



# March CZ Athlete Summit Update

Thursday, March 6th, 2025

Zach Toothman, CZ Athlete Director  
Hadley Wartner, CZ Junior Athlete Rep



# The 2025 Athlete Summit is heading to....



**CLEVELAND!!!**



# Meet Your Athlete Leaders!



**Zach Toothman**  
CZ Senior Athlete Director



**Hadley Wartner**  
CZ Junior Athlete Rep



**Annie Kramer**  
Past CZ Athlete Director  
& AEC Member



**Casey Bretz**  
Social Media Coordinator  
& AEC Member



# Meet Your Non-Athlete Leaders!



**Pam Lowenthal**  
Director of Content &  
Curriculum Programming



**Bob Staab**  
CZ Coach Director



**Jack Swanson**  
CZ Non-Coach Director



# Basic Logistical Information

- June 19th-22nd
- Cleveland, OH @ Cleveland State University
- This Summit will be action focused! Each day will be centered around a different theme that will be hands on and tangible for everyone in attendance!



# Arrival/Departure Information

- All attendees should fly into Cleveland Hopkins International Airport by 12pm ET on June 19th. Check-In will begin at the Cleveland State University at 12:30pm ET and last until 2:30pm ET.
- The Athlete Summit will conclude promptly at 12:30 ET on Sunday June 22nd.
- All athletes and chaperones are responsible for transportation to and from the airport. It is recommended that chaperones and athletes travel together.
- If the Athletes live within driving distance that is an option as well.



# Mission and Goal of 2025 Athlete Summit

**2025 Mission:** To engage Central Zone athletes with collaborative conversation and networking across LSCs in order to develop action plans that lead to effective communication, successful implementation, and continuity for LSC athletes committees and their projects.

- This year's athlete summit will have an emphasis on being hands on and collaborative as an "action workshop". Athletes will have the opportunity to work collectively across LSCs to understand how to design and implement events and ideas that will better their LSCs athletes for the future.
- Connection, Communication, Implementation, and Continuity are the three focus buckets this year



# Central Zone: One Goal, One Zone!

- While we all may be from different LSCs we all represent the same zone, the Central Zone.
- This whole weekend we will be representing the entire zone as one team designing projects, networking, and collaborating for future success of the zones and their athletes.
- Have a growth mindset to get to know everyone across the zone and make connections.





# Summit Highlights *(ACTION SUMMIT!)*



- Connection
  - DEI & Safe Sport 2.0 Session
  - Keynote Speaker
- Communication
  - Social Media/Email
  - Leadership Styles
  - Non-Athlete/Athlete Communications
  - Legislation
  - Project/Presentation Building
- Involvement
  - Servant Leadership
  - Community Service
  - Project Planning/Implementation
- Continuity
  - Survival Guide
  - Take Home Tangibility



# Who Should Attend?

- Each LSC may send up to 4 athletes and 1 chaperone. If you would like to send a larger contingency please reach out to Zach and Hadley first! We most likely will say yes but in efforts to be aware of our numbers.
- Replacement athletes are allowed if BOD athlete reps cannot attend!
- We are gearing the non-athlete track around LSC board members who are the athlete liaisons of their LSC or work closely with the athlete representatives.
- LSCs will be responsible for covering transportation to/from the event, meals, & rooming for their contingency.



# Registration Updates

- The registration form will open on March 30th and is due April 27th at 11:59pm CT.
- This year the registration deadline is FINAL! Due to Cleveland State need finalized numbers, we unfortunately cannot have any late registrations.
- We ask each attendee to fill out the form individually.
- We have made edits on the form based on last year's feedback. The event preference for our ISL meet is now included in the athlete portion of the registration. We ask all athletes in attendance to participate in the pool workouts unless medically excused or are a swimmer.



