

# **JESUS IS LORD!**

## **TRINITY FELLOWSHIP CHURCH**

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Sports Ministry  
**Team Genesis & LOVE Swimming**  
Education Ministry  
**Genesis Academy Christian School**

Team Genesis Swim Club & LOVE Swimming  
**April 2009 Minutes**  
Swim Symposium #8 of 12  
Held Thursday, April 16, 2009 6:30 pm – 8:30 pm  
@  
Bandana's Restaurant  
Festus, Missouri 63028

If you really want to do something, you will find a way. If not, you will find an excuse  
– Jim Rohn.

### Welcome

Coach Alice welcomed everyone and thanked everyone for coming

### Attendance Report/Roll Call

A sign-in sheet along with a meeting agenda and agenda notepad folio was passed around which will be attached to the original minutes. Members Present: Julie Roth, Shirley Coile, Katie Reiter, Andrew Reiter, Jerrie Manning, Jamie Methvin, Rudolph Oates, and Alice Oates.  
Others: John Andrew Reiter.

### Opening Prayer

Mrs. Jamie Methvin gave the opening prayer.

### Adoption of Agenda & Approval of February 2009 Symposium Minutes

Motion for approval of the March 2009 Symposium minutes was made by Shirley Coile and seconded by Coach Rudy.

### Parents are you a Winning Parent

Coach Alice passed out a questionnaire for Parents to complete to see how they score regarding being a winning parent. Coach Alice discussed the scoring system and said she would return the scores back to each parent individually for a private discussion if desired. She also mentioned that at our next symposium we will show a video on what parents do to support their children in sports. Coach Alice also mentioned that we will be having practice swim meets where the swimmers will be competing with themselves for personal best times and they will get ribbon and certificate awards. These swim meets will be conducted at the Y as a replacement to their regular practices. Coach Alice asked the parents to think about their responses to their children when competing and practicing to encourage and direct them as good in a true effort to help each child reach their potential. Coach Alice had the members present read and discuss the questions on the questionnaire.

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“Love one another. As I have loved you, so you must love one another”. John 13:34

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## Parents are you a Winning Parent Continued

Coach Alice also discussed issues encountered by early and late maturers and how best to help them be successful for the future, she emphasized that it is very important that swimmers learn how to loose at an early age. Mrs. Methvin asked about keeping a swimmers log and Coach Alice discussed the importance to keeping a swimming log, journal, etc. Coach Alice mentioned that about 1,200 swimmers out of more than 300,000 will get their Olympic Trials Cut and only about 41 will make the U.S. Olympic Swim Team and that the swimmers who do not make it will more than likely get motivated and go back to train for the next Olympic Trials. It takes a lot of nurturing to keep swimmers in the sport of swimming. Coach Alice also mentioned that balance in training is very important. Coach Alice encouraged the parents and swimmers to keep a journal because it does help to prepare them for their future in swimming.

## 10<sup>th</sup> Annual Awards Banquet Timeline and Update

Mrs. Methvin reported that the Banquet will be held Sunday, November 15, 2009 at the Jefferson Regional Medical Center, Festus, Missouri @ 4:00 p.m. and hopefully will be done by 7:00 p.m. Mrs. Methvin said that she had prepared a timeline and that it is on her computer. She said the first thing was to get the date, the budget and that she will be getting the timeline she created to us. She also said that we will start our Ads Fundraiser and Raffle Ticket Fundraiser in May 2009. Coach Alice mentioned that she had misplaced the timeline she received from Mrs. Methvin.

Mrs. Methvin also asked about our 2008 Yearbooks. Coach Alice told her and the results by year were added and that they just need to be put together. Last year we had information still coming in the 3<sup>rd</sup> week of January which caused delays. Mrs. Manning offered to help collate and put the yearbooks together. Coach Alice said she will get with Mrs. Manning and thanked her for offering to help.

Mrs. Methvin also said that we will be starting on the Ads 6 months in advance as the Ads will be placed in the yearbook. Coach Alice also discussed Fundraising and how it is the lifeline for swim clubs for swim team travel trips and to send Parents and Coaches to Conventions, Parents to become Officials, in fact anything to make swim team function, etc. Coach Alice also discussed Swim-a-thons, Garage Sales, Camps and Clinics, etc.

Mrs. Methvin also said that she would like to do a fundraiser sell T-Shirts that say LOVE Swimming," We're big in Europe". Coach Alice also mentioned to Mrs. Methvin that it would be good to set a goal on each fundraiser so that we will know what we are shooting to reach. Coach Rudy mentioned that our fundraising goal for the year should be the same as the swimming goal \$1,369,000 and he said he was serious.

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## 10<sup>th</sup> Annual Awards Banquet Timeline and Update Continued

Mrs. Roth mentioned that Cosmic Bowling would be a good fundraiser. Mrs. Manning also knew about the bowling alley fundraiser. Mrs. Manning mentioned that Heather Conrad did it on a Thursday and Tuesday at the bowling alley just south on Hwy161 at Hwy 67. They have strobe lighting and discounted food, snacks. Andrew asked about the details and later it was mentioned about a mouse race. Several fundraisers were mentioned. Coach Alice mentioned that when fundraising always start with family, then the people you know then go to people you don't know and businesses. Mrs. Manning drafted an invitation and will work further on it. Mrs. Manning showed us a sample invitation of a swimmer, a snorkel, it looked nice.

Mrs. Selmon also said that we need to consider having our Banquets catered. She said that if we know that the meal is going to cost \$5 per person we might put back like \$1 per month for 5 months so that when the Banquet comes up – their Banquet meal is all paid for and the cost will be easier to bear.

