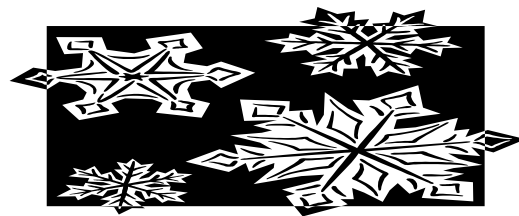


EASTERN ZONE NEWSLETTER

Vol. 1 Issue 1



January through March, 2004

Editor: Jamy Pfister, Assisted by: Boots Hall & Jim Sheehan

CALENDAR OF EVENTS:

March 11th through the 14th, 2004, North Sectional Meet. Contact Ginny Nussbaum msginny@worldnet.att.net. The meet will be held in Long Island, Nassau County. This is a long course meet.

March 26th through the 28th, 2004 south Sectional Meet. Contact Kit Mathews at the following kwmathews@cubu.org. The meet will be held at the University of Maryland, college Park, MD. This is a long course meet.

The eastern zone short course all Star Age Group Swimming Championships is now on the website. Meet directors are Bill Shaw and Kevin Hogan. The meet will be at the George Mason University's Freedom Aquatic & fitness Center, 20900 University Blvd., Manassas, VA 20110.

Virginia Swimming, Inc. and the QDD Swim Team host the meet. Entry deadline is March 24th, 2004, by 5:00 PM.

Zone Meeting, May 7th, 2004. Details later.

Summer Long course Sectional will be July 22nd – July 28th, 2004 Erie Community College, Buffalo, NY.

ZONE MEETING IN PORTLAND, MAINE:

This is just a reminder the zone meeting will be held in Portland, Maine, May 7th, 2004. Sharon Powers will send out e-mail information to see who is interested in a boat cruise following the zone meeting. Look for this information on the Eastern Zone Website.

NEWSLETTER NEW ITEM FOR ZONE COMMUNICATION:

In addition to the Eastern zone Website: <http://www.pvswim.org/easternzone/index.html> the Eastern zone will now have a newsletter to capsule stories from the website and the minutes of the Eastern Zone. Recently at the Officials Clinic in Colorado, springs, October 24th – 26th, 2003, the LSC Officials decided communication was the priority for all LSC (Local Swim Committees) throughout the United states. As a result, the LSC Officials' Chairmen stated they needed to address the lack of communication throughout the LSC and Zone. Through much discussion it was decided a newsletter would best suit the needs.

Eventually the newsletter could also be a source of information between zones and thus limit some conference calls. The success of this newsletter will depend on how dedicated the officials within this zone are to communicating their information and how interested the rest of the swimming community will be in this endeavor. This newsletter will be an addendum to the Zone Minutes and the Website.

Each LSC Officials' representative will now have the responsibility of communicating their interest or queries to be shared with other LSCs within the zone. Each LSC has received a letter from this editor requesting specific information. It is now up to the LSC Officials' chairmen or representatives to continue with this project. Good Luck Eastern Zone.

EASTERN ZONE CAPTURES AWARDS AT USAS:

Several Eastern Zone members win many awards at the recent Annual Meeting of United States Aquatic Sports this past September in San Diego, California. Michael Phelps wins two awards, **Phillips Performance of the Year** and **USA Swimmer of the Year Awards**. Travis Mohr, **Adapted Swimmer of the Year**. Carol Zaleski, **Ken Pettigrew Award**, Jim Wood, **USA Swimming Award**, Bob Bowman, **ASCA Coach of the Year** and the **Doc Counsilman Coach of the Year Awards**, and Rick Curl, **ASCA Developmental Coach of the Year Award**. Congratulations to all the recipients.

DRESS UP!

The best way to dress up is to put on a smile. A smile is an inexpensive way to improve you looks.

EASTERN ZONE HAS OWN WEBSITE:

How many of you use the Eastern Zone Website? Ed Dellert took the initiative to create a site for the Eastern Zone and John Hirschmann volunteered to help out at the May 2003 zone meeting in Philadelphia. PVS agreed to make some space available where it hosts its website at no cost to the zone. They inaugurated it in the summer of 2003. while the amount of content there relevant to PVS is small, it does get heavy usage when zone activities (Sectionals and Zone meets) are going on. John Hirschmann did a little check and the Eastern Zone section had 76777 hits in July and Aug – about 20% of PVS traffic, while in Sept. and Oct. it fell to 14718 hits – only about 5% of the traffic. The eastern Zone Spring Meet is on the website: <http://www.pvswim.org/eastzone/index.html> The minutes of the Zone meetings and the meet results from the sectionals and the zones for the past two years are also on the site. If you have information you need to get on the website, at the end of the zone minutes, all e-mail addresses pertinent to the Eastern Zone Board are listed. For you convenience, contact people for the website are: John Hirschmann, hirschj@erols.com and Ed Dellert,

Technical Planning, eddellert@jerseygators.org.