# May Pre-Athlete Summit Workshop Meetings

- This year the athletes will be asked to attend a pre-summit workshop meeting to begin brainstorming ideas and discussion topics for June when we are in Cleveland.
- We will split the LSCs in half based on athlete availability. These meetings will take place on **Sunday May 4th** and **Sunday May 25th** at **8 ET/7 CT**.
- There will be an option for the athletes to select which option works best for them in the registration form.
- Our pre-summit logistic meeting will still take place on **Sunday June 15th** at **8 ET/7 CT!**



**Any initial questions or  
concerns?**



# Rooming Information

- All attendees will be in a quad style room with individual rooms. Athletes are required to stay in the dorms. Non-athletes will be allowed to stay off campus at a hotel at their LSC cost (hotel recommendations later in slides).
- Linens: Sheet set [flat, fitted, 1 pillowcase], Towel set [bath, hand, washcloth], 1 MicroFleece blanket
  - If this is not enough for you please plan to pack accordingly.
- Depending on numbers, some athletes may be in a triple style room but will not know until registration closes in late April.



# Rooming Diagrams



# Parking & Meal Information

- Parking will be available throughout the weekend for those who have a rental car.
- Hadley and I will send out a link where you can purchase your parking pass a few weeks prior to the event. This pass will allow overnight and in-and-out privileges.
- All meals will be catered buffet style through CSU to Euclid Commons. There are a variety of cuisines that the CZ Leadership team has selected with the dining team at Clev. State. Please indicate if you have any allergies in registration.
- There will be NO on your own meals this year!





# Hotel Accomodation Options for Non-Athletes

- Comfort Inn (.4 miles-8 min walk)
  - 1800 Euclid Ave, Cleveland, OH 44115
- Hilton Garden Inn Cleveland Downtown (.7 miles-16 min walk)
  - 1100 Carnegie Ave, Cleveland, OH 44115
- Crowne Plaza (.6 miles-12 min walk)
  - 1260 Euclid Ave, Cleveland, OH 44115
- Hotel Indigo- IHG Hotel (.9 miles-16 min walk)
  - 651 Huron Rd E, Cleveland, OH 44115
- Hampton Inn Cleveland-Downtown (1.0 mile- 20 min walk)
  - 1460 E 9th St, Cleveland, OH 44114
- Cleveland Marriott Downtown (1.3 miles-24 min walk)
  - 1360 W Mall Dr, Cleveland, OH 44114

