

Pacific Swimming Athlete Committee

Meeting Minutes

Sunday, February 23, 2025 @ 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.

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

- I. Call to Order/Reading of Mission Statement: 6:33 PM
- II. Attendance: Abbey Keller, Abby Ikeda, Aly Cutforth, Amit Kannan, Amy Chen, Annabelle Catic, Arcadia Li, Asher Takazawa, Bella Pflieger, Bella Stamp, Brian Do, Brittney Blair, Brooke Bennett, Charlotte Waddoups, Ellie Chang, Evan Byun, Gracie Goss, Iris Seligson, Jessica Kraemer, Jenny Serhienko, Jonathan Keller, Joseph Harris, Joyce Lee, Julie Whitney, Kalia Ream, Karter Cherney, Louise Scherrer, Mackenzie Pierce, Mako Kashimura, Marcus McMichael, Miru Han, Nathan Bareilles, Nathan Judy, Oakley Briskman, Orion Phan, Paige Griffis, Pulin Muangsiri, Rick Shan Saveta Holunga, Sidney Ross, Violet Rutter, Diana Fetterman, Cindy Rowland, Vern
 - A. Please put your first and last name as your username on Zoom.
 - B. Communication: Please be sure to email yhernandez@pacswim.org directly if you are not able to attend Athlete Committee meetings. Copy someone else on the email.
- III. Resources:
 - A. 📖 2023 Athlete Handbook
 - B. [APT Link](#) - if 18+
 - C. [College Commitments](#)
 - D. [Junior Officials](#) FAQ, [How to Become a Junior Official](#)
 - E. Ice Breaker:
 1. Introduce what high school you swim for, size of team, what your excited for, how many people also swim club, or any other facts about your high school
- IV. Reports:
 - A. Senior Rep (srathleterep@pacswim.org)
 - 1.
 - B. Junior Rep (jrathleterep@pacswim.org)
 1. Amerie Nordberg Scholarship is open and on the Pac Swim website (for senior swimmers)
 - https://docs.google.com/forms/d/e/1FAIpQLScVR7k1skGymjcXvrEpkhqSAjAoX1-h_9CJGe2rJACyMkpeBg/viewform
 - C. Zone Reps:
 1. Zone 1N (PG - z1nathleterep@pacswim.org)
 - a) No report
 2. Zone 1S (JL - z1sathleterep@pacswim.org)
 - a) No report
 3. Zone 2 (SH - z2athleterep@pacswim.org)
 - a) Zone 2 is starting meet bidding for the 25-26 season.
 4. Zone 3 (JH - z3athleterep@pacswim.org)
 - a) Need new zone athlete rep

5. Zone 4 (BP - z4athleterep@pacswim.org)

- a) We are getting ready for high school season as our meets start next weekend.

D. Committee Reps:

1. Senior (BB)

- a) Senior Champ meet held last weekend at QSS, meet was a success based on the number of athletes.
- b) Lower scratch rate for finals
- c) Girls end is really shallow
- d) Very few relays entered

2. Governance (SA)

- a) No Report

3. Age Group

- a) Finalizing Selection criteria, and LSC Champ meets being pre-seeded

4. DDEI (MW)

- a) Meeting Thursday this week
- b) USAS posted interview with Oakley on SwimClusion
- c) <https://www.usaswimming.org/news/2025/02/13/pacific-swimming-diversity--equity--and-inclusion-athlete-representative-provides-free-resource-for-inclusion-in-swimming>

5. Safe Sport

- a) No Report

E. Team Reps:

- 1. SUNN, ALGA, NBA all attended Lost Dutchman
- 2. Crow Canyon Sharks are no longer a team, most athletes have joined PLS
- 3. Reno is holding a Fitter and Faster Clinic for 12 & unders

F. Vice Chairs (VH)(ES);

- 1. First round of bidding for LSC meets has closed. Not all meets have been bid. Second round will open soon.
- 2. Membership fee increasing \$1

G. Social Media (JH)

- 1. Agenda is ready, with plans to revamp accounts. Setting up a meeting soon. Please DM posts to PacSwim account for reposting.

H. Rep Recruitment (SA):

- 1.

I. Suit Exchange (LY/AC):

- 1. QSS Senior Meet Review
- 2. Would high school championship meet be a good location for exchange (CCS/NCS)
- 3. Next meet to attend?
 - a) https://docs.google.com/forms/d/1Kz-JOFQCLGodOHWlp2pbr85cKWqWfRP_PagilwVZ2xs/edit

V. New Business

A. Open Water Meets in 2025

- 1. https://docs.google.com/spreadsheets/d/1_bxWLjxCmQZT8FFTt-3chPIBo_g2rhBNgBmuSJveSSyc/edit?gid=0#gid=0

VI. Ongoing Business

- A. 2025 Election Junior
 - 1. Sophomores and Juniors are eligible
 - 2. Applications will open in April and the election will be held in May
- B. Location of Leadership Summit Pleasant Hill Teen Center
 - 1. Date moved to Oct 4-5
- C. LSC Secretary
 - 1. Takes notes at HOD and BOD meetings
- D. Fitter and Faster Clinic Review
 - 1. Discussed nutrition and details about using caffeine
 - 2. Gave examples of good meet warmup
 - 3. Spoke about recovery in between and after events
- VII. February Action Item:
 - A. Unattach for High School Season/Upperclassmen speak to underclassmen within your high school team
 - B. Talk to high school teammates about joining club (if not already on one)
 - C. Share the Amerie Nordberg Scholarship with senior teammates
 - D. Repost Pacific Swimming posts – make sure that you and all of your teammates are following @pacificswimming on instagram
 - E. <https://forms.gle/dK5TpW227AExHDsi7> – spread the college commitments form to your team and seniors on your team!
- VIII. Next Meeting:
 - A. March 30, 2025 @ 6:30 PM
 - B. Meeting Adjourned: 7:19 PM