Pacific Swimming Athlete Committee
Meeting Minutes
Sunday, October 29, 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: 6:33 PM

2. Attendance (no need to write your own name):
   a. Abbey Keller, Alex Grant, Allison Liu, Aly Cutforth, Amit Kannan, Antonio Bazan, Amy Chen, Bella Pflieger, Brooke Bennett, Charlie Mueller, Chetan Raghavan, Dominick Wonosaputra, Donna Talmadge, Evan Byun, Heidi Chen, Gracie Goss, Jack True, Joseph Harris, Joyce Lee, Justin Ely, Jessie Hu, Kalia Ream, Kate Corbett, Kelsey Dodge, Kyle Kengla, Lily Yung, Lexi Garner, Malia Offenberg, Marissa Carvajal, Oakley Briskman, Patricia Lai, Petros Lewis, Samantha Ng, Sydney Thompson, Zach Silverman, Steph Anderson, Lily Struempf, Diana Fetterman, Verónica Hernández
   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:
   a. 7 Simple Ways to Practice Gratitude in Your Everyday Life
   b. How to Rediscover Your Love for Sport
4. Icebreaker:
   a. Check-in: breakout rooms with Zone reps   - 10 minutes
      i. What does leadership look like on your team?

5. Reports:
   a. Senior Rep (srathleterep@pacswim.org):
      i. Summit
         1. Biggest takeaways?
            a. More time needed with the coaches
            b. Wanted more interaction with college students
            c. Learning about board meetings
            d. Connecting with senior swimmers and age group is very important for team environment
            e. Really enjoyed hunter
         2. Online session?
            a. College panel wasn't very good (not interactive)
               i. 15 mins at end to speak to individual athletes
         3. Why did you attend/not attend?
            a. Too far away
            b. Busy
            c. Work
            d. Family
            e. Psat

b. Junior Rep (jrathleterep@pacswim.org):
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):
    iv. Zone 3 (JH - z3AthleteRep@pacswim.org):
        1. Revising bylaws for athlete rep portion, election policy
    v. Zone 4 (BP - z4AthleteRep@pacswim.org):
        1. Meeting next week, Nevada State Champs
d. Committee Reps:
    i. DDEI - meeting last thursday
    ii. Fundraising committee: had a meeting the past weekend, went over financials
    iii. Safe sport had their meeting last week: need to be enforcing safe sport policies at meets
e. Team Reps:
    i. Athletes - did you talk to your coach?
        1. Talking to coaches at the summit helped show that problems are common across the board: every team struggles with a lot of the same issues
        2. MBSC - halloween meet for younger swimmers planned with coach
    ii. Ladera Oaks - team pasta and SUNN meet
    iii. CROW hosting last chance meet for 11-12s to get JOS

f. Vice Chair (VH)(ES):
    i. No major report
    ii. Camp 2 weeks ago in Zone 3
    iii. Another basket raffle at Age Group Champs in December
g. General Chair (LI):
h. Mental Health (JH):
    i. Meeting next week
    ii. Importance about sleep post
i. Social Media (JL & SB - repsocial@pacswim.org):
    i. No report
j. Rep Recruitment (SA):
    i. No report
k. Team Interaction (JH): .
    i. No report
l. Suit Exchange (LY):
    i. No report

6. New Business
    a. Athlete Rep Committee Assignments
        i. Please join them
        ii. Let Verónica know if you want to join them

7. November/December Team Culture Action Item: Organize a food drive, or other community service project, work with your coach to organize a gift exchange or team/group holiday party → take photos of community service with team

8. Next Meeting:2023 Athlete Handbook
   a. November 26 @ 6:30

9. Adjourn: 7:18 pm