

## Pacific Swimming Athlete Committee

Meeting Minutes  
October 30th, 2022  
6:00 p.m.

### Zoom Link: Join Zoom Meeting

<https://zoom.us/j/92193801623?pwd=ZTg5bm94dmZrY0pgK1hBTGx6ckh6dz09>

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
2. Attendance (no need to write your own name): Alan Silver, Alex Grant, Allison Liu, Alyson McKeon, Anika Nagpal, Calista Lynch, Calvin Ciciarelli, Camille Guillerm, Cherise Wong, Delainey Brandt, Dominick Wonosaputra, Ethan Wang, Evan Byun, Gabrielle Lai, Bella Pflieger, Jessica Kraemer, Joseph Harris, Joyce Lee, Justin Wang, Kate Corbett, Kate Lee, Lillian Chau, Lily Struempf, Lily Yung, Mason Wendler, Patricia Lai, Prudence Rosko, Sarah Darzacq, Saveta Holunga, Sophie Boeun, Sophie Struempf, Steph Anderson, Tyler Dacanay, Zackary Caufield, Zach Silverman, Diana Fetterman, David Cottam, 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. [USADA Global DRO](#)
    - i. **Check if your medications are allowed**
  - b. [Casual Conversation: Sharing the Athlete Voice](#), November 6, 1PM
    - i. **College athlete panel**
    - ii. **TODAY is deadline!**
    - iii. **Jivana Nagpal is on**
4. Icebreaker and September Team Culture Action Item:
  - a. Summit Feedback - [AhaSlides](#)
    - i. What was the most valuable session for you?
    - ii. Were there any parts of the summit that you did not like?
    - iii. What kinds of activities from the summit are you thinking about bringing to your team?
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 (SA - [z1nAthleteRep@pacswim.org](mailto:z1nAthleteRep@pacswim.org)):
      1. **Any Zone 1N athletes let rep know if they are not on group me**
      2. **Meeting Nov. 14**
    - ii. Zone 1S (SB - [z1sAthleteRep@pacswim.org](mailto:z1sAthleteRep@pacswim.org)):
      1. **none**
    - iii. Zone 2 ([z2AthleteRep@pacswim.org](mailto:z2AthleteRep@pacswim.org)):
      1. **Budget planning, Zone 2 championships**
    - iv. Zone 3 (JH, AZ - [z3AthleteRep@pacswim.org](mailto:z3AthleteRep@pacswim.org)):

- 1. none
- v. Zone 4 (BF - [z4AthleteRep@pacswim.org](mailto:z4AthleteRep@pacswim.org)):
  - 1. Nevada State championships veterans weekend
  - 2. Meeting next week
- vi. Committee Reps:
  - 1. Officials: nothing important
  - 2. Age Group: what to call JOs
    - a. PacSwim Age Group Champs
- d. Team Reps:
  - i. Sunnyvale: better motivation, meet this weekend, more swimmers reaching goals
  - ii. Albany Armada: annual trunk or treat, older swimmers walk littles around
  - iii. Piranhas: first meet, younger swimmers got pumpkins and decorated
  - iv. PASA: sr group put together games for littles (Halloween), athletes to Berlin in World Cup, Spooky Fall Classic, invite next weeknd
  - v. Sea Serpents: pumpkin plunge, corn maze
  - vi. LAMVAC: went to great america
  - vii. MBSC: halloween mini meet for younger swimmers
  - viii. BSW: halloween party, seniors put games together
  - ix. VJO: hosted OCTober meet, fun bonding event with all groups for Halloween
- e. WZ/ National DEI (VH):
  - i. Meet next week
  - ii. Working on next western zone DEI
  - iii. All star trips
- f. AEC/ National Leadership (RM):
- g. Vice Chair (VH)(ES):
  - i. Hire new staff for traveling coordination
    - 1. All star trips, camps, general admin
- h. General Chair (DC):
  - i. Athlete sweatshirts are so cool!!
  - ii. Want 2 reps from each zone
- i. Mental Health (CL - [calista@haight65.com](mailto:calista@haight65.com) & SW):
  - i. Survey to share with team  
[https://docs.google.com/forms/d/e/1FAIpQLSe3fhOqH3mYKd5HzBdF73mKlC8cK1rfp8CKqb3ZrtazsBGiWg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe3fhOqH3mYKd5HzBdF73mKlC8cK1rfp8CKqb3ZrtazsBGiWg/viewform?usp=sf_link)
  - ii. Imposter syndrome post
- j. Social Media (JL & SB - [repsocial@pacswim.org](mailto:repsocial@pacswim.org)/[sbone0363@gmail.com](mailto:sbone0363@gmail.com)):
  - i. Trying to get more consistent posting schedule
- k. Rep Recruitment (SA):
  - i. First meeting
  - ii. Emails to seniors and reps not attending
- 6. Unfinished Business:
  - [Committee Rosters](#)
  - a. Committee sweatshirts:
    - i. Handed out during summit on Sunday
    - ii. If someone did not get their sweatshirt, do we want to spend money to mail sweatshirt? = \$8

1. Total budget is \$8000, spent \$3000 on summit, will cost about \$240
    2. Email Diana if you'd like to get it at TERA meet, need address to Diana if not
    3. Approved motion to spend money
  - b. Team Interaction
    - i. Please join!
    - ii. Joseph Harris leading it
  - c. Meet Promotion and Sponsorship (SS):
    - i. A few want to join
    - ii. Working on holding first meeting
    - iii. Give out product like heat winner
  - d. Rep Mentoring:
7. November Team Culture Action Item:
  - a. Implement one of the ideas suggested during our icebreakers with your team!  
Please reach out if you need any advice or resources for this.
8. Next Meeting: November 27, 2022 @ 6 PM
9. Adjourn: 6:39