

## Pacific Swimming Athlete Committee

### Meeting Minutes

June 25th, 2023

6:30 p.m.

### Zoom Link: Join Zoom Meeting

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

*Mission Statement: Our mission is to share knowledge, develop leaders, and promote inclusivity to unify the athlete community.*

1. Call to Order: 6:35
2. Attendance (no need to write your own name):
  - a. **Abbey Keller, Aden Li, Alex Grant, Alisa Huang, Allison Liu, Aly Cutforth, Andrew Trieu, Antonio Bazan, Ashley Dangol, Atlas Metin, Bella Pflieger, Brooke Bennett, Cadence Wong, Calista Lynch, Chetan Raghavan, Dominick Wonosaputra, Donna Talmadge, Ellie Burkhardt, Evan Byun, Gracie Goss, Heidi Chen, Iris Seligson, Joseph Harris, Justin Wang, Juli Klieman, Kaila Ream, Kelsey Dodge, Lilli Chau, Lily Yung, Mason Wendler, Max Farnham, Marissa Carvajal, Malia Offenberg, Millie Grieve, Oakley Briskman, Paige Griffis, Patricia Lai, Petros Lewis, Sophie Ley, Sophie Boeun, Sophie Struempf, Steph Anderson, Samantha Ng, Sydney Thompson, Tyler Dacanay, Zac Silverman, Lily Struempf, Diana Fetterman, Verónica Hernández**
  - b. Please put your first and last name as your username on Zoom.
  - c. Communication: Please be sure to email [yhernandez@pacswim.org](mailto:yhernandez@pacswim.org) directly if you are not able to attend Athlete Committee meetings.
3. Resources for the month:
  - a. [Peak Performance Swim Camp Tip: 10 Step Guide To Proper Nutrition For Swimmers](#)
  - b. [I Ran 4 Experiments to Break My Social Media Addiction. Here's What Worked.](#)
  - c. [Ways to Help the Environment: What You Can Do | AMNH](#)
4. Icebreaker and April Team Culture Action Item:
  - a. Ask coaches if they would be willing to attend the Leadership Summit (Oct 14-15) in the fall for an athlete-coaches session. **What feedback did you receive from your coaches?**
  - b. **- Mostly maybes**
  - c. **Want to increase communication between reps and coaches so action items will get done**
  - d. **Does not matter which coach you ask to go, preferably a coach you feel connected to**
  - e. Icebreaker: breakout rooms with Zone reps  
**- Everyone met with their zones and introduced themselves**
5. Reports:
  - a. Senior Rep ([srathleterep@pacswim.org](mailto:srathleterep@pacswim.org)):

- i. **Congrats Steph (next Jr Rep), Gracie Goss and Zach Silverman (secretary - never had an athlete take a board position that is not for athletes, first LSC to do this), AEC (Athlete Executive Committee) met last month and is working on writing a motion for the new attendance policy**
- b. Junior Rep ([jrathleterep@pacswim.org](mailto:jrathleterep@pacswim.org)):
  - i. No report
- c. Zone Reps:
  - i. Zone 1N (SA - [z1nAthleteRep@pacswim.org](mailto:z1nAthleteRep@pacswim.org)):
    - 1. Zach Silverman and Paige Griffis will be taking over as our new Zone 1 North Athlete Representatives when Steph terms out
    - 2. Our next meeting will be on July 10th at 8 pm (information will be sent out when Steph receives it)
  - ii. Zone 1S (SB - [z1sAthleteRep@pacswim.org](mailto:z1sAthleteRep@pacswim.org)):
    - 1. Looking for a new Zone Rep as I will no longer be a swimmer within Pacswim! Email me if interested.
  - iii. Zone 2 (SH, NR - [z2AthleteRep@pacswim.org](mailto:z2AthleteRep@pacswim.org)):
    - 1. Meet bidding has concluded for the 2023-24 season
    - 2. T-shirt design contest for Z2 summer championships. I plan to send out a email with more information.
  - iv. Zone 3 (JH, AZ - [z3AthleteRep@pacswim.org](mailto:z3AthleteRep@pacswim.org)):
    - 1. Nothing to report
  - v. Zone 4 (BP - [z4AthleteRep@pacswim.org](mailto:z4AthleteRep@pacswim.org)):
    - 1. Nothing to report
- d. Committee Reps:
  - i. **Age Group**
    - 1. **Survey regarding Far Westerns/Age Group Champs (would like representatives and their teams to fill out this survey)**
    - 2. **Link:**  
[https://docs.google.com/forms/d/1xsPilsu3et-NOvKj9QP2CZVBZM31N\\_xwN66Uhzb2WI0/edit](https://docs.google.com/forms/d/1xsPilsu3et-NOvKj9QP2CZVBZM31N_xwN66Uhzb2WI0/edit)
    - 3. **Did not meet in June, next meeting is July 5th (next week)**
  - ii. DDEI Met this past week
- e. Team Reps:
  - i. Reno got a new head coach, long course meet
  - ii. Pasa Rinc had a travel trip down to Hollister (PASA has 4 athletes at nationals right now)
  - iii. LAMV: a swimmer made summer juniors today
  - iv. Orinda Aquatics: went rafting as a team and held two meets at their pool
  - v. Pleasanton Seahawks: team bonded in Berkeley
  - vi. Terrapins: hosting two travel meets
  - vii. BSW held a meet
  - viii. NVST held a meet and Rossi Rays just attended a meet
  - ix. Ladera Oaks at a swim camp in Alabama
  - x. Sharks hosted 2 short course meets for younger swimmers
  - xi. BSW is having younger groups practice at the same time as older groups on Fridays so everyone can do fun games at the end of practice
- f. Vice Chair (VH)(ES):
  - i. Multiple athletes at the executive committee
  - ii. 30 day motion in progress
- g. General Chair (DC):

