

## CZ Athlete Meeting Minutes

09/27/20

6pm CT

1. **Introductions-** We introduced Annie, Zach, Micheal, and Pam
2. **Brief summary-** Next we gave a brief summary of the CZ, our roles as athlete reps, and highlighted the importance of the athlete voice. We emphasized “Your Zone, Your Voice” and that we are here to advocate for the athletes!
3. **Icebreaker-** We played a short icebreaker where everyone had the opportunity to share their name and LSC position. Our first step to increasing the athlete community in our zone.
4. **Breakout rooms-** At this point we broke into 4 breakout rooms led by Annie, Zach, Noah Berryman (he is on credentials and electrons and also ran for CZ SR rep), and Josie Ureling (she is on the AEC and a part of the CZ Zone). The purpose of these breakout rooms was to hear the ideas, goals, and feedback from our athlete body. Below you will find some of the ideas Zach and I will work to implement this year, followed by other notable ideas.

### **Immediate:**

- Be more active on Social Media Accounts
- Increase communication
- Monthly newsletters to athletes
- CZ workshop: like the SZ
- Educating athletes on mental health: Possibly adding this to a part of a CZ athlete workshop.
- Foster an active community: more athlete socials, zoom calls, and a workshop.
- LSC summits- Several LSCs asked for help on LSC summits. It was suggested to have a multi LSC summit as well.

### **Notable ideas:**

- Many athletes expressed their want to return to the racing scene.
- Notable virtual racing ideas: Virtual meets vs different LSCs across the zone, virtual zones.
- Athletes expressed the idea of implementing a 15 & up zones meet.
- Athletes expressed the idea of breaking up the 15-18 age group into 15-16/17-18
- They would like to continue to see multicultural meets and camps and the zone select camp. Also continue to recognize disability athletes at meets.

5. **Share outs-** athletes came back to the big room and shared their ideas with the group

6. **Social media awareness-** We told everyone to follow our instagram as we will begin to be active regularly.
7. **Communication logistics-** Lastly, we made sure everyone was in our Group Me and updated our athlete contact list by sending out a poll. Zach will send the BOD this updated contact list as soon as it is ready.
8. **Adjournment!**