



# Sierra Nevada Swimming

Board of Directors Meeting

January 29, 2019

Mike Shellito Indoor Pool, Roseville, California

6:40 pm Meeting called to order by Dana Covington. **Quorum present.**

Approve meeting minutes from October 17, 2018. **M/S. All in Favor. None Opposed. Motion passed. Minutes Approved.**

Recognize guest Jim Contratto from Rocklin Swim Team.

## **New Business:**

*Mental Health Awareness:* Dana summarized mental health questions and results from survey monkey questions answered by coaches, parents, and athletes. Watched an online presentation on mental health by Samantha Arsenault Livingstone then had an online chat with Samantha about mental health and she presented a Mental Wellness Initiative Proposal for SNS. She answered questions from the board then wrapped up the online chat. The board discussed the possibility of using Samantha at SNS, training, camps, or events. Brian will work with John to determine a request for a specific presentation from Samantha. They will report back to the board at the next meeting.

*Rocklin Swim Team Adaptive Aquatics Program:* Mr. Jim Contratto from Rocklin Swim Team presented the Adaptive Aquatics Summer Program they put on for approximately 80 children with special needs. He requested a contribution from SNS of \$1,000 towards the cost of the program.

**M/S.** Discussion for LSC to create a grant policy. **All in Favor. None Opposed. Motion passed.**

*Safe Sport:* Michael Wyant (SNS SR Athlete Representative) reported out on the Safe Sport Conference and Safe Sport Fellowship. He identified ways he will be reaching out and educating in SNS via camps, meets, and club presentations. He suggested the purchase of a Safe Sport Tabling Kit by USA Swimming at no more than \$350. **M/S.** No discussion. **All in Favor. None Opposed. Motion passed.** Alex will purchase for SNS.

*Leadership Summit:* Coach Adriana Contreras, California Gold Lodi Swim Club, and Athlete Erin Dawson, Sparks Piranhas will represent SNS at the 2019 USA Swimming Leadership Summit from April 25-28, 2019. USA Swimming will pay their way.

## Other:

Kai Pistorius: Catch the Spirit Camp will be rescheduled to late May in the Folsom area. Olympic Training Center Camp in November 2018 was attended by 30 Age Group athletes.

Coaches John Dalton and Brian Nabeta recommend that only senior swimmers attend OTC in the future and age group swimmers attend SNS camps locally and, possibly, at elevation in Tahoe.

Kathleen Kinsey: SNS is working on establishing air quality guidelines for outdoor practices and meets. An air quality reading of >201 is unhealthy and outdoor practices and meets should be cancelled/postponed.

Justin Brosseau: SNS Leadership Camp will be held the first weekend in April.

Meeting adjourned at 8:37 pm

*Present: Dana Covington, Alex Ongaco, Brian Clark, Darin Mai, Trent Richardson, Kainoa Pistorius, Justin Brosseau, Kyle Lehr, Athlete; Michael Wyant, Athlete; Emma Peters, Athlete; Jack Gillespie, Athlete; Koren Motekaitis, Irene Nakaoka, Kathleen Kinsey, Chis Breitbart, and Janet Vargas*

Respectfully submitted,  
Janet Vargas  
SNS Secretary