

Pacific Swimming Athlete Committee

Meeting Minutes
November 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: 6:02
2. Attendance (no need to write your own name):
 - a. Lily Struempf, Veronica Hernandez, Anika Nagpal, Diana Fetterman, Aden Li, Alex Grant, Alisa Zhou, Amit Kannan, Ashley Dangol, Bella Pflieger, Cadence Wong, Calista Lynch, Calvin Ciciarelli, Cherise Wong, Cindy Rowland, Daniel Roberts, David Cottam, Delainey Brandt, Dominick Wonosaputra, Emma Little, Ethan Wang, Evan Byun, Gunner Hopkins, Heidi Chen, Janak Bhuta, Joseph Harris, Lilli Chau Lily Yung, Maddie Blackwell, Oakley Briskman, Patricia Lai, Prudence Rosko, Samantha Li, Sarah Darzacq, Saveta Holunga, Sophie Boen, Sophie Struempf, Steph Anderson, Sephanie Iannaccone, Tyler ??, Zach Silverman, Zach Caufield, Camille Guillerm, Chetan Raghaven, Veronica, Sydney Thompson
 - b. 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: (sensitive topic)
 - a. [U.S. Paralympic champion sexually abused teammate, lawsuit alleges](#)
4. Icebreaker and October Team Culture Action Item:
 - a. [Meet promotion AhaSlides](#)
 - b. Share something with your team from the leadership summit
5. Reports:
 - a. Senior Rep (srathleterep@pacswim.org):
 - b. Junior Rep (jrathleterep@pacswim.org):
 - c. Zone Reps:
 - i. Zone 1N (SA - z1nAthleteRep@pacswim.org):
 1. Email to be on groupme
 - ii. Zone 1S (SB - z1sAthleteRep@pacswim.org):
 1. Budget for 2022-23
 2. Asking for new athletes always on meetings
 - iii. Zone 2 (SH, NR - z2AthleteRep@pacswim.org):
 1. Z2 Championships
 2. SC meet in July for younger kids
 - iv. Zone 3 (JH, AZ - z3AthleteRep@pacswim.org):

1. Nothing new
2. Email to join Z3 meetings
- v. Zone 4 (BP - z4AthleteRep@pacswim.org):
 1. Nevada State champs in Nov. 11
- d. Committee Reps:
 - i. Age Group:
 1. held banquet and need ideas for awards in future
 2. Do we need a restructuring for banquet? Ideas needed
 3. New awards
 - a. Currently top athletes in each age group in LCM and SCY
 - b. Some kind of stand out service project
 - i. Could be too subjective
 - c. Athlete who has to do all short course and long course events
 - d. Do we do top athletes/times? Or add team building like awards?
 4. Subcommittee for brainstorming ideas
 - a. Can send out a google form
 - b. Sophie Boen, Heidi Chen, Sophie Struempf, Chetan Raghavan, Camille, Zach Silverman
- e. Team Reps:
 - i. Albany Armada: annual secret snowman/secret santa combining diff groups to help people get to know each other
 - ii. OAPB: fall jamboree (all senior swimmers work meet as younger kids swim), East Bay Sea Serpents (athletes with mental/physical disabilities can race)
 - iii. Quicksilver: annual holiday part on 12/12 4-8, (social, movies), Senior swimmers going to Washington next week
 - iv. Ladera Oaks: turkey trot, pasta dinner with whole team, planning Dec. annual mini meets for team involvement and gift exchange
- f. WZ/ National DEI (VH):
 - i. More involvement with athletes with disabilities at meets
- g. AEC/ National Leadership (RM):
- h. Vice Chair (VH)(ES):
- i. General Chair (DC):
 - i. Swims 3.0 implemented by USA swimming
 1. Team registrations now need to be done online, only 22 of our teams had registered
 2. Must register by Dec 22
 3. Zone reps - please tell coaches!!!
 - ii. Zone 1 meeting - Steph talked about warmup/warmdown lanes
- j. Mental Health (CL & SW):
 - i. No report
- k. Social Media (JL & SB - repsocial@pacswim.org):
 - i. No report
 - ii. Looking for members!
- l. Rep Recruitment (SA):
 - i. No report
 - ii. Seniors must have new rep lined up
- m. Team Interaction (JH):
 - i. Missing Z1N member

- n. Meet Promotion and Sponsorship (SS):
 - i. What do we want? What companies?

6. New Business

- a. Admin Review Board
 - i. Cannot have members of BOD
 - ii. Used to act as board to resolve disputes that only talk about Pacific Swimming
 - 1. USA swimming has taken away most functions board has done (code of conduct, safe sport, etc)
 - iii. Not immediate, but we need one athlete to participate
 - iv. Only meet on demand, no demands for 2 years
 - v. Heidi Chen
- b. Suit Exchange Program (LY)
 - i. Race suits can be very expensive
 - ii. Cannot use outgrown suits
 - iii. Swimmers can donate old suits
 - 1. People can try on these old suits and see if they like the style/material/brand etc
 - 2. Can apply for team gear too
 - iv. Subcommittee:
 - 1. Steph Anderson, Camille Guillerm
 - 2. Reach out to lillian.r.yung@gmail.com

7. December Team Culture Action Item:

Hold a community service event with your team. This can be something super simple like a canned food drive, coat drive, or gift drive. Here are some ideas for organizations to donate to:

- a. Alameda Food Bank
- b. Second Harvest of Silicon Valley
- c. West Oakland Food Pantry
- d. [Toys for Tots](#) - put in your county in the website to find a local address to donate to
- e. OAPB: Canned food drives, holiday party for Juniors and Seniors and collect canned food then

8. Next Meeting: Sunday, January 29, 6:00PM

9. Adjourn: 6:44