

Pacific Swimming Athlete Committee

Meeting Minutes
January 29th, 2023
6:00 p.m.

Zoom Link: Join Zoom Meeting

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

Meeting ID: 921 9380 1623

Password: 797227

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

1. Call to Order: 6:02
 - a. Notes taken during this meeting are written in **RED**
2. Attendance (no need to write your own name):
 - a. Lily Struempf, Veronica Hernandez, Anika Nagpal, Abbey Keller, Diana Fetterman, Aden Li, Amit Kannan, Ashley Dangol, Bella Pflieger, Brooke Bennett, Cadence Wong, Calista Lynch, Calvin Ciciarelli, Camille Guillerm, Charlie ??, Cherise Wong, Chloe Craig, Cindy Rowland, Daniel Roberts, Derrick Luu, Dominick W, Ellie Burkhardt, Emily Brown, Evan Byun, Gracie Goss, Gunner Hopkins, Heidi Chen, Jack True, Jessica Kraemer, Justin Wang, Kate Corbett, Kaila Ream, Layla Busquets, Lilli Chau, Lily Yung, Marlee Repp, Mason Wendler, Natalie Fearn, Oakley Briskman, Patricia Lai, Prudence Rosko, Sarah Darzacq, Saveta Holunga, Sophie Struempf, Sophie Boeun, Steph Anderson, Stephanie Iannaccone, Sydney Thompson, Tyler Dacanay, Veronica, Zach Silverman, Zackary Caufield, Sebastian Wong
 - b. Communication: Please be sure to email vhernandez@pacswim.org directly if you are not able to attend Athlete Committee meetings.
3. Resources for the month: [How to find your voice and speak up](#)
 - a. For new athlete reps: [Athlete Rep Handbook](#)
4. Icebreaker and November Team Culture Action Item:
 - a. November Team Community Service Event
 - b. [AhaSlides](#)
 - c. More suggestions on what to do
 - i. Buddies system to teach young swimmers on how to attend a meet, make goodie bags,
 - ii. Merge practice groups, mini lessons from senior group swimmers
 - iii. Team brunch/lunch
 - iv. Team superbowl party
5. Reports:
 - a. Senior Rep (srathleterep@pacswim.org): Amarie Nordberg Scholarship
 - i. 3 athletes (non-seniors) needed to judge applications - **Steph Anderson**, Aden Li, Bella Pflieger
 1. Announcement on website first

- 2. Post link after and share to clubs
 - 3. Awarded in May at HOD
- b. Junior Rep (jrathleterep@pacswim.org):
- c. Zone Reps:
 - i. Zone 1N (SA - z1nAthleteRep@pacswim.org):
 - 1. Zone champ meet today and yesterday
 - 2. Talked about preparing for the meet
 - 3. Any concerns/questions/complaints talk to Steph
 - 4. Be part of the zone 2 group me
 - ii. Zone 1S (SB - z1sAthleteRep@pacswim.org):
 - 1. Timeline and meet sheet for zone champs
 - 2. Zone champs this weekend
 - iii. Zone 2 (SH, NR - z2AthleteRep@pacswim.org):
 - 1. 2 weeks ago had zone 2 champs
 - 2. Final details at last meeting
 - 3. Any concerns, email Saveta
 - iv. Zone 3 (JH, AZ - z3AthleteRep@pacswim.org):
 - 1. n/a
 - v. Zone 4 (BP - z4AthleteRep@pacswim.org):
 - 1. Zone champs preparation
- d. Committee Reps:
 - i. Officials committee: discussion about new breaststroke rule (have to be on horizontal plane)
 - ii. DEI: really short meeting, plans on upcoming camps (no pool) on **Sat Nov 5, 2023**
- e. Team Reps:
 - i. San Benito working towards qualifying for Far West, JOS, and training
 - ii. Rossi went to Zone 3 Champs
 - iii. Orinda: hosted Zone 2 champs meet, senior meet, senior kids help with takedown
 - iv. WCAB: OTC training trip
- f. WZ/ National DEI (VH):
 - i. OTC camp applications closed
- g. Vice Chair (VH)(ES):
- h. General Chair (DC): Get well card (MG)
 - i. David Cottam is very sick, but he is doing much better
 - ii. Would mean a lot to him
- i. Mental Health (CL & SW):
 - i. Posted Instagram post for last month
- j. Social Media (JL & SB - repsocial@pacswim.org):
 - i. Subcommittee folder
 - ii. Still looking for active members
- k. Rep Recruitment (SA):
 - i. Seniors need rep for take over ASAP!!!
- l. Team Interaction (JH):
 - i. n/a
- m. Suit Exchange (LY):
 - i. First suit collection at OA senior meet and Z1 champ meet
 - 1. 15 just from Z1
 - ii. Cleaning suits right now, display asap
 - iii. Always accepting new donations

- n. Meet Promotion and Sponsorship (SS):
 - i. Trying to get a meeting
- 6. Unfinished Business
 - a. Awards Banquet
 - i. Subcommittee for new awards?
 - Sophie Boen, Heidi Chen, Sophie Struempf, Chetan Raghavan, Camille, Zach Silverman, Lily Yung, Marlee
 - ii. Subcommittee chair: still needed
- 7. New Business
 - a. Finis Goggles - 96 leftover from coaches' clinic
 - i. Does your team have any?
 - 1. Could be given to highpoint winners, event winner, etc championship meets as an award
 - 2. Athlete rep incentive
 - 3. Incentive for teams to get athlete reps
 - 4. Give it away at camp
 - 5. Coaches should decide what to do with the goggles age groups or otherwise
 - 6. Distribute teams to give away to top donors at swim-a-thons
 - ii. Can they be shared between athletes?
 - 1. Built for individual swimmers, not for a whole team
 - 2. Can switch off by day, but takes time to get used to them
 - a. dizzy , distracted
 - 3. Pass around through team, but all on one account
 - 4. Can wash them
 - 5. Bathe in chlorine
 - iii. Have you found them useful for training?
 - 1. Track intervals and stroke rate
 - 2. Not that great for a set
 - 3. Younger kids more useful if you're not used to that
 - iv. Age group
 - 1. 12-14? Or senior swimmers?
 - 2. Varies team to team or group to group
 - v. NAPA Valley athletes having problems with athlete protection training
- 8. February Team Culture Action Item:
 - a. Talk to/email your team to share the message about the Suit Exchange program
 - b. February is black history month - initiate a discussion with your team about black athletes in swimming or black history more generally
 - i. Ideas to consider: Trivia game about [Swimming Firsts in Black History](#), highlight black swimmers on your team's Instagram, Discuss the [rejection/approval of the Soul Cap](#), create a shared document/spreadsheet with your team with local black owned businesses, restaurants, movies, etc. (see similar example that PC athletes put together: [AAPI Anti-Racism Resources](#))
- 9. Next Meeting: Sunday, February 26, 6PM
 - a. SUBJECT TO CHANGE
 - b. Sending out survey

10. Adjourn: 6:57