

## Pacific Swimming Athlete Committee

Meeting Minutes  
April 23rd, 2023  
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: 6:03
  - a. Notes taken during this meeting are written in **RED**
2. Attendance (no need to write your own name):
  - a. Anika Nagpal, Alex Grant, Abbey Keller, Alisa Huang, Aly Cutforth, Antonia Bazan, Aria Pon, Ashley Dangol, Atlas Metin, Bella Pflieger, Brooke Bennet, Chetan Raghavan, Cadence Wong, Calista Lynch, Calvin Ciciarelli, Camille Guillerm, Chloe Craig, Derrick Luu, Dominick W, Evan Byun, Gracie Goss, Heidi Chen, Iris Seligson, Jack True, Jessica M. K., Joseph Harris, Josie Oesterer, Joyce Lee, Justin Wang, Kalia Ream, Katarina Klatt, Lily Yung, Lily Struempf, Maddie Blackwell, Marissa Carvajal, Max Farnham, Oakley Briskman, Paige Griffis, Patricia Lai, Petros Lewis, Samantha Ng, Sam Lyon, Saveta Holunga, Sophia Pinkham, Steph Anderson, Sydney Thomson, Sophie Struempf, Sophie Boeun, Veronica Vetter, Zach Silverman, Zackary Caufield, Cindy Rowland, Diana Fetterman, Veronica Hernandez, David Cottam
  - b. Please put your first and last name as your username on Zoom.
  - c. 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. [Stress Tips from APA](#)
  - b. [Time Management Tips for Student Athletes](#)
  - c. [Study Smart](#)
4. Icebreaker and April Team Culture Action Item:
  - a. If you are competing for your high school this year, have a discussion with the other club swimmers on your team about how you can implement healthy culture strategies from your club team to your high school team.
    - i. Camille - increased cheering at meets
    - ii. OAPB - same high school and club coach, so same foundations
    - iii. Gracie Goss - same club team and high school team, planned community service but fell through
  - b. Icebreaker: (in breakout rooms of 4) tell the story behind your phone lock screen - please turn your cameras on!
5. Reports:

- a. Senior Rep ([srathleterep@pacswim.org](mailto:srathleterep@pacswim.org)):
  - i. Governance Committee nominations, BOD meeting, 23-24 budget approved (\$500 additional in athlete budget for travel support for Z4),
- b. Junior Rep ([jrathleterep@pacswim.org](mailto:jrathleterep@pacswim.org)):
  - i. Scholarship judging going on right now, should be done in May and announced at HOD
- c. Zone Reps:
  - i. Zone 1N (SA - [z1nAthleteRep@pacswim.org](mailto:z1nAthleteRep@pacswim.org)):
    - 1. No meeting
  - ii. Zone 1S (SB - [z1sAthleteRep@pacswim.org](mailto:z1sAthleteRep@pacswim.org)):
    - 1. No meeting
  - iii. Zone 2 (SH, NR - [z2AthleteRep@pacswim.org](mailto:z2AthleteRep@pacswim.org)):
    - 1. Meeting on Monday, finalized meet bidding for 2023-2024 season, Z2 championship for younger age group swimmers in July (short course)
  - iv. Zone 3 (JH, AZ - [z3AthleteRep@pacswim.org](mailto:z3AthleteRep@pacswim.org)):
    - 1. Reaching out to coaches for athlete and coach participation
  - v. Zone 4 (BP - [z4AthleteRep@pacswim.org](mailto:z4AthleteRep@pacswim.org)):
    - 1. No report
- d. Committee Reps:
  - i. Officials: backstroke rule about being fully submerged
  - ii. Safe Sport: pool had no barrier in girls restroom
  - iii. Appeal Board: reviewed 2 appeals
- e. Team Reps:
  - i. Northern Nevada Aquatics: starts turns, finishes
  - ii. Piranhas: issues with board and coaching, new board and finding new board
  - iii. Rossi: first long course meet of the season
- f. WZ/ National DEI (VH):
  - i. Western Zone working on camp for Olympic Trials next summer
    - 1. New info about group tickets from workshop
    - 2. Each LSC can send 2-4 athletes to western zone diversity camp and can have 1 session at olympic trials
    - 3. Should be nailed down at beginning of summer
- g. Vice Chair (VH)(ES):
  - i. Nominations still open for general chair
  - ii. Talk to coaches to see!
- h. General Chair (DC):
  - i. Thank you to athletes at business meeting
  - ii. Thank you to Cindy!!!
    - 1. USA swimming business meeting
      - a. Club put group together for housing packages and ticket sales and opportunity to compete
- i. Mental Health (CL & SW):
  - i. Manage busy schedule post coming soon
- j. Social Media (JL & SB - [repsocial@pacswim.org](mailto:repsocial@pacswim.org)):
  - i. Recap about workshops
  - ii. Looking for active members
    - 1. Will have mentors
  - iii. Add Steph Anderson
- k. Rep Recruitment (SA):

