

Athlete Committee Report

Presented by:
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01 USAS Summit



USAS Summit

- Junior and Senior athlete rep attended the USAS Summit and Annual Business Meeting
- Brainstormed many ideas regarding safe sport, DEI, and, social media, rep recruitment
- Met the new CEO of USAS, Kevin Ring
- Listened to many guest speakers including Missy Franklin
- Approved stroke 50s for 15-18s
- Bonded with athlete reps from LSCs all around the country



02 Leadership Summit

02 Leadership Summit



Panels and Talks

We hosted many talks/panel:

- Pacific swimming History
- Leadership styles
- Inclusivity and LSC Unity
- In-water session
- Olympic Speaker Torri Huske
- College Panel
- Nutrition
- Mental Health
- Recovery Science
- Team Building



Food Drive

Our Olympic guest speaker Torri Huske asked the athletes to host a food drive to help the local community. Our athletes did an amazing job collecting food from their teams and we ended up donating 1765 lbs of food!



03 Goals for this Year



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

Tech Suits

Our goal for this year is to perfect the tech suit exchange system. We plan to establish partnerships with local colleges to receive their old suits. We also want this mission to be an activity athlete reps can run within their own teams.

Peer Mentoring

Our goal is to keep young swimmers in this sport through a senior- age group swimmer mentorship program. We plan to accomplish this by setting up senior athletes with age group swimmers on monthly meetings to guide them through stress, healthy habits, and goal setting.

Social Media

Our goal this year is to provide Pacific Swimming with an active and informative athlete representative social media. We plan to accomplish this with our new head of social media Alex Cleveland, with the support of an active athlete representative social media committee.



Thank you!

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