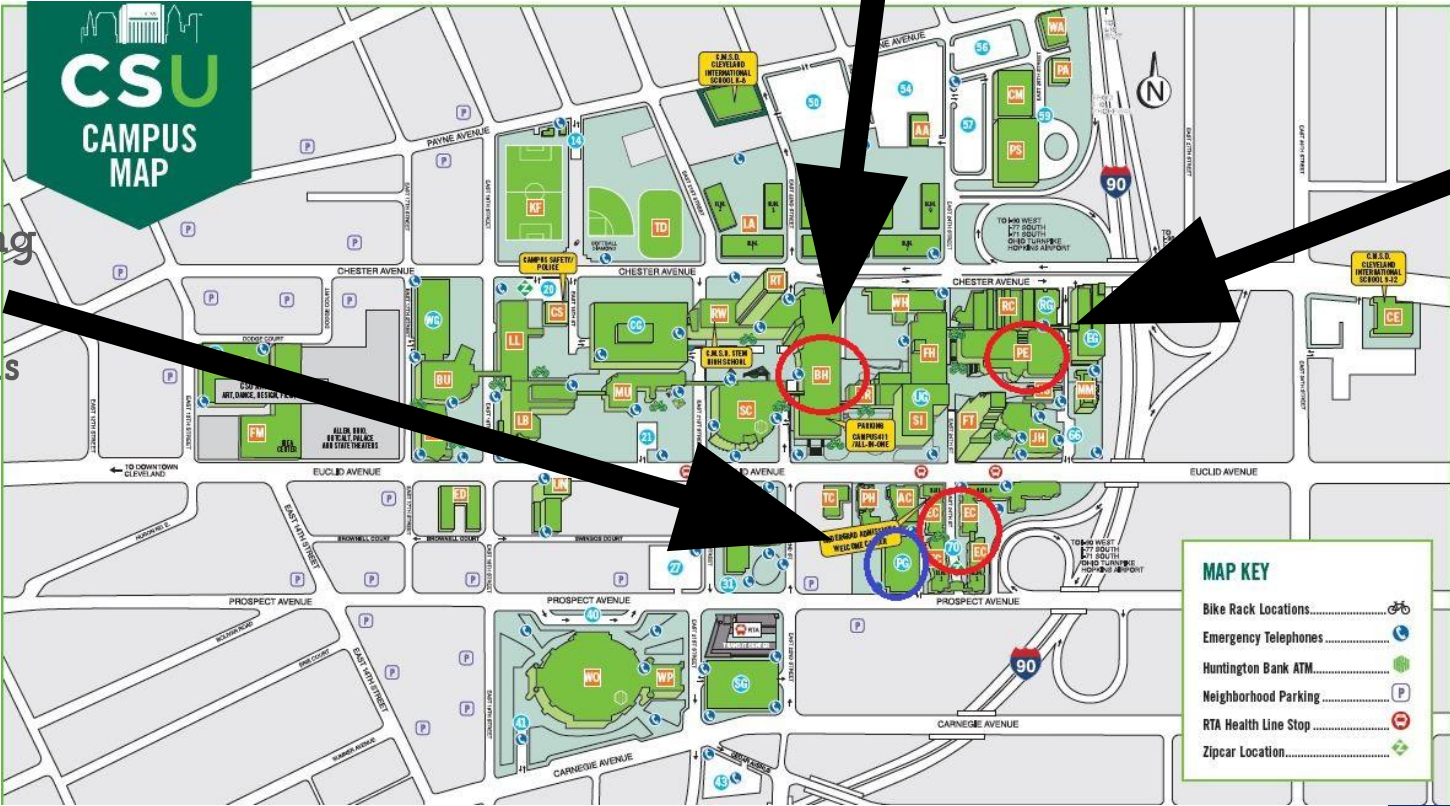


Classroom

# Location Information

Pool

Parking & Dorms



# Costs for LSC/Zone

- LSCs will be responsible for covering transportation to/from the event, meals, & rooming for their contingency.
- Each LSC may send up to 4 athletes and 1 chaperone
- All attendees will be in a quad style room with individual rooms.
- Central Zone will cover all other costs for rentals, swag, and everything else throughout the weekend!
- Central Zone will supply \$12,000 to cover these costs



# Estimated Cost Breakdown

Quad Style Room @ Clev. State Triple Style Room @ Clev. State	\$79 per <b>ATTENDEE</b> /3 nights \$65-79 per <b>ATTENDEE</b> / 3 nights
8 Meals for the event (All meals on campus at CSU residence hall)	\$195 per person
Flights	\$400-600 depending on LSC
Average <i>Estimated</i> Cost <b><u>per Athlete to LSC:</u></b>	~\$900

LSCs will be billed for costs after all registration information is collected this year!



**Any questions or comments on  
new information so far?**



# Athlete Track Tentative Itinerary



# DRAFT Athlete Track Itinerary

[https://docs.google.com/document/d/1LsXKcW9zwW712Z6CHeQW-qEf\\_yD7qTk83L9epPqQw0o/edit?usp=sharing](https://docs.google.com/document/d/1LsXKcW9zwW712Z6CHeQW-qEf_yD7qTk83L9epPqQw0o/edit?usp=sharing)



# Non-Athlete Track Tentative Itinerary





# DRAFT Non-Athlete Track Itinerary

<https://docs.google.com/document/d/1UiYEGinkBdEkZSvzCLaqRnfx1UA9SzqeRJ5jjPII3XM/edit?usp=sharing>



**Any questions or comments?**

