

Pacific Swimming Athlete Committee

Meeting Minutes

Sunday, September 28, 2025 @ 6:30 PM

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

Athlete Committee Mission: ***To share knowledge, develop leaders, and promote inclusivity to unify 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, Amira Dang, Amalia Baugh, Annabelle Catic, Aria Pon, Ariel Frugé, Asher Takazawa, Alexis Thompson, Bella Stamps, Breonna Weeks, Brian Do, Brittney Blair, Brooke Bennett, Bookelyn Helmick, Charlotte Waddoups, Cole Carnazzo, Ella Legg, Ellie Chang, Jenny Serhienko, Julie Whitney, Keegan McArdle, Lily Yung, Lisa Bremer, MacKenzie Pierce, Marcus McMichael, Mako Kashimura, Monica Warren, Nathan Judy, Pulin Muangsiri, Rick Shan, Sabrina Meyers, Sophia Gallagher, Steven Weinstein, Summer Hopkins, Aly Cutforth, Beau Caldwell, Diana Fetterman, 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. [APT Link](#) - if 18+
 - C. Ice Breaker:
 1. Articles ideas to include in the LSC Newsletter
 2. [Survey](#) to adjust meeting time if needed
 3. New [USA Swimming CEO](#)
- V. Reports:
 - A. Senior Rep (srathleterep@pacswim.org)
 1. Role of the Athlete Rep
 2. USAS Annual Business Meeting and House of Delegates meeting
 - a) Brainstormed new ideas to improve social media and tech suit up-cycling
 - b) Improve Athlete participation in meetings
 3. [Form for any comments/questions](#)
 - B. Junior Rep (jrathleterep@pacswim.org)
 1. Intro to AEC (athlete executive committee)
 2. How meetings work
 - C. Zone Reps:
 1. Zone 1N (OP - z1nathleterep@pacswim.org)
 - a) Finishing budget
 2. Zone 1S (AP - z1sathleterep@pacswim.org)
 - a) Reformat Brian Malik Memorial event lineup
 - b) Working on a possible fun long course meet format in May
 3. Zone 2 (AT/MW - z2athleterep@pacswim.org)

- a) Reformatting zone champs event lineup
 - b) Confirm committee reps at zone 2 meetings
 - c) Passed Budget
 - d) Additional opportunities for distance
- 4. Zone 3 (BB - z3athleterep@pacswim.org)
 - a) Canned food drives
 - b) Reviewing meet efficiency
- 5. Zone 4 (PM - z4athleterep@pacswim.org)
 - a) Passed budget and meet schedule
- D. Committee Reps:
 1. Senior (BB)
 - a) Trying to find a host for the Dec Prelims Final meet
 - b) Meets Monday 9/29
 - c) Senior meets are now 13 & up only and times standards are being upheld
 2. Age Group (AP)
 - a) Consistent scratch rules for AGC
 - b) Updated time standards
 - c) Adding 50s and quality points
 - d) Moving mixed relays to prelims Friday
 - e) All miles on Sunday
 - f) More offerings of distance events are needed
 3. DDEI (MW)
 - a) Enforced rule for transgender athletes
 - b) Join DDEI (disability diversity equity and inclusion)
 4. Safe Sport
 - a) Need reps
 - b) Safe sport chair was at the USAS summit
 5. Governance (AC)
 - a) Corrected wording and error in fees
 6. Finance/Investment
 - a) Need reps!
 - b) Budgeting for staff travel
 - c) Aging check policy
 - d) Passing of PC signer to Jeff Reagan
 7. Officials
 - a) Need rep
 - b) Officials clinic next Saturday
 8. Social Media (AC):
 - a) Sent out email with form for ideas for account
 - b) Brainstormed ideas for account content
 - c) Follow pacific swimming instagram
 9. Rep Recruitment (MW):
 - a) Re-sign up or sign up if interested
 - b) Brainstormed about rep recruitment
 10. Tech Suit Up-Cycle Program (LY):
 - a) Hosted collection and donation at Summer FW
 - b) Plan on setting up a meeting soon
 11. Mentorship Program (AT):
 - a) New subcommittee idea

- b) Connect experienced athletes with young/new ones
- c) Keeps younger swimmers engaged in sport
- d) [PacSwim Mentorship Program Outline](#)

12. New Committee Assignments

E. Team Reps:

- 1. Alameda Gators- Team lunch and game night
- 2. WCAB-hosted dual meet for age group swimmers against Orinda
- 3. LAC- 1st meet and 2 block parties
- 4. CTS- triathlon for younger kids
- 5. NNA- field day last saturday
- 6. LAMVAC- block party with diverse age group relays
- 7. QSS- first meet for seniors last weekend, intersquad block party for age group swimmers

F. Vice Chairs (VH)(MN):

- 1. Introduce Mike Nichols from Lost Coast Aquatics as the new Program Development Vice Chair.
- 2. Introduce Beau Caldwell, the new Competition Coordinator.
 - a) What should we Keep doing?
 - Arrangement of events
 - Lots of opportunities for meets
 - Lots of officials
 - Boys and girls sides
 - Inclusion of distance events
 - Continue innovation
 - Abundance of prelim/finals meets
 - b) What should we Stop doing?
 - Skipping 12U awards
 - Confusing time trial timelines and set ups
 - Late relays
 - Pace lane
 - c) What should we Start doing?
 - Clear about what event is swimming
 - Opening dive lanes earlier
 - Warm up/ cool down for only younger swimmers
 - Specific warm up and cool down lanes
 - 50 free in first half of meets
 - Block parties for all teams
 - Outdoor heaters
 - All star meet for 15 and overs
 - More screens displaying event and heat numbers
 - Knowing which lanes will become dive lanes
 - Have time of day on scoreboard
 - Updating timeline

VI. New Business

A. none

VII. Ongoing Business

A. [Summit Registration](#)

B. Food Drive items due at the summit this weekend

VIII. Sept Action Item:

A. Ideas from the group

- B. Introduce yourself to your team as an athlete rep and share notes
 - C. Pumpkin patch team bonding
 - D. Have team donuts or potluck after saturday practice
- IX. Next Meeting:
- A. October 26, 2025 @ 6:30 PM
 - B. Meeting Adjourned: 8:01 PM