- i. Seniors please get a replacement
    - ii. New athlete reps talk to Steph!
      - 1. [steph.anderson179@gmail.com](mailto:steph.anderson179@gmail.com)
  - I. Team Interaction (JH):
    - i. Look for penpal email
      - 1. Talk about team culture action item
      - 2. Networking within the rep community
  - m. Suit Exchange (LY):
    - i. Donated (almost all!) suits during far westerns
    - ii. CCS meet in santa clara donation
    - iii. At least 20 suits on Z1 side
      - 1. 5 at far west
  - n. Meet Promotion and Sponsorship (SS):
    - i. No report
  - o. Awards Banquet (CG/MR)
    - i. Going to have next meeting friday
    - ii. Never presented awards to them
  - p. Summit Planning
    - i. Drafting mission statements
    - ii. Trying to make it more about teaching you guys about pacific, how it functions
    - iii. Want more people involved
    - iv. Google form later
      - 1. Do we want to hear from officials?
      - 2. Overnight stay?
        - a. People like it
      - 3. Scheduling and losing participation in LSC meets
6. Unfinished Business
- a. Jr Rep Applications
    - i. DUE NEXT SUNDAY!!
    - ii. [Google Form](#)
    - iii. Voting will occur May 1-20, and the winner will be announced at HOD on May 21.
7. New Business
- a. Seniors' future plans to report at HOD
    - i. Want to know what you guys are doing in the future!!
      - 1. Justin Wang - Purdue University, Integrated Business and Engineering
      - 2. Camille Guillerm - Oregon State 1 year, Boston University, Bio and ROTC
  - b. Athlete applications for WZ all-stars are open now
    - i. Particularly need 10&U's so please spread the word to your teams!
    - ii. PC News Detail: <https://www.pacswim.org/news/default/detail/slug/2023-western-zones-all-star-meet-athlete-applications-now-available>
    - iii. [2023 Athlete Western Zone Application \(Google Form\)](#)
  - c. Zone Workshops
    - 1. Congratulations to the Committee
      - a. Most outstanding award!
    - 2. Most logistics on instagram

3. Athlète Attendance Project
  - a. Want athletes to be participating more
  - b. Only ½ show up, fewer do things
  - c. Every 6 months must attend 3 times
    - i. If they do not, on suspension
    - ii. Reach out to coach
    - iii. If they do not attend 3 times AGAIN, kicked off committee
  - d. Talk to AEC and put into policies and procedures
    - i. Policy and procedures:  
<https://www.pacswim.org/userfiles/cms/documents/1620/section-xviii-7-21-21.pdf>
4. Discussion
  - a. Agree - have to tell people why you're not going to meetings
  - b. Agree - 50% attendance is not good
  - c. If you do have an excuse and you do not meet that quota
  - d. Are those people already put on suspension
    - i. Reps who are not showing up are already getting emails
  - e. We'd have to find replacements
  - f. Better to have active participation than numbers
  - g. Penpal system should help with participation
  - h. Should a parent email count as an excuse? And not count towards the 3 month miss?
5. New athlete reps
  - a. Need some sort of doc to introduce them
  - b. Very confusing for new reps
- d. Meeting Time - 6:30?
  - i. No opposition
  - ii. New meeting time is 6:30
8. May Team Culture Action Item:
  - a. Ask coaches if they would be willing to attend the Leadership Summit (Oct 14-15) in the fall for an athlete-coaches session. **BE READY TO REPORT ON THIS AT OUR NEXT MEETING!**
  - b. Please vote on the Jr Rep Ballot
9. Next Meeting: Sunday, **June 25 @ 6:30 PM**
  - a. **COME TO House of Delegates (HOD) PLEASE - May 21**
10. Adjourn: 7:29