

## Pacific Swimming Athlete Committee

### Meeting Minutes

March 28, 2021

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: 7:03 PM
2. Attendance (no need to write your own name): Jivana Nagpal, Taylor Rohovit, Veronica Hernandez, Cindy Rowland, David Cottam, Aidan Pflieger, Millie Nygren, Aden Li, Ainsley Jane Tambling, Alana Silva, Alisa Zhou, Andrew Trieu, Anika Nagpal, Anna Ryan, Calvin Ciciarelli, Camille Guillerm, Cherise Wong, Delaney Sullivan, Diana Fetterman, Dominick Wonosaputra, Eden Chuang, Elsa Hartley, Emily Hayashi, Emma Little, Ernest Leong, Ethan Wang, Gabriel Cueva, Gabrielle Lai, Gunner Hopkins, Jamie Jovel Flores, Joyce Lee, Justin Cho, Kailer Tom, Kristina Mooney, Kyle Tseng, Nick Larson, Lillian Chau, Madelynn Gomez, Madison Corrigan, Maeve Rosko, Margaret Wong, Marlee Repp, Miya French, Nathan Rogers, Nikolas Powers, Oakley Broskman, Rachel Arndt, Robert Mitchell, Sadie Breen, Sarah Darzacq, Saveta Holunga, Sebastian Wong, Sofia DeLange, Sophie Boeun, Stephanie Anderson, Zachary Caufield
  - a. Communication: Please be sure to email [vhernandez@pacswim.org](mailto:vhernandez@pacswim.org) directly if you are not able to attend Athlete Comm meetings.
3. Resources for the month: [Ways To Mentally Prepare For Exercise Success](#), [Goal Setting Strategy](#), [Process-Based Mindset](#)
4. Icebreaker (skip)
5. Reports:
  - a. Senior Reps: [AEC mentorship workshop](#), Engaging Athletes LSC Governance Series webinar, Pacific Governance presented description of personnel committee and is working on nominations, met with Joan Choi and other CA LSC reps
  - b. Junior Rep: See below
  - c. Zone Reps:
    - i. Zone 1N: no meeting, finishing up results for virtual Zones
    - ii. Zone 1S: County opening up more for HS swim (depends on school/district)
    - iii. Zone 2: had meets every weekend in March
    - iv. Zone 3: starting some LCM meets soon
    - v. Zone 4: been having successful meets
  - d. Committee Reps:
    - i. DEI: (EL) New nation wide DEI program to network to connect each LSC to develop programs, athlete rep volunteers needed
    - ii. Budget (NP): new survey that is similar to December survey (COVID different now)
    - iii. Summer series - talked about how to create
      1. Virtual: Mid June - Aug 1, each zone responsible for own teams submitting times (SCY & LCM)

2. Times will be compiled together at the end -> will get a bag tag for submission (**Logo competition**)
- e. Team Reps:
  - i. OA has had multiple meets, today's ran smoothly. Different session for younger swimmers and everyone swam 3 events
  - ii. BAC - dual meet vs Alto
  - iii. LAC - had time trial meet -> allowed more swimmers to participate due to new county guidelines
  - iv. Lakeridge competed at zone 4 meet + sectional meet
  - v. SF Seals planning first sanctioned meet since pandemic
- f. WZ/ National DEI (VH): camp & summit open for registration on PacSwim website, New DEI Director for USAS Leland Brown III
- g. AEC/ National Leadership (RM): starting social hour to get to know AEC, successful so far
- h. Vice Chair: Morgan Weinberg leaving USAS, new person will be hired to run camps and summits
6. Subcommittee Reports
  - a. Succession Planning (TR): presented P&P to BOD
  - b. Mental Health (SR):
    - i. Graphic  
[https://mail.google.com/mail/u/0?ui=2&ik=0c0b84b003&attid=0.1&permmmsgid=msg-a:r6700875564551645279&th=17875d9d0d7e3ddb&view=att&disp=safe&realattid=f\\_kmsbftwt0](https://mail.google.com/mail/u/0?ui=2&ik=0c0b84b003&attid=0.1&permmmsgid=msg-a:r6700875564551645279&th=17875d9d0d7e3ddb&view=att&disp=safe&realattid=f_kmsbftwt0)
    - ii. - summarizing slide deck for the month
  - c. Pen Pal (LS emailed report):
    - i. Promotion - **send out info to teams for sign ups**
    - ii. Still developing themes/questions for upcoming months
    - iii. Put blurb on Nikolas's survey about Pen Pal
  - d. Social Media (SD & MG):
    - i. Regular schedule for posting
    - ii. Need more athletes signing up for athlete takeovers on PacSwim insta
    - iii. Email w/ questions - repsocial@pacswim.org
    - iv. IGTVs & Board Members
  - e. Leadership Summit Planning (AP):
    - i. Survey:  
[https://docs.google.com/forms/d/e/1FAIpQLSf3XxnW9J6H3byxCPq2jeREc8mo0bcV-0Cilk32BeNPAGghjQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf3XxnW9J6H3byxCPq2jeREc8mo0bcV-0Cilk32BeNPAGghjQ/viewform?usp=sf_link)
  - f. Awards Banquet:
    - i. Began brainstorming, looking for more athletes to join
    - ii. Possibly grant money for teams as award also
  - g. Statement of Support & [Resources](#)
7. Unfinished Business:
  - a. February Team Culture Action Item: Plan or talk to your coach about planning a team bonding event. Check out the [handbook](#) for some ideas, or feel free to ask other reps what they have done with their teams.
  - b. Athlete Protection Training for 18+ (Will not be allowed to compete in meets if not completed)
8. New Business:
  - a. Elections - applications for Junior Athlete Rep soon (eligibility requirements: Eligibility Requirements: At the time of election, the Athlete Representative must

- i. be an athlete member in good standing, ii. be at least a sophomore in high school or at least 16 years of age, iii. be currently competing, or have competed within the three (3) immediately preceding years, in the program of swimming conducted by USA Swimming , iv. have their place of permanent residence in Pacific Swimming and expect to reside therein throughout at least the first half of the term (other than periods of enrollment in an institution of higher education).
- b. Mission statement (AhaSlides D54DD)
  - i. Developing leaders in the pool to promote leaders in the world
  - ii. Building our sport outside the water
- 9. March Team Culture Action Item: Coach appreciation - organize something small with your team to thank your coaches for all of their hard work. Can be something as simple as a card or video.
- 10. Next Meeting: April 25, 2021 at 7:00pm
- 11. Adjourn: 8:10pm