

2009-2010

EAST ZONE
Synchronized Swimming
By-Laws

Meets
Fees
Clinics & Camps
Weather Policy
Elections
Officers & Committees
College Synchro
Awards

APPENDICES:
Meet Bid & Host Info
Past Award Recipients
All Star Teams

2010 Updates in **Bold and Underlined**

(Except where otherwise noted, this handbook is updated by the Zone Technical Chair)

I. East Zone Meets

- a. The sites for the East Zone Meets shall be approved by vote at the USAS Convention.
- b. Bids will be accepted according to the site rotation schedule (Appendix A). Only if no bid is received from the scheduled association, will another association be considered.
- c. The sites committee, named by the East Zone Chair, shall make rotation assignment.
- d. All zone championships shall be conducted in accordance with the current USSS Rule Book except where East Zone By-Laws supersede.
- e. A swimmer may compete in only one zone.
- f. The dates for the following Zone events shall be as follows: **An exception may be made if a preferred weekend creates a conflict with a National Championship.**
 - i. Sr. Zone Championships-2nd full weekend in March.
 - ii. Jr. Zone Championships – 2nd full weekend in February.
 - iii. Intermediate/Age Group Invitational – TBD
 - iv. Zone Age Group/Intermediate – 1st full weekend of June.
 - v. Zone Clinics and camps - TBD
- g. Procedures for Bids.
 - i. Bids for East Zone meets must be submitted in writing by September 1 of the year prior to the competition year to the Zone Technical Chair. If no bid is received from the scheduled association, bids will be opened to the rest of the Zone, due to the Technical Chair the Saturday prior to the Annual Convention.
 - ii. Bid Packets must include:
 1. Cover letter from the bidding club or organization, detailing the proposed dates and venue for the event requested. The needed information for this cover letter is found in Appendix B at the end of this Handbook. Appendix B also details minimum and preferred facility requirements for competitions.
 2. A letter from the proposed facility, stating that the facility is available and reserved for the competition for the scheduled dates.
 3. A letter from the proposed hotel, confirming hotel availability for the competition.
 4. A letter from the supporting organization (e.g. booster or parents' group), confirming that they are committed to running the meet if the bid is awarded.
 - iii. Bids will be evaluated based on the information submitted. Additional information may be requested by

the Sites Committee. A bid may be denied if the facility does not meet the requirements for the event.

- h. When the meet bids are awarded, hosts should follow the “East Zone Meet Checklist,” found in Appendix C at the end of this Handbook. Checklist specifies dates and deadlines for announcements, entries and schedules.
- i. Pre-meet and Final Meet Announcements: Standardized forms will be sent to meet hosts following the Annual Convention, and must be used for all zone meets.
- j. Verification of Obtained Score: A copy of the original results page must be printed with the qualifying routine score highlighted (routine score with NO figures added). This must be attached to the club entry form for the routine to be officially entered in the competition. In the case of a regional event qualifying for East Zone Age Group/Intermediate Championship, the final results page must be submitted with routine placement highlighted.
- k. If a qualifying event is held after the entry deadline for a Zone Competition, a provisional entry must be submitted by the entry deadline. Within 72 hours of the completion of the qualifying competition, the proof of qualification must be submitted by phone and in writing to the Meet Manager by the provisional entrant (see USSS Technical Rules).

II. East Zone Championship

- a. An East Zone Championship shall be held annually in March
- b. A Team Trophy will be provided by the Awards Committee and paid for by the East Zone.
- c. Qualification for Entry
 - i. Ages: 13 & Over
 - ii. Preliminaries
 - 1. The minimum score
 - a. Solo 73.00
 - b. Duet 72.00
 - c. Trio 70.00
 - d. Team Open
 - 2. The score must be obtained at a Senior Association, Regional, Zone or National Meet.
 - 3. Scores earned are valid for the next 2 competitive years.
 - iii. Semi- Finals
 - 1. The minimum score (approved 9/2009)
 - a. **Solo 78.00**
 - b. **Duet 77.00**
 - c. **Trio 76.00**
 - 2. The score must be obtained at a Regional, Zone or National Meet. Scores from Association Championships may not be used for seeding.

3. Scores earned are valid for the next 2 competitive years. (Ex. 2009 scores can be used at 2010 and 2011 competitions)
4. Solo, Duet and Trio WINNER (1st place) from the current and prior competitive year's East Zone Junior Championship shall be seeded.
5. The finalists from the prior year's East Zone Championship shall be seeded.
6. The 10 highest scoring entries in each Preliminary Routine Event shall qualify for the Semi Final Routine Competition.
7. The 11th highest scoring entry in this Preliminary event shall be the pre-swimmer for the Semi-Final Routine Competition in that event.
8. Whenever there are fewer than 25 semi-finalists, after adding the ten places from the Preliminary Routine competition, additional places will be added to allow 25 semi finalists in each event.