SURVEY OF OFFICIALS PER LSC:

Many of the LSC Officials chairmen were interested in how many officials we have within our zone. The response received from the following LSCs is as follows:

SC	REFEREE	REF TRAIN	STARTER	ST TRAIN	STROKE/T	S/T TRAIN	SC MEETS	LC MEETS
AM	16		18		83	32	26	9
NI	56		37		138		40	9
NJ	34	3	19	3	150		40	
PV*	42	9	21	15	133	LOTS		
VA	53		102		345		45	8

*& PV has 21 certified equipment operators (Hy-Tek and Electronic Timing, Colorado and Daktronics, systems). All of their referees can work all positions. All of their starters are s/t and most have either hytek or timing certifications.

Any questions about any of the above, you can check on each website for each LSC and if you need to know about any of the meets they run or if they will allow outside LSC officials, most will if you can prove you certification and qualifications.

LSC CLINIC SURVEY:

Many of the LSC Officials that were at the Clinic were interested in how many clinics each LSC hosted and when. In addition to the information here, some of the LSCs are willing to write their guidelines and share them with other LSCs. As this information becomes available to Officials Committee, the Task Force Leaders of the Clinic will compile this information and distribute it at a later date. The following is a summary of the survey of the LSCs that responded to the questionnaire sent in the Eastern Zone Letter to all the LSCs within the Zone.

AM Host 2 clinics prior to each session. They hold one referee and one stroke/turn (S/T) for SC meets and one of each for the LC meets. Starter clinics are held prior to several meets during each session. Attendance at a clinic is required within an eighteen (18) month period.

All

Clinics are held by the Officials Chairman.

NI Has 5 districts and all clinics are held in the fall. There are 6 directors assigned to run the clinics. Upon completion of the clinics the test is done and results of the five districts are then sent to the Officials' chairman. In the past two years NI has hosted two Swimpossums.

NJ NJ certifies officials every year. Attendance at a clinic and taking a test is required every two years. Officials need to show minimum participation each year. Clinics are run by the Officials Committee as well as a few of other approved referees who run training clinics within the LSC. There are about 12 trainers in NJ Swimming.

PV Host many s/t clinics in a four-month period at all times of the day. In addition they host a Windows Version of HY-Tek for Meet Managers and a clinic on basic Colorado Timing system as well as a starters clinic. Many of the clinics are at practices to catch those officials who as a parent are involved with the car pool and can take advantage of the time with a clinic. Two Officials, noted National Championship Officials and past Officials Chairman host a New Referee Clinic by invitation only for starters who have been chosen by the PVS Officials' committee to become referees.

VA is divided into 5 regions. Clinics conducted before the start of the SC season and held when requested in the future. Each region's chair hosts the clinic and often an ex-chair member may host a clinic. They are in a process of trying to run a "train-the-trainer" program so they can expand the number of individuals that can give clinics and hopefully make things more convenient for trainees.

GREAT INFORMATION ON WEBSITES:

As I was surfing the LSC's Web pages looking for information I found some interesting facts that we should share. Did you know that **PV** has a comparison chart for Common Elements and Differences between all the governing bodies of swimming on all the strokes? This is a great idea and is very useful as a quick reminder prior to working a meet. They list the Fina rules as well. PV was the only LSC to post the report of incident for insurance purposes on their web page. This is an excellent idea. **Connecticut** also post information on the Canadian Swimming Federation. I assume that the officials between these two governing bodies work each other's meets so this is very important information for their officials. The official page had a beautiful memorial to an official that had passed away. CT also lists the comparison chart and lists the Fina rules. **Maryland** list swimmers graduating and the colleges they are attending so officials can track them in their NCAA program as well. Maryland's website is very easy to navigate. I liked the idea that you can order many different items of wear for

officiating as well as many items for casual wear not official's colors of Navy and White. This is great to promote advertising of our sport at other functions. On the *Metro* site I thought the guidelines to officiating were excellent for all officials. *New Jersey* was very easy to navigate, but I didn't find anything unusual. *Niagara's* official's page information puts you right on the USA web page to get all the officials information and forms available. *Virginia* had a very nice welcome to the officials. They also have trainers for their clinics and they offer information for their trainers on the web page. This was most informational, almost a little redundant, but I found myself reading all of it. It is not overbearing; it is, however, eight pages long. This was created by Janet Law of VA swimming and was very well done. There were no questions as to what needed to be done concerning a training clinic. This is worth reading. *Middle Atlantic* was difficult to travel through. They only had one page devoted to officials with limited information on safety and re-certification. *Allegheny Mountain* did not have an official's page. They have in their business section a list of officials for the purpose of contacting officials to work meets. *New England's* web page was easy to navigate. There was nothing unusual except they allowed you to sign on to get officials information. I signed on to see if they would send me the information as the Officials Chairman for the Zone. *Maine* does not have a web page, but they do list a contact. I could not access *Adirondack's* web page. They may be updating it and I just couldn't get on it right now. It is interesting to visit each website and I suggest you check them out.

