

Athlete Committee Meeting

08/17/2025 / 5:30 p.m. via Zoom

Call to Order

Kase calls meeting to order at 5:31pm

Roll Call

Kase Reckling **present**

Christopher Hager **present**

Kaitlin Diver **present**

Scarlet Jacob **present**

Kayleigh Hood **absent**

Ricardo Villanueva-Ordonez **absent**

Tripp Montgomery **absent**

Valeria Benitez **present**

McCullough Frobouck **present**

Milana Wood **present**

Kelan Stakes **absent**

July Meeting Minutes: [07/15/25 Minutes](#)

Motion to approve minutes made by Kaitlin, second by Valeria

Old Business

1. WZ/SZ Virtual Athlete Summit - August 2nd
 - a. Scarlet attended, report?

Scarlet went over the items discussed at the virtual summit. They discussed what the athletes role in an LSC is, discussed nutrition and sleep elements about the importance for athletes for performance. It can be healthy to miss practices to complete tasks like homework and make sure you are getting rest.

Athletes running LSC social media. Posting every weekend about swim meets or fun things like fun tiktoks and reels to get athletes more involved and engaged with LSCs.

Full Scarlet Summit Notes - [WZ/SZ Summit Notes](#)

2. Athlete Representatives for WYSI Committees
 - a. DEI Committee

Kase opened the floor for any additional volunteers for the DEI committee, but there were no takers. Still looking for another athlete for this committee.

New Business

1. HOD Meeting August 24th, 2025 @ 5pm - MANDATORY
 - a. Register for the meeting here: [HOD REGISTRATION](#)

- i. Only Kase, Scarlet, Trip, Milana, and Kaitlin have registered. Everyone else please register now!
- b. Review agenda here: [HOD AGENDA](#)
- c. [Additional Info](#)
- d. Athlete Report

Kase went over all the information for HOD, making sure all athlete committee members were registered and had reviewed the agenda.

2. Olympian for Spring Clinic

- a. Think big, we want someone current and exciting! Options include: Lilly King, Reagan Smith, Kate Douglas, Bobby Finke, etc.

We briefly discussed an Olympian for the spring clinic, but did not settle on a specific choice.

3. Athlete discussion

- a. Questions, comments, concerns, recommendations

Next Meeting: Schedule fall meeting dates:

We discussed having a recurring meeting set on the 3rd Sunday of each month @ 5:30pm. This will be the plan moving forward through the fall. Meeting dates subject to change based on availability.

September: September 21st @ 5:30pm

October: October 19th @ 5:30pm

November: November 16th @ 5:30pm

Adjournment

Motion to adjourn made by Valeria, second by McCullough.