

Pacific Swimming Athlete Committee

Meeting Minutes
November 28th, 2021
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: Aidan Pflieger, Andrew Trieu, Addison Newnan, Amit Kannan, Alexis Humphrey, Ainsley Jane Tambling, Alana Silva, Aden Li, Anna Ryan, Berrett Lee, Calvin Ciciarelli, Calista Lynch, Cherise Wong, Derrick Luu, Dominick W, Diana Fetterman, David Cottam, Emma Little, Ernest Leong, Emily Hayashi, Gabrielle Lai, Gabriel Cueva, Isabella Plieger, Juliana Goulart, Jessica Kraemer, Joseph Harris, Joyce Lee, Janak Bhatu, Kate Lee, Kate Aubrecht, Lulu Schloss, Luna Schloss, Lily Struempf, Lillian Chau, Lauren Healy, Lucy Norris, Madison Corrigan, Mason Wendler, Marissa Carajal, Maddie Blackwell, Natalie Fearn, Olivia Khan, Prudence Rosko, Sophie Boeun, Saveta Holunga, Sadie Breen, Sofia DeLange, Sarah Darzacq, Stephanie Anderson, Samantha Li, Tessa Sanders, Veronica Vetter, Zackary Caufield, Verónica Hernández
2. Attendance (no need to write your own name):
 - 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. [Mindfulness](#)
 - b. [Group \(Herd\) Mentality](#)
4. Icebreaker (October Team Culture Action Item - Part I):
 - a. Make sure to share information, skills, and resources received at the Leadership Summit with your coaches and teammates.
5. Reports:
 - a. Senior Rep (srathleterep@pacswim.org): Leadership Camp - success
 - b. Junior Rep (jrathleterep@pacswim.org):
 - c. Zone Reps:
 - i. Zone 1N (AJ - z1nAthleteRep@pacswim.org): NR trying to get on email list
 - ii. Zone 1S (SB - z1sAthleteRep@pacswim.org): NR
 - iii. Zone 2 (LS - z2AthleteRep@pacswim.org): Zone 2 Champs (Jan, Feb 2022), Meeting in Dec to finalize details
 - iv. Zone 3 (GC - z3AthleteRep@pacswim.org): NR
 - v. Zone 4 (SD - z4AthleteRep@pacswim.org): NV state meet was held at CARS, Discussion on Zone Challenge for Z4
 - d. Committee Reps:
 - i. Age Group - Far Western bonus cuts for everything other than 1650 and 1000, bonus cuts will be by 5% for 200's and under and 2% for 400 IM and 500 Fr, no more than 2 bonus events, Camp @ Olympic Training Center in February will happen, applications for coaches and athletes will

9. 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. We will share our teams' activities at the next meeting.

- i. Cardboard boat race
- ii. Team bonding event with food and movie
- iii. White elephant exchange
- iv. Mini meet with younger and older swimmers
- v. Gift exchange

10. Next Meeting: (6:00-7:30 had the most votes) Jan 30th

11. Adjourn: 6:44 PM