The form must be completed for each Committee Meeting and submitted to the Committee Chair prior to making travel arrangements.
  - a. For Committee Meetings occurring other than during or incident to the annual USA Swimming Convention:
    - i. If a parent/guardian is designated as the responsible party, the parent/guardian must travel with the athlete to and from the Committee Meeting, and the reasonable travel costs (in accordance with USA Swimming’s standard travel policies) for one parent or guardian will be the responsibility of the committee.
    - ii. If a committee member or LSC athlete supervisor will be responsible for the athlete, that individual will be responsible for the athlete from the time the athlete arrives at the destination hotel or location of the meeting until the athlete departs for the airport to return home.

- b. For the Annual USA Swimming Convention:
  - i. The Supervisor shall be designated by the athlete's LSC. All travel and related expenses will be the responsibility of the athlete's LSC.
  - ii. A parent/guardian may choose to travel to the annual USA Swimming Convention as their child's Supervisor; however, neither USA Swimming nor the athlete's LSC will be responsible for the parent's/guardian's travel expenses.
3. Regardless of gender, a Supervisor shall not share a hotel room or other sleeping arrangement with an athlete (unless the Supervisor is the parent, guardian, or sibling of that particular athlete).
4. When only one athlete and one Supervisor travel to a Committee Meeting, the athlete must have his or her parent's or legal guardian's written permission in advance to travel alone with the Supervisor.
5. When a minor athlete is not traveling with a parent or guardian during USA Swimming Travel, the athlete shall always room with athletes of a similar age, when reasonably possible, and always with an athlete of the same gender; when an athlete cannot room with another athlete of the same gender, the athlete will have a single room and no roommates.
6. Athletes should not ride in a Supervisor's vehicle without another adult present who is the same gender as the athlete, unless prior written parental permission is obtained.
7. Curfews shall be established by the Supervisor each day of the trip.
8. The directions and decisions of the Supervisor are final.
9. The Supervisor should carry a signed **Athlete Representatives Medical Treatment Authorization & Consent Form** for each athlete.

## **Section 2 – Policies for the Athlete**

1. To ensure the propriety of the athletes and to protect the committee members or LSC members, there will be no males in a female's room and no females in a male's room at any time (unless the other athlete is a sibling of that particular athlete).
2. Athletes will attend all meetings and any related functions unless otherwise excused or instructed by the Supervisor or Committee Chair.
3. Athletes may not leave the meeting venue or any other place at which the committee or LSC has gathered without the permission of the Supervisor.
4. When visiting public places such as shopping malls, movie theatres, etc. the athlete will stay in a group of no less than three people.
5. *Behavior.* During overnight USA Swimming Travel, athletes shall:
  - i. Be quiet and respect the rights of committee members and other guests in the hotel;
  - ii. Be punctual for all meetings and other activities, and dress appropriately;
  - iii. Use good taste when accessing and posting to social media;
  - iv. Respect travel vehicles;
  - v. Use appropriate behavior in public facilities;
  - vi. Stay in the assigned hotel room; and
  - vii. Acknowledge that the needs and interests of USA Swimming come first.

- 6. *Financial.* During overnight USA Swimming Travel, athletes are responsible for any:
  - i. Incidental charges at committee meeting or hotel; and
  - ii. Damages or thievery at committee meeting or hotel.

**Section 3 – Policies for the Supervisor.** The Supervisor shall be:

- a. Assigned and shall assume responsibility for the minor athlete for the entire duration of the Committee Meeting or USA Swimming convention;
- b. The point of contact in an emergency situation to committee members and USA Swimming staff;
- c. Provided athlete’s personal medical insurance and emergency contact information prior to the beginning of the meeting and shall keep such information available throughout the duration of the meeting;
- d. Responsible for communicating travel reimbursement information and policies to the athlete;
- e. Responsible for ensuring that the athlete is not participating in unsafe or unsupervised activities;
- f. Aware of meetings, swim practice, and sponsored events that the athlete is scheduled to attend;
- g. Be responsible for checking-in with athlete multiple times each day;
- h. Responsible for overseeing curfew established by the LSC; and
- i. Responsible for making a written report of travel policy or code of conduct violations to USA Swimming’s Athlete’s Executive Committee, the Committee Meeting Chair, and LSC leadership, in addition to the parent or legal guardian of the subject minor athlete.

