

Agenda for the Annual General Meeting
Minute of Meeting

Date: Wednesday, October 7, 2009

Time: Start 7:15 pm

Location: Meeting Room - Alderwood Pool

Introduction:

- Welcome to the 2009/2010 season - Gregg
- Introduction of the current Executive
 - . Gregg Thurlbeck – President
 - . Melissa Nelson
 - . Lee Shimano
 - . Ian Drew
 - . Karen Slade

- Introduction of the coaches
 - . Gregg Thurlbeck
 - . Bryon Slade
 - . Eric Martin

Agenda Items:

1. 2009/2010 budget - Karen

- Karen provided the members with a copy of the 2009/2010 Budget.
- There will be significant expense this year with the refurbishment of starting blocks (est. \$1,600.00).
- With the annual full membership fee increase of \$25 per member, the club will meet its expenses this season.
- It was emphasized that our club's annual swim meet is Sunday, January 24, 2010 and it is our only fund raiser. This is a very important event for the financial health of the club and all members are expected to help out.
- It was suggested that consideration be made to replacing the turning flags before the January swim meet and that the expense be included in the budget.

2. Coaching - Gregg

a) plans/direction for training

- There will be more work on individual stroke correction which is a change from the previous direction of the club. If you want the coaches to look at a specific issue(s) for example turns or strokes please ask for help. There are a lot of swimmers in the pool but the coaches will do their best to help you.
- Feedback on the coaching has been very positive.
- Club members may be interested in participating in the Million Metre Challenge on the Masters Swimming Canada site. Here you can record your distance after each swim with our club or on your own, working your way up to a million metres in time. A great personal challenge! You'll need your MSO number before you can register for the challenge. For new swimmers, this will come sometime in the next couple of months. In the meantime, you can log your distances on your own and enter them later for the challenge.

b) Coaches schedules

- Gregg will be coaching on Wednesdays and every other Monday.
- Alternating with Gregg on Mondays will be Bryon Slade.
- Eric Martin will be coaching on Sundays when available.
- The coaches are very interested in feedback from the membership!

c) Lane balancing

- As the coaches become more familiar with the members they will work to ensure the lanes are balanced to the workout and swimmers abilities. If you have any concerns or questions please discuss these with one of the coaches.

d) Club sanctioned swim meets

- In the past our club has promoted (“sanctioned”) several swim meet that are run by other clubs as well as the Provincial and National Masters Swim Meets. Some of these meets have not been well attended by our club. We have tried to support others club’s swim meets as a way to encourage their clubs to participate in our meet.
- The coaches suggest that the following meets should be considered (but not limited to) by members wishing to compete this season.

i) North York Gators Pentathlon, December 13, 2009

ii) Burlington Masters Wintersplash, February 7, 2010

iii) Ontario Masters Swimming Championship, March 19-21, 2010. This meet will be held in London, Ontario.

A listing of competitions can be found at the following web address:
www.mastersswimmingontario.ca/competition/schedule01.htm

e) Alderwood Masters Swim Meet

- Our annual club swim meet is scheduled for Sunday, January 24, 2010. Members are asked to plan to be at the Alderwood Pool from 7 am to approximately 3 pm on that date.

3. Summary of the membership questionnaire - Lee

- The executive would like to thank the members for their participation in the questionnaire. There have been 17 responses received so far. Comments have included:
 - . Very favourable comment re: new coaching.
 - . Very happy comments re: the new style of workouts.
 - . Slow the pace.
 - . Reduce the difficulty.
 - . Concern expressed about the “age group” content of some workouts.
 - . More feedback from the coaches.
 - . More advanced notice of swim meets and social events.
 - . Swim earlier on Sundays and later on Wednesday.
 - . Provide information package to new swimmers.
 - . Team captains for each of the lanes.
 - . Try to get a bulletin board mounted in the pool common area.
- If the membership has additional comments, feedback, concerns, etc. please pass these on to one of the coaches or any of the executive members.

- Plans are for the executive to review the responses to the questionnaires and determine what actions are required.

4. Social activities - Lee

- In past seasons, club members have met on the 1st Wednesday of every month for a social activity ("Pizza Night"). This has usually included a light meal at a local restaurant or bar.
- Other annual activities have included a Christmas party, year-end BBQ and "Sports Day" in the summer.
- Information will be provided on these activities.

5. Web Site - Melissa

- There a lot of good information on the clubs website. Including:
 - . Swim days and times as well as cancellations
 - . Records
 - . Useful links
 - . Club history
 - . Member profiles
 - . Club business
- Additional member profiles (e.g., Ironman competitions) and photographs would be very welcome and would help to make the website.

The club website address is: www.biscuit.ca/atb

6. Executive membership - Gregg

- We have a new executive member joining us, welcome Matthew Cacciottolo.

7. Open forum – Executive

- Gregg Thurlbeck (one of our coaches) has over the past few seasons managed our annual swim meeting. Gregg is asking for a volunteer(s) who might be interested in managing this meet or at least helping Gregg to manage it. Please contact Gregg if you are interested.
- Gregg will notify the club members of swimming related courses as they become available.