

Pacific Swimming Athlete Committee

Meeting Minutes

Sunday, March 29, 2026 @ 6:30 PM

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

Athlete Committee Mission: *To share knowledge, develop leaders, and promote inclusivity to connect the athlete community.*

PC Vision Statement: *To provide opportunities for members to pursue their goals.*

- I. Call to Order/Reading of Mission Statement: 6:32 PM
- II. Attendance: Lily Yung, Verónica Hernández, Cindy Rowland, Aly Cutforth, Aaratrika Sharma, Alexa Chang, Alexis Tompson, Amalia Baugh, Audrey Mi, Bella Stamps, Brittney Blair, Brooke Bennett, Charlie Mueller, Diana Fetterman, Ella Legg, Ellie Chang, Hailin Gugelmann, Lisa Bremer, Mako Kashimura, Miru Han, Nathan Judy, Sabrina Meyers, Sidney Ross, Sophia Gallagher, Zuria Garcia, Monica Warren, Bea McClennan, Julie Whitney, Orion Phan, Hana Lai,
- III. Please put your first and last name as your username on Zoom.
 - A. Communication: Please be sure to email vhernandez@pacswim.org directly if you are not able to attend Athlete Committee meetings. Copy someone else on the email.
- IV. Resources:
 - A. 📖 2023 Athlete Handbook
 - B. [Form](#) for Comments/Questions
 - C. World Water Day
 - D. Ice Breaker: Breakout rooms to review [Athlete Home Page](#)
 1. One thing you learned, one thing to update, one thing you think we should add
 - a) Strange formatting (only on the left) and small font
 - b) Overwhelming to look at and emphasize important links
 - c) Simpler titles
 - d) Some links are not active (LSC leadership course)
- V. Reports:
 - A. Senior Rep (srathleterep@pacswim.org)
 1. 2026-2027 [Junior Athlete Rep application](#)
 2. Did anyone use school excuse letter for AGC? Would use for FW?
 3. AGC meet [survey](#)
 - B. Junior Rep (jrathleterep@pacswim.org)
 1. Amerie Nordberg Scholarship!
 - C. Zone Reps:
 1. Zone 1N (OP - z1nathleterep@pacswim.org)
 - a) Updating the Zone "bylaws" (to regulations)
 - (1) Need reps for ad hoc committee
 2. Zone 1S (AP - z1sathleterep@pacswim.org)
 - a) Updating and combining zone regulations
 3. Zone 2 (AT/MW - z2athleterep@pacswim.org)
 - a) Finalized 2026-2027 meet calendar (moved meet off of halloween)
 - b) Summer Champs will be July 25- 26th at chabot college

- c) Making coach of the year award to be more inclusive
- d) New zone 2 club: Golden State Aquatic Club!
- 4. Zone 3 (BB - z3athleterep@pacswim.org)
 - a) Zone all stars on April 26 (Athlete applications due march 28th)
 - b) Reviewed meet 2026-2027 bidding process
- 5. Zone 4 (PM - z4athleterep@pacswim.org)
 - a) Replaced gov. docs. use of bylaws to be regulations
 - b) Amended National Meet Support for conciseness
 - c) Reviewed 26-27 Meet Schedule

D. Committee Reps:

- 1. Senior (AC)
 - a) Approved summer FW format
 - b) Ages separated for 400 and shorter
 - c) Further discussion on possible criteria for senior coach of the year
- 2. Age Group (AP)
 - a) Approved budget
- 3. Camps (KN)
 - a) No report
- 4. DDEI (MW)
 - a) Parks and Rec program (Oakland doesn't want to fully establish a relationship with Pac Swim which would give more access to swimming)
 - b) Tech Suit Exchange Program
- 5. Safe Sport
 - a) No report
- 6. Governance (AC)
 - a) Motion to update zone boundaries based on physical location
 - b) BOD candidates and volunteer of the year
 - c) Reviewing R&R
 - d) Discussed volunteer of the year "definition"

Nominations: Someone who has contributed to PacSwim

- Veronica 😊
- 7. Finance/Investment (PM)
 - a) No Report
- 8. Officials (PM)
 - a) Pacific Swimming received the Official Excellence Award
 - b) Electronic scratch acknowledged to possibly be inaccessible to younger kids
 - c) Plans to modify invigilating (officials watching over warmups) policy
 - d) Tentative rule changes to match World Aquatics
 - (1) Free & Fly allowed resubmerges at finish
 - (2) Bell ringing req. in 400+ events (and lap counter?)
- 9. Social Media (AD):
 - a) Sent email that there will be a meeting tomorrow (March 30th) at 7pm.
- 10. Rep Recruitment (MW):
 - a) Email z2athleterep@pacswim.org and make sure you replace your senior reps
 - b) Emailing teams who have unresponsive reps (haven't made three meetings)

- c) If you're going to miss a meeting email us so you're not marked as inactive!
 - d) [College Commitments](#) form <- we want to celebrate you!
- 11. Tech Suit Up-Cycle Program (LY):
 - a) Tech suit distribution and collection at AGC
 - Many swimmers were donating suits and trying some on
 - Easier when coach is there to watch over
 - Make it clearer that you don't exchange an old suit for a new one?
 - b) Next distribution and collection at FW
- 12. Mentorship Program (AT):
 - a) Meetings starting again soon
 - b) Email Asher if you want to join
- 13. Team Reps:
 - a) SSS- Meet that started at 12 this weekend
 - b) Sunn- fundraiser at pizza my heart
 - c) BAC- team brunch after practice on saturday
 - d) BAY- Coach brings food after mornings
 - e) WCAB- planning to attend an open water meet in June + picnic afterwards
 - f) LAC - made a big card and brought cupcakes for our Head Coach Alex's 50th birthday.
- VI. Vice Chairs/Staff (VH)(BC):
 - A. Communication between athletes and adults (18&Over)
 - Communicated after turning 18 with other athletes is fine UNLESS you become a junior coach (unbalance in power)
 - Aly is becoming old soon so include adult when emailing her
- VII. New Business:
 - A. 2026-2027 Budget
 - Budget of 8k?
 - Used for apparel and mailing
 - Plan to offer sweatshirts at a reduced price (50%) + your free shirt
 - Run out of quarter zips
 - Set aside \$500 for an athlete rep get together
 - Increased amount budgeted for summit
 - Spending less money!
 - Spending more money but making less money..
 - Motion to approve budget approved (will be voted at HOD)
- VIII. Ongoing Business
 - A. Safe Sport Certification: Go to usaswimming.org, log in and go to Education tab.
 1. Look up SafeSport for Youth Athlete 5-12, or SafeSport for Youth Athletes 13-17.
 2. Might send emails to athletes who haven't done it
 3. Make sure yours doesn't expire!
 - B. Ath Rep Camp/Event Planning
 1. Possible athlete meet up after a meet
 - Meet up at park
 2. Orinda Senior meet June 27-28

IX. March Action Item:

- A. Make sure you and your teammates unattach for the high school season
- B. SENIORS find a replacement rep before you graduate
- C. Action items ideas (ideally something fun):
 - 1. Bring a club tradition to high school (ex: post-practice cheer, pasta feed, special team item, senior night)
 - 2. Make a team cheer
 - 3. Invite your mascot to your swim meet
 - 4. Advertise your meet at school (dress ups?)

X. Next Meeting:

- A. April 26, 2026 @ 6:30 PM
- B. Meeting Adjourned: 7:39PM