



New Jersey Swimming ATHLETE Division Reports

ATHLETES DIVISION
SENIOR ATHLETE REPRESENTATIVE - ALESSANDRA ABEIJON
ATHLETE COMMITTEE
RECORDS / TOP TEN

ATHLETES:

Athletes Committee Report - Alessandra

The Athletes' Committee has been working on planning the upcoming junior athlete representative elections. We have gathered all the candidates and plan on beginning voter registration within the next couple of days. We expect to have the elections fully completed by early June.

Derek and I (Alessandra) also recently attended the USA Swimming Workshop in Denver, Colorado and learned so much more about our roles and what else we can do as athletes in our positions. We brainstormed with other LSCs and came up with some ideas for NJS including a beach clean up and social media athlete "takeovers." We will begin planning both projects very soon and will keep everyone updated.



Eastern Zone Athlete Representative Report

Submitted by Gavin Formon and TJ Walsh

USA-S Workshop

The Zone Workshop was extremely successful and a great experience for all of the Eastern Zone athletes who were able to attend. Sessions led by the Athletes Executive Committee (AEC) included LSC Leadership, Professional Development, Goal/Project Setting, and Diversity Equity and Inclusion. These presentations furthered our athlete reps' understanding of serving in governance and to build leadership qualities. In addition, all Eastern Zone LSC athlete representatives created a project that they will continue to work on after Zone Workshop. Projects include starting an athlete Instagram page and an athlete committee charity event. Additionally, the legislative review session was incredibly productive to solicit feedback and amend legislative proposals in advance of the fall House of Delegates meeting. Overall, our athletes had a very fun time and learned a lot about governance, helping them to become better athlete representatives in their LSC.

LSC Check-In Process

In coordination with the Zone Athlete Representatives Committee and the AEC, we reached out to all of the LSC athlete reps and conducted check-in meetings in order to find what areas we can assist them with. We were able to connect with eight out of twelve of our LSCs and followed up with additional athletes in Denver.

Eastern Zone Leadership Retreat hosted by Maine Swimming

Thank you to Maine Swimming who is hosting the Eastern Zone Athlete Leadership Retreat June 22-25 at Colby College. This retreat will have workshops regarding being an athlete representative, a swim meet, swim practice, and plenty of social activities for the athletes in attendance. Many LSCs have already committed to sending athletes and the Maine representatives are currently reaching out to other LSCs to gauge interest. We



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hope that LSCs can send up to 16 athletes and 2 coaches, who are all selected at the LSC level. Please reach out to Brady Hale at mesisrathrep@gmail.com for an example athlete application or any additional information.

Goals for 2023 & Beyond

1. Create a description of the roles and responsibilities for the Eastern Zone Athlete Director and Junior Representative to better help our successors
2. Post more regularly on Instagram. We have been doing Instagram takeovers on the story but are looking to create more permanent posts too.
3. Implement a future Eastern Zone Athlete Summit. Working in conjunction with the other Zone Athlete Reps, we hope to make a yearly Eastern Zone Athlete Summit.

Looking Ahead

We are confident we have a great group of athlete leaders among us. Their enthusiasm to better the sport of swimming and represent their LSCs was especially apparent in Denver, and we are excited to collaborate with them in the next few months. Next year we hope that an Eastern Zone LSC wins an award from the AEC and by completing their projects, they will be positioned well to do this. Overall, looking forward to another great year serving as your Eastern Zone Athlete Representatives.

RECORDS/TOP TEN: *NJ Swim Office, Stephanie Crofton*

Making progress – SWIMS 3.0 does not have the same capability it used to have to records. Will be updating 2022 then 2023 in the next month.

Stephanie Crofton
NJ Swim Records Coordinator
NJSwimRecords@gmail.com

NEW JERSEY SWIMMING