

Pacific Swimming Athlete Committee

Meeting Minutes

Sunday, November 23, 2025 @ 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: Aly Cutforth, Abby Ikeda, Alexander Labiaga, Alexis Thompson, Alvin Cheung, Amalia Baugh, Amy Chen, Annabelle Catic, Arya Nimbalkar, Aria Pom, Bella Stamps, Breonna Weeks, Brian Do, Brookelyn Helmick, Charlotte Waddoups, Cindy Rowland, Ella Legg, Ellie Chang, Ellie Weiser, Hana Lai, Jade Estimo, Jenny Serhienko, Julie Whitney, Keegan McArdle, Lily Yung, Lisa Bremer, Miru Han, Monica Warren, Nathan Judy, Olivia Lawrance Chuquin, Orion Phan, Pulin Muangsiri, Rick Shan, Sidney Ross, Steven Weinstein, Violet Rutter, Verónica Hernández, Beau Caldwell
- 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. What are you thankful for and why? (Swimming specific)
- V. Reports:
 - A. Senior Rep (srathleterep@pacswim.org)
 1. Athlete Protection Training - Have you done it or does it need renewing?
 2. <https://hub.usaswimming.org/landing>
 - B. Junior Rep (jrathleterep@pacswim.org)
 1. No Report
 - C. Zone Reps:
 1. Zone 1N (OP - z1nathleterep@pacswim.org)
 - a) Tri-venue meets
 - b) Meet entries
 - c) One day relay meet
 2. Zone 1S (AP - z1sathleterep@pacswim.org)
 - a) Formed a subcommittee to discuss a new LC meet
 - b) Formed a subcommittee to discuss Z1S Brian Malik Championships in January
 - c) Discussed what meets will count for All Stars qualification
 3. Zone 2 (AT/MW - z2athleterep@pacswim.org)
 - a) Upcoming pacswim motions
 - b) Job sign ups
 - c) Meet capacity and management
 - d) Changes in championship meets

4. Zone 3 (BB - z3athleterep@pacswim.org)
 - a) No Report
5. Zone 4 (PM - z4athleterep@pacswim.org)
 - a) Working on policies for state checks and returned checks
 - b) Ran two meets w/ no safety incidents
 - c) LAKE received Bronze Club Excellence status

D. Committee Reps:

1. Senior (BB)
 - a) Discussed ideas for Senior camps
 - b) Hotel limitations for Summer sectionals due to NASCAR race
 - (1) Sectional will be moved a week later, July 24-25 weekend
 - (2) Far Westerns will still start on July 31
 - c) Concerns over Senior Coach of the Year award
 - More criteria for the award
 - Possible subcommittee
 - d) Continued discussions on possible travel assistance policies
2. Age Group (AP)
 - a) Discussed new ways to award the coach of the year, relay of the year, and race of the year awards
 - b) Going to approve new formatting for Spring AGC to add the 13-14 non-free 50s at next meeting
 - c) Working on ideas for Spring FW
 - d) Thinking about changing the 800 free relay to 14&u instead of 13-14
 - e) Age Group is getting a podium at their meets
 - f) New possible Spring FW event format
 - Later Morning Thursday Start
 - Fri/Sat/Sun normal start
 - Includes all 50s
 - One distance event per day
3. Camps (KN)
 - a) No updates
4. DDEI (MW)
 - a) Grant applications are now closed. 5 clubs applied and apps are being reviewed.
 - b) Meeting on Tuesday
5. Safe Sport
 - a) N/R
6. Governance (AC)
 - a) Updating P&P
 - b) Forming Subcommittee to oversee P&P
 - c) Team is leaving Pac Swim to Sierra Nevada
7. Finance/Investment (PM)
 - a) Nov. BOD Motions
 - (1) LSC All Star & Camp Travel
 - (2) Unclaimed Property
 - b) Preparing for audit
 - c) Discussed nature of Finance P&P (internal vs. public)
8. Officials (PM)

- a) Officials Clinic (10/17/26)
 - b) Jr Officials - Can be Admin Officials
 - c) Timedrop timing system now allowed in meets
 - d) Rule Changes
 - (1) If exceeding event limit, then scratch down last event
 - (2) If athlete 100% enters different lane, then DQ
 - (3) Backstroke start protocol changed
 - Flinching during take your marks will result in a false start
- 9. Social Media (AC):
 - a) No Report/ In progress
- 10. Rep Recruitment (MW):
 - a) Figuring out teams who don't have reps/ inactive reps
- 11. Tech Suit Up-Cycle Program (LY):
 - a) Suit collection at PLS Senior Open
 - b) Collection and distribution at TERA Senior Open
 - c) Aly sent an email– please respond
- 12. Mentorship Program (AT):
 - a) [PacSwim Mentorship Program Outline](#)
 - b) Overview of Mentorship program
 - c) [Master doc](#)
 - d) Action item: talk to your coach about a mentorship program
- E. Team Reps: Does your team do anything fun for the holidays?
 - 1. PSL Team movie night
 - 2. Sea Serpents: bond fire, older groups have christmas party and cookie decorating, winter gift exchange between groups
 - 3. Sunn- Bowling party
 - 4. BSW had a travel meet to Nevada
 - 5. Reno Aquatic has a Christmas party every year with secret santa
 - 6. ALGA has a holiday potluck
 - 7. BAY has a friendsgiving this weekend
 - 8. BSW does an ice skating Christmas party with swap exchange
 - 9. NBA: paired together for a smack talk room, then compete for a prize. Many different awards by group.
- F. Vice Chairs/Staff (VH)(BC):
 - 1. No report
- VI. New Business:
 - A. None
- VII. Ongoing Business
 - A. Letter to Schools for Absence
 - Letter for AGC coming soon
 - B. Ath Rep Camp Planning
 - Athlete summit feedback for the camp
- VIII. Dec/Jan Action Item:
 - A. Holiday Party/Team Event Ideas
 - 1. Bonding with the younger kids with a movie night
 - 2. White Elephant
 - 3. Interview about teammate's holidays
 - 4. Season/Holiday themed sets
 - 5. Hot chocolate social after practice

6. Holiday potluck
7. Hosting meet for the younger kids
 - Senior group runs a meet for kids who haven't swam at many meets yet

B. Work on getting your team safe sport recognized

1. Current recognized teams: LGSC, SRBY, SON, SCSC, SRVA, MBSC, DA, HILL, SSS, BAY, MONT, TERA, SUNN, PSL, PLS, ALGA, SRN, PST, PPSC, MAC, TCA, DCD, TIDE, SFSL, CCSC, SBA, EBSD, ALTO, OAPB, LAC, and FOG

IX. Next Meeting:

A. January 25, 2026 @ 6:30 PM

B. Meeting Adjourned: 7:22 PM