

Pacific Swimming Athlete Committee

Meeting Minutes

Sunday, January 25, 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: Aanya Chandak, Alvin Cheung, Amalia Baugh, Annabelle Catic, Ariel Frugé, Alexis Thompson, Bea McClennan, Beau Caldwell, Bella Stamps, Breonna Weeks, Brittney Blair, Charlie Mueller, Charlotte Waddoups, Cindy Rowland, Ella Legg, Hadley Peck, Hana Lai, Jenny Serhiienko, Cole Carnazzo, Julie Whitney, Lisa Bremer, Mackenzie Pierce, Mako Kashimura, Marcus McMichael, Miru Han, Monica Warren, Alexis Thompson, Orion Phan, Pulin Muangsiri, Rick Shan, Sabrina Meyers, Samuel Ciciarelli, Sophia Curran, Steven Weinstein, Summer Hopkins, Morgan Nelson, Lily Yung, Aly Cutforth, Verónica Hernández
- 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. Ice Breaker:
 1. New Year's Resolutions - What would you like to focus on in the new year?
- V. Reports:
 - A. Senior Rep (srathleterep@pacswim.org)
 1. [Finding zone minutes on PacSwim website](#)
 - B. Junior Rep (jrathleterep@pacswim.org)
 1. Sectionals Report
 - a. Possible 4th heat of finals for spring sectionals
 - b. New 50 time standards:

CA/NV Sectional Time Standards for 50 strokes effective 1/13/2026

Women					Men			
SCY		LCM		Event	LCM		SCY	
Standard	Bonus	Standard	Bonus		Standard	Bonus	Standard	Bonus
27.09	27.69	31.19	31.59	50 Fly	28.19	28.69	24.09	24.39
27.59	28.29	32.39	32.89	50 Back	29.29	29.79	24.79	25.39
30.99	31.89	36.59	37.09	50 Breast	32.89	33.39	27.69	28.09

c. Meet schedule most likely for summer sectionals:

Day One	Day Two	Day Three	Day Four
200 Medley Relay (Finals)	50 Breast	100 Fly	50 Fly
1500 F (W) / 800 F (M)	100 Back	400 Free	200 IM
100 Free	200 Free	100 Breast	800 F (W) / 1500 F (M)
200 Breast	400 IM	200 Back	50 Free
50 Back	800 Free Relay (Finals)	400 Free Relay (Finals)	400 Medley Relay (Both)
200 Fly			
200 Free Relay (Finals)			

C. Zone Reps:

1. Zone 1N (OP - z1nathleterep@pacswim.org)
 - a) Zone 1N Champs @ Morgan Hill
2. Zone 1S (AP - z1sathleterep@pacswim.org)
 - a) Zone 1S Champs @ Morgan Hill last weekend
3. Zone 2 (AT/MW - z2athleterep@pacswim.org)
 - a) CA/NV Summer Sectional @ Novato moved to Jul 23-26, 2026
(pushed back a week)
4. Zone 3 (BB - z3athleterep@pacswim.org)
 - a) AGC scheduling conflicts resolved
 - b) Summer champs for non AGC qualifiers
 - c) New set of non bylaws
5. Zone 4 (PM - z4athleterep@pacswim.org)
 - a) 2024-2025 USA Swimming Scholastic All-America Team awarded to multiple LAKE athletes
 - b) Discussion on simplifying National Meet Travel Support

