

## Pacific Swimming Athlete Committee

Meeting Minutes  
November 29, 2020  
7:00-8:00 p.m.

### Zoom Link: Join Zoom Meeting

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

Meeting ID: 921 9380 1623

Password: 797227

1. Call to Order: 7:01
2. Attendance (no need to write your own name): Taylor Rohovit, Cindy Rowland, Diana Fetterman, Veronica Hernandez, Jivana Nagpal, Aden Li, Aidan Pflieger, Ainsley Jane Tambling, Alexa Kwan, Alisa Zhou, Alyson McKeon, Anika Nagpal, Anna Ryan, Annika Sharma, Asha Kannan, Audrey Teo, Barrett Heritage, Calista Lynch, Carlos Torres, Cherise Wong, Dane Wolfrom, Daniel Lewis, Delainey Brandt, Delaney Sullivan, Dominick Wonosaputra, Eden Chuang, Emily Hayashi, Emma Little, Ernest Leong, Ethan Wang, Gabriel Cueva, Gabrielle Lai, Gunner Hopkins, Justin Cho, Kailer Tom, Kate Aubrecht, Katherine Lai, Kristina Mooney, Kyle Tseng, Lauren Healy, Lilli Chau, Lily Struempf, Lizzie Snyder, Lucy Norris, Lulu Schloss, Maddie Blackwell, Madelynn Gomez, Madison Corrigan, Maeve Rosko, Marlee Repp, Mason Wendler, Millie Nygren, Miya French, Natalie Fearn, Nathan Rogers, Nick Larson, Nikolas Powers, Oakley Briskman, Olivia Khan, Rachel Arndt, Rhys Edwards, Robert Mitchell, Sadie Breen, Sarah Darzacq, Saya Ryan, Sebastian Wong, Sofia DeLange, Sophie Boeun, Stephanie Anderson, Sydney Thompson, Ty Anders Fong, Valentina Suarez, Vanya Vats, Zackary Caufield
3. [Mental Health Resources for Athletes](#)
4. Icebreaker/Bonding Activity
5. Reports:
  - a. Senior Reps:
    - i. Helping with membership task force to reevaluate membership fees- where we can increase
    - ii. DEI committee grants with money left over from Pac Swim disaster relief grants
    - iii. Convention reps met with Western Zone reps a few weeks ago + some other CA LSC reps -> meet and greet
  - b. Junior Rep: no report
  - c. Zone Reps:
    - i. Zone 1N - zone champs meet planning
    - ii. Zone 1S - Club statuses + discussion about meet sanctioning.
    - iii. Zone 2 - meeting Jan. 11, budget cut in half, tried to have 18 and under meet but couldn't due to COVID 19
    - iv. Zone 3 - zone specific grants
    - v. Zone 4 - first time trial meet run
  - d. Committee Reps:
    - i. DEI - Orinda has been doing a lot to help teams
    - ii. Officials - trying to plan review Stroke and Turn clinic - Saturday, January 30th. This will be a "protected" day, meaning no meets that day so all officials can attend.> using our Athlete Leadership summit as a guide

1. Any athletes good with tech -> reach out to help them
- e. Team Reps:
  - i. Athletes attended Toyota Open
  - ii. Many teams having time trials and sanctioned meets
  - iii. ALTO going to a meet in Utah
  - iv. BAC reps talked to team about being an athlete rep and what they do
- f. WZ DEI (SR):
  - i. Creating strategic plan for the next few years
  - ii. Working with SoCal rep in athlete involvement
  - iii. Creating LSC job description for DEI
- g. National Committee/ AEC (RM):
  - i. AEC - 2 members stepped down, movement with athletes around committees and term lengths
  - ii. Robert apart of National leadership committee instead of times committee
- h. Vice Chair: no report
6. Subcommittee Reports
  - a. Succession Planning (TR)
    - i. Working on updating athlete policies and procedures (outlines everything about our athlete committee) -> will be submitted to Board before spring HOD
    - b. DEI Auction (EL)**
      - i. Help publicize!**
      - ii. Finishing up 1st stage of auction - outreach -> setting up website for auctioning
      - iii. Starting Dec 11, goes live
      - iv. Giving out money that is fundraised for DEI grant
  - c. Mental Health (SR)
    - i. 8 month long -> each month = different topic (ex: COVID + anxiety)
    - ii. Social media graphics for each topic
  - d. Pen Pal (LS)
    - i. Every month = new prompt to spur conversation
    - ii. Objective = get to know each other in our LSC
    - iii. Every 4 months, swap around to meet more
7. Unfinished Business:
  - a. Team Culture Action Item: Introduce yourself to your team; let your teammates know that you are there for them and want to hear from them & conduct a team culture survey
    - i. Orinda + PASA - weekly meetings with Senior group - open communication
    - ii. Some teams have conducted surveys (Ladera Oaks)
    - iii. PASA also passed out candy for Halloween to little kids
    - iv. PASA DKS - talked about topics
    - v. AAA ISL watch party
  - b. Resources for getting pools open: <http://www.pacswim.org/resources/COVID-19>
8. New Business:
  - a. Funding PC Programs Survey (NP)
    - i. Membership task force - preparing recommendations for BOD
    - ii. Wondering how many programs would like back after being cut due to COVID
    - iii. Created survey to gain insight from athletes perspective
      1. COMPLETELY ANONYMOUS - PLEASE DO THIS!!!

- iv. Send survey out to team
- 9. Team culture action item: safe sport education for teammates
  - a. <https://www.usaswimming.org/safe-sport>
  - b. <http://www.pacswim.org/safe-sport/safesportathletes>
  - c. You can create Kahoots or something fun and informational for swimmers on team
- 10. Next Meeting: January 31, 2021 at 7:00 pm
- 11. Adjourn: 7:49 pm