**I hereby agree to the policies set forth above in connection with all USA Swimming Travel.**

<p>_____</p> <p>Athlete’s Signature</p> <p>Date: _____</p> <p>Phone: _____</p> <p>Athlete’s DOB: _____</p> <p>Committee(s): _____</p> <p>Parent’s/Guardian’s Signature</p> <p>Date: _____</p> <p>Phone: _____</p>	<p>_____</p> <p>Athlete’s Name (Print)</p> <p>LSC: _____</p> <p>Email: _____</p> <p>Athlete’s Gender (M/F): _____</p> <p>Parent’s/Guardian’s Name (Print)</p> <p>Relationship: _____</p> <p>Email: _____</p>
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## **USA SWIMMING ATHLETE REPRESENTATIVES AUTHORIZATION, RELEASE & WAIVER**

This Authorization, Release and Waiver applies to my participation between April 28, 2013 through October 31, 2013 as an athlete representative on the USA Swimming National Committee(s) set forth below, as well as any other National Committee, subcommittee or ad hoc committee/task force to which I may be appointed in the future during the term of this document (collectively, "Committees"), regardless of the location of such participation during or incidental to meetings, workshops, or other events of such Committees (collectively, "Events").

### **General Acknowledgement & Acceptance**

I hereby acknowledge that all information and signatures on this form are applicable to my participation in the Events and on the Committees.

### **Eligibility**

I declare that I am eligible to serve as an athlete representative on the Committees and that I am in good standing as an athlete member of USA Swimming. I also declare I am not under investigation for, or probation, suspension or other disciplinary action imposed for use of illegal drugs or other athlete regulation infractions.

I agree to notify USA Swimming immediately upon any change to my eligibility, the receipt of any notice of a pending disciplinary action or proceeding, that would result in the declarations and certifications becoming untrue.

### **Authorization & Event Promotion**

I agree to be filmed and photographed by the photographer(s) and/or network(s) designated from time to time by USA Swimming for such purpose.

I hereby authorize the non-commercial use of my name, picture, likeness, voice, and biographical information as filmed, videotaped and photographed at the Events ("My Likeness") by USA Swimming, in any and all non-commercial media, related to (or owned by) USA Swimming. The foregoing authorization specifically includes the use of My Likeness for the non-commercial purpose of advertising and promoting the Event prior to and during, the Event, but specifically excludes the use of My Likeness in connection with the advertising or promotion of any third party, organization, products or services, including, without limitation, any Event sponsor (including, without limitation any USA Swimming sponsor), partner and/or exhibitor. In no event may USA Swimming use or authorize any commercial use of My Likeness. Any proposed use of My Likeness shall be submitted to me for my review and approval prior to any such use.

**Release & Waiver**

In consideration of allowing me to participate in Events, I hereby release and hold harmless USA Swimming, members of its board of directors, and its officers, employees, members, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising out of my participation in Events.

This release of liability includes, without limitation, any claims for negligence, gross negligence, willful misconduct or breach of warranty that I may have against the Released Parties. This release of liability is also intended to cover all claims that members of my family, estate, heirs, representatives, or assigns may have against the Released Parties to the fullest extent permitted by law.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Athlete's Name (Print)

Date: \_\_\_\_\_

LSC: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Athlete's DOB: \_\_\_\_\_

Athlete's Gender (M/F): \_\_\_\_\_

Committee(s): \_\_\_\_\_

Athletes under 18 years of age as of April 28, 2013:

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Parent's/Guardian's Name (Print)