D. Committee Reps:

1. Senior (BB)
 - a) Summer sectionals moved to July 23-26
 - b) July Senior meet at Santa Rosa
 - c) June Senior meet hopefully rewarded tomorrow night
 - d) Meeting tomorrow night
2. Age Group (AP)
 - a) Spring AG Champs changes
 - (1) Fastest heat of 1000 and 1650 swim in beginning of finals (Friday and Sunday)
 - (2) 200 Medley relays swum in prelims (Saturday)
 - (3) 10&u and 11-12 500 timed trials in prelims (Saturday)
 - (4) 11-12 4IM timed trials in finals (Saturday)
 - (5) 10&u 200 free relay swum in prelims (Sunday)
 - (6) 11-12 & 13-14 400 free relay swum in prelims (Sunday)
 - (7) Made longer events timed finals so everyone gets one extra bonus swim
 - b) Spring FW changes
 - (1) 11&O 1650 swum during mid-day session (Thursday)
 - Possible change to the end of prelims
 - (2) Fastest heat of 1000 and 1650 swim in the beginning of finals (Thursday and Sunday)
 - (3) 800 Free relay changed from 13-14 to 14&u
3. Camps (KN)

- a) No updates
 - 4. DDEI (MW)
 - a) 3 grants were awarded
 - b) Introduced new members!
 - c) Western Zone DDEI Camp possibly hosted in Reno
 - d) If you don't provide a high enough ratio of officials to athlete, the team is fined
 - Possible exemptions for low income/ rebuilding/ low parent base teams
 - Possibly give them unattached officials
 - e) Next meeting is Jan 29
 - 5. Safe Sport
 - a) N/R
 - 6. Governance (AC)
 - a) Updating Zone Bylaws and renaming to Rules & Reg or P&P
 - 7. Finance/Investment (PM)
 - a) Approved Finance Statements
 - (1) Revenue slightly under budget
 - (a) Lower Ath Membership, Meet Registration
 - b) Audit wrapping up
 - c) Finance & Governance subcommittee reviewed Finance P&P
 - 8. Officials (PM)
 - a) Reviewed Officials Certification process and how to encourage officials to work higher meets.
 - b) Reviewed proposed summer Champs schedule
 - c) Getting new straps for PC backstroke ledges
 - 9. Social Media (AC):
 - a) Let Aly know if you would like to be part of social media
 - 10. Rep Recruitment (MW):
 - a) Figuring out teams who don't have reps/ inactive reps
 - b) Email z2athleterep@pacswim.org and make sure you replace your senior reps
 - c) Emailing teams who have unresponsive reps (haven't made three meetings)
 - d) [College Commitments](#) form
 - 11. Tech Suit Up-Cycle Program (LY):
 - a) Collection and distribution at Senior Open OAPB meet this weekend
 - b) Collection Senior 2 SCSC meet
 - 12. Mentorship Program (AT):
 - a) [PacSwim Mentorship Program Outline](#)
 - b) No report
 - c) [Master doc](#)
- E. Team Reps: Did you have any events for the holidays? Anything new coming up?
- 1. LAC planned a sand volleyball meeting + pizza
 - 2. NNA had white elephant and gingerbread decorating party
 - 3. PSL just finished zone champs today and had a dinner together to celebrate
 - 4. Douglas Dolphins had a white elephant and we are doing a swim a thon fundraiser for our team next week

5. LAMVAC has a late winter holiday party potluck this weekend
6. Alameda gators had white elephant
7. MAC had a secret Santa gift exchange
8. BAY had a secret santa
9. Beau– read *Twas The Night Before Christmas* but everytime you say “the” you pass the gift to the left

F. Vice Chairs/Staff (VH)(BC):

1. No Report

VI. New Business:

- A. Motion to increase Athlete Budget (to send AEC to Western Zone summit) passed
- B. Amerie Nordberg Scholarship committee– non-seniors who want to join

VII. Ongoing Business

- A. Letter to Schools for Absence
 - Letter for AGC coming soon
 - Signed by Lehla
 - Ready to be shared
 - Confirm with your school before you use
- B. Ath Rep Camp/Event Planning
 - Possible athlete meet up after a meet
 - Orinda Senior meet June 27-28

VIII. Feb Action Item:

- A. [Swim for Cancer](#) team event - Reg opens Feb 2

Action Ideas:

- Bring a friend to the next meeting

IX. Next Meeting:

- A. February 22, 2026 @ 6:30 PM
- B. Meeting Adjourned: 7:29 PM