

# East Zone Education Report

September 9th, 2022

Submitted by Kayla Parvana

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## **2022 All-Star Camp and Coaches College**

- Oceanside, California November 11th - 13th
  - Clinicians
    - Ludi Stsepaniuk
    - Ou Liu
    - Hiea Yoon Kang
    - Sara Lilly
    - Lori Eaton
    - Additional coaches to be added soon
  - Focus on new figures, elements and rules, as well as sports psychology.
  - Only athletes who have been chosen from the Rising Stars Camps will be eligible to attend. Any and all coaches are invited.
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## **Clinics**

- Aiming to host a two-day Silver Clinic in 2022. One day for Intermediates and new 12-U AG swimmers and the other day for seasoned 12-U AG and 13-15 AG.
  - The focus will be the basics, levels, and new figures.
  - Would like to host an athlete clinic, for athletes age 13+ who participate in the Junior or Senior division, and officials update at the Lake Placid Olympic Training Center in January as trainers become available.
  - The clinic will focus on new elements, addressing difficulty, and modifying choreography. (Additional or alternative topics to be offered as suggested).
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## **Grade Levels**

### **Grade Level Results**

- A list of levels passed by East Zone swimmers is posted in the [Grade Levels](#) section of the East Zone website. It was last updated on May 23rd, 2022.

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- Please send grade level assessment results and roster updates to [kayla.parvana@gmail.com](mailto:kayla.parvana@gmail.com)

## Assessor Training

- If you would like to become an assessor, read through the manual and take the online training course. All information can be found on the USA Artistic Swimming website: [Long Term Athlete Development and Grades](#).
  - If you have any questions, please direct them to Shari Darst (USAAS Education Director). [shari@usaartisticswim.org](mailto:shari@usaartisticswim.org)
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## **Coaching Certification Program (CCP)**

### Requirements

- **CCP 1** - Required for all coaches to be on deck at any meet.
- **CCP 2** - Required for all coaches to be on deck at any Regional, Zone or National Championship (including the U.S. Collegiate Championship and the U.S. Masters Championship), unless the coach was certified at CCP Level 1
- **CCP 3** – Required for all coaches to be on deck at any Zone or National Meet
- SafeSport, CPR, First Aid and Background Checks - Required for all coaches to be on deck at any time.
- \*East Zone clarification: If you are coaching Intermediates only at the East Zone Invitational and/or East Zone Intermediate Championship, you are only required to have CCP 2
- \*Additional clarification: If this is a coach's first year of coaching, they are exempt from completing any level of CCP. The following year they will need to complete all required levels of CCP for a meet they intend to be on deck.

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## CCP Expiration

- Each certification is good for 4 years. To maintain your CCP Level, you must do one of the following:
    - Complete the level you are at currently at.
    - Complete the next level up (note: Level 3 is the highest level).
    - Attend Coaches College
  - If your expiration date for your CCP is 2022, you must do one of the above before the end of the year.
  - For more information, visit [Coaching Certification Program](#)
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## **SafeSport**

- Please refer to the USAAS website for details on who is required to complete SafeSport and the timeline requirements for the full course and refresher course: [Safe Sport - USA Artistic Swimming](#)
  - Please complete the SafeSport course well in advance of any meets you will be attending. This will give the National Office time to check that all people attending Zone and National meets are certified.
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## **Background Checks**

- USA Artistic Swimming Professional, Officials Level 1 & 2, Instructor Members and Life Members - according to USA Synchro's revised application of the United States Olympic Committees athlete safety policy, Background Checks are now a requirement to be a member of USA Synchro in the category you are currently registered.
- Please refer to the USA Artistic Swimming website for more details: [Background Checks](#)