iv. Figures

1. From the Semi-Final Routine Competition, the following routines will advance to the final figure competition.
 - a. Solo – Top 20
 - b. Duet – Top 15
 - c. Trio – Top 10
 - d. Team – Top 10
2. Athletes who place 21st in solo, 16th duet and 11th in trio/team will be invited to be pre-swimmers for the figure competition if they are not otherwise qualified for figures.
3. **Figures will be the Junior Figure Group listed for Age Group Regionals for the current competitive year. See Appendix F.**
4. A Right Land Split test will take place as an additional station during the figure competition based on National Performance Standards Criteria (see details in All Star Team Description).

v. Finals

1. The top eight routines after figure competition will swim in the final routine competition.

2. The routines finishing ninth and tenth will swim as pre-swimmers for that event. Tenth place will swim first and ninth place will swim second.
- vi. **The TENTATIVE Schedule for Zone Championship is as follows. Based on meet entries, the Meet Host, in consultation with the Tech Chair, may adjust the schedule, including changing the day of scheduled events.**
1. Friday Order of Events
 - a. Solo Preliminaries
 - b. Duet Preliminaries
 - c. Trio Preliminaries
 - d. Solo Semi-finals
 2. Saturday Order of Events
 - a. Duet Semifinals
 - b. Team Semifinals
 - c. Trio Semifinals
 - d. Figures MAY be held
 - e. Zone Meeting will be held in the evening
 3. Sunday – Figures (if not held on Saturday) & Finals (follow USSS rulebook for order of events)
 4. Refer to Rule II. F.6 – order of appearance for the tie breaker information.
 5. Zone Championship Meet hosts should work with scoring committee in establishing Sunday's schedule of events.

III. East Zone Junior Championship

- a. An East Zone Junior Championship shall be held annually in February.
- b. A Team Trophy will be provided by the Awards committee and paid for by the East Zone.
- c. Qualification for Entry
 - i. Ages 13 and Over
 - ii. Over-Qualifications
 1. Athletes with US Junior Solo, Duet or Trio qualifying score are ineligible for East Zone Junior Championship competition in that event for life. **For the 2010 Championships, these are the PREVIOUS Jr. Scores: Solo 82.0, Duet 81.0, Trio 79.0.**
 2. First place Solo, Duet, Trio and Team in that event at the prior year's Junior Zone Championship.

3. Top 3 places in team (event only) from the prior year's East Zone Championship.
4. All finalists from the prior year's East Zone Championship in solo, duet, and trio in that event.

*Note: Over-Qualification applies to individual athletes. I.e. An athlete who has achieved an Over-qualification in a particular event may NOT participate in that event at the East Zone Junior Championship again, even if the majority of swimmers in her trio or team are eligible, and not over-qualified for the event.

iii. Preliminaries

1. The minimum score (effective 09.16.06)
 - a. Solo 65.00
 - b. Duet 64.00
 - c. Trio 62.00
 - d. Team Open
2. The score must be obtained at a Senior Association, Junior Association, Regional, Zone or National Meet.
3. Scores earned are valid for the next 2 competitive years.

iv. Semi-Finals

1. The minimum seed score
 - a. Solo 74.00
 - b. Duet 73.00
 - c. Trio 71.00
2. The score must be obtained at a Regional, Zone or National meet. Scores from Association Championships may not be used for seeding.
3. Scores are valid for the next 2 competitive years.
4. The 10 highest scoring entries in each Preliminary Routine Event shall qualify for the Semi Final Routine Competition.
5. The 11th highest scoring entry in this Preliminary event shall be the pre-swimmer for the Semi Final Routine Competition in that event.
6. Whenever there are fewer than 25 semi finalists, after adding ten places from the Preliminary Routine competition, additional places will be added to allow 25 semi finalists in each event.

v. Figures

1. From the Semi-Final Routine Competition, the following routines will advance to the final figure competition.
 - a. Solo – Top 20

- b. Duet – Top 15
- c. Trio – Top 10
- d. Team – Top 10
- 2. Athletes who place 21st in solo, 16th duet and 11th in trio/team will be invited to be pre-swimmers for the figure competition if they are not otherwise qualified for figures.
- 3. Figures will be the Junior Figure Group listed for Age Group Nationals for the current competitive year. See Appendix F.
- 4. A Right Land Split test will take place as an additional station during the figure competition based on National Performance Standards Criteria (see details in All Star Team Description).

vi. Finals

- 1. The top eight routines after figure competition will swim in the final routine competition.
- 2. The routines finishing ninth and tenth will swim as pre-swimmers for that event. Tenth place will swim first and ninth place will swim second.
- 3. Refer to Rule II. F.6 – order of appearance for the tie breaker information.

vii. **The TENTATIVE Schedule for the Junior Zone Championship is as follows. Based on meet entries, the Meet Host, in consultation with the Tech Chair, may adjust the schedule, including changing the day of scheduled events.**

- 1. Friday Order of Events
 - a. Solo Preliminaries
 - b. Duet Preliminaries
 - c. Trio Preliminaries
- 2. Saturday Order of Events
 - a. Solo Semifinals
 - b. Trio Semifinals
 - c. Team Semifinals
 - d. Duet Semifinals
- 3. Sunday – Figures & Finals (follow USSS rulebook for order of events)
- 4. East Zone Jr. Championship Meet hosts should work with scoring committee in establishing Sunday’s schedule of events.