THOUGHTS FROM OUR SWIMMERS

I handed out four questions to swimmers at the Pitt Meet in Pittsburgh, PA. We had many swimmers from New York, Ohio, Maryland and Virginia. Of the five questionnaires I distributed at the meet the following are some of the responses we heard.

1. WHY DO YOU SWIM?

To meet guys, because it is fun, to stay in shape, to meet friends, to build self-esteem, to save taking a shower and a trip to the toilet. Because I am not coordinated to do land sports and I hate running. Because it is goal oriented and I like setting goal I can reach. I have been doing it for six years and I just can't stop, I like the dedication and the friends I have met. I like competition and every day there is competition. I swim because I always have somewhere to go and something to do. When I compete and win it give me a great feeling for many days. I swim because it is a wonderful sport that you work every muscle in your body and it takes strength, endurance and dedication.

2. WHO IS YOUR FAVORITE SWIMMING PERSON AT A MEET? WHY?

Michael Phelps, because he is so unbelievable, Mark Spits, because he overcame anti-Semitism and was the 1st to get 7 gold's, my cousin Jack because he is so cool and fast, my coach because she said so. The other team to see who you can meet, my mum, the coach, teammates, my parents because they give up their time just for me.

3. WHAT SHOULD OFFICIALS WEAR?

They should keep their outfits of blue and white it makes them look professional. Hot pink shirts and Purple pants so we can see them (be careful when you see pink and purple), Bright yellow jumpsuit, black & white striped tops, something that does not look like a club T-shirt. All black because they are the Bad Guys. (From a High School Swimmer) White, white, white is a little unnecessary, something more casual, please!

4. WHY DO THE OFFICIALS WEAR THOSE HEAD SETS?

So they can talk to each other and decide where to go to dinner. To drown out all the excess noise so they can concentrate on the swimming. They can call up McDonald's or the Pizza Hut. To communicate with other officials and point out if someone has an oopsy! They tell the referee to check on the swimmer in lane 4. They tell stories to each other. They want to. I have never seen an official wear a head set. They check on the cute guys or the cute girls they see.

The authors of the above answers were: Mara Franciscovich, 9, Frederick Area Swim Team, Allison Viverette, 10, JCC Sailfish, Hailey Farrell 10, JCC Sailfish, Charlotte Brackett, 13, BPR, Carey Siwek, 14, BPR, Sarah Dunleavy, 14, BPR, Libby Perich, 14, BPR, Alex Zawolski, 14, BR, Jillian Sebrosky, 14, BPR, David Zapp, 14, BPR, James Schaefer, 15, BPR, Ray Toomey, 15, JCC Sailfish, Gere Kurtysh, 15, JCC Sailfish, Nate Mellott, 15, BPR, Jennifer Drischler, 15, BPR, Valerie Moeller, 15, BPR, Brent Shipe, 16, BPR, Christina Kretchen, 16, BPR, Dan Mancuso, 16, BPR, Katie Pietkiewicz, 16, BPR, Chelsey Bower, 16, BPR, Brian Griffin, 16, BPR, Damian McIntyre, 17, BPR, Colleen Toth, 17, BPR, Ryan Flaherty, 17, BPR, .Lea Mastascusa, 17, BPR, Joelle Hannigan 17, BPR, Ben Stoviak, 17, BPR, Melanie Ruch, 18, BPR.

I handed out sheets to ten clubs five local and five from visiting teams. The instructions were to turn them over to the main administration deck before they left. One of the local coaches would then mail the answer sheets to me as I had made arrangements with a stamped addressed envelope. However this did not happen. I had a local club that I was able to contact and used them to add to what I already had. In the future I would suggest having a self-addressed stamped envelope for the convenience of the coach to send the answers back to you.. I personally think asking ideas from the swimmers is a great move and there may be many other opportunities to do this in the future. You might want to have five questions posted for the swimmers at the Zone Meet as well as the Sectional Meet. You might want to think about have a reward program for the first five sheets turned in, such as giving out a bathing cap or some swimming item. It might prove prudent to have some food coupons as rewards. Lets initiate some communication with our swimmers. This was my way of starting it and now let's improve on this.

