

Pacific Swimming Athlete Committee

Meeting Minutes

Sunday, September 24, 2023 @ 6:30 PM

<https://zoom.us/j/92193801623?pwd=ZTg5bm94dmZrY0pqK1hBTGx6ckh6dz09>

Our mission is to share knowledge, develop leaders, and promote inclusivity to unify the athlete community.

1. Call to Order: 6:32 PM
2. Attendance (no need to write your own name):
 - a. Abbey Keller, Aden Li, Alana Silva, Alex Grant, Alisa Huang, Amit Kannan, Amy Chen, Andrew Koika, Antonio Bazan, Aria Pon, Ashley Dangol, Atlas Metin, Bella Pflieger, Brooke Bennett, Cadence Wong, Charlie Mueller, Dominick Wonosaputra, Donna Talmaddge, Ellie Burkhardt, Evan Byun, Heidi Chen, Jack True, Jessie Hu, Joseph Harris, Joyce Lee, Kaila Ream, Kelsey Dodge, Kyle Kengla, Lexi Gardner, Lily Yung, Malia Offenberg, Marissa Carvajal, Mason Wendler, Max Farnham, Millie Grieve, Paige Griffis, Patricia Lai, Samantha Ng, Saveta Holunga, Sophie Boeun, Sophie Ley, Tyler Dacanay, Steph Anderson, Lily Struempf, Erik Scalise, Verónica Hernández, Diana Fetterman, Cindy Rowland
 - b. Please put your first and last name as your username on Zoom.
 - c. Communication: Please be sure to email vhernandez@pacswim.org directly if you are not able to attend Athlete Committee meetings.
3. Resources for the month: [Suicide Prevention Awareness Month](#)
4. Icebreaker:
 - a. Check-in: breakout rooms with Zone reps - 10 minutes
 - i. Is this anyone's first meeting?
 - ii. Who's coming to Summit? [Fill out the registration](#)
 - iii. HOD and why should attend
 - iv. Invite your coach to join
5. Reports:
 - a. Senior Rep (srathleterep@pacswim.org):
 - i. No report
 - b. Junior Rep (jrathleterep@pacswim.org):
 - i. No report
 - c. Zone Reps:
 - i. Zone 1N (ZS & PG - z1nAthleteRep@pacswim.org):
 1. No report
 - ii. Zone 1S (JL - z1sAthleteRep@pacswim.org):
 1. No report
 - iii. Zone 2 (SH - z2AthleteRep@pacswim.org):
 1. Budget has been approved for the 2022-23 season.
 2. No other report
 - iv. Zone 3 (JH - z3AthleteRep@pacswim.org):
 1. Working on Revising Bylaws for Athlete section in officers

- v. Zone 4 (BP - z4AthleteRep@pacswim.org):
 - 1. No report
- d. Committee Reps:
 - i. DDEI: 1 meeting in August, short meeting nothing to report
 - ii. Age Group: no athletes on it last meeting, new chair, new motion, need new reps on it
 - iii. Safe sport: Safe Sport meeting coming up Oct 8,
 - iv. Officials: working on a code of conduct, almost done with this it should be approved in the next few months
- e. Team Reps:
 - i. Reno: yesterday had a Swim for Funds: swimmers swim as many laps as they can in an hour, this raised money for new meets and for new dryland equipment, BBQ after, played kickball, bonded together, raised over \$10,000, a couple of weeks ago they had a clinic with the younger swimmers
 - ii. CROW hosted a C/B/BB meet last weekend
 - iii. MAC hosted a one-day CBA meet
 - iv. SUNN about to host a clinic, one of the head coaches had a child today, head coach now the Z1N board chair
- f. Vice Chair (VH)(ES):
 - i. Board Workshop helped many board members make progress for the new year and Athlete Reps were heavily included in the conversations.
 - ii. Outstanding Club Rep voting is closed. Winner will be announced at the Awards Banquet in Oct
 - iii. USAS HOD just happened yesterday. Elected 2 members to the board, approved the creation of national standard for becoming an official, trying to make it easier for parents becoming officials and limit amount of changes on officiating between different LSCs
 - iv. Today Western Zone HOD at which meet hosts for AG, SR and Open Water Champs were selected and new meet coordinator was elected
- g. General Chair (LI):
 - i. No report
- h. Mental Health (JH):
 - i. First meeting of the season next Sunday
- i. Social Media (JL & SB - repsocial@pacswim.org):
 - i. Opening up team highlights again
 - ii. <https://forms.gle/AstmhCd6xxSHhSbs6>
 - iii. Sign up if your team would like to be featured
- j. Rep Recruitment (SA):
 - i. Make sure representative has submitted [application](#)
- k. Team Interaction (JH): .
 - i. [opt out form](#)
 - ii. No meeting yet, rearrange the penpals this time
 - iii. Form to join: <https://forms.gle/6mzDsFdSJ8xEQpUbA>
 - iv. Zone reps ever able to plan activities??? -> need budget approval
- l. Suit Exchange (LY):
 - i. Far Westerns donated collected suits
 - ii. Needs to be a better way so people are actually able to get the suits

- iii. Working on outreach athlete program so swimmers can get the suits they need confidentiality while also following DDEI limits
 - m. Summit Planning
 - i. Finalized mission statement: *Empower athletes through leadership experience to inspire positive change within Pacific Swimming.*
 - ii. [Registration Form](#)
 - 1. Deadline for in-person registration: October 7th
 - 2. Deadline for online registration: October 11th
 - a. Coach form sent out later
 - iii. Who can attend
 - 1. Hopefully you can bring a younger athlete with you or someone in the same group who will work with you as a rep or will become interested in being one
 - 2. Make sure they are interested: do not have someone who will sit in the back on their phone
 - 3. 1 athlete per site/location of a swim club, seniors can possibly bring a younger athlete if they are interested in taking over for them
 - iv. <https://audience.ahaslides.com/bdzg6j7vp9>
 - 1. Burnout
 - 2. Plateaus
 - 3. Injury
 - 4. stress/anxiety/wanting to perform
 - v. Summit Registering for Coaches: Planning on putting together a registration form for coaches so they have their information, sent out hopefully within the next few days: will be sent to the reps and coaches
- 6. New Business
 - a. Athlete Rep Committee [Assignments](#)
 - i. Please join them
 - ii. Let Verónica know if you want to join them
- 7. September Team Culture Action Item: Plan a small activity for your team to either kick off the new season or meet all the new swimmers on your team.
- 8. Next Meeting: Leadership Summit October 14-15, 2023
Sunday, October 29, 2023 - 6:30 PM
[2023 Athlete Handbook](#)
- 9. Adjourn: 7:35 PM