Date: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



## Medical Treatment Authorization & Consent (National Committee Athletes)

Duration: April 28, 2013 – October 31, 2013

### MEDICAL TREATMENT AUTHORIZATION AND CONSENT

I hereby give consent for the local hospital staff, when a USA Swimming staff member or adult volunteer deems necessary, to provide, consent to, or obtain for me medical, psychological or psychiatric care and treatment, emergency medical services, and any related transportation deemed necessary or advisable throughout the duration of any USA Swimming National Committee travel (travel to any USA Swimming national committee, subcommittee or task force meeting or workshop, or to the annual USA Swimming Convention) during the dates provided above. I authorize a USA Swimming staff member or adult volunteer to act as my agent to receive, procure, store, and issue any medications which are prescribed for me. In the event that medical services are required, I authorize the USA Swimming staff or adult volunteers to act without first obtaining my prior consent or the consent of my next of kin, parent, guardian, or any other individual. **By signing below, I release and hold harmless USA Swimming and its directors, officers, employees, members, volunteers, other participants and agents, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities related to providing, obtaining or consenting to medical care and obtaining protected health information pursuant to this authorization and consent.**

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Athlete's Name (Print)

**Athletes under 18 years of age, as of April 28, 2013, require the consent of a parent or guardian:**

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Parent's/Guardian's Name (Print)

Date: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### CONSENT FOR RELEASE OF MEDICAL INFORMATION

I authorize the release and exchange of any and all medical or health information concerning me, including information regarding physiological and/or biomechanical evaluations, and psychological or psychiatric records, between the USA Swimming staff member or adult volunteer and any medical provider or medical treatment facility for the management of my care and/or treatment

while I am traveling for a USA Swimming National Committee. This consent is intended to authorize the disclosure of protected health information concerning me under the Health Insurance Portability and Accountability Act.

(Please list the names of any additional volunteers, coaches, trainers, physicians, etc. to whom USA Swimming may release information should it be requested.)

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**I understand that releasing this information will no longer guarantee the confidentiality of this released information. I understand that this consent will become a permanent part of my sport science record. By signing below, I release and hold harmless USA Swimming and its directors, officers, employees, Medical Staff, members, volunteers, other participants and agents, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities related to obtaining or exchanging medical or health information pursuant to this consent.**

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Athlete's Name (Print)

Date: \_\_\_\_\_

LSC: \_\_\_\_\_

**Athletes under 18 years of age, as of April 28, 2013, require the consent of a parent or guardian:**

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Parent's/Guardian's Name (Print)

Date: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



## TRAVEL AUTHORIZATION FOR MINOR ATHLETES

Duration: April 28, 2013 – October 31, 2013

“USA Swimming Travel” is defined as travel to a USA Swimming National Committee or subcommittee meeting or workshop (each, a “Committee Meeting”), or to the USA Swimming annual convention. USA Swimming Travel by a minor athlete must be supervised by a designated committee member, LSC adult member, or a parent/guardian of the athlete (each, a “Supervisor”).

For each Committee Meeting, or the annual USA Swimming convention, attended by an athlete member under 18 years of age that requires travel, the athlete must complete this **Travel Authorization for Minor Athletes** form, which must indicate the Supervisor (a parent or guardian, a designated committee member, or a designated LSC athlete supervisor) who will be responsible for the athlete during the USA Swimming Travel. The form must be completed for each such event and submitted to the Committee Chair prior to making travel arrangements. If a parent or guardian is designated as the Supervisor, the parent or guardian must travel with the athlete to and from the Committee Meeting. If a committee member or LSC athlete supervisor is responsible for the athlete, that individual will be responsible for the athlete from the time the athlete arrives at the destination hotel or location of the Committee Meeting until the athlete departs for the airport to return home.

Athlete’s Name: \_\_\_\_\_

Committee: \_\_\_\_\_

Meeting Date(s): \_\_\_\_\_

Location: \_\_\_\_\_

Departure Date: \_\_\_\_\_

Return Date: \_\_\_\_\_

Responsibility for the athlete (*check one*):

Parent/Guardian: \_\_\_\_\_

Committee Member: \_\_\_\_\_

LSC Athlete Supervisor: \_\_\_\_\_

**ATHLETE:**

As a minor athlete member of the USA Swimming committee listed above, I understand and agree to comply with this **Travel Authorization for Minor Athletes**.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Athlete's Name (Print)

