

**Central Zone Athlete Committee – Meeting Minutes**  
**Sunday, November 27<sup>th</sup>, 2016 at 7:30 PM CT**  
**Via Conference Call**

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**I. Call to Order and Attendance**

The meeting was called to order by Chair Jack Swanson at 7:31 PM CT. Attendance was taken.

Those Present: Jack Swanson (Chair), Erin McCarthy, Peyton Werner, Lexi Monty, Ashton Pearson, Jack Van Meter, Joe Gazzarato, Sophia Brauer, Brad Jacobs, Emma Schaetz, Amy Hoppenrath (Central Zone Non-Coach Director), John Bradley (Central Zone Coach Director), Ty Seymour (AEC Eastern Zone Athlete Representative), Janelle Nguyen (AEC Convention Vice Chair)

Those Absent: Patrick Hunter, Joncy Mastel, Craig Tompkins, Bailey Grinter, Amy Schulz

**II. Review USA Swimming Mission Statement and Core Objective**

Swanson reviewed USA Swimming's Core Objectives of Build the Base, Promote the Sport, and Achieve Competitive success. The Central Zone's role is to "assist USA Swimming in the promotion, development, and conduct of swimming in the United States." Swanson asked committee members to keep these core values in mind during the meeting, and encouraged members to read the USA Swimming Mission Statement on the website.

**III. Approval of Committee Guidelines**

Swanson asked if committee members have any questions or changes regarding the guidelines that were distributed via email. Jacobs asked if a vice chair and secretary have been appointed. Swanson replied that they have not, as the positions are new. They will be appointed after the meeting. A motion was made to approve the minutes with no corrections. Seconded. All in favor.

**IV. AEC/Central Zone Update**

Swanson stated that the AEC met on November 9<sup>th</sup>. The minutes are available. He highlighted that the AEC is working on setting up a meeting in Chicago in May for Central Zone Senior Athlete Representatives to discuss LSC governance and structure. Senior Athlete Representatives will be invited, and other reps may attend as well. Committee members should email Swanson if they have any specific topics they would like discussed at the forthcoming meeting.

Bradley stated that he attended the USA Swimming Board Meeting and the Golden Goggles. The Board Meeting was relatively brief. There were many great ideas from the athlete representatives present. Hoppenrath stated that one topic being discussed pertinent to this committee is the LSC/Zone Study. The functions of the zones may be changed or transferred to USA Swimming. However, many constituents in the Central Zone in particular do not want to lose representation at a national level.

**V. LSC Updates and Questions**

Gazzarato brought up a question regarding prelim/final opportunities in the 200 butterfly, backstroke, and breaststroke for 11-12 athletes at the 12 and under state meet in Michigan. He asked what is common in other LSC. Schaetz stated that the only meet in Wisconsin that has

prelim/finals for 11-12 swimmers is the WGLO meet. Monty added that the Central Zone meet does, while Wisconsin's LSC championship does not. Gazzarato stated that all events except the 200s of the strokes are prelim/final for 11-12 swimmers in Michigan. Adding prelim/finals for these events would add only 20 minutes to the timeline for the entire weekend. Bradley asked Gazzarato how many events athletes can swim at the Michigan state meet. Gazzarato replied that athletes may swim 6 events. Bradley asked how big the facility for the state meet is. Gazzarato stated that it is generally a larger 50m facility with a separate cool down pool. Bradley stated that in Minnesota, 11-12 swimmers do not swim prelim/finals in the 200 strokes. However, they are able to swim 7 events, so it would make sense given the 6 event limit that athletes can swim prelims and finals for the 200s of the strokes. Schaetz agreed, stating that uniformity would be best.

There were no further LSC updates.

## **VI. Committee Goals for 2016-2017**

Swanson stated that a focus of the AEC and the Zone Reps this year will be improving communication. Gazzarato stated that communication is crucial, as it is difficult to reach out to other LSC reps throughout the year – yet everyone has a common goal of helping the sport. Jacobs stated that other zones have a GroupMe for communication – would this be possible for the Central Zone? Swanson stated that Slack, an online discussion board, is being tested at the national level, and is beneficial because it is not used on an everyday basis like GroupMe and Facebook are. Thus, communication is less likely to get “lost.” Schaetz agreed that Slack is great, especially because it allows for files and photos to be shared. Gazzarato agreed, stating that Slack takes the intimidation out of communication. Swanson asked if it would be best to use a platform for communication such as texting, GroupMe, or Facebook messenger that is used everyday. Gazzarato and Schaetz replied that it would not be, as Facebook and GroupMe are often ignored.

Pearson stated that it would be fantastic to have some communication methods addressed at the workshop in Chicago, as they would help in running an Athlete Committee. Swanson stated that he agreed, as communication is crucial to running a great Athlete Committee. Gazzarato stated that the Michigan Swimming Athlete Committee will be meeting on Sunday, December 4<sup>th</sup>, and those interested in attending a meeting should reach out to him.

Swanson stated that he would also like to see a Central Zone Twitter page. Jacobs asked if Twitter would be used instead of the newsletter. Werner stated that social media pages may be good replacements for the newsletter. Gazzarato disagreed, stating that Twitter should be used mainly for blurbs, and the newsletter for bigger stories. Swanson agreed, stating that he feels there is a benefit to both social media and the newsletter. Bradley stated that Hoppenrath works in marketing, so she may have useful feedback. Hoppenrath stated that everyone takes in information differently – we could even include the newsletter in social media posts. Bradley stated that USA Swimming would benefit to learn more about how social media works and how athletes use social media. It would be great to see the Central Zone take the lead on this project.

Swanson stated that he also sees benefit to having a Central Zone newsletter. Hoppenrath suggested that Swanson reach out to Steve Sholdra, who used a newsletter as Western Zone Athlete Representative. Gazzarato stated that the newsletter should feature LSC updates to help

spark ideas at the LSC and club levels. He stated that the newsletter should also feature “professional articles” on dryland training, technique, and other similar topics. Hoppenrath stressed that the newsletter should be interactive, and should feature polls, quizzes, or the like. Gazzarato asked how to incentivize reading the newsletter. Hoppenrath stated that the biggest thing is having a number of short stories so people can pick and choose what they read. She also encouraged committee members to work with Jay Thomas, the USA Swimming Rules and Regulations Chair, to discuss rule changes that are most pertinent to athletes.

Swanson asked committee members how the Central Zone Athlete Committee can best support LSC athlete representatives. Schaetz stated that the committee can help to foster improvement in the LSCs – it will be a great help to have an in person meeting this year. Gazzarato stated that the Central Zone Athlete Committee should help new athlete representatives to transition into their roles seamlessly.

### **VII. Other Questions, Comments, and Concerns**

Swanson stated that Hunter suggested we have a call with LSC athlete representatives prior to convention to discuss proposed changes to the Zone bylaws. Since a large number of athletes spoke at the zone meeting at convention and made similar points, it would be best to develop a collective athlete opinion prior to convention to help the zone meeting run more smoothly and to avoid amendments from the floor. Schaetz and Jacobs agreed.

Jacobs reminded committee members that tieback suits are now illegal for competition, as this may not have been made clear at convention. He asked Swanson to pass this clarification on to committee members.

### **VIII. Adjourn**

A motion was made to adjourn. Seconded. The meeting adjourned at 8:23 PM CT.

Respectfully Submitted,  
Jack Swanson  
Central Zone Athlete Representative