- i. No report
  - h. Mental Health (CL & SW):
    - i. FOMO as an athlete post on social media
    - ii. New committee chair to take Calista's place before she goes to college, email Calista if interested: calista@haight65.com
    - iii. Needs more members too
  - i. Social Media (JL & SB - [repsocial@pacswim.org](mailto:repsocial@pacswim.org)):
    - i. Adding new segments to our social media! This includes meet highlights, athlete spotlights, mental health reposts.
  - j. Rep Recruitment (SA):
    - i. Seniors must email me the graduation year, name, and email address of their new rep
    - ii. They MUST have a representative to take over for them by now
    - iii. Email Steph: steph.anderson179@gmail.com
  - k. Team Interaction (JH):
    - i. [Pen Pal Sign-Up](#)
      - 1. Committee met, if you are interested in it please fill out the form for signing up unless you have already emailed Joseph
      - 2. New Reps please do this since it will help you understand the role
    - ii. [Team Rep Activities](#)
      - 1. Team Rep activities: activities for connecting team reps together and connecting the zones together, everyone needs to fill this out, reach out to Joseph about joining this subcommittee: joharris968@gmail.com
      - 2. Idea for when they happen: right now just trying to get results and then reach out to zone reps about whether these ideas are possible or not
  - l. Suit Exchange (LY):
    - i. Just collected 70 suits from colleges
    - ii. Working on getting suits to outreach athletes as of right now
    - iii. Held a collection today at the Orinda meet (a few suits collected)
  - m. Meet Promotion and Sponsorship (SS):
    - i. Trying to get a meeting started in July (between Age Group Champs and Far Westerns)
    - ii. If this committee looks interesting to you, please join!
  - n. Awards Banquet (CG/MR)
    - i. No report
  - o. Summit Planning
    - i. [Topic ideas and mission statement](#)
    - ii. [Determined topic ideas \(above\) and the mission statements that are there for you all to vote between](#)
6. New Business
- a. DDEI auction items - grouping items online and packaging them in-person - volunteers needed!
    - i. Bunch of auction items for funding camps and swim meets and lots of them are now left over and we legally have to use them instead of handing them out since they have monetary value
    - ii. Either have a raffle or silent auction for the items at swim meets to give the items away while generating fundraising money in the process
    - iii. Need help getting them together - they are in Walnut Creek/Concord

- iv. Most likely be at Long Course Far Westerns - Contact Vhernandez@pacswim.org
  - b. No other new business
- 7. June Team Culture Action Item:
  - a. Fill out summit planning google form.
  - b. Fill out the team interaction forms
  - c. SENIORS send the information of their new representative to Steph
  - d. Share Age Group Champ/Far Western Survey with coaches + swimmers
    - i. [https://docs.google.com/forms/d/1xsPilsu3et-NOvKj9QP2CZVBZM31N\\_xwN66Uhzb2WI0/edit](https://docs.google.com/forms/d/1xsPilsu3et-NOvKj9QP2CZVBZM31N_xwN66Uhzb2WI0/edit)
    - ii. <https://docs.google.com/forms/d/1gsPZS57yG7r0bvtYQgTVWhyNYwk-2MoiCMh3cow0TuU/edit>
- 8. Next Meeting: Sunday, July 23 @ 6:30 PM
- 9. Adjourn: 7:23