

# Colonies Zone E-News

April 21, 1999

## ZONE MEETING

There will be a Colonies Zone meeting at the SCY championships next week. We need to determine when is the best time to hold it. Options are: 1) Friday after the last event, 2) Saturday after the last event, and 3) Friday or Saturday during the meet. I haven't included Sunday in the equation because people will be going home that day and won't want to hang around for a meeting. We could have the meeting at the pool or invade somebody's hotel room. Since I live here, any option is OK with me (except when I'm swimming). Let me know so we can set up a time and location.

## MEETING AGENDA

- 1) Web Site Update
- 2) SCM Zones Bids
- 3) On-Deck Coaching Coordinator
- 4) Open Water Zone Championships
- 5) Zone Finances

## SCY ZONE CHAMPS

I heard that over 500 swimmers have entered the SCY Zones at Maryland next week. This promises to be an exciting and competitive meet. It's nice to know that those of us at the southern end of the zone can count on support for big meets.

## ZONE CHAMPIONSHIPS ON-DECK COACHING

by Chris Colburn

Many of the coaches who have attended a USMS Nationals may already be familiar with the concept of the On-Deck Coaching Program. At that meet, volunteer coaches make time for competitors who don't have a coach, or whose coach may not be at the meet, to help out with typical pre-meet activities. This may include taking a look at starts or strokes, keeping intervals for a pace set, or running a sprint or two.

After Nationals, I brought it up to the USMS Coaches Committee that we ought to extend this program to the local or regional levels, and they suggested that we pilot this plan at Zones this year. This means that we can use the help of any coaches who might have some extra time to spare during the warm-up periods at the meet.

If you're interested in helping out some other swimmers in addition to your own, you can contact Chris Colburn (olddawgs@usms.org) for more details, or meet up with him at the meet during the warm-up periods. Chris and the DST Old Dawgs coaching staff will be organizing interested coaches, and helping to match them with swimmers that may need our assistance. At the meet, we'll make an announcement during warm-up that folks can find us at a designated area at the pool if they'd like our help.

Zone Rep's Note: We have arranged for the coaches to wear the bright green USMS On-Deck Coaching t-shirts. We only have eight shirts, so contact Chris soon if you're interested. At the zone meeting, we will be discussing the program and looking for a new coordinator. If you are interested in running this program, let me know.

## SCM ZONE CHAMPS

We are still looking for bids for the SCM Zone Championships next fall and for fall 2000. If you are considering running a SCM championship, this is a good time to bid.

## OPEN WATER ZONE CHAMPS

This project did not get defined this year in time to have OW Zone Championships next summer. At the zone meeting, I will have a proposal for running OW Champs which we can discuss. I would like to get this project in shape so we can take bids for 2000 and 2001 at convention in September.

## ZONE WEB SITE

Harry DeLong of Virginia Masters has been working on the zone web site. It is currently located on the Virginia Masters web site at <http://www.vaswim.org>. Please take a look and come to the zone meeting armed with suggestions for enhancing the site. Harry could use some assistance in building the site. It would be desirable to have contributors from each LMSC.

## ZONE FINANCES

At the zone meeting we will also be discussing zone finances. If we are to undertake additional projects, we will need funds. For example, I used money in the zone fund to purchase the t-shirts for the on-deck coaches. It was nice to have some extra to use for a worthwhile project. Given our current funding methods, we won't always be able to do this.

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