

PAC Agenda:

1. Introduction of new committee members
  - a. Stephanie Hoeper
  - b. Ariel Aloe
  - c. Alicia Gerke
  - d. Introductions of PAC committee members
2. Tryouts & Transfers
  - a. Group sizes / coach ratios
    1. IFLY Coaches goal: 1 Coach per 8 swimmers for each group
    2. IFLY hosted 2 Tryout sessions end of August/beginning of September
  - b. ICE
    1. ICE Swimmers have joined IFLY in recent months
  - c. Staff additions
    1. IFLY has hired additional part-time student coaches to our IFLY Coaching staff
3. Meet schedule adjustments
  - a. Adding Fall Intrasquad
    1. Saturday, September 24<sup>th</sup> IFLY 14 & Under Intrasquad
  - b. Shifting dates for Irving B. Weber / LMST meet
    1. IFLY is committing to LMST December Invitational meet - December 2<sup>nd</sup>- 4<sup>th</sup>, 2022.
  - c. Potential Dec Distance Intrasquad
    1. Planning conversations still occurring for the month of December.
    2. Potential CIA meet for all age groups
    3. Potential Long Course IFLY Intrasquad meet for distance events
4. Team equipment & Apparel structure
  - a. Equipment- when, how, through whom
    1. Ordering equipment in bulk. IFLY Coaches will then distribute equipment for new athletes, replacements, and move-ups.
  - b. Apparel- when, how, through whom
  - c. Needs for the remainder of the year?
5. Mental Health Resources
  - a. Senior level QR code
    1. QR Code in the Field House pool that links to a Google Form for IFLY JR/SR and JR Performance and SR Performance swimmers to fill out. Head Coach Jackson is the only individual receiving the responses from the forms. Families are contacted for concerning submissions.
  - b. Brad Virkler- NL site
    1. Iowa Dive Club coach completing his internship at Journey Counseling Services. Consolations are available at the North Liberty clinic to IFLY swimmers, free of charge.
  - c. EAP for IASI
    1. Head Coach Jackson is conducting conversations with IASI LSC to provide movement forward for an Emergency Action Plan for Mental Health.
6. Performance Gym Update
  - a. Coach Megan is replacing Coach Mitchell at Performance. Offerings are still made available to IFLY Performance levels.
7. Dryland additions:
  1. Les Mills BodyPump (scaled)- Winter 2022/2023

1. Saturday Dryland scaled down version training for 14 & Under athletes.
2. Rock Wall- Select dates
8. New USA Swimming registration process / SWIMS3.0
9. Volunteer Policy & A3 MWC Adjustments
  - a. Sign up by November 1<sup>st</sup>
  - b. IFLY Families must sign up for 2 sessions per hosted meet (A3 Midwest, Armbruster, Championship meet)

Added:

- Volunteer opportunity- Houses into Homes
- Proposed adjustments to IASI Championship meets
  - Silvers is shortened from 2.5 days to 2.0 days  
Regionals
  - Age Group Championships
  - Time Standards TBA
  - Adjustments will be determined at the IASI House of Delegate Meeting Sunday, October 2<sup>nd</sup>.

Next Meeting:

December 7<sup>th</sup> @ 6pm