

Pacific Swimming Athlete Committee

Meeting Minutes
January 30th, 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
2. Attendance (no need to write your own name): Aidan Pflieger, Anika Nagpal Addison Crain, Aden Li, Ainsley Jane Tambling, Alana Silva, Andrew Trieu, Anna Ryan, Alexis Humphrey, Alyson McKeon, Calista Lynch, Calvin Ciciarelli, Camille Guillerm, Cole Kawaja, Cherise Wong, David Cottam, Derrick Luu, Dominick W, Emily Hayashi, Emma Little, Ernest Leong, Ethan Wang, Gabriel Cueva, Gabrielle Lai, Isabella Pflieger, Jamie Jovel Flores, Juliana Goulart, Jessica Kraemer, Joseph Harris, Josie O, Katarina Klatt, Kate Lee, Lauren Healy, Lily Streumpf, Louisa Kearns, Luna Balbuena, Marlee Repp, Mason Wendler, Millie Grieve, Prudence Rosko, Sadie Breen, Saveta Holunga, Sofia DeLange, Steph Anderson, Todd Gosselin, Ty Anders Fong, William Rocha, Zachary Caufield, Cindy Rowland, Verónica Hernández
 - 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. [New Year's Resolutions](#)
 - b. [The Inclusion of Transgender Athletes](#)
4. Icebreaker and 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.
 - i. <https://ahaslides.com/L86DC>
 - ii. White elephant gift exchanges, ice skating, cardboard boat races
5. Reports:
 - a. Senior Rep (srathleterep@pacswim.org):
 - b. Junior Rep (jrathleterep@pacswim.org):
 - c. Zone Reps:
 - i. Zone 1N (AJ - z1nAthleteRep@pacswim.org): meeting in January, discussed application for Zone Challenge meet
 - ii. Zone 1S (SB - z1sAthleteRep@pacswim.org): discussion around COVID protocols for meets
 - iii. Zone 2 (LS - z2AthleteRep@pacswim.org): Zone 2 Champs last weekend
 - iv. Zone 3 (GC - z3AthleteRep@pacswim.org): Zone 3 Champs 2 weeks ago at Vallejo with lower turnout, some teams dropped out due to COVID restrictions
 - v. Zone 4 (SD - z4AthleteRep@pacswim.org): discussed Zone Challenge meet
 - d. Committee Reps:

- i. DDEI: Final stages of putting together a DDEI award, discussing how to approach participation of transgender athletes in USA Swimming and Pacific Swimming. Upcoming meeting—please let Verónica know if you are interested in attending.
 - ii. Officials: Some venues are having issues with being able to hold meets.
 - iii. Scheduling: Placed out meets for the next year, will begin the bidding process for the next season soon.
 - e. Team Reps:
 - i. Piranhas swimming moved pools to Sonoma State University, and is waiting for the pool to get sanctioned in order to hold meets. Athletes have been doing a lot to include the younger swimmers.
 - ii. PASA—lots of bonding activities—buddies for Zones. Championship meets in December in Texas and sent some athletes to Jrs.
 - iii. SUNN had a rough patch, but has been doing well recently.
 - iv. WCAB: recent championship meets, started morning practices again recently
 - v. Reno Aquatic Club: Boat racing activity recently, new Head Coach, COVID outbreak and difficult to manage that.
 - vi. Ukiah Dolphins Pool heater broke, had to joint swim with AG swimmers
 - vii. Orinda Aquatics: senior group taking down after meets, and thanking volunteers to show leadership to the younger swimmers
 - viii. Mavericks: Working to accommodate schedule for high school swimming
 - f. WZ/ National DEI (VH):
 - i. The WZ committee has taken up the issue of the transgender athlete, and invited Dr. Blackwell to a meeting.
 - ii. Diversity in Aquatics Awards: vote for Kent and the DIA Fellows!
<https://www.diversityinaquatics.org/convention>
 - g. AEC/ National Leadership (RM):
 - h. Vice Chair (VH)(ES):
 - i. General Chair (DC): Trying to put some money back into programs, interested in asking athletes and coaches how that money should be spent
- 6. Subcommittee Reports
 - a. Mental Health (CL - calista@haight65.com & SW): no January meeting, will meet in early February, trying to reach out to a wider community about mental health for athletes
 - b. Social Media (JL & MG - repsocial@pacswim.org): Meeting yesterday, first one in a while. Discussed how to get started for this year. If you want to join the committee, please reach out to Joyce! Other committees—please send content to the social media committee if you would like it shared. Planning on restarting athlete takeovers.
 - i. Maybe have teams tag Pacific Swimming in their posts so that the account can repost them. Also take photos of different teams at meets and make posts for different Pacific Swimming swim meets.
 - c. DDEI Social Media (SB - sbone0363@gmail.com): Just getting started again, the committee has worked out a progression for February of what to post. Email Sophie if you have any ideas!
 - d. Rep Recruitment (SA):
 - i. Emailed inactive reps, teams that don't have reps, and senior reps. Lots of new reps in December/January. Need to circle back to inactive reps, and check in with teams.
 - ii. Quite a few responses from graduating reps.

- e. Athlete Rep Buddy System:
 - f. Meet Promotion/Sponsorship:
 - g. Team Interaction:
7. Unfinished Business:
- a. Initiation of new subcommittees (plan moving forward):
 - i. Athlete Rep Buddy System: looking for ways to help teams create buddy systems, and create a buddy system within the athlete committee.
 - ii. Meet Promotion/Sponsorship: trying to make C/B/A meets more fun and inviting for younger swimmers
 - iii. Team Interaction: working to compile a master list of activities to do within each team
 - b. Committee sweatshirts:
8. New Business:
- a. COVID Update:
 - i. Mask reminder on social media
 - ii. Other ideas
 - b. Distance Camp to replace OTC
 - i. Annual OTC Camp cancelled
 - ii. Normally the camp would've happened in January, postponed to March, but due to inability to have 1 person per room, logistical issues, and the expense, it was voted down by PC BOD
 - iii. Possible local distance camp with same qualifications for athletes that would have attended the OTC camp
 - iv. It would be nice for athletes to have some kind of camp experience, even if it's not at the OTC
 - v. Narrows down possibilities for location if it has to be at a college campus
 - vi. Makes it hard for people to attend because there can't be overnight stays, which will limit those able to attend. Maybe make rooms available for athletes that live farther away.
9. January Team Culture Action Item:
- a. As high school and long course seasons approach, try to set up a meeting with your team to discuss practice and meet environment goals and ways to achieve them. We will share at our February meeting.
10. Next Meeting: February 27th @6:00 pm PDT
11. Adjourn: 6:44