IV. East Zone Age Group Championship

- a. This meet shall be held the first full weekend in June each year.
- b. The events will be for Age Group Levels 10 & Under, 11-12 and 13-15, and for Intermediate ages 10 & under, 11-12 and 13 & over.

- c. Refer to the USSS Rules for events, element lists and times
- d. Qualification for Entry
 - i. Age Group
 - 1. Swimmers that have placed 1-4 in Solo, Duet and Trio in the above listed levels in each Region Championship.
 - 2. The Team event is open for all levels.
 - 3. If a qualified swimmer cannot attend this Championship, the next place winner may move up and enter the event. Written notice must be give to the runner up routine before the entry deadline for the Championship. If the routine cannot go, after the entry deadline, then a rep for the club must call. If the club fails to notify the runner up, it will be charged \$100/routine to be paid to the zone.
 - ii. Intermediate
 - 1. Swimmers that have placed 1-4 in solo, duet and Trio in the above listed Intermediate levels in each Region Championship.
 - 2. The Team event is open for all levels.
 - 3. If a qualified swimmer cannot attend this Championship, the next place winner may move up and enter the event. Written notice must be give to the runner up routine before the entry deadline for the Championship. If the routine cannot go, after the entry deadline, then a rep for the club must call. If the club fails to notify the runner up, it will be charged \$100/routine to be paid to the zone.
 - iii. Intermediate / Age Group Eligibility
 - 1. An athlete may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition.
 - 2. No duplicate events. Example: An athlete can enter 11-12 Team Age Group and 11-12 Intermediate Solo. She cannot enter 11-12 Team age group and 11-12 Intermediate Team.
- e. Figures:
 - i. National/Invitational Group B figures shall be used for the Intermediate competition.
 - ii. National figure group shall be used for Zone Age Group/Intermediate Championships.
 - iii.** A Right Land Split test will take place as an additional station during the figure competition based on National Performance Standards Criteria (see details in All Star Team Description).

- f. Awards
 - i. Athlete's competing in both Intermediate and Age Group Figure divisions, may only take a figure award in the Age Group division. Note: Honorary placement in Intermediate. Placement is not an award.

V. East Zone Invitational

- a. Purpose: fun and skill development with emphasis on basics early on in season.
- b. Clubs may choose the meet, which allows for a more varied mix of competitors each year.
- c. Two (2) meets will be held each year (must be the same date). Each swimmer may enter only one of the 2 meets.

NOTE: In an effort to regulate meet size (not too big, not too small), PRE-MEET announcements will be required. Meet Hosts, in consultation with the Tech Chair, may close entries to one meet if a maximum meet size (approximately 180 total routines) is reached.

- d. Events include:
 - i. Intermediate 10 & under, 11-12 and 13 & over: Technical routine and figures.
 - ii. Age Group 10 & under: Free routines with technical elements and figures.
 - iii. Age Group 11-12 and 13-15: Free Routines and figures.
- e. Qualifying criteria – none
- f. Over qualification
 - i. Intermediate: All athletes that participate in the East Zone Junior or Zone Championships.
 - ii. Age Group: Athletes who place in the top 20 solos, top 15 duets, top 10 trios and top 10 teams at the East Zone Junior Championships shall be ineligible for the zone invitational meet in that event in the current year.
 - iii. Age Group: All semifinalist swimmers from East Zone Championship are ineligible for the Zone Invitational in that event in the current year.
- g. Intermediate Eligibility
 - 1. An athlete may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition.
 - 2. No duplicate events. Example: An athlete may enter 11-12 Age Group Team and 11-12 Intermediate Solo. She may not enter 11-12 Age Group Team and 11-12 Intermediate Team.
- h. Figures:
 - i. Figures will be the Intermediate B Figure Group and the Age Group Figure Group listed for Association meets for the current competitive year. See Appendix F.
- i. Awards

- i. An athlete competing in both Intermediate and Age Group Figure divisions, may only take a figure award in the Age Group division. Note: Honorary placement in Intermediate. Placement is not an award.
- VI. East Zone Regional Age Group/Intermediate Meets
- a. This championship shall be held prior to the U.S. National Age Group and the East Zone AG/Intermediate Championships.
 - b. The Regions are
 - i. A: Adirondack, New England, Connecticut.
 - ii. B: Maryland, Metropolitan, Middle Atlantic and New Jersey.
 - iii. C: Niagara, Lake Erie, Allegheny
 - c. Qualification for Entry
 - i. Swimmers placing 1-3 in each age group, in each event, in each Association Age Group Championship.
 - ii. Swimmers placing 1-3 in each age group, in each event, in each Association Intermediate Championship.
 - d. Each Region may qualify the top 4 solo, duet, and trio and team routines in each Age Group division for the US National Age Group Championships.
 - e. Intermediate Eligibility
 - i. An athlete may only enter 3 total events (solo, duet, trio and/or team) for a combined Age Group/Intermediate competition.
 - ii. No duplicate events. Example: An athlete may enter 11-12 Age Group Team and 11-12 Intermediate Solo. She may not enter 11-12 Age Group Team and 11-12 Intermediate Team
 - f. Figures:
 - i. Figures will be the Intermediate B Figure Group and the Age Group Figure Group listed for Regional meets for the current competitive year. See Appendix F.
 - g. Awards

An athlete competing in both Intermediate and Age Group Figure divisions may only take a figure award in the age group division. Note: Honorary placement in Intermediate. Placement is not an award.
- VII. East Zone Collegiate Meets
- a. Undergraduate students who are officially enrolled on a full time basis and meet eligibility standards shall be eligible to compete. See rule V, (c) in the USSS rulebook for more details.
 - b. The East Regional Collegiate Championship is held prior to the Collegiate National Meet.
 - c. To qualify for US Collegiate Championship, an institution shall have attended 3 competitions, 2 of which shall be collegiate. 1 must be the collegiate regional championship. The top 12 routines shall qualify for nationals.

