



MAINE SWIMMING, INC. | Maine Swimming Athletes Committee

7 pm via Zoom

6/9/21

Mission Statement: Create opportunities and provide resources to promote excellence in Maine Swimming

Vision Statement: You CAN get there from here!

Present: Abby Hollis (late), McKayla Kendall, Brim Peabody, Maria Saltysiak, Ethan Schulz, Grace Taylor

Absent: Kristy Barry, Ali Bragg, Audrey Cohen, Maria Delmonte, Emma Farnham, Noah Katz, Will Porter

Guests: Taylor Rogers

Taylor Rodgers started by talking about the 4 questions that Ali Bragg had sent out via email. Because of the strange year and the starting of a new shorter 3 year term after the Olympics it's good to get some feedback. We are also going to start strategic planning.

Taylor asked what our LSC is doing well. Grace said that we have been doing a good job staying in touch especially through our online events. McKayla said that we have started to give athletes a bigger role within the LSC which has gotten more athletes to become involved. We now have a bigger athletes committee which is good. Brim also said that more athlete engagement and governance is really important. He also said we did a better job with our Instagram. Ethan said that our Instagram takeovers were good for us to get to know one another. Maria said that the more things we put on Instagram the more that people have been interested in various committees and leadership roles.

Taylor asked about things that we could do a better job with in the future. Abby said that we should get more people involved in the athlete games. Maria said that we aren't continuing with the games due to low involvement and more opportunities for people to be out in the summer. She also mentioned the college planning call that we had last year that was helpful for a lot of people. It could be helpful to continue to do something like that pertaining to swimming like nutrition or college. Ethan said that instead of assigning a night we should have people choose what they want to do. Brim said that the games weren't as enjoyable as we had anticipated. He said that we should look towards clinics or in-person events. Maybe some sort of training trip (potentially at Colby) or something fun to get us all together. McKayla said that in person things would be best. Taylor said that we applied for the leadership summit grant and that she believes the grant application said that it was supposed to be virtual. McKayla said that it would be fun to do some sort of training trip or championship meet to get people together. Taylor said that she believes that there is some sort of plan to run an end of summer meet at MMD because we have the outdoor pool. McKayla said that towards the end of last year we talked about getting the team reps involved since they didn't have much of a role. Taylor said when we have our athlete committee meeting we should encourage and promote the team reps to join. Brim said that we need to work on spreading more info about swimming in college or having somebody who is dedicated to college support from



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Maine Swimming. He also mentioned more community outreach as an LSC and not just individual teams. Maybe having fun open swim days at different pools to encourage people to swim. Having some older swimmers for every region in the state who are Maine swimming ambassadors for community outreach. Taylor asked about how many people we think would be involved if we did things virtually. Brim said that the further we get from now the less likely people would be willing to do virtual things especially during the summer. We could potentially do a hybrid. Taylor said that it is difficult to get the alumni all together but we could get some of them together. Ethan said that we could join as a team. Brim said that it is hard for people to know who to ask if they have any questions if they aren't on the BOD. McKayla, Brim, and Abby said that we could have a post about the various questions you could ask the different members of the LSC. Taylor said that there are many people like Matt and Kyle that could help with various safety issues. McKayla said that every week we could focus on a different committee. Grace said that we could potentially have coaches takeovers or team takeovers. McKayla said that it could be a great way to get the team reps involved. Grace said that more could be done about mental health. She talked about Talk Space which is a platform to help with mental health which is used by USA swimming. Abby mentioned more recognition about the various accomplishments for records and other achievements. Taylor said that there are LSC's that have awards/recognition for athletes achievements out of the pool. McKayka said that it would be good to recognize people who help outside of the pool. Ethan said that it would be a good idea to keep up to date lists of team records.

Taylor asked what are our goals for Maine Swimming by 2024 (the end of our term). McKayla said training trips either with our LSC or with LSC's would be fun. She also mentioned that there should be more opportunities for the athletes that aren't in the top block of times whether that be a camp or a training trip. Taylor said that we should look at a grant for LSC select camps which don't have to be time based. Grace said she would like to see more involvement and participation in the future. Ethan said to have a more developed long course season by 2024. Abby agreed with Ethan and said that MESI is a small community so if we can't increase more involvement we should increase the time we spend together whether that be at clinics or group practices. McKayla said that Abby's idea could be partnered with a more structured long course season. Maria said that it would be really fun to swim with other teams. Abby said that it would be great to have a long course meet at Colby. Grace, Abby, and Maria said that it would be fun to have open water swimming this summer. Brim said that we could have more meets with New England Swimming. Taylor mentioned the Carolina Classic and doing something similar to that with New England Swimming. Abby said that zones and all stars there is a Maine Swimming team but it would be fun to have a team with Maine Swimming qualifiers. Taylor talked about the 10 and under clinic at LRSC. Ethan mentioned some teams that do mentoring sessions and how that would be good on a statewide level. Abby said that it would be best to just get people together and in-person to talk about



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swimming. Taylor said that it is fun to have her swimmers go to practice on other teams and learn more about other teams' coaching/practices. Taylor said to reach out with any more ideas.

To Do List:

- 1.) Find out if the grant for the athlete summit requires us to do it virtually
- 2.) Figure out a role for our team reps
- 3.) Plan college seminars
- 4.) Figure out maine swimming ambassadors for community outreach
- 5.) Plan to have committee takeovers
- 6.) Plan team/coach takeovers
- 7.) More mental health resources and talk to USA swimming about their mental health resources.
- 8.) Up to date team records up to date
- 9.) Look at grant for LSC select camps

Respectfully Submitted,
Emma Farnham