

Pacific Swimming Athlete Committee

Meeting Minutes
November 28th, 2021
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: Aidan Pflieger, Andrew Trieu, Addison Newnan, Amit Kannan, Alexis Humphrey, Ainsley Jane Tambling, Alana Silva, Aden Li, Anna Ryan, Berrett Lee, Calvin Ciciarelli, Calista Lynch, Cherise Wong, Derrick Luu, Dominick W, Diana Fetterman, David Cottam, Emma Little, Ernest Leong, Emily Hayashi, Gabrielle Lai, Gabriel Cueva, Isabella Plieger, Juliana Goulart, Jessica Kraemer, Joseph Harris, Joyce Lee, Janak Bhatu, Kate Lee, Kate Aubrecht, Lulu Schloss, Luna Schloss, Lily Struempf, Lillian Chau, Lauren Healy, Lucy Norris, Madison Corrigan, Mason Wendler, Marissa Carajal, Maddie Blackwell, Natalie Fearn, Olivia Khan, Prudence Rosko, Sophie Boeun, Saveta Holunga, Sadie Breen, Sofia DeLange, Sarah Darzacq, Stephanie Anderson, Samantha Li, Tessa Sanders, Veronica Vetter, Zackary Caufield, Verónica Hernández
2. Attendance (no need to write your own name):
 - a. 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:
 - a. [Mindfulness](#)
 - b. [Group \(Herd\) Mentality](#)
4. Icebreaker (October Team Culture Action Item - Part I):
 - a. Make sure to share information, skills, and resources received at the Leadership Summit with your coaches and teammates.
5. Reports:
 - a. Senior Rep (srathleterep@pacswim.org): Leadership Camp - success
 - b. Junior Rep (jrathleterep@pacswim.org):
 - c. Zone Reps:
 - i. Zone 1N (AJ - z1nAthleteRep@pacswim.org): NR trying to get on email list
 - ii. Zone 1S (SB - z1sAthleteRep@pacswim.org): NR
 - iii. Zone 2 (LS - z2AthleteRep@pacswim.org): Zone 2 Champs (Jan, Feb 2022), Meeting in Dec to finalize details
 - iv. Zone 3 (GC - z3AthleteRep@pacswim.org): NR
 - v. Zone 4 (SD - z4AthleteRep@pacswim.org): NV state meet was held at CARS, Discussion on Zone Challenge for Z4
 - d. Committee Reps:
 - i. Age Group - Far Western bonus cuts for everything other than 1650 and 1000, bonus cuts will be by 5% for 200's and under and 2% for 400 IM and 500 Fr, no more than 2 bonus events, Camp @ Olympic Training Center in February will happen, applications for coaches and athletes will

- be out soon, decided to have Zone Challenge (formerly Zone All-Stars) meet on Sunday morning with rooms for traveling athletes on Sat night, with rooms and travel assistance for coaches
 - ii. Officials - Question was raised at the Officials Committee as to how consistent officiating has been recently.
 - e. Team Reps:
 - i. QSS Team travel meet, PASA travel meets, and team bonding lunches to prep for meet, OAPB jamboree meet with younger athletes swimming and older kids running the meet, DDST attended state meet and were able to spend time together with the whole team, as sending team to AZ soon
 - f. WZ/ National DEI (VH): Application closed for DDEI coordinator, USAS announcing position soon
 - g. AEC/ National Leadership (RM): NR
 - h. Vice Chair (VH)(ES): OTC Camp planning starting, PAC Coast All Stars coaches selected, Strategic Planning Meeting this coming Tues, plans for Zone Challenge are underway, and working on report of the Leadership Camp to USAS for funding
 - i. General Chair (DC): Board agreed to give \$3000 to the athletes committee, could fund some sweaters, get a group together to figure out logistics - Vote for sweatshirts was approved.
6. Subcommittee Reports
- a. Mental Health (CL - calista@haight65.com & SW): meeting last week; IGTV on eating during holidays/anxiety; find broader source of awareness
 - b. Social Media (JL & MG - repsocial@pacswim.org): more members needed
 - c. DDEI Social Media (SB):
 - i. Please email Sophie at sbone0363@gmail.com if interested in getting involved
 - d. Rep Recruitment (SA): Emails have gone out to all graduating seniors to find younger reps to train, to athletes that haven't been attending for the last 5 months to ask if they are still interested, and to head coaches who have never had a team rep explaining the value of having a rep
7. Unfinished Business:
- a. New Projects from Strategic Planning (October Team Action Item - Part II) (If you are contemplating joining in on a new project, now is a great time to sign up!)
 - i. Email outreach to teams that don't have athlete reps: Ainsley Jane, Stephanie, Tambling, Sophie Boeun, Joyce Lee, Lily Struempf,
 - ii. Athlete Rep Buddy System: Calista Lynch, Lily Struempf, Lucy Norris
 - iii. Mental Health: Calista, Alyson, Stephanie, Isabella, Bella Pflieger, Joseph Harris, Juliana Goulart
 - iv. Sponsors for Swim meets/making C/B/A meets more fun for younger athletes: (need 1 person from each zone) Sarah Darzacq, Cherise Wong, Aden Li, Mason Welder, Veronica Vetter, Gabriel Cueva, Lily Struempf
 - v. Create opportunities for athletes from different teams to interact in person (starting off with the bigger meets with more LSCs involved this year): need members!
 - b. Hour of Power:
 - i. <https://athletics.carleton.edu/sports/2019/8/20/hour-of-power-for-sarcoma-research.aspx>
8. New Business:
- a. Sweatshirt idea for athletes

9. November Team Culture Action Item:

- a. Ask your coaches or team leaders to involve yourself with setting up a holiday team bonding activity to promote closeness between younger and older athletes. We will share our teams' activities at the next meeting.

- i. Cardboard boat race
- ii. Team bonding event with food and movie
- iii. White elephant exchange
- iv. Mini meet with younger and older swimmers
- v. Gift exchange

10. Next Meeting: (6:00-7:30 had the most votes) Jan 30th

11. Adjourn: 6:44 PM