VIII. *East Zone Fees (This section is updated by the Treasurer)*

- a. Zone Athlete Fees
 - i. \$2.00 per registered athlete in each association, each year, payable to the zone treasurer to help defray the expenses for athlete representatives who attend convention.
 - ii. This needs to be paid at time of USSS registration
 - iii. Fee waived for seasonal and recreational members.
- b. Zone Mailing List
 - i. The primary communication mechanism will be via email and posting on the zone website.
 - ii. Those requiring a hard copy of meet announcements and meeting minutes shall notify zone secretary
 - iii. \$5.00 for everyone wishing to receive a hard copy of major correspondence.
 - iv. This shall be determined at the zone meeting held in conjunction with the zone championships each year and notification will be made at that time if the \$5.00 will be collected.
- c. Hospitality Suite at USAS Convention
 - i. Each association contributes \$100 toward the cost of the suite.
 - ii. Each person attending convention may contribute \$/day (to be determined at convention) for food and beverages available in the suite.
 - iii. A delegate may choose not to participate in the food and beverage privileges.
 - iv. Responsibility for the convention suite shall rotate between regions in the following order:
 - 1. Region B - 2010
 - 2. Region C - 2011
 - 3. Region A- 2012
 - 4. Region A - 2013
- d. Zone Meet Entry and Sponsor Fees
 - i. For All East Zone Meets, the sponsor fee shall be \$10.00 per swimmer entered.
 - ii. For all East Zone Meets, the entry fee shall be \$7.00 per person per event.
 - iii. Fees must be included with entries or entries will not be valid.
 - iv. This applies to the following East Zone events
 - 1. Sr. Zone Championships
 - 2. Jr. Zone Championships
 - 3. Zone Age Group/Intermediate Championship
 - 4. Zone Invitational.
 - 5. Clinics and Camps (iii. above applies)

- IX. East Zone Clinics and Camps
(This section is updated by the Education Chair)
- i. Lake Placid Elite Camp
 1. Swimmers must be capable of performing Senior Figures and Junior Figures.
 2. Open to 2 athletes per registered club who have achieved a solo, duet or trio score of 72.00.
 3. One coach per club must accompany the athletes.
 4. A 2nd coach or 3rd and 4th athlete may be on standby on space availability basis.
 - ii. East Zone Clinics. The education chair will present the clinic structure at Convention. Criteria will be determined at convention.
 1. Gold Clinic
 - a. One per year. The top 30 athletes from Figures at the previous year's East Zone Championship will be invited.
 - b. If athletes in the top 30 are no longer competing in the Zone, or refuse the invitation, additional athletes, in rank order, but within a 10-point range from the first place competitor, will be invited, until the 30 slots are full. If after reaching the bottom of the 10-point range, additional athletes are needed to fill 30 spots, athletes who have scored within a 5-point range from the first place figure winner at the previous year's Junior Zone Championship will be invited.
 - c. The cost will be determined at convention.
 2. Silver Clinic: 2 zone clinics will be held each year.
 - a. One clinic will be held Saturday. The second clinic will be held Sunday of the same weekend.
 - b. Saturday clinic will be for 11-12 and 13-15 Age Group athletes. Sunday clinic will be for 16-19 and more advanced 13-15 Age Group athletes.
 - c. The cost will be determined at convention.
 - iii. Bids for Zone Clinic
 1. Procedures for Bids.

- a. Zone Education Committee shall set tentative dates and locations (Association) for East Zone Clinics at the Annual Convention.
- b. Bids for East Zone clinics must be made in writing by October 1 to the zone education chair, for the Education Committee to select the sites. Site selection shall be communicated to the Zone by October 15.
- c. Bid Packets must include a letter from the proposed facility, stating that the facility is available and reserved for the clinic for the scheduled dates.
- d. A letter from the proposed hotel, confirming hotel availability for the clinic.

X. Weather Policy

In the event of the postponement or cancellation of a meet, the meet manager and technical chair will make the decision no later than four (4) hours prior to the start of the first event. Every effort will be made to notify all participants of the cancellation or new schedule.

In the event of inclement weather or events beyond the coach and/or swimmer(s) control, making it impossible for the swimmer(s) to swim in order of draw, the swimmer(s) will not be penalized.