## Upcoming Training Schedules, Winter Training, Championship Training and Show-Me State Games

Coach Alice also gave the dates for Championship Training which will be conducted at Webster University, Pre-Season Swim Camp, Training Break and Winter Training Sessions 1 and 2. She also mentioned that we will be attending Show-Me State Games, Masters National and Junior Olympics. Coach Alice also mentioned that we need to schedule a Team Birthday Party and Team Social every month as well as an end of Season Gala. Coach Alice also mentioned that we have asked Webster University for replacement dates for the Free Community Swim Clinics cancelled in January, February and April. As far as our swim training schedule Mandy at that Y said their swim lessons schedule is going to stay pretty much the same. We have added additional practices to help those that are unable to attend our later practices on Tuesdays and Thursdays. Coach Alice mentioned that Saturday morning practices are not well attended. Mrs. Methvin mentioned that evening time in the summer is ok. Morning practices were briefly discussed.

## Advisory Board Status & Expansion Report

Hopefully, we will have our Advisory Board on-line in June 2009. Coach Alice mentioned that we only have 5 committee applications turned in and that we need 5 more because we need all of our families to participate in helping the Team. Coach Alice also mentioned our Swim America Program

## Team Website Update Report

Coach Alice mentioned that she spoke to Mr. Julian that we can put abbreviated minutes and that our Roster is for our Team use. We also would like to place our weekly Bible verse on the front page. Coach Alice mentioned that we do need to update our team website daily and try to keep it current with swim team events, meets, etc. Coach Rudy wants Andrew to start training other Administrators to help with website so that all of the work is not on one person.

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## Monthly Coaches Report

Coach Rudy mentioned that this is the 1<sup>st</sup> two weeks of the season and it seems that our swimmers are kind of dragging because the swimmers are still tired. He feels taking the break that they will just have to get back going. He sees a lot of growth potential and that he really enjoyed the last training class he just completed because as Coaches we are always learning. He feels in about 3-4 weeks our swimmers should be back in gear. He feels that providing more training and education components for both our swimmers and parents is important. We are ahead of our numbers as far as our swimming goals. Coach Rudy said he is going to continue to emphasize dryland training. Our Camps and Clinics are not only for our youth but for our adult swimmers too. Pre-Season Swim Camp was great! Coach Alice mentioned that all of our swimmers should participate in Pre-Season swim camps, it stops injury, it gets flexibility, it strengthens the heart, they get exposed to mental training, and the benefits are immeasurable. Mental training is also provided in several of our Clinics which is a tremendous benefit to our swimmers who participate in Clinic. Coach Alice also mentioned that the swimmers for the most part do not complete and submit their homework in Clinics and Camps. Swimmers need to complete their Clinic and Camp assignments. Coach Alice also mentioned that the swimmers are often too social and playing too much than actually training and she reminds them that they are giving up their meters. They need to pay close attention and get their meters in while in practice including paying attention not only to the Coach but their technique.

## Monthly Awards Update Report

Coach Alice said that we are going to start to do Swimmer of the Month Trophy Awards and Liz Smith Medals beginning in April 2009 and then the 1<sup>st</sup> of each month. We are also going to report on Top Workload Volume Performers for each month. The judging for the awards will be training attitude and attendance. Until we are able to measure and document training attitude it will be based on attendance and meters per training group.

## New Business

Mrs. Methvin mentioned that due to extra activities (baseball, etc.) in the summer that either early in the morning or later in the evening would probably help for practices in the summer. Coach Alice mentioned that our Saturday practices from 7-9 am are available but hardly anyone shows up and maybe even Sundays may be available – we could check. Coach Rudy mentioned that late Sundays may work.

## Old Business

Get the committees and timelines along with the budget set-up. Coach Alice mentioned that Noah Methvin had asked her if we were going to give out a dryland award. Coach Rudy mentioned that we still need a list of all the pools in the area and if there are State Parks around here that might be conducive to our swimmers. Coach Rudy mentioned that he likes training swimmers outdoors in the summer because of the chlorine buildup in indoor pools in the summer. Mrs. Methvin asked about the Summer Sizzler for training. Coach Alice mentioned that we could check to see if it is available.

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## Old Business Continued

Coach Rudy said that several big Clubs use the main outdoor pools. Mrs. Coile mentioned Park Hills and Coach Rudy said it's ok but that they do not have lane lines. The Elks was mentioned. Mrs. Roth mentioned a lake and Mrs. Coile said that Katie will not get in a lake. Mrs. Methvin said Jon David would probably get sick if in a lake because he might drink the water. Coach Alice said she will check into the dryland award, however, no one is really happy with the pushups done by the children maybe sit-ups.

## Next Monthly Symposium

Mrs. Methvin reported that the next Symposium is Thursday, May 14, 2009 from 6:30 pm – 8:30 pm at Bandana's, Festus, Missouri.

## Closing Remarks

Mrs. Methvin and Coach Rudy felt having our Spaghetti Social in April was too close. Mrs. Methvin said she can set-up the time and the place but that maybe someone else could help coordinate the event. Mrs. Methvin suggested that the Spaghetti dinner be held in May 2009. Coach Alice collected the Winning Parent questionnaires. Mrs. Methvin asked about Fort Lauderdale and Coach Alice said we are still working on it. Coach Rudy said he would think about the Spaghetti Social and get back with us.

## Adjournment

Meeting adjourned by Coach Rudy.

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