

# Athlete Committee Report

---

Presented by:  
Steph Anderson (Sr. Rep)  
Aly Cutforth (Jr. Rep)



# Table of contents

**01**

The Past Year

**02**

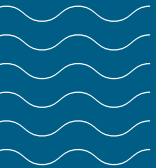
Leadership Summit

**03**

Upcoming Year

**04**

Athletes and YOU





# 01 This Past Year

---



# Accomplishments

- Attended events like the USA Swimming Workshop and had PacSwim reps at the USA Swimming DEI Camp
- Increased number of representatives + smooth transition between seniors and incoming reps
- Edited bylaws and P&P for an athlete rep minimum age and more athlete rep inclusion within governance
- Suit Exchange Program collected almost 100 suits in the past year and distributed them (more to come!)

These are only a few of the accomplishments coming from our representatives alone!



# 02 Leadership Summit

---



## Clinics and Talks

We had an amazing Clinic done by Fitter and Faster where our athletes were led through drills to help with their dives, breathing, and speed in general. There were also many meetings and talks run by professionals like mental health experts, nutritionists, and DEI committee members for valuable information the athletes will take back to their teams.



## Olympians and Future Goals

Our athletes had the opportunity to listen to Nathan Adrian speak about his time as an athlete and what his life was like. They were also led through many goal setting sessions that included strategies given to them by Nathan Adrian. Overall, they were given lots of information to take back to their teams.





# 3. Upcoming Year Goals

---



## Tech Suits

Our tech-suit exchange sub-committee is working with the DEI committee to bring tech suits to our outreach athletes for free. Coaches and Zone directors, please look out for emails about this in the coming weeks for where/how to spread this opportunity to your outreach athletes.

## Rep Roles

We are working on defining the role of an athlete rep properly and what our governance roles mean. This will help future reps move into leadership positions. We are looking for new athlete Zone Reps as well with our current Zone Reps graduating this year.

## Social Media

This coming year, our goal is to increase the information spread to athletes, coaches, teams, and parents through the Pacific Swimming instagram. We want to highlight more team and athlete accomplishments so please tag us in your posts! Make sure your team and athletes are following the account!



## 4. Athletes and YOU

How can coaches and Pacific Swimming members help or get involved?

Stay connected with your athlete representative, listen and work with them, ensure that your team has an athlete representative, and make sure you are following the Pacific Swimming instagram!





# Thank you!

Contact us at:

[srathleterep@pacswim.org](mailto:srathleterep@pacswim.org)

[jrathleterep@pacswim.org](mailto:jrathleterep@pacswim.org)