The coach shall advise the meet manager of the reasons to why the swimmer(s) is/are unable to swim in order of draw. The meet manager in consultations with the zone technical chair, will make the decision as to whether the swimmer(s) shall be allowed to swim upon arrival, providing the original panel of judges is available and it does not inhibit the advancement of the meet.

In the event athletes are unable to attend a clinic due to hazardous travel conditions, a partial or full refund of fees paid may be given, if feasible after financial obligations to the host facility and organization are met.

XI. Elections

- a. The Zone Board of Governors shall elect the following at the annual zone meeting on even numbered years:
 - i. Zone Chair
 - ii. Vice-Chair
 - iii. Educational Chair
 - iv. Secretary

- v. Treasurer
 - vi. Officials Chair
 - vii. Technical Chair
 - viii. Scoring
 - ix. National Nominating
 - x. National Site
 - xi. Athlete
- b. The term of office is 2 years or until a successor is chosen.
 - c. No officer may be elected to more than 2 full terms in succession.
 - d. See Appendix B: Article 5: Page 3: USSS Rulebook.

XII. Officers and Committees

(This section updated by the East Zone Chair)

- a. **Zone Officers (Through the 2010 Convention)**
 - i. Zone Chair Laura Ehrenreich
 - ii. Vice-Chair Jen Houlihan
 - iii. Secretary Teena Griggs
 - iv. Treasurer Diane Hunsinger
 - v. Officials Joanne Wright
 - vi. Technical Patty Flanagan
 - vii. Scoring Bob Wiegand
 - viii. Education Laura Mase
 - ix. Athlete Samantha Griggs, Kate Corsaro
 - x. National Nominating: Betty Hess, Diane Hunsinger
 - xi. National Sites: Mary Ellen Wiegand
- b. Standing Committees
 - i. Awards: (**Note: The most recent Contributor Award recipient from each Association shall comprise the committee**) Chair (**Zone Vice-Chair**) – Jen Houlihan, Ginny Lehr- Mid Atlantic; Sheila Wright – Metro; Toby Smith – Conn; Patty Flanagan – New England; Diane Hunsinger – New Jersey; Bob Wiegand - Niagara; Betsy McGeoch – Adirondack; Current Athlete Rep.
 - ii. Sites: Chair (Technical Chair) – Patty Flanagan, Carol Valles – Region A; Brenda Kline – Region B, Patti Melber - Region C; Current Athlete Rep.
 - iii. Finance: Chair (Treasurer) – Diane Hunsinger; New England - Sharron Theberge; Adirondack- Deborah Ross-Lebrecht; Niagara - Karen Alvarez; Conn - Carol Valles; Metro - Meg Preiss; NJ- Leah Lojo; Middle Atlantic - Brenda Kline; Lake Erie - Kim Kohut; Allegheny – Assoc. Treasurer; Current Athlete Rep.
 - iv. Education: Chair (Education Chair) – Laura Mase; Association Education Chairs
 - v. All-Star: Krista Bessinger (manager 15&O); Karen Alvarez, Debbie Latchford; Jennifer Houlihan; Kate Matusiak; Robin Weist

XIII. College Programs in East Zone

- a. Canisius
- b. Walsh University
- c. Keuka
- d. Millersville
- e. Penn State
- f. Cornell
- g. Smith
- h. University of Penn
- i. Wheaton
- j. Boston University
- k. University of Rhode Island.
- l. MIT
- m. Wellesley College

XIV. Awards – Appendix D lists past award winners

(this section is updated by the Awards Committee)

- a. Team High Point Trophy
 - i. Team High Point Trophy for Jr. Championship and Zone Championships.
 - ii. Utilize rules set in rulebook for team trophy.
 - iii. A second trophy will be provided in the event of a tie.
 - iv. A Zone Trophy for each Championship (Jr. and Zone Championship) will be retained by the championship team for the year following their win. It should be returned at the following year's championship. A smaller trophy will be provided for the championship team to keep permanently.
 - v. The awards committee will order and provide the team trophy.
 - vi. East Zone to cover cost.
- b. Collegiate Traveling Plaque
 - i. University/College program to keep plaque for year following their championship win.
 - ii. East Zone to provide Plaque.
- c. East Zone Award Nominations
 - i. Any USSS East Zone member may submit a nomination for Athlete, Coach or Contributor.
 - ii. A standardized form must be filled out for each candidate. Forms can be found on the zone web site.
 - iii. Nominations are due by the East Zone Jr. Championships to the Awards Chairperson.
- d. East Zone Awards and Criteria
 - i. Athlete Award
 - 1. Must be 14 years or older (competitive age)
 - 2. Must be a current member of USSS.

