

**Liv Lyons**

**Candidate – Age Group Chair**

I grew up in Pacific Swimming, am a co-founder of a Zone 1 South team, and have volunteered as an All Star coach for several years. I attend nearly every age group meet in Zone 1 South and all of the Pacific Swimming age group championship meets. I am running for the Age Group Chair position because, after talking to coaches from various teams at these meets, there are great ideas out there on how to improve our age group program.

As Age Group Chair, there are few key items I would like to work towards such as striving to:

1. **Set time standards for Pacific Swimming Age Group “Championship Meets” in advance.** This was one of the biggest frustrations with age group coaches in the past year. Time standards need to be set for swimmers to goal set and work towards seasons in advance. Times should be set for coaches who need to be able to know the times and help their swimmers achieve the set times. Times also need to be set for teams in order to feel comfortable bidding on hosting a championship meet (not after the bidding process). Time standards should be set for 2+ year increments and only adjusted based on feedback from coaches and officials, if needed.
2. **Seek feedback from all coaches in Pacific Swimming on the championship meets and needs of the age group program.** As a coach, no one has ever asked me “does this meet fulfill the needs of your swimmers?” or “how can things be improved to better help the swimmers?” Coaches talk at every meet, especially championship meets, but the brainstorming and ideas do not get carried over into active changes. I want to open up a chain of feedback between all coaches and the age group committee to make wanted changes to operations.
3. **Seek feedback from meet officials and meet directors, especially Meet Referees, on how we can better run the age group championship meets.** Meet Referees write up a meet report after every meet, but they have a behind the scenes perspective on how the meet ran that is beneficial to making future age group championships meets run smoothly. Again, we need to have a chain of communication between the Age group committee and head officials. After each championship meet, any suggested changes can be pulled into the next meet sheet.

I seek your vote for Pacific Swimming **Age Group Chair** to help make needed changes for all our swimmers. Thank you.