

November CZ Athlete Social Agenda November 28th 2020

1. Welcome Everyone
 - Introductions- Annie and Zach
 - **Zach**- State of the zone/Updates
 - News Letter
 - Second athlete social!
 - More active social media- follow us!
 - Holding more meets- US open and sectional reservations
 - We are getting to work on the CZ leadership summit
 - **Zach**- Introductions of everyone on the call
 - Name, LSC, grade, fun fact
2. Hot seat
 - **Annie**-30 seconds for everyone
 - Link:
<https://docs.google.com/document/d/1GG5q7G1iDMLWFj4HI08ySPX7QCi58KrSn7mA7fEYA4U/edit>
3. Covid updates from the LSC
 - **Zach**- have the athletes go around and update everyone about their HS life, club swimming, or college swimming status
 - **Annie**- Wrap that up by stating that we are not alone in this process, everyone is struggling with the adversity of covid. Although it is frustrating we've already come so far in these past few months. Remember to cherish the opportunities that we do get to experience because nothing is guaranteed, especially now!
4. **Annie**- Random
 - Instagram takeover sign ups
 - LSC summit help
5. **Annie**- Central Zone leadership summit ideas
 - Curriculum ideas (mental health)
 - How to make it unique from LSC Summits
 - Swag- Shirts? Stickers? Bag tags? Cap?
6. Next Athlete Social
 - January 9th

Minutes for Parts above:

Covid Updates by LSC:

- **Illinois**- Recently got shut down- No practicing, school two weeks ago. No club meets because the governor got shut down. Some clubs shut down others not. High School season is TBD, but return to in-person school coming soon in January
- **Michigan**- Shut down again by the governor. Girl's HS season finished but school is remote. The Boys HS season got pushed back. No organized sports can happen but can train on our own. Previously had intersquad or virtual meets before shut down.
- **Lake Erie**- Pretty good. The high school season has been going with OHSAA. There is a mix of teams depending on pool availability. Club meets have been going successfully here. Schools have a mix of virtual and in-person learning.
- **Ozark**- Things are going well. LSC is going strong. Not many meets but virtual and intersquad have been happening. Boys' high school season finished successfully. Girls just started. Schools vary if in water or not.
- **Wisconsin**- Girls' high school season just finished. Boys high school season just started. Most teams are able to swim based on if school lets them. Club swimming is going successfully. Meets happening ISL style. Pretty successful so far. Teams have been sharing pool space.
- **Oklahoma**- They are doing pretty well. Most club teams are practicing but not many meets. Half-half for in-person and virtual learning.

Leadership Summit Ideas:

- Mental Health Discussions
- Use Breakout Rooms
- Exercise component-Yoga session?
- Discussing diversity within the sport and how to promote it