3. Attitudes and actions that present a good role model to all athletes.
 4. Motivated to work in a positive way towards their individual goals and those of their teammates and the sport.
 5. Leadership in synchro and the community.
 6. Service to synchro and the community.
 7. Academics including GPA equivalent = 90, special awards and achievements, special programs.
 8. Please list contributions made to club, association or zone.
- ii. Coach Award
1. Must be current USSS member
 2. Works toward development of athletes and the sport without concern for self-promotion or personal gain.
 3. Develops and continues to carry out a consistent solid coaching program that benefits athletes and the sport.
 4. Recognition of coaching abilities at all levels.
 5. Sets an example in their attitude and ethics that inspire and motivate athletes make the most of their abilities and potential to reach their goals.
- iii. Contributor Award (one time award and contributor replaces association member on awards committee).
1. Must be current USSS Member
 2. Has been involved in synchro at least 10 years.
 3. Interest in what is best for the sport in the zone and nationwide.
 4. Works tirelessly giving time, support, friendship, care, love and development of the athlete and sport without concern for a particular group or for self-promotion.
 5. Beginning to work on the national level.
 6. Personal habits that demonstrate a good role model.
 7. Ability to work in a group without personal thought or gain.
 8. Develops and carries out consistent programs that benefit the athlete and sport.
- iv. Scholar Athlete
1. Must be 13 years or older.
 2. Must be a current USSS member.
 3. Must have a GPA of 87, B+, 3.25 for at least two marking periods prior to zone championship

4. Must compete in Zone Championship.
 5. List must be provided in timely fashion. Due at the Jr. Zone Championship.
 6. Club Rep to validate names submitted.
 7. Each recipient to receive a Scholar Athlete Pin.
- v. ALL STAR Team Criteria
- NOTE: The information below is a quick summary of the East Zone All Star program. Please see Appendix E for detailed rules and procedures.
1. **To be selected to the All Star Team, athletes must place in the figure competition noted for each All Star Team selection. Athletes will participate in a Right Land Split Test, and a passing score will give the athlete a .25 point bonus added to her Figure score. All Stars will be selected based on figure score plus bonus.**
 2. All-Star teams are selected in rank order of figure placement, until there are 16 athletes (Senior) and 8 athletes (13-15) and 8 athletes (11-12) named to the All-Star Team. The lowest figure place eligible for All-Star recognition is 25th.
 3. Right Land Split Station to be done at the Championships listed below.
 4. Senior Championship
 - Top sixteen athletes from the East Zone Championships figure results, **including Split Test Bonus**, shall comprise the East Zone Senior All Star Team.
 5. East Zone Junior Championship
 - a. Top eight athletes from the East Zone Junior Championships figure results, who are age 13-15 in the current competitive year, **including Split Test Bonus**, shall comprise the East Zone 13-15 All Star Team.
 6. East Zone Age Group Championship
 - a. Top eight athletes from 11/12 figure results, **including Split Test Bonus**, shall comprise the East Zone 11-12 All Star Team.
 7. Awards
 - a. All All-Stars shall receive an East Zone All-Star Towel.

- b. Senior All Stars may purchase an East Zone All-Star Team Jacket.
 - c. A picture of each team will be posted to the East Zone Website.
 - d. Price for towels will be covered by the East Zone.
8. To be named to the East Zone All Star Combo Team an athlete must meet the following criteria:
- a. Must be 15 or older
 - b. The top 10 age-eligible athletes named to the All-Star Team will form the All Star Combo Team. All 16 All Star Team members will receive the letter inviting them for combo team training.

APPENDIX A

SITE ROTATION for East Zone Meets

(This appendix is updated by the Zone Technical Chair)

Year	Junior Zone	Zone Champs	Invitational	AG/Intro Zone	Collegiate
2009	Metro	Niagara	Conn/Lake Erie-Allegheny	New England	TBD
2010	New Jersey	Adirondack	New England/Mid Atlantic and MD	Conn	TBD
2011	New England	Lake Erie/Allegheny	Metro/Niagara	Mid Atlantic/MD	TBD
2012	Conn	Metr0	New Jersey/Adirondack	Niagara	TBD
2013	Mid Atlantic/MD	New Jersey	Conn/Lake Erie-Allegheny	Adirondack	TBD
2014	Niagara	New England	New England/Mid-Atlantic and MD	Lake Erie/Allegheny	TBD
2015	Adirondack	Conn	Metro/Niagara	Metro	TBD
2016	Lake Erie/Allegheny	Mid Atlantic /MD	New Jersey/Adirondack	New Jersey	TBD
2017	Metro	Niagara	Conn/Lake Erie-Allegheny	New England	TBD
2018	Niagara	New England	New England/Mid Atlantic and MD	Lake Erie/Allegheny	TBD
2019	New Jersey	Adirondack	New England / Mid Atlantic & MD	Conn.	TBD

APPENDIX B

Bid Submission and Facility Guidelines Bid Submission **Requirements to Host an East Zone meet**

(This appendix is updated by the Zone Technical Chair)

- I. Cover page should include the following information
 - a. Proposed dates and location of the meet
 - b. Meet managers' names and contact information
 - c. Pool dimensions (length, width, depth, pool deck dimensions)
 - d. Locker room space
 - e. Spectator area (seats how many?)
 - f. Other available areas
 - i. Where athletes put their bags and where they can sit
 - ii. Areas for land drill
 - iii. Food concession/eating area
- II. Facility Guidelines
 - a. Pools for competition should be a minimum of 25 yards, 5 lanes wide, with at least 1/3 of the length of the pool 9 feet or deeper. For high level (Zone Championships, Junior Zone) meets, a larger pool, with more, deeper water is desirable.
 - b. A separate area for warm-up is also desirable, especially for high level meets.
 - c. There should be sufficient locker room space for the number of athletes competing.
 - d. If the locker rooms do not allow enough space for athlete bag storage, a separate area, such as a gymnasium, several dance studios or several racquet courts should be provided. This space should be separate from the spectator areas.
 - e. There should be sufficient space for teams to land drill their routines. If the bag storage areas are not large enough for this activity, additional areas should be designated.
 - f. Often, clubs and others bring coolers into the facility. The meet host should clearly designate if these are allowed and, if so, where they should be kept.
 - g. There should be sufficient spectator seating for parents, etc. (Typically, seating for 100-200 is appropriate).
 - h. There should be a concession area for participants and spectators to purchase snacks and meals at the event. Appropriate seating areas should be designated.

