



# Alderwood Teddy Bares

## Masters Swim Team

### Minutes of Meeting for the Wednesday September 22, 2010 Executive Meeting

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**Date:** Wednesday, October 22, 2010  
**Time:** 7:30 pm  
**Location:** Meeting Room - Alderwood Pool

#### 1. Introduction ~

- Welcome to the 2010/2011 season - Gregg introduces himself and describes his own experience and interests as a coach
- Gregg introduces two new swimmers: Tanya Smith and Lisa DiGironomo
- brings up our team code of conduct including lane etiquette and directs everyone to the website to read it through. Also describes what should be done in the lane when others may be stronger in certain strokes - strongest swimmer should lead that set.
- hands out information sheet and it is reviewed
- Ethel suggests posting the Welland Canal swim on our website.

#### 2. Melissa talks about team website ~

- all swim times are posted on home page including any changes due to holidays or other closures.
- anyone who would like to contribute articles, photos, award info etc. please contact Melissa. We would like to keep the site current and interesting.

#### • Introduction of the current Executive

- Gregg Thurlbeck – President
- Melissa Nelson
- Lee Shimano (absent)
- Matthew Cacciottolo
- Karen Slade
- Ian Drew

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### 3. Coaching - Gregg ~

- Gregg speaks about this season's coaches
  - Gregg Thurlbeck coaches Mondays and Wednesdays
  - Eric Martin coaches Sundays
- Gregg explains coaching approaches. Eric is level 3 while he is level 1. Eric has vast experience in coaching. The coaching approach that they each take is in keeping with all Masters swim clubs (addressing one of the survey responses about stroke work and "age group" style of workouts) - incorporating many drills and kick workouts. Coaching will build up for the meet season and afterwards will be tweaked for the triathlon season.
- Sunday practice time change to 10:00 am - 11:30 am is explained
- the team is buying a video camera that is capable of filming underwater to be used as a coaching tool. The club has a surplus of funds and the executive felt this was an excellent way of using some of the surplus constructively. The camera should be available in about a month and a half.
  - Craig asks if video clips could be emailed to the swimmer for review. Gregg says yes and the swimmer and coach will also be able to view the clip on deck immediately..
- Club photo will be taken on November 14th. Please wear your team t-shirt.
- Club meet - It is the oldest Masters Club meet in Canada and is the only yard meet.
- Gregg would like to see the Club as a whole compete in more meets. The Club will pay for one entry for each member to one of two meets this year. The meets are in Burlington and Milton. This will hopefully encourage more competing.
- the blocks will be in place for the time trail scheduled for Nov. 14/10 at Alderwood Pool. It is for club members only. It is a fully sanctioned meet complete with strokes & turns judges and timers.
  - Linda asks if entry fees must be paid by our swimmers at our own Jan. meet. Gregg says yes and explains why - Club has to pay a fee to MSC for every person who swims at our meet, so if a club member swims for free the meet loses money. Also we have to have a great number of members working the meet.
- Gregg asks if anyone is interested in the job of meet manager.

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#### 4. Karen explains the budget ~

##### 2009/10 budget

- Wendy asks what our surplus is. Karen says it is approximately \$11,000 and that the executive has discussed bringing it down to \$5000 - \$6000 in order to fit the not-for-profit category.
- Gregg explains that if the one-time expense of the replacement of the blocks were taken out of the budget report, the club came out with a profit

##### 2010/11 budget

- Gregg explains that if the one-time expenses of the video camera and meet entry fees are taken out of the budget, the club does come out with a profit
- Ethel suggests that Linda's Sports Day be covered/subsidized by the Club.
- it is pointed out for upcoming possible expenses, that one tightener is cracked as are a few disks. There is a strong interest to have the time-clock mounted. Gregg explains that Cathy has not been receptive.

#### 5. Matt talks about the survey and results ~

- he selected 10 or so questions to discuss the results of.
  - Wendy asks how many members responded. Matt says, 40.
- 20%-30% of respondents want longer and more frequent practices. If we want this, Matt suggests members might pay more and would swim at a different pool for the extra time. Gregg says we can ask about this in the future.
- uniforms ie. caps and t-shirts, Melissa will create the digital artwork needed to produce team caps.
- 77% of respondents say they do not want to do any fundraising. Gregg suggests that we hold fees steady for seniors should we get to the point where our fees begin to rise again.
- 66% liked the idea of the club paying for one meet entry
- Question 8 on survey - results:
  - 31 % said they want to improve their endurance
  - 25% want to improve their stroke
  - 25% want to claim a club record
  - 25% want to improve their triathlon times
- Pizza night vs. brunch on Sundays, 50/50 split for alternating between the two. 59% of respondents don't want the venue to change from week to week while 41% would like the venue to change from week to week.
- When asked what other fun activities the club members would like to see the club include - more





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racing during practice was included as well as a larger turn out for out-of-town meets.

- open comments included:
  - Yoga for swimmers
  - instruction for further fitness including strength training.
    - Gregg says Eric knows a great deal about dry-land training and he will talk with him about it.
    - Katie suggests arriving 15 minutes early for our swims and we do stretching.
  - Matt says he'd like to send out more surveys in the year and asked for content suggestions

## 6. Other items ~

- Melissa asks on behalf of Wayne (who could not make the meeting) if team t-shirts can be sold to family members. Yes they can. It was then suggested that loaner t-shirts be available for events like our meet. Yes.
- Wendy says the survey was a great idea. Gregg explains it was initially Lee's idea. Melissa also points out that it was Matt's idea to do the survey online.

Minutes taken by: Melissa Nelson