

Pacific Swimming Athlete Committee

Meeting Minutes
July 23th, 2023
6:30 p.m.

Zoom Link: Join Zoom Meeting

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

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

1. Call to Order: 6:33
2. Attendance (no need to write your own name):
 - a. **Verónica Hernández, Diana Fetterman, Steph Anderson, Anika Nagpal, Abbey Keller, Alex Grant, Alexander Ries, Allison Liu, Aria Pon, Atlas Metin, Charlie Mueller, David Cottam, Lily Struempf, Aly Cutforth, Bella Pflieger, Brooke Bennett, Charlie Mueller, Chetan Raghavan, Cindy Rowland, Dominick Wonosaputra, Donna Talmadge, Janak Bhuta, Joseph Harris, Josie Oesterer, Joyce Lee, Juli Klieman, Antonio Bazan, Justin Ely, Justin Wang, Kate Corbett, Kelsey Dodge, Lillian Yung, Malia Offenberg, Oakley Briskman, Saveta Holunga, Sophie Ley, Sophie Struempf, Sydney Thompson, Zach Silverman, Heidi Chen, Amy Chen, Marissa Carvajal**
 - 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: HOT weather
 - a. [OLY Swimming Says Swimmer With Medical Emergency Is "Responding Well to Treatment"](#)
 - b. [Sacramento tied a heat record the first weekend of July. Here's how hot it was](#)
 - c. [Beat the heat: top tips for how to keep cool in hot weather](#)
4. Icebreaker and April Team Culture Action Item:
 - a. **June action item was just to fill out summit/team interaction forms - please do that if you have not already.**
 - i. **[Team Interaction](#)**
 - b. Icebreaker: breakout rooms with Zone reps - 10 minutes
 - i. Discuss overnight stay at summit
 1. **7/40 said yes**
 - ii. Age Group Champs DQ slips (should they be given to athletes or coaches)
 1. **Phil Grant - directly to coaches**
 - a. **Hard to find athletes AND coaches, but easier to find coaches**
 - b. **Chief judge should already tell swimmer after they get out of the water**
 - c. **Efficient**
 2. **Little kids and DQ slips is not good**

- 3. Give to coaches so coaches can talk to swimmer about what they did
- 4. All WZ LSCs give to coaches
- iii. Discuss how many reps would be interested in attending zone activities
- iv. If time: Brainstorm mental health topics for summit

5. Reports:

- a. Senior Rep (srathleterep@pacswim.org):
 - i. AEC working on updating handbook
- b. Junior Rep (jrathleterep@pacswim.org):
- c. Zone Reps:
 - i. Zone 1N (ZS & PG - z1nAthleteRep@pacswim.org):
 - 1. Meeting, passing bylaw changes
 - 2. Zach Silverman and Paige Griffis new Z1 North reps
 - ii. Zone 1S (JL - z1sAthleteRep@pacswim.org):
 - 1. Joyce Lee is new Z1 S rep
 - iii. Zone 2 (SH - z2AthleteRep@pacswim.org):
 - 1. Changes to bylaws regarding reps
 - 2. Nathan graduated, needs new rep
 - iv. Zone 3 (JH - z3AthleteRep@pacswim.org):
 - 1. Subcommittee to change bylaws
 - 2. Attendance policy passed
 - a. Have to attend 50% of meetings or will not be able to serve as athlete rep
 - v. Zone 4 (BP - z4AthleteRep@pacswim.org):
 - 1. updating our bylaws
- d. Committee Reps:
 - i. DDEI - upcoming raffle at Far Westerns - thank you to Malia and Aden Li for helping put together the list for the basket organization
 - 1. Steph, Aria, Malia, Brooke, Lily Yung, Sophie Struempf, Atlas Metin, Alexander Ries
 - ii. Safe sport: Kelly will be at FW with safe sport booth, PLEASE check out
 - iii. Officials: need athletes at officials clinic
- e. Team Reps:
 - i. CROW: hosted senior open meet
 - ii. MBSC: beach party to celebrate graduating seniors
 - iii. Ladera Oaks: attended Roseville sectionals
 - iv. PLS: went to Superleague in Novato, 8 swimmers to JNATS
 - v. VJO: went to Santa Barbara for travel and giants game for team bonding
 - vi. OA: short course/long course meet, Shanghai group of kids came to swim with juniors
 - vii. CDST: intrasquad meet with largest group ever ast sectionals
 - viii. ALGA: leaving for WZ
 - ix. QSS hostel JO minus
 - x. Ladera Oaks summer league championship meet
- f. Vice Chair (VH)(ES):

- i. Personnel committee: reviews staff for pacific swimming and administration
 - ii. Requires athlete
 - iii. Requires senior rep chair to stay on it/athlete who is 18
 - iv. Anika unable, need someone
 - g. General Chair (DC):
 - i. Agree to give DQ slip to coaches
 - h. Mental Health (CL & SW):
 - i. Post just put out
 - ii. Applications to fill Calista's position
 - i. Social Media (JL & SB - repsocial@pacswim.org):
 - i. Getting more organized
 - ii. Need a coachair to replace Sophie
 - 1. Message Joyce
 - iii. Team takeovers again
 - 1. Message anyone about team highlight
 - j. Rep Recruitment (SA):
 - i. Make sure representative has submitted [application](#)
 - k. Team Interaction (JH): .
 - i. [opt out form](#)
 - l. Suit Exchange (LY):
 - i. Reaching out to college swimmers
 - ii. Donate them at Far Westerns
 - iii. Being donated to outreach athletes
 - m. Meet Promotion and Sponsorship (SS):
 - i. No report
 - n. Awards Banquet (MR)
 - i. Finalized most awards
 - 1. Athletes in pacswim for 8+ years
 - 2. Outstanding athlete rep
 - 3. Highest IMX scores
 - ii. Do we do a "most improved?"
 - 1. How to measure
 - 2. Very complicated
 - 3. Change in powerpoints in swim cloud
 - o. Summit Planning
 - i. Finalized mission statement: *Empower athletes through leadership experience to inspire positive change within Pacific Swimming.*
 - ii. Working on finalizing schedule/guest speakers
 - iii. <https://audience.ahaslides.com/bdzg6j7vp9>
 - 1. Burnout
 - 2. Plateaus
 - 3. Injury
 - 4. stress/anxiety/wanting to perform
6. New Business
- a. [Outstanding club rep nomination](#)
 - b. Will attend awards banquet in person
 - c. One nomination per team (please coordinate)
 - d. Fill out by August 6th

i. Early as possible please

7. August Team Culture Action Item:

a. Enjoy your summer break and good luck with the start of school!

8. Next Meeting: September 24th @ 6:30

9. Adjourn: 7:21