



# SIERRA NEVADA SWIMMING ATHLETES COMMITTEE MEETING

Meeting Notes – October 25, 2015  
Mike Shellito Indoor Pool, Roseville

## COMMITTEE MEMBERS \* (CHAIR)

**THOMAS GRANAT \***  
SR Athlete Rep

**HEAVEN QUINTANA \***  
SR Athlete Rep

**ELIZABETH FUGIT**  
JR Athlete Rep

**TIM LEE**  
JR Athlete Rep

**BRIDGET BENEVIDES**  
SMST

**EMMA BOGAR**  
FWST

**JAMIE DEAS**  
CHICO

**HALLADAY KINSEY**  
DART

**EMMA LAWLESS**  
NSA

**MIA MOTEKAITIS**  
UCD

**OLIVIA PARHAM**  
SOAR

**AKSHAY RAO**  
FAST

**ERIC THIAS**  
WAC

**MACKENZIE VARGAS**  
CCA

**KIRK JOHANSEN**  
General Chair

**DARYN GLASGOW**  
Senior Vice Chair

**DENNA CULPEPPER**  
Staff Support

## 1. Purpose of Committee:

*The Athlete Committee will be a standing advisory committee that will make proposals as well as provide advice and consent to the Board of Directors regarding governance issues that are important to athletes. The committee will consist of 1 (one) athlete per SN Club Team, year round only. The committee members will be allowed to serve up to two, one-year terms on the committee total. The committee members will be allowed to serve on other SN standing committees so that each committee is in compliance of the 20% athlete representation per The Amateur Sports Act. One term year will be from September 1st - August 31st. Roberts Rules of Order will govern the meetings. The Senior Athlete Representatives will preside over the Committee. In-person meetings per year - 2*

## NEW BUSINESS

1. SN Social Media – Please join SN Facebook page, & Twitter!
2. SN Athlete Planner for 2016
  - Mackenzie Vargas to design front cover
  - Released July 2016
3. SN Athlete Newsletter – titled BETWEEN THE LANE LINES
  - Publish Quarterly – Jan, April, July and Sept-Oct
  - (Nutrition – Halladay) (Quotes of the Day – Mackenzie) (Interviews athletes – Emma B, coaches - Akshay) (Random Rules – Tommy) (Did you know? – Lizzy F) (Swimming in college – Heaven) (Playlists – Tim & Eric T) (Videos – Emma L) (Cartoon – Mia) (Featured drill set – Olivia) (Catching up with – Bridget) (Jamie D – TBD)

## ACTION ITEMS

- 1.
- 2.
- 3.

## LEADERSHIP/GOVERNANCE TOPIC

1. Athlete Committee Members will attend the House of Delegates meeting in 2016 as Athlete At-Large House Members to constitute at least 20% of voting membership

**Next Athletes Committee Meeting will be in the spring 2016 ~**