

Pacific Swimming Athlete Committee

Meeting Minutes

Sunday, January 28, 2024 @ 6:30 PM

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

Our mission is to share knowledge, develop leaders, and promote inclusivity to unify the athlete community.

1. Call to Order: 6:33 pm
2. Attendance (no need to write your own name): Steph Anderson, Verónica Hernández, Cindy Rowland, Lily Struempf, Abbey Keller, Alexander Labiaga, Allison Liu, Aly Cutforth, Amira Dang, Amy Chen, Atlas Metin, Bella Pflieger, Brookelyn Helmick, Cadence Wong, Calvin Ciciarelli, Dominick Wonosaputra, Evan Byun, Iris Seligson, Jack True, Josie Oesterer, Joyce Lee, Kate Corbett, Kopal Tare, Kyles iphone?????, Lily Yung, Malia Offenber, Marissa Carvajal, Max Farnham, Monica Warren, Morgan Nelson, Oakley Briskman, Orion Phan, Paige Griffis, Patricia Lai, Samantha Ng, Saveta Holunga, Scott Dang, Tyler Dacanay, Violet Rutter, Yixuan Wang, Zach Silverman, Heidi Chen, Gracie Goss, Jessie Hu, Jessica, Sydney T, Aria Pon,
 - a. Please put your first and last name as your username on Zoom.
 - b. 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. [Black History Month: What You Need to Know](#)
 - b. [Lung Cancer and Breast Cancer Most Common Cancer Deaths](#)
 - c. [Donate To Cancer Prevention](#)
4. Icebreaker: Superpowers → New Year Resolutions
 - a. Breakout rooms = #1 Z1S, Z3, Z4 #2 Z1N, Z2
 - i. A lot of people want teleportation as a superpower so it's easier to go places
 - ii. New Year's Resolutions: swim related and academic related
5. Reports:
 - a. Senior Rep (srathleterep@pacswim.org):
 - i. No report
 - b. Junior Rep (jrathleterep@pacswim.org):
 - i. No report
 - c. Zone Reps:
 - i. Zone 1N (ZS & PG - z1nAthleteRep@pacswim.org):
 1. Zones this weekend (past weekend)
 - ii. Zone 1S (JL - z1sAthleteRep@pacswim.org):
 1. Appointed a new Age Group chair
 - iii. Zone 2 (SH - z2AthleteRep@pacswim.org):
 1. Zone 2 champs next weekend
 - iv. Zone 3 (JH - z3AthleteRep@pacswim.org):
 1. No report
 - v. Zone 4 (BP - z4AthleteRep@pacswim.org):

1. Zone 4 hosts zone all star meet → getting ready and planning the meet
 - d. Committee Reps:
 - i. Age Group:
 1. trying to figure out how many bonus events to offer at spring age group champs,
 2. talking about rotating zone allstar colors for sweatshirts,
 3. Santa Clara is looking for a new pool to host Far Westerns at since theirs is closed,
 4. 42 Smart goggles: trying to figure out who to give those to (possibly to high point winners at far westerns and age group champs or at the otc camp, looking for suggestions from athletes)
 - e. Team Reps:
 - i. Terrapins went to portland for a travel meet (senior groups)
 - ii. Ladera Oaks attended Zone Champs this weekend
 - iii. Crow Canyon: holiday gift exchange + party for practice group
 - iv. Rays: winter celebration potluck and recognized broken team records
 - v. Alameda Gators: foodie fridays where there are snacks after practice
 - vi. Douglas Dolphins: Swimathon
 - vii. SUNN: annual bowling party
 - viii. MAC: joint swim practice with 13-14 PASA Rinconada
 - ix. Aquabears hosted their age group gift exchange in december
 - x. BSW: had a gift exchange and went ice skating
 - xi. Quicksilver went to Kauai for a meet
 - xii. Reno had christmas party for each group and team
 - f. Vice Chairs (VH)(ES):
 - i. All zones are getting ready for one all stars and are selecting their teams
 - ii. Western Zone DEI camp has applications still open, only 3-4 people signed up and we can send 4 to Olympic Trials and swim in that camp (see Pacific Swimming Website → please advertise to team)
 - g. General Chair (LI):
 - i. No report
 - h. Mental Health (JH):
 - i. Made a post about goal setting
 - i. Social Media (JL & SB - repsocial@pacswim.org):
 - i. Has not been very active
 - j. Rep Recruitment (SA):
 - i. Seniors need to check their email
 - ii. Lots of new reps from it
 - k. Team Interaction (JH):
 - i. No report
 - l. Suit Exchange (LY):
 - i. Got new suit donations → boys suits
 - ii. Plan when next one is going to happen
6. New Business
- a. Safe Sport Training
 - i. [Safe Sport Quiz](#)
 - ii. Going to be made mandatory to be an athlete rep
 - b. Leadership Summit
 - i. Fitter, Faster

1. Clinic taught by an Olympian
 2. Can be on any topic (race starts, competition mindset, etc.)
 3. Are people interested? → **yes**
 - ii. Swim time + Q&A with Olympian/National Team member
 - c. Amerie Nordberg Scholarship
 - i. Coming out on February 1st
 - ii. For seniors
 - iii. 1-2 scholarships given
 - iv. Committee for choosing people:
 1. Composed of:
 - a. Steph
 - b. Monica Warren
 - c. Tentatively Joyce Lee → AEC
 - d. Possibly Aly Cutforth
 - e. Possibly Kopal Tare
 - f. Antonio Bazzan
 - g. Include this in the summary email
 - d. [Cancer Prevention Donation](#)
7. Ongoing Business
 - a. College Commitments
 - i. On Pacific Swimming page
 - ii. As they fill out the google form, more athletes are added to the list
8. January Team Culture Action Item:
 - a. [November 8, 2023 - PC Swimmers' College Commitments - Class of 2024](#) →
form to submit to
9. Next Meeting: [2023 Athlete Handbook](#)
 - a. [February 25, 2024](#)
10. Adjourn: 7:23 pm