

Pacific Swimming Athlete Committee

Meeting Minutes

Sunday, January 26, 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: 6:34
- II. Attendance (no need to write your own name): Abbey Keller, Abby Ikeda, Alexis Thompson, Alex Ambrose, Annabelle Catic, Atlas Metin, Aly Cutforth, Alexa Chang, Alex Labiaga, Amira Dang, Amit Kannan, Amy Chen, Arcadia Li, Aria Pon, Ariel Fruge, Arya Nimbalkar, Asher Takazawa, Bella Pflieger, Bella Stamps, Brian Do, Brittney Blair, Brookelyn Helmick, Charlie Mueller, Charlotte Waddoups, Ellie, Burkhardt, Ellie Chang, Iris Seligson, Jenny Serhienko, Jessica Kraemer, Jonathan Keller, Joseph Harris, Joyce Lee, Karter Cherney, Katelyn Lu, Lillian Yung, Lisa Bremer, Mako Kashimura, Marcus McMichael, Monica Warren, Morgan Nelson, Nathna Judy, Oakley Briskman, Paige Griffis, Pulin Muangsiri, Rick Shan, Ronald???, Saveta Holunga, Scott Dang, Sidney Ross, Sophia Curran, Sophia Gallagher, Violet Rutter, Steph Anderson, Veronica Hernandez,
 - A. Please put your first and last name as your username on Zoom.
 - B. 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.
- III. Resources for the month:
 - A. 📖 2023 Athlete Handbook
 - B. [APT Link](#) - if 18+
 - C. [College Commitments](#)
 - D. Ice Breaker:
 1. [Summit Survey](#)
- IV. Reports:
 - A. Senior Rep (srathleterep@pacswim.org)
 1. Fitter & Faster Online Clinic [Registration](#)
 - B. Junior Rep (jrathleterep@pacswim.org)
 1. Volunteers, non-senior, athletes for Amerie Nordberg scholarship committee
 - C. Zone Reps:
 1. Zone 1N (PG - z1nathleterep@pacswim.org)
 - a) No report
 2. Zone 1S (JL - z1sathleterep@pacswim.org)
 - a)
 3. Zone 2 (SH - z2athleterep@pacswim.org)
 - a) No report
 4. Zone 3 (JH - z3athleterep@pacswim.org)
 - a) No Report - First meeting was on 1/21, next meeting is 2/18
 - b) REACH OUT to Joseph if interested in being future Z3 Rep
 5. Zone 4 (BP - z4athleterep@pacswim.org)

a) First meeting of the year was January 12th

D. Committee Reps:

1. Senior (BB)

a) Meets on Thurs

2. Governance (SA)

a) Looking for nominees for the elections in May

b) Athlete role for secretary who will be a junior (preferably) next year

3. Age Group

a) AGC and Far Westerns will be pre-seeded

b) No no-show penalty at AGC (but will at FW)

4. DDEI (MW)

a) First meeting of year 1/23/25

b) Creating new para time standards

c) Improve tech suit exchange for QSS senior meet

d) Oakley will be interviewed by USA Swimming for her Swim inclusion workshop

5. Safe Sport

a) First meeting 1/12/25

b) New safe sport coordinator Marisa Cozort

c) Meetings every 3 months

6. Finance

a) No report

E. Team Reps:

1. Orinda hosted senior meet, Team Bowling night

2. Alameda Gators had a potluck, team bonding activities and has a shout out board to share positive comments to teammates

3. LAC had hot chocolate Fridays

4. Reno Aquatic Club had a secret santa exchange

5. NNA had a senior movie night

6. BSW did an ice skating team bonding event with a sock exchange

7. BAC did a white elephant and a pasta dinner and poster making for zones

8. PASA Dks had a cereal/holiday treats activity and hot chocolate + New Years

9. Ladera Oaks did a gift exchange and fun relay activities

10. Crow Canyon did a secret santa and toy for tots donations

11. Carson TigerSharks did a secret santa and cookie exchange

12. North Bay did white elephant

13. PSL did secret santa and team dinners for trail finals meet

F. Vice Chairs (VH)(ES);

1.

G. Social Media (JL)

1. No report

H. Rep Recruitment (SA):

1. Seniors respond to Steph's replacement rep email

I. Suit Exchange (LY):

1. Winter Age Group Champs

2. Spread the Google form and flier to your team about free suits for outreach athletes

a) https://docs.google.com/forms/d/1Kz-JOFQCLGodOHWlp2pbr85c kWqWfRP_PagilwVZ2xs/edit

- b) See last page for flier
- 3. Will be at QSS senior meet Feb 15 and 16 next

V. New Business

- A. [Junior Officials FAQ](#), [How to Become a Junior Official](#)
- B. 2025 Election Junior
 - 1. Sophomores and Juniors are eligible
 - 2. Applications will open in April and the election will be held in May
- C. LSC Secretary
 - 1. Takes notes at HOD and BOD meetings
- D. Location of Leadership Summit Pleasant Hill Teen Center
 - 1. Date moved to Oct 4-5

VI. Ongoing Business

A.

VII. January Action Item:

- A. Big buddy/Little buddy at Zones
- B. Repost Pacific Swimming posts – make sure that you and all of your teammates are following @pacificswimming on instagram
- C. Spread the information about our Outreach Athlete Tech Suit Program, the google form and the flier to your team!
- D. <https://forms.gle/dK5TpW227AExHDsi7> – spread the college commitments form to your team and seniors on your team!

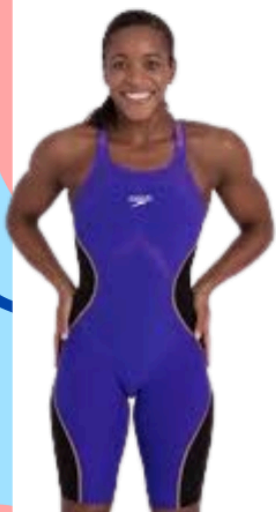
VIII. Next Meeting:

- A. February 23, 2025 @ 6:30 pm
- B. Meeting Adjourned: 7: 20 pm

Tech Suit **OUTREACH PROGRAM**

IF YOU OR YOUR ATHLETE/CHILD IS REGISTERED AS AN
OUTREACH ATHLETE FOR PACIFIC SWIMMING, YOU ARE
ELIGIBLE FOR OUR TECH SUIT GIVEAWAY PROGRAM --
ALL SUITS ARE FREE!

PLEASE FILL OUT THE GOOGLE FORM BELOW/SCAN THE
QR CODE SO WE CAN GET YOUR SIZE AND THE BEST WAY
TO CONTACT YOU/GIVE YOU THE SUIT!



*You must be 13+ to wear a tech
suit in a meet*