

## What is USA swimming?

\*\*Note: Most of this information was copied directly from the MASWIM.org or USASWIMMING.org websites. The information is provided here as an FYI.

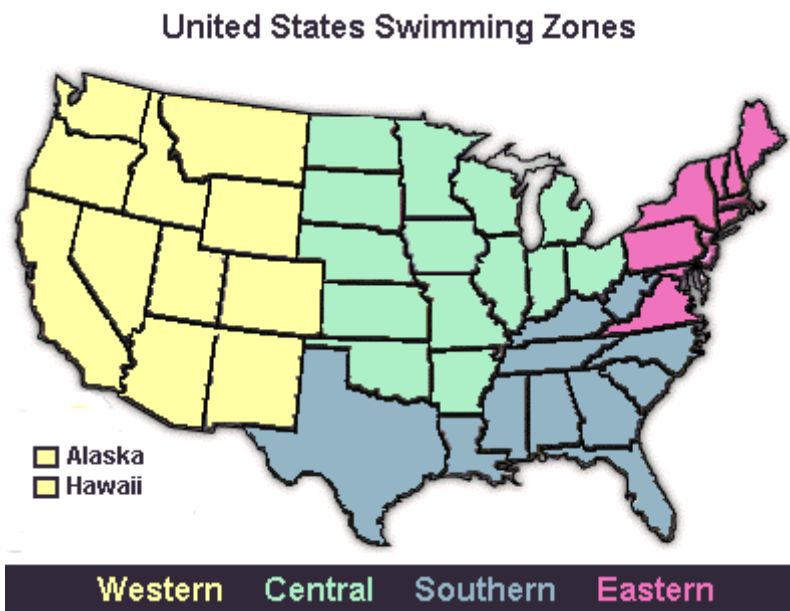
USA Swimming (USA-S) was established by Congress as the National Governing Body for competitive swimming in the United States. USA-S is a federation member of the international governing body of swimming, the *Federation Internationale de Natation Amateur* (FINA).

USA Swimming website: [www.usaswimming.org](http://www.usaswimming.org)

The LSC: **Middle Atlantic Swimming** is an administrative arm of USA Swimming -- called a Local Swimming Committee (LSC) -- which supervises competitive swimming within established geographic boundaries. There are 59 LSCs in the United States.

Boundaries: The Middle Atlantic LSC includes New Jersey, south of Mercer and Monmouth Counties; Delaware; and Pennsylvania east of and including Potter, Clinton, Centre, Huntingdon, and Bedford Counties.

Eastern Zone: Middle Atlantic Swimming is part of the Eastern Zone of the US, which includes 11 other LSCs: Allegheny Mt. (Eastern PA); Niagara, Adirondack, and Metropolitan (NY); Maryland; Virginia; Potomac Valley; New Jersey; Connecticut; New England; and Maine. All four Zones (Eastern, Southern, Central, and Western) conduct All Star competitions and Sectional Meets for teams within their Zone.



Core Values: Middle Atlantic Swimming endorses five core values:

1. We believe in a positive environment.
2. We value integrity and fairness.
3. We believe in excellence.
4. We value leadership.

We value innovation and creativity.

Our Mission: Middle Atlantic Swimming advocates the growth and development of a diverse swimming community through education, innovation and a commitment to excellence.

Governance: The LSC is governed by the House of Delegates, which includes representatives from each Club; the Board of Directors; appointed Committee Chairs; and At-Large members. Board Meetings are held at the LSC office in Wilmington, DE. House meetings are held usually at the Upper Main Line YMCA in Berwyn, PA -- and are open to all members of USS.

Middle Atlantic USA Swimming website: [www.maswim.org](http://www.maswim.org)