

Athletes' Executive Committee - 4/18/21 6:30 pm (via Zoom)

Present: Zach Toothman, Mia Nagle, Megan Maholic, Nathan Phillips, Tori Culotta,

Absent: Sydney Bare

- I. Additions to the Agenda - none
- II. Approval of the Consent Agenda: **APPROVED**
- III. Minutes Review
  - A. Approval of Minutes from March 21st: **APPROVED**
- IV. Consideration of Agenda Items
  - A. Central Zone Update - Zach
    1. Discussed updated legislation that the central zone athletes hope to change.
  - B. Athlete Features
    1. Aiden Neuman - Zone cut
    2. Mia Nagle - Commitment and Jr Cut
    3. Preston Buckingham - 2 zone cuts
    4. Molly Rogers - Commitment
    5. Zach - Commitment
  - C. Discussion Corner
    1. Video style discussion corners - Mental health, make it more engaging than the April one
  - D. Coaches Corner
    1. Table the Coaches Corners until May.
  - E. Athlete Meeting Before HOD
    1. Play an icebreaker and talk about legislation at the meeting, we will do strategic planning at the meeting as well.
  - F. HOD Emergency Legislation Update - Zach
    1. In July of last year, we passed 50s of stroke for 13 and overs - Recently the legislation has been getting pushback to be put into effect. Now it will need to pass at HOD with 90% approval in order to become LE legislation.
  - G. HOD Legislation Preview
    1. Work on approving the DEI legislation and the 50s of stroke legislation at HOD
  - H. Junior Athlete and AEC Elections
    1. Remind people of elections the wednesday and friday before HOD. Speeches will be done at HOD as well.
  - I. Instagram Takeovers
    1. Takeovers are filled until the end of april. After april we will do takeovers only once a month.
  - J. Athletes Manual Revising
    1. New changes and votes:
      - a) Athlete Representation on Lake Erie Committees:

- b) Revised Athletes Manual:
- c) Update the athlete feature every week:
- d) Election of Jr Rep:
- e) Change to the Senior Athlete Award:
- f) Senior Athlete Award Selection Committee:

(1) All pass

K. Educational Team AEC Visits

- 1. These visits would build up to an eventual leadership summit. 2-3 AEC members would go to practice sites for teams and run an educational session about DEI, safesport, etc.

L. Brainstorming Ideas/Misc. Announcement

- 1. n/a

M. Reports

- 1. Social Media and Athlete Engagement - Megan Maholic
  - a) Her committee is meeting Wednesday night to discuss the website redesign.
- 2. Service Projects and Initiatives - Mia Nagle
  - a) Not meeting soon - working on spring service initiative which is in person AEC volunteering.
- 3. Athlete Events and Operations - Zach Toothman
  - a) Discussed throughout the meeting
- 4. Safe Sport - Nathan Phillips
  - a) He wants to have a safe sport discussion to the athletes before HOD. He wants improvement in having educational meetings with clubs about safe sport.

V. Time/Date of Next Meeting: 5/16/21 at 6:30 pm via Zoom

VI. Items to Discuss at Next Meeting: HOD review, educational team AEC visits, takeovers, discussion corner, coaches corner, athlete features, new athlete rep education, safe sport

VII. Meeting Adjourned – Via Zoom 4/18/21 at 7:02 pm

VIII. Minutes Submitted By Mia Nagle

Service Projects and Initiatives Committee - 3/21/21 7:30 PM (via Zoom)

Present: Abbey, Nathan, Mia

Absent: Erik

- I. Additions to the Agenda
- II. Approval of the Agenda
- III. Minutes Review
- IV. Consideration of Agenda Items
  - A. Check in and any updates
  - B. Create a new idea for the Spring Service initiative since the Ronald McDonald House option is not able to happen currently.
    1. Gigi's Playhouse - volunteer opportunity
      - a) Abbey, Nathan, Mia, and Erik will go for sure. We will send out invites to the AEC and club reps to see if they want to volunteer.
        - (1) Maximum of 10 volunteers
      - b) Abbey will gather additional details about the organization and the work that we would be doing.
      - c) Tentative date - May 15th (Saturday)
  - C. Create a set plan for this initiative.
- V. Discuss any other miscellaneous announcements
- VI. Time and Date of Next Meeting: No meeting set as of now (via Zoom)
- VII. Items to Discuss at Next Meeting: Review set plan for the spring
- VIII. Meeting Adjourned - Via ZOOM 3/21/21 at 11:43 AM
- IX. Next meeting - April 29th 7:30
- X. Minutes Submitted By Mia Nagle

Athletes Events and Operations Committee- 4/11/21 7:30 pm (via ZOOM)

Present: Zach Toothman, Kyra Miklos, Tori Culotta

Absent: Emma Claire Lambert-Shemo

Guest: Nathan Phillips

- I. Additions to the Agenda
- II. Approval of the Agenda: **PASSED**
- III. Minutes Review
- IV. Consideration of Agenda Items
  - A. JO's Event Recap
    1. All very successful and very well run.
    2. All ideas that weren't able to be executed this year are filed in the Athlete's Committee Drive to be done next year
  - B. Safe Sport Athlete Event
    1. Nathan discussed current goals of the Safe Sport Committee and for this committee to begin discussing events to plan
    2. The current plan is for this committee to organize a Kahoot and Informational night with staff members and national safe sport athletes in late April/early May.
      - a) Nathan will bring up to Safe Sport Committee before getting the ball rolling.
      - b) Possible prizes could be made for this event
      - c) Also talked about including this later in the Lake Erie wide practice or a LSC summit
  - C. Coaches Corner
    1. Will reach out to Coach Kevin from Solon to do our Coaches Corner next weekend
  - D. Next Steps
    1. This committee really wants to begin the focus of education on topics that are important to USA Swimming like Mental Health, DEI, and Safe Sport in addition to our events that engage athletes like takeovers and championship events.
    2. We decided our immediate plan of action will be to make our discussion corners more engaging by doing a video portion with them. We will begin by doing an extension of April's Mental Health Discussion Corner. We will begin planning the contents of this video with the AEC.
      - a) Also discussed a possibility of a Newsletter type feature where we can present informational content
    3. We want to begin focusing our discussions to beyond the LSC and include national representatives and athletes to help provide high quality information and engagement which will help build to our first LSC summit.
    4. This summer this committee, with approval from the Board and AEC, will begin planning Mini-Team Educational Visits. These visits would be an hour in length where 2-3 AEC members would go to clubs and present

discussions and interactive elements with the swimmers who are interested in learning more about topics like DEI, Safe Sport, and Mental Health.

- a) We begin brainstorming how a sample DEI visit would look and what the goals would be.

E. Brainstorming Ideas/Misc. Announcement

- V. Time/Date of Next Meeting:
- VI. Items to Discuss at Next Meeting:
- VII. Meeting Adjourned – Via ZOOM 4/11/21 at 8:00 pm
- VIII. Minutes Submitted By Zach Toothman