



MAINE SWIMMING, INC. | Maine Swimming Athletes Committee and Team Rep Meeting Minutes

5 pm via Zoom

11/7/20

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

Vision Statement: You CAN get there from here!

Present: Kyle Bauer, Madelyn Buck, Emma Butterfield, Ali Bragg, James Branaugh, Audrey Cohen, Alex Collins, Izzy Das, Kiron Das, Emma Farnham, Brennan Fravert, Brodie Berlinger, Griffin Berlinger, Kate Hahn, Sara Harriman, Abigail Hollis, Tanner Johnson, Mazy Karuzis, Kasie Keene, McKayla Kendall, Brynn Lavinguer, Hannah Liess, Cookie Mahoney, Keegan McKenney, Ava Monyok, Gavin Monyok, Maya Moores, Brim Peabody, William Porter, Jack Pillsbury, Joel Pillsbury, Taylor Rogers, Maria Saltysiak, Zoe Siegel, Kiera Springer, Elli Sterling, Grace Taylor, Denic Tinkham, Nick Tirrell, Mary Ellen Tynan, T.J Willis, Sadie Woodruff, Adeline Ziobro

Absent: Ethan Schulz

Topic: New Community Sports Guidelines

Kristy Barry welcomed everybody and talked about how the MESI BOD held an emergency meeting on 11/6/20 about the new community sports guidelines. She explained that this means that team/club swimming is recategorized as moderate risk and we are unable to continue swimming until December 7th. Based on a strict interpretation of these rules teams are unable to hold virtual workouts or any other team-based conditioning or practices. Beginning on December 7th teams can begin to perform Level 1 tasks such drills and other exercises at home, alone or with household members. Starting on December 14th we could begin Level 2 and 3 tasks such as team-based practices and or intrasquad meets with physical distancing. The BOD is looking to get team swimming recategorized as a low risk instead of moderate risk. The Athletes Committee is drafting a letter.

The athlete reps shared their contact info in the chat.

Taylor Rodgers then discussed the mental health resources that are available for swimmers during this time. She also stressed the importance of staying connected. She then showed a list of resources that MESI finds helpful and asked for more suggestions if people had any ideas.



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We then opened up the meeting for questions:

Mary Ellen Tynan asked why there can't be any working out at home. Kristy Barry said that we are unsure of why that is a guideline. Taylor Rodgers said that MESI can't dictate what you do at home but coaches can't facilitate workouts.

Ava and Gavin Monyok asked if teams in the green zone can still have practices. As of now, no teams in Maine can hold practices until December 14th.

McKayla Kendell talked about zoom workouts run by swimmers to stay connected and in shape.

T.J Willis said the MESI is being grouped together with highschool sports so MESI is working to get us separated from the high school sports. We are also looking for help from other athletes throughout the state.

Sam Debloic asked if captains could organize workouts. Taylor Rodgers said that it couldn't be set up as a team activity but as a group of friends that isn't associated with the team is okay.

Ali Bragg discussed our Instagram takeovers and getting more MESI athletes involved.

Nick Terell asked about crossing state lines to compete. Mary Ellen Tynan said that you would need to follow the New Hampshire state requirements then it would be okay.

Taylor Rodgers asked what the BOD could do to help the athletes.

Emma Butterfield asked if highschool sports got pushed back would MESI start date be pushed back as well. Taylor Rodgers said it would depend on which organization decided to push back high school sports.



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Abby Rosingana asked about what would stop swimming from returning on December 14th. If the cases rise and many places are still in the yellow zone then most likely the community sports start date would be pushed back.

Fiona asked why swim lessons and masters swimming as still allowed to continue. Kristy Barry said the swim lessons aren't considered a sport right now. Taylor Rodges said that swim lessons are a life-saving program. She also said that Masters shouldn't be continuing.

Mazy Kurazis asked if she lives in a yellow/ red county but her pool is in a green county would she still be able to swim. Taylor said she wasn't really sure but she thinks it would be a facility and also a club decision even if it was permitted by the state.

Sebastian asked how many people can swim per lane and if siblings can swim together. Kristy Barry said that the limit is one per lane and siblings can't swim together as of now.

Kyle Bauer asked if we could explain what happens if these rules aren't followed. Kristy Barry said the coach can suffer up to 6 months in jail and up to a \$1000 fine.

Alex Collins asked why we can't do virtual workouts. Taylor Rodgers responded by saying because that is a Level 1 activity that we can't perform at this time.

Ali Bragg and Brim Peabody discussed being available for people to talk to and also about reaching out to other swimmers in order to change our guidelines.

Kristy Barry thanked everybody for coming.

Then the athlete committee stayed late and discussed meeting for 11/8/20 at 5 pm. Staying connected was a main point in the discussion. It was also an idea to try and cohort people together based on current situations and interests. It was decided that having one representative from each team would be best and then breaking up into break out rooms to plan a letter, video,



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and also a group for planning for the future to stay connected. The letter and the video will be sent to not only the state but also on our Instagram and potentially swim swam.

To-Do list:

- 1.) Create a letter to send to the state**
- 2.) Create a video to send to the state**
- 3.) Work on finding people for Instagram takeovers**
- 4.) Plan options for the future to keep people connected**