



Mission: Developing, Improving, and Supporting Competitive Swimming in the Inland Empire

Vision: Provide a safe and positive atmosphere for all swimmers of all abilities to achieve and sustain lifelong success

June 23, 2021

Board of Directors IES Minutes

Jeff Sutton, Administrative Vice Chair, called the meeting to order at 6:32 pm via Zoom.

Roll Call: April Walkley, Chamelle Abringe, Holly Howard, Jade Sobek, Jeff Sutton, Jody Rash, Liesel Telquist, Nicholas Walkley, Sean Muncie, Sara Kuhn, Missing: Keith Lambert, Todd Stafek, Don Hougardy, Riana Scott, Laurel Skorina.

Approval of 5/15/2021 Minutes as presented

Old Business:

- General Chair Update: Keith Lambert No update
- Staff Updates: Jody Rash. IES- LC Junior Olympics July 24 meet entry file will be shared later. Regular entries done through OME. All meet information is posted on the IES website
April Walkley spoke up to commend Jody for all her work on meet entries, amazing job.
Swimmers must be APT authorized. File with athletes to the Jody before a meet, if registered and APT not complete shouldn't be swimming. So all this work helps swimmer times to count.
- Western Zones Update: Jody Rash: AGZ to be held in the North Texas area and the facility/team have been helpful in getting the event coordinated. Team leaders appointed and posted April Walkley, volunteer coordinator, Jeff Walkley, safety chair, Tia Pollack, Admin Ref, Meet prep, and registration beforehand. This is a wonderful group of volunteers, They all will make IES proud as event hosts. Jade Sobek will be Age Group Zones coach.

Online registration form for athletes once they have achieved cutoff time using, Jotform, fill-in and populate into a spreadsheet to greatly increase. The Jotform sheet should be running by July 1st.

In June, Age Group Chair from Snake River LSC met with Keith Lambert to discuss the co-hosting of the AGZ meet in Texas this August. Snake River stepped back from being a cohost as they didn't think they could follow through to the high degree needed on the responsibilities, though SR will remain the first go to area if help is needed. IES will be the primary host with 100% of the net profit to IES. Shared services may go forward, with good communication occurring regarding co-leading a swimposium, and additional positive swimmer events,

- State of Swimming Update: Summer and Fall Schedule- 2 large meets this weekend (June 25-27), then two in mid-July plus LC Champs in late July, and Zones etc., in August.
- Age Group Chair: Jade Sobek and Tory Pownell, asst coach. A black/white color them, with approximately twenty four swimmers to attend. The next several meets will certainly have more swimmers making zone cuts. This is a parent lead travel meet and hotels have been designated. The hotels are close enough together so the team can still do things together. A parent portal is being put together Momentum Ink will be printing the shirts and parents may purchase from them through the portal.

Sr Zones, Jody Rash, and Hans Johnsen from SWAT will be the coaches for Senior Zones. They are planning for up to 36 swimmers, and if more swimmers qualify then an additional coach will be added. This is a parent only travel group. Jody expressed that this model will give more flexibility for coaches and will be able to have more parents as volunteers.

- Senior Age Group Chair: Sean Muncie No report - beyond the recognition of seniors at LC Champs, before the Saturday night finals. Sean will reach out to ask coaches for information about their senior swimmers.
- Finance: Don Hougardy: No report
- Admin Vice Chair Report: Jeff Sutton
 - o Policy and Procedure Update Policy and Procedures are going forward- a long distance event.
 - o Share Services Next Step – Next meeting is 6/29/21- to share and make a better environment for swimmers, swimposium etc.
 - o Operational Risk- Be wary of temperatures while on deck always, and certainly this summer.
- Diversity, Equity and Inclusion- Welcome to Sara Kuhn (Sandpoint) and this position will be a full voting member beginning in September. US swimming has a basic description of expectations and assistance to develop this position. Jody Rash will connect Sara with DEI in Western Zones as they have a robust program.
- Coaches Report: Jade Sobek is finishing up Jennifer Tonkyn's term and then be the coaches representative for following term. Currently coaches are discussing what to do with champs meets and hoping to host a coaches clinic as things open up, maybe with SR.
- Athlete Rep Report: Nick Walkley, Joining in the meeting were the 2 new athlete representatives, Chamelle Abringe Sr Athlete Rep. and Liesel Telquist Jr Athlete Rep. Lisel happy JUST ASK Swimmers to be an athlete voice and to bring, body image issues to the table. Hearty welcome to them both.

- Safe Sport Update: April Walkley. April is still working to get all teams to be Safe Sport compliant, April will push teams to reach that level this summer, mostly needing to have parents complete the APT. Mental Health LSC governance meeting, brought forth by Niagara Athlete Initiative. A wellness survey to recognize when they need help. What can we do at every level to help swimmers- since we are human first and athletes second. It is a big challenge to be open and aware and hard to get it all right, but key to spread awareness and just not be afraid to talk to swimmers. Dare to Lead, each club values should have a focus on the whole person, what are you struggling with, how to feel safe, things to remind coaches and clubs to address and just listen to athletes just ask Swimmers. Some areas to pay attention to mindfulness, infusions in our mind, mental focus , ACEs (Adverse Childhood Experiences), App called CALM coaches /swimmers to use. Gives options to focus on self-awareness and breathing, to check in with yourself regularly. This should be an important Wellness initiative.

New Business:

Conflict of Interest statement: new and existing policy statement, Jody will send it out to the board members for their completion. Not sending the Athlete Reps, as not of age.

Next month agenda:

- Should Safe Sport be a requirement for club renewal? Perhaps in order to host a meet, each team needs to be safe sport compliant.
- Athletes: Enlist more club athlete reps. So each club have an athlete representative to help Chamelle and Lisel work more efficiently.

Motion made to adjourn the meeting: 7:23pm.

Next Meeting scheduled for July 21st 6:30 – 7:30 pm zoom

Respectfully submitted by Holly T. Howard