

## Pacific Swimming Athlete Committee

Meeting Minutes  
February 27th, 2022  
6:00 p.m.

### Zoom Link: Join Zoom Meeting

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

Meeting ID: 921 9380 1623

Password: 797227

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

1. Call to Order: 6:01 PM
2. Attendance (no need to write your own name): Aidan Pflieger, Anika Nagpal, Millie Nygren, Addison Zucek, Aden Li, Ainsley Jane Tambling, Alana Silva, Alexis Humphrey, Alisa Zhou, Anna Ryan, Andrew Trieu, Bella Pflieger, Camille Guillerm, Cherise Wong, Calista Lynch, Daniel Roberts, David Cottam, Delainey Brandt, Derrick Luu, Diana Fetterman, Dominick W, Emma Little, Ernest Leong, Ethan Wang, Gabrielle Lai, Jamie Jovel Flores, Janak Bhuta, Jessica Kraemer, Jivana Nagpal, Joseph Harris, Jocelyn Chang, Juliana Goulart, Katarina Klatt, Kate Lee, Lily Streumpf, Marlee Repp, Mason Wendler, Natalie Fearn, Olivia Khan, Prudence Rosko, Sadie Breen, Samantha Li, Sofia DeLange, Sophie Boeun, Steph Anderson, Todd Gosselin, Ty Anders Fong, Zach Silverman, Zachary Caufield, Verónica Hernández
  - a. Communication: Please be sure to email [vhernandez@pacswim.org](mailto:vhernandez@pacswim.org) directly if you are not able to attend Athlete Committee meetings.
3. Resources for the month:
  - a. [PacSwim Athlete Committee P&P](#)
  - b. [Dealing with Stress](#)
4. Icebreaker and January Team Culture Action Item:
  - a. As high school and long course seasons approach, try to set up a meeting with your team to discuss practice and meet environment goals and ways to achieve them.
    - i. <https://ahaslides.com/NHZ9T>
5. Reports:
  - a. Senior Rep ([srathleterep@pacswim.org](mailto:srathleterep@pacswim.org)):
  - b. Junior Rep ([jrathleterep@pacswim.org](mailto:jrathleterep@pacswim.org)):
  - c. Zone Reps:
    - i. Zone 1N (AJ - [z1nAthleteRep@pacswim.org](mailto:z1nAthleteRep@pacswim.org)):
    - ii. Zone 1S (SB - [z1sAthleteRep@pacswim.org](mailto:z1sAthleteRep@pacswim.org)):
    - iii. Zone 2 (LS - [z2AthleteRep@pacswim.org](mailto:z2AthleteRep@pacswim.org)):
    - iv. Zone 3 (GC - [z3AthleteRep@pacswim.org](mailto:z3AthleteRep@pacswim.org)): working on getting a new rep
    - v. Zone 4 (SD - [z4AthleteRep@pacswim.org](mailto:z4AthleteRep@pacswim.org)):
  - d. Committee Reps:
    - i. Scheduling Committee: transitioning to meet awards committee, got the first round of bids
    - ii. DDEI Committee: continuing discussion about the participation of transgender athletes, Richmond Sailfish were awarded a DDEI award and \$500, working on making the meet registration process more accessible

- iii. Investment Committee: update from Wells Fargo person about paying back loans
    - iv. Age Group Committee: discussion about the Zone Challenge meet name (it used to be Zone All Stars), local camp instead of OTC camp
  - e. Team Reps:
    - i. Quicksilver - renewing safe sport recognition status, and athletes are leading the initiative
    - ii. Piranhas Swimming - engaging more with the younger groups to make sure positive team culture is passed down
    - iii. Aquabears - travel meet in San Diego, no COVID cases, prepping for high school season
    - iv. Ladera Oaks - first senior meet since the Pandemic
    - v. PASA - hosted last chance for JO's meet, senior groups prepping for sectionals
  - f. WZ/ National DEI (VH): transgender athlete conversation is being carried on to the Western Zone level, Dr. Blackwell gave a presentation on the science behind being a trans athlete
  - g. AEC/ National Leadership (RM):
  - h. Vice Chair (VH)(ES): Zone Challenge meet was today, budget is coming up, so committees are working on that, BOD meeting is coming up to get rules and regulations ready to present to the HOD, distance camp will hopefully be hosted in San Mateo
  - i. General Chair (DC): great Zone Challenge meet where athletes were grouped into "villages", reached out to coaches to get more athlete reps
6. Subcommittee Reports
- a. Mental Health (CL - [calista@haight65.com](mailto:calista@haight65.com) & SW): meeting last month, Instagram post about building confidence as an athlete, good collaboration from committee to create post
  - b. Social Media (JL & MG - [repsocial@pacswim.org](mailto:repsocial@pacswim.org)):
  - c. DDEI Social Media (SB - [sbone0363@gmail.com](mailto:sbone0363@gmail.com)): easing back into a regular posting schedule, 2 posts for Black History Month, reach out to Sophie if you are interested in joining!
  - d. Rep Recruitment (SA): followed up about emails sent in December, developed a plan on how to reach out to people that didn't respond to that, and how to make sure graduating seniors are finding new reps. Also brainstormed ways to incentivize getting a rep for teams that don't have one. (If you are a senior and need help finding a rep, please reach out!)
  - e. Athlete Rep Buddy System:
  - f. Meet Promotion/Sponsorship:
  - g. Team Interaction: Meet up at FW April 9, maybe can set up rotations at an athlete rep tent. Meet up at Sectionals this weekend
7. Unfinished Business:
- a. Distance Camp to replace OTC: College of San Mateo
  - b. Committee sweatshirts: agreed on a design, an athlete is working on drawing up the design, and it will be brought to the athlete committee before being finalized. Athletes have to attend 3 meetings in 5 months to get a sweatshirt
8. New Business:
- a. Reinitiation of Summit Planning Subcommittee
    - i. USA Swimming may not be funding the summit this year, so we will have to submit a budget to BOD as soon as possible.

- ii. Committee develops summitt schedule, mission statement, works out logistical details
  - iii. Members: Sr/Jr Reps, Zone Reps or their appointee
- b. Awards at Meet
  - i. Current (for FW and JOs): 1st-3rd (medals); 4th-8th (ribbons); 1st-3rd relays (ribbons)
  - ii. Summer JOs will have medals for 1st-8th individual and 1st-3rd relays
  - iii. Budget increased enough for medals 1st-9th and ribbons 1st-3rd relays at summer FW
  - iv. Athlete Opinion on Awards:
    - 1. Nice to keep awards for athletes to have to look back on
    - 2. Good to have medals for the top 3 at least because medals have more importance to many athletes, compared to ribbons - Maybe medals for 1-8?
- c. Athlete Budget for Next Year
  - i. No need to budget for camp (will be taken care of by camps committee)
  - ii. In-person escape room
  - iii. In-person athlete committee meeting
  - iv. Rise Against Hunger service project
  - v. Group trip to a food bank
    - 1. Maybe smaller Zone projects
  - vi. Make care packages, or card writing
  - vii. Merch - Athlete committee caps, hats, stickers, beanies, water bottles
- 9. February Team Culture Action Item:
  - a. If you are competing for your high school this year, work with the other club swimmers on your team to implement healthy culture strategies from your club team to your high school team. (This may include anything from team activities to a team cheer, or anything else that involves the inclusion of non-club athletes.)
- 10. Next Meeting: March 27th @6:00 pm PDT
- 11. Adjourn: 6:56 PM