Date: \_\_\_\_\_

LSC: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**PARENT/GUARDIAN (check one):**

- As the parent or guardian of the above-named minor athlete, I will be traveling with the athlete to the Committee Meeting *(not applicable for USA Swimming Convention travel)*.
- As the parent or guardian of the above-named minor athlete, I authorize the designated committee member above to be responsible for my child during the duration of the Committee Meeting. I understand that the committee member will be responsible for the athlete from the time the athlete arrives at the hotel or location of the meeting until the athlete departs for the airport to return home.
- As the parent or guardian of a minor athlete member of the above USA Swimming committee, I authorize the designated LSC athlete supervisor above to be responsible for my child during the duration of the Committee Meeting. I understand that the designated LSC athlete supervisor will be responsible for my child from the time he/she arrives at the destination hotel or location of the Committee Meeting until child departs for the airport to return home.

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Parent's/Guardian's Name (Print)

Date: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**DESIGNATED ATHLETE SUPERVISOR:**

As the designated committee member or LSC athlete supervisor (the "Athlete Supervisor"), I understand and will comply with the following guidelines. A signature on this document constitutes unconditional agreement to comply with the stipulations of the document.

**Policies – Policies for the Athlete Supervisor.** The Athlete Supervisor shall be:

- a. Assigned and shall assume responsibility for the minor athlete for the entire duration of the Committee Meeting;

- b. The point of contact in an emergency situation to committee members and USA Swimming staff;
- c. Provided athlete's personal medical insurance and emergency contact information prior to the beginning of the meeting and shall keep such information available throughout the duration of the meeting;
- d. Responsible for communicating travel reimbursement information and policies to the athlete;
- e. Responsible for ensuring that the athlete is not participating in unsafe or unsupervised activities;
- f. Aware of meetings, swim practice, and sponsored events that the athlete is scheduled to attend;
- g. Be responsible for checking-in with athlete multiple times each day;
- h. Responsible for overseeing established curfew; and
- i. Responsible for making a written report of travel policy or Honor Code violations to USA Swimming's Athlete's Executive Committee, the Committee Chair, and LSC leadership, in addition to the parent or legal guardian of the minor athlete.

**I hereby agree to comply with the policies set forth above in connection with supervision of the minor athlete listed above during the USA Swimming Committee Meeting referenced above.**

\_\_\_\_\_  
Athlete Supervisor's Signature

\_\_\_\_\_  
Athlete Supervisor's Name (Print)

Date: \_\_\_\_\_

LSC: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

<b>COMMITTEE CHAIR:</b>
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As the Chair of the National Committee listed above, I have reviewed the foregoing Travel Authorization for Minor Athletes and confirm it complies with the Travel Policies for Minor Athletes.

\_\_\_\_\_  
Committee Chair's Signature

\_\_\_\_\_  
Committee Chair's Name (Print)

Date: \_\_\_\_\_

# Eastern Zone April Board of Directors Report

## **Spring Championship Review**

The Eastern Zone hosted our Short Course Zone Championship meet and our Northern & Southern Sectional Meets in March.

At the May 2012 meeting of the Eastern Zone Delegates, it was decided that the Spring Northern Meet would be a Long Course format and the Southern Meet would be a Short Course format. Previously, the EZ had voted to restrict competition within sections not permitting Northern team to attend Southern meets and Southern Teams to not attend Northern meets. A meeting was called of the Eastern Zone General chairs and a motion was introduced to open the sections to all teams due to the varying of formats offered at the meets. The motion passed 10:1 .

In addition to opening the sections within the Zone the decision was also made to restrict the Southern meet and not allow out of Zone teams to attend.

A detailed breakdown of participation in the Sectional meets is attached to this report. In summary, the Southern meet (SC) was fully subscribed, with Eastern Zone teams being turned away. The Northern meet (LC) was a nice size meet.

The Eastern Zone All Star meet was held in Rochester, NY. This meet continues to be a success with many Eastern Zone records being broken (detail attached).