APPENDIX C

Host Check List for Zone meets

(This appendix is updated by the Zone Technical Chair)

Pre-Meet Announcement		
Action	Deadline	Additional Information
Draft	November 1	Submit to Technical Chair for proofreading
Complete	November 30	Zone Secretary will email to EZ mailing list
Pre-Meet Replies	December 31	For Jr. Zone, Zone Championships & Invitationals
	March 31	For Zone Age Group/ Intermediate (June)
Final Meet Announcement		
Action	Deadline	Additional Information
Draft	6 weeks prior to meet	Submit to Technical Chair for proofreading
Complete	4 weeks prior to meet	Zone Secretary email to EZ mailing list
Meet Entry Deadline		
Action	Deadline	Additional Information
Zone	14 Days prior to 1st day of competition	
Final Schedule		
Action	Deadline	Additional Information
Draft	10 days before meet	Submit to Technical Chair for approval
Final	Monday before meet	Email to club contacts listed on Entry Form A, officials, others

APPENDIX D
PAST AWARD WINNERS

(This appendix is updated annually by the Zone Awards Committee)

Athlete

1993	_____	2001	Katie Scanlon
1994	_____	2002	Kristina Averell
1995	Sandra Valles	2003	Thea Bardin
1996	Heather Moore	2004	Hilary Homenko
1997	Anna Eng	2005	_____
1998	Jessica Bilkey	2006	Corinne Smith
1999	Jill Wright	2007	Allison Andrews
2000	Kim Marsh	2008	Kristeena Griggs
		2009	Kiersten Wendth

Coach

1993	_____	2001	Debbie Latchford
1994	_____	2002	Sandra Mahoney
1995	Joanne Wright	2003	Laurie Pfund-Byron
1996	Betty Hess	2004	Nancy Rosengard
1997	Dorothy Sowers	2005	Karen Alvarez
1998	Diane Hunsinger	2006	Eugenia Gillan
1999	Vivian Wachob	2007	Patty Flanagan
2000	Robin Weist	2008	Teena Griggs
		2009	Jen Houlihan

Contributor

1993	Carol Valles	2001	Carol "Cookie" Blaustein
1994	Patty Flanagan	2002	Marti Tucker
1995	Mary Ellen Wiegand	2003	Lorraine Fasullo
1996	Sheila Wright	2004	Nancy Wightman
1997	Ginny Lehr	2005	Bob Wiegand
1998	Ed Wightman	2006	Norman Donofrio
1999	Ann Degnan	2007	Diane Hunsinger
2000	Linda Menchetti	2008	Betsy McGeoch
		2009	Toby Smith

APPENDIX E

EAST ZONE ALL STAR TEAM

East Zone All-Star Teams

Revised Rules Sept 29, 2008

(This appendix is updated by the Zone All-Star Committee)

Goals

In naming Senior and Age Group Zone All-Star Teams, it is the intent of the East Zone to:

- ✓ Acknowledge and celebrate the top athletes in our Zone
- ✓ Provide opportunities for the teams to represent the East Zone in national level competition and training
- ✓ Maintain an All-Star Committee to facilitate the success of the process and progress of the East Zone All-Star Teams through effective communication with the zone at-large
- ✓ Plan successfully for competition and training opportunities through effective communication, collaboration, and advance organization
- ✓ Secure coaching, choreography, and a training schedule (as needed) in time to present information to the athletes and their families within one week of the conclusion of competition at which the All-Star teams are named

Naming the East Zone All-Star Teams

- ✓ The Senior All-Star Team will be named at the Senior Zone Championship.
- ✓ The 13/15 All-Star Team will be named at the Junior Zone Championship; only those in this age category are eligible.
- ✓ The 11/12 All-Star Team will be named at the East Zone Age Group Championship.
- ✓ Any athlete qualifying for more than one of these teams must choose on which one she will be a member. In order to compete in the combo event, all athletes must be 15, as per USSS rules.

Split Test

Officials:

- ✓ Judges' training for split tests will take place at various zone clinics prior to the competition season (Lake Placid, Gold, Silver).
- ✓ The Gold Clinic will include a segment on water and land splits with the clinician lending his/her expertise in our training.
- ✓ A member of the All-Star committee will conduct judges' training for split tests. (Ideally, this person/s has experience working with national team athletes and/or an official's rating of 3 or higher.)

