

## Pacific Swimming Athlete Committee

### Meeting Minutes

July 31st, 2022

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: 6:02 PM
2. Attendance (no need to write your own name): Aidan Pflieger, Anika Nagpal, Amit Kannan, Alana Silva, Aria Pon, Alisa Zhou, Avery Yasukochi, Calista Lynch, Daniel Roberts, Dominick Wonosaputra, Gabrielle, Gwen Gallenkamp, Josie Oesterer, Justin Wang, Jessica Kraemer, Janak Bhuta, Lily Struempf, Lily Young, Maddie Blackwell, Mason Wendler, Prudence Rosko, Sebastian Wong, Sophie Boeun, Tessa Sanders, Zach Silverman, Zackary Caufield, Verónica Hernández
  - a. Communication: Please be sure to email [vhernandez@pacswim.org](mailto:vhernandez@pacswim.org) directly if you are not able to attend Athlete Committee meetings.
3. Resources for the month:
  - a. [ADA Day: Creating a Sport for All](#)
  - b. [Disability Pride Month: Honoring 5 Important Paralympic Swimming Athletes From the Past](#)
4. Icebreaker and June Team Culture Action Item:
  - a. [AHA Slides](#): What was the highlight of your summer season?
  - b. With the new FINA policy for transgender athletes, we might not be able to change the policy, but we all have the power to open up discussion around inclusion and privilege in our own teams. Consider speaking with your coach to lead these conversations and activities with your team or a group on your team:
    - i. [Privilege Activity](#) - this can be done in person as well, with standing up/sitting down rather than turning cameras off/on.
    - ii. [Ladder of Inference Activity](#)
    - iii. At the beginning of the discussion, it may be helpful to go over [tracking and listening](#) and some [discussion norms](#)
5. Reports:
  - a. Senior Rep ([srathleterep@pacswim.org](mailto:srathleterep@pacswim.org)): congrats on your end of summer meets, and good luck to those that have meets coming up!
  - b. Junior Rep ([jrathleterep@pacswim.org](mailto:jrathleterep@pacswim.org)):
  - c. Zone Reps:
    - i. Zone 1N (AJ - [z1nAthleteRep@pacswim.org](mailto:z1nAthleteRep@pacswim.org)): N/R
    - ii. Zone 1S (SB - [z1sAthleteRep@pacswim.org](mailto:z1sAthleteRep@pacswim.org)): discussed scheduling and meet bidding
    - iii. Zone 2 (LS - [z2AthleteRep@pacswim.org](mailto:z2AthleteRep@pacswim.org)): discussed having a short course rec-style end-of-summer meet next year for the younger swimmers (10&U), looking for more athletes on the Zone 2 calls and for a new Z2 rep

- iv. Zone 3 (JH - [z3AthleteRep@pacswim.org](mailto:z3AthleteRep@pacswim.org)): N/R
- v. Zone 4 (SD - [z4AthleteRep@pacswim.org](mailto:z4AthleteRep@pacswim.org)): N/R
- vi. Committee Reps:
  - 1. Age Group: discussed FW and JO time standards (JO and FW time standards for next year have been published) and nominating coaches for the awards banquet
  - 2. Officials: looking for athletes to participate in the officials clinic in October for the in-water session
  - 3. DDEI: advancements in the disability initiative, possibility of underwater filming at the DEI camp, working on a way to present MEFAP policy to the board
  - 4. Safe Sport: looking for more athlete participation, let Veronica know if you are unable to make it because it is important to have athlete representation on those calls
- d. Team Reps:
  - i. PASA finished summer season yesterday, and is sending some swimmers to Juniors and FW, won Futures
  - ii. OA had a great summer season, sent many age-group kids go to JOs and FW, sent many seniors to sectionals and came 2nd in large-team division
  - iii. Quicksilver Swimming sent swimmers to Roseville Sectionals, finished Futures yesterday, and age-group swimmers wrapped up season with FW, found a new athlete rep to mentor
  - iv. Albany Armada sent 15 swimmers to South Africa for 3 weeks to teach swim lessons to kids in the Kliptown Youth Program, and this was the culmination of a 3-year project that raised \$100,000
- e. WZ/ National DEI (VH): last month meeting canceled, next meeting on August 8
- f. AEC/ National Leadership (RM):
- g. Vice Chair (VH)(ES): summit planning is still going on, in-person awards banquet this year and each zone will nominate a candidate for coach of the year (let your zone chair know if you think your coach should be nominated!)
- h. General Chair (DC):
- i. Summit Planning: Save the date for October 15/16! We will be opening registration in late August.
- j. Mental Health (CL - [calista@haight65.com](mailto:calista@haight65.com) & SW): met last week, and posted on Instagram
- k. Social Media (JL & SB - [repsocial@pacswim.org](mailto:repsocial@pacswim.org)/[sbone0363@gmail.com](mailto:sbone0363@gmail.com)): established a posting schedule for the next month, working on adding committee recap posts
- l. Rep Recruitment (SA): N/R
- 6. Unfinished Business:
  - a. Committee sweatshirts (AJ): submitted artwork to the vendor and they sent us a proof, some more edits were then sent back to the vendor
  - b. Primary Project Idea: Athlete Incentive Program
    - 1. Purpose is to get athletes more involved in subcommittees and projects
    - 2. Lily Struempf,
  - ii. Other Ideas:
    - 1. Virtual project of some sort with other LSCs (San Diego Imperial, Utah, Minnesota)
    - 2. Joint Pacific/Sierra Nevada volunteer event

3. Podcast to expand our outreach in a more exciting way
  4. Athlete Reps from other LSCs sit in on our meetings and tell what their athletes are doing
  5. [Survey](#)
- c. Open Water Committee - let us know if you are interested in joining
- d. DDEI camp and raffle subcommittees - please reach out to Aidan, Anika or Verónica if you are interested
  - i. Joyce Lee
  - ii. You will be there to share your ideas on the activities that will be held at the camp, suggestions for the timeline, and helping spread the word - it won't be a whole lot of extra work outside of the meetings
7. New Business:
  - a.
8. July Team Culture Action Item:
  - a. Organize a fun activity for your team to start off the next season. Some ideas are a team-wide kickball event, field day, movie night, and game night.
9. Next Meeting: August 28th, 6:00PM
10. Adjourn: 6:28 PM