## **Eastern Zone Spring Meeting**

After careful review of the meet formats offered for the Sectional meets within the Eastern Zone, the Zone directors will be proposing the introduction of an additional Sectional (4<sup>th</sup>) meet to be conducted in earl April. The course format for this meet will be Long Course. Given the number of athletes within our zone (74,000+) we feel that all 3 Spring Sectional meets can be fully supported.

Based on the number of teams wishing to attend the Southern Short Course meet that we were not able to get in, we feel that 2 Short Course format meets (Northern Section & Southern Section) can me fully subscribed. In addition to these meets the Eastern Zone would host a Spring Long Course Sectional meet. The goal for this meet would be 400- 500 swimmers.

This proposal will be presented to the Eastern Zone delegates at our May meeting in Ft. Lauderdale. Should the Zone support this additional meet, the Eastern Zone directors will submit a proposal, in September, to the USA Swimming Board of



Directors requested an additional \$12,500.00 in funding for this meet. With the addition of a 4<sup>th</sup> Sectional meet in the East, this will bring us in line with number of sectional meets and funding of the other zones within USA Swimming.

### **Eastern Zone Safe Sport Officer**

A proposal has been submitted by Potomac Valley Swimming General Chair for the Eastern Zone to begin working on the introduction of a Safe Sport officer within the Eastern Zone Board. This concept is supported by the Eastern Zone Directors who will be working with the USA Swimming Safe Sport Officer on how best to structure this position within the Zone Board.

### **Eastern Zone Housekeeping**

The Eastern Zone By-Laws and Policy Manual have undergone a complete reworking over the last 12 months. The final version of these updated documents will be presented to the Eastern Zone at our May meeting. An approved, updated version will be attached to the Eastern Zone September report.

We will once again introduce the concept of an Eastern Zone budget to our delegation in May. Currently, the Eastern Zone does not fund and meets or projects within the Zone. With the introduction of additional programs and meets, it is imperative that the Zone begins to secure funding for these items.

Respectfully Submitted by:

Paris Jacobs- Eastern Zone Director- Non Coach  
Ed Dellert- Eastern Zone Director- Coach

Eastern Zone Sectional Meets  
 March 21-24, 2013

	North	South
Location	Erie County CC, Buffalo, NY	Christianburg Aquatic Ctr, Christianburg VA
Course	LCM	SCY
Teams	70	145
Athletes	473	1226
Female Athletes	287	657
Male Athletes	186	569
Entries	1870	5259
Individual entries	1608	4568
Relay entries	282	691
Top 3 teams combined	North Baltimore AC Carmel Swim Club Albany Starfish	Nation's Capital SC Eagle Swim Team Grtr Philadelphia AC
Top 3 Teams Women	Carmel Swim Club North Blatimore AC Greenwood Swimming	Eagle Swim Team Nation's Capital SC Fox Chapel
Top 3 Teams Men	North Baltimore AC Central Buck ST Carmel Swim Club	Upper Dublin AC Grtr Philadelphia AC Delaware Swim Team
High Point Women	Isabella Rongione - Fish PVS Hanna House-Carmel In Megan Brown- Greenwood Swimming	Katelyn Sowinski-Eagle Meaghan Raab-Hershey AC Emily Cameron -Lancaster AC
High Point Men	PJ Ransfords- PACK Charles Cole- Berkeley AC Connor Kalisz- North Baltimore AC	Matthew Stasiunas-Delaware SC Bob Bantley-Upper Dublin AC Devin McCall-Grtr Philadelphia

Eastern Zone Age Group Championships  
 Webster Aquatic Center, Webster NY  
 March 28-30, 2013

Course	SCY
Teams (LSC'S)	9
Total Athletes	656
Female Athletes	335
Male Athletes	321
Total Entries	2454
Individual Entries	2230
Relay Entries	224
Top 3 Combined Team	MidAtlantic, Potomac Valley, Metro
Top 3 Women Team	MidAtlantic Metro, Niagara
Top 3 Men Team	Potomac Valley, Metro, MidAtlantic

Top 10U Combined	MidAtlantic
Top 11-12 Combined	Potomac Valley
Top 13-14 Combined	Allegheny Mountain
Top 15-18 Combined	Niagara