- ✓ The panel established to conduct split tests at each respective championship will ideally consist of judges that were present at clinic training. The referee for the panel will be selected from a list of those who were able to attend a clinic and participate in training. An attendance list will be provided to the Zone Officials Chair **prior** to the competitions.
- ✓ The panel will consist of three to five judges; in order to pass the split test, an athlete must receive a pass from at least three of the five judges.
- ✓ In order to be eligible as a judge on a split panel, s/he must be at least a Level 2 official.
- ✓ The panel will have the benefit of at least three “pre-splitters” and an opportunity to dialogue during this process.
- ✓ During the split test, scores will be flashed and recorded, as they are during figure competition.

Athletes:

- ✓ In order to be eligible for an East Zone All-Star Team, all athletes must participate in a right-split land test.
- ✓ In order to be named to an East Zone All-Star team, athletes must pass their right-split land test. This panel is **for the purpose of naming the All-Star Team only**. The split test will have no impact on the official figure ranking.
- ✓ The split panel will be set up in advance, so that athletes will have the benefit of practicing assuming the split position on the tape during the figure warm-up.
- ✓ Two officials will be assigned by the Zone Officials Chair (with regard to affiliation) to help position athletes on the tape during the split test.

Entering Combo

- ✓ The top 10 members of the All-Star team will be offered an opportunity to compete together in the combo event at U.S. Opens. Athletes are expected to accept or decline this offer within one week of the conclusion of the competition.
- ✓ If it becomes necessary to extend the offer to participate in the combo event beyond the All-Star team, offers to compete as Zone All-Stars will not extend past the athlete who places 25th at the Senior Zone Championship. If the All-Star Combo Team still is not full, offers to compete as Zone All-Stars will not extend past athletes eligible to attend that year’s Gold Clinic (in figure rank order).
- ✓ In consultation with the East Zone officers, the chair of the zone will put forth a nomination for an All-Star Team Manager at Convention. **(Diane has nominated Eugenia Gillan for this position through the 2010 competitive season.)**
- ✓ A person who accepts this position will complete a two-year term. Once selected, this team manager will be responsible for addressing all logistical details for the team, such as training, information distribution, communications, etc., until the coach is selected at Senior Zones.

- ✓ Once the coach is selected, s/he and the Team Manager will work together to finalize the logistics for the team and communicate information to the athletes and coaches represented on the All-Star team, as well as to the zone at-large.
- ✓ The All-Star Committee will solicit a volunteer to coach the team by/at the Senior Zone Championship. Ideally, this person has a proven track record in training athletes that have been named to the All-Star Team in the past, is willing to structure practice opportunities, traveling if necessary, and plans to attend U.S. Opens.
- ✓ The All-Star Committee will secure choreography for the routine by Senior Zones in order to distribute resources (video, notes, direction, etc.) to the athletes or clubs represented on the team.
- ✓ The manager/coach of the All-Star team will present a training schedule at Senior Zones. This schedule will include at least two opportunities to work together between March and July, and if possible, an additional opportunity once arriving at U.S. Opens.

Other Training Opportunities

- ✓ Any team scheduled to participate in an event as the All-Star team will be notified of pertinent details by a member of the All-Star Committee.
- ✓ Any athlete chosen to represent the East Zone as an All-Star must commit to this activity within one week of the conclusion of the competition at which the team was named.

APPENDIX F

Figure Groups for 2009

(This appendix is updated by the Zone Technical Chair)

Figure Groups 2010-2013		
Junior 16-19 Age Group	13-15 Age Group	Intermediate B 10&U/ 11-12 AG
Compulsory		
Kip Split Closing 180 Ibis Continuous Spin	Walkover Back Porpoise Spinning 360	Ballet Leg Single Walkover Front
Selection Group 1		
Gaviata Open 180 Cyclone	Heron Kip Half Twist	Somersub Kipnus
Selection Group 2		
Porpoise Full Twist Knight	Albatross Catalina Reverse	Porpoise Swordfish
Selection Group 3		
Flying Fish Catalina Twirl	Barracuda Spinning 180 Flamingo Bent Knee	Neptunus Barracuda

See following page for figure group selections for East Zone Meets.

JUNIOR ZONE Feb. 2010 <i>Figure group to be used for USAG</i>	Compulsory and Selection Group 3 Junior
SENIOR ZONE March. 2010 <i>Figure group to be used for Regionals</i>	Compulsory and Selection Group 2 Junior
ZONE INVITATIONAL <i>Association figure group</i>	Compulsory and Selection Group 1 Int.* , 12/U AG, 13-15 AG
Association Intermediate <i>Association Figure Group</i>	Compulsory and Selection Group 1 Intermediate*
Association AGE GROUP <i>Association Figure Group</i>	Compulsory and Selection Group 1 12/u, 13-15, 16-19 AG
REGIONAL <i>Regional Figure Group</i>	Compulsory and Selection Group 2 Intermediate 12/u, 13-15, 16-19 AG
EAST ZONE AGE GROUP <i>Nationals Figure Group</i>	Compulsory and Selection Group 3 Int, 12/u AG, 13-15 AG
AGE GROUP NATIONAL <i>Nationals Figure Group</i>	Compulsory and Selection Group 3 11-12, 13-15, 16-19 AG