

**Committee:** Athlete Committee

**Liaison to the Board:** Calla Richards (Senior Athlete Rep)

**Date of Last Meeting:** September 26, 2017

**Convention Report:**

I. Summary

A. During the 2017 USAS Convention, the athlete reps attended daily meetings that were primarily centered on educating and informing athlete reps about the proposed legislation and major governance changes, thus preparing us for the House of Delegates sessions. Other meetings included presentations from Safe Sport and USADA, an athlete leadership panel, and a highly informative panel about mental health with Allison Schmitt.

1. Athlete Leadership Panel

a) At the Athlete Leadership Panel, we listened to some athlete rep “success stories” from other LSCs and brainstormed ways that we could learn from these successes and apply them to Pacific Swimming. The goals and expectations that we brainstormed are listed below.

II. Expectations and Goals

A. Creating a unified LSC athlete culture — we feel that by fostering a sense of unity and common purpose among all teams in Pacific Swimming coaches in our LSC will be more willing and responsive to get their athletes involved in the governing system of our sport. Some things other LSCs have done to create the sense of a team in their whole LSC are:

1. LSC-wide practices — LSCs such as Arizona Swimming have held LSC-wide practices to create connections among athletes from different areas of the LSC, as well as to educate athletes about how they can get involved with the governance of their sport.
2. LSC IMX scholarship — San Diego Imperial has an LSC-organized IMX scholarship in which money is awarded to athletes with certain IMX scores.

B. Training and recruiting new athlete representatives — we feel that we need to continue to train and recruit new athlete representatives.

1. Shadowing/mentoring program — athletes interested in possibly becoming an athlete representative could be paired with a current athlete rep to observe their work and sit in on meetings. This would give athletes a better idea of what it is like to be an athlete representative.
  2. Athlete Training Guide via Google Drive — we plan to create a Google Drive for all Pacific Swimming athlete representatives with useful documents and information, such as a Robert's Rules guide or a calendar with important events for the year. The USA Swimming AEC and some other LSCs already have this resource and are willing to share their documents.
- C. Social media and communication — posting regularly on social media, and using Remind to remind athlete representatives of important events. We also hope to regularly publish a newsletter and update our website. Because the website is now in process, we also plan to continue our efforts to make t-shirts and bag tags for athlete reps, to promote the governance of PAC on-deck at meets.
- D. Elections — in the near future, we plan to hold elections for senior, junior, and zone athlete reps by members of the Athlete Committee. Eventually, we hope to hold elections for all athlete rep positions by athletes in the LSC (this is contingent on creating a unified LSC culture).

Respectfully submitted,

Calla Richards and Brandon Shi