

**East Zone Report**  
**Orlando, Florida**  
**September,13-19, 2004**

**East Zone Activities:**

1. Lake Placid Clinic - The 2003 Clinic program was conducted by Duke Zielinski, Karen and Sara Josephson. The athletes and coaches participated in different types of workouts to determine the benefits of each. The Scoring Chairman for the Zone conducted a clinic for a scorer from each association. The 2004 clinic will be held November 19-21, 2004. Again the athletes and coaches will have Duke, Karen and Sara as their clinicians. The scorers will hold another clinic and we are adding a training session for level 4 and 5 officials training. We are hoping to add a CCP program next year. The Zone wishes to thank both Bob and Mary Ellen Wiegand for all the work and coordination they do for Lake Placid and the East Zone.
2. Zone Meets –
  - A. East Zone Junior Championships – Hosted by New York Arianas in Troy, New York. The team high point trophy was awarded to the Tonawanda Aquettes.
  - B. East Zone Championships – Hosted by Long Island Synchro in Long Island, New York. The high point trophy was awarded to the New Canaan Aquianas.
  - C. East Zone Intermediate/Age Group Invitational Meet – Two meets were held in different parts of the Zone. One was held in Oswego, New York, hosted by the Oswego Lakettes. The second was held in Owego, New York hosted by the Boys and Girls Club of Broom County.
  - D. East Zone Age Group Meet- Hosted by the Hamden Heronettes in Hamden, Connecticut.Thank you to all the clubs and parents who were so successful this season.
3. Zone Clinic – Hosted by the New Canaan Aquanas in New Canaan, Connecticut. The East Zone divided its clinic to reach two groups of swimmers. We are looking forward to the clinic the National Office is proposing with the 2004 Olympians. The Zone will also hold two clinics offering a similar curriculum to Lake Placid for Age Group and junior swimmers, one in the Niagara Association and one in the Adirondack Association.
4. New Zone Officers
  - A. Zone Chairperson – Diane Hunsinger
  - B. Zone Vice Chairperson – Laura Ehrenreicht
  - C. Secretary – Eugenia Gillan
  - D. Treasurer – Kristina Moore
  - E. Officials Chairperson – Betty Hess
  - F. Technical Chairperson – Joanna Scoons
  - G. Education Chairperson – Sheila Wright
  - H. Athlete Representative – Rita Gillan
5. Zone Awards
  - A. Outstanding Athlete – Hillary Homenko
  - B. Coach of the Year – Nancy Rosengard
  - C. Contributor – Nancy Wightman