



East Zone Chair Report to Board of Governors  
September 2023 King of Prussia, PA  
Submitted by Jennifer Hatt

To the USA Synchro Board of Governors and Board of Directors:

Welcome to King of Prussia, my front yard!

Thank you to USA Synchro CEO Adam Andrasko, President Denise Shively, Zone chairs Julie Jasontek (North), Carole Mitchell (South), Patricia Jones (West), for making the time for monthly conference calls to discuss upcoming items and concerns from the Zones and USA Synchro. I would like to thank my board for their time and commitment to the East Zone!

**EAST ZONE BOARD:**

Zone Chair: Jen Hatt

Vice Chair: Anna Montgomery

Officials Chair: Eugenia Gillan

Educational Chair: Kayla Parvana

Technical Chair: Krista Bessinger

Treasurer - Katie Rice

Scoring Chair: Gil Sharon

Secretary: Michal Fandel

The East Zone hosted several judges and official updates to get everyone up to speed on the new rules. We hosted 2 training camps for athletes and coaches at Lake Placid OTC with the Sue & Barb Nesbit and in Binghamton, NY with Wheaton College.

With all the new rules and changes, we definitely faced challenges hosting meets. I would like to thank all our meet hosts this season as well as scoring. We really put the "We move as one" to the test - all coaches, officials and volunteers really worked hard to make meets run seamlessly and benefit our athletes.

We host 4 zone meets through the season:

13-15 Junior/Senior Champs - New Canaan, CT

2 Zone March Invitationals - Hamden, CT and Andover, MA

June Intermediate and Age Group Championships - Tonawanda, NY

During our 13-15 Jr/Sr Champs, we celebrated the great people of our zone with the following Zone Awards:

The 2023 East Zone Award recipients are:

Athlete of the Year - Emily Kogut, Hamden Heronettes

Coach of the Year - Cindy Ehlers, Swimkins Synchronized Swimming

Contributor of the Year - Gil Sharon, ANA Synchro

Kim Miller Scholarship recipient - Carly Ermer, Swimkins Synchronized Swimming



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During our Zone meets, we continue to award our All Star swimmers:

### Junior All Star Team

Viola Li (NCY), Isabelle Shen (NCY), Alexa Vaillancourt (CBS), Maya Gentile (TTA), Lia Sharon (AYS),  
Jaime Starck (BSK), Sabrina He (AYS), Isabella Sarracino (NCY), Sophia Shen (NCY), Caitlin McNamara (BSK),  
Carly Ermer (BSK), Penelope Gregory (CBS), Angelie Roger (BSK), Madelyn Choi (MST),  
Shyah McKinnon (CBS), Alice Rogovitz (CBS)



### Youth All Star Team

Sophia Shen (NCY), Cora Huang (NCY), Carina Carpi (NCY), Gwen Thomas (NCY), Sofia Strong (AYS),  
Grace Kim (NCY), Emily Kalna (YSS), Kaavya Kapadia (AYS)



### 12 and Under All Star Team

Alexandria Lanning (NCY), Peiwen Chu (OPT), Sara Jina (AYS), Hayley Fan (AYS), Brynn Short (TTA),  
Eleanor Murphy (BSK), Julia Li (MST), Julie Li (BSK)

