

JESUS IS LORD!

TRINITY FELLOWSHIP CHURCH

Sports Ministry

Team Genesis & LOVE Swimming

Education Ministry

Genesis Academy Christian School

Team Genesis Swim Club & LOVE Swimming

February 2009 Minutes

Swim Symposium #6 of 12

Held Thursday, February 19, 2009 6:30 pm – 8:30 pm

@

Pizza Hut Restaurant

127 Twin City Mall, Festus, Missouri 63028

Welcome

Mrs. Methvin welcomed everyone and thanked everyone for coming

Attendance Report/Roll Call

A sign-in sheet was passed around which will be attached to the original minutes. Members Present: Shirley Coile, Jamie Methvin, Travis Methvin, Rudolph Oates, Alice Oates, Lisa Robinson, Scott Robinson, Julie Roth and Laura Selmon. Others: None

Adoption of Agenda & Approval of November 2008, December 2008 and January 2009 Symposium Minutes

The minutes for November 2008, December 2008 and January 2009 were passed around for everyone to review and were approved.

10th Annual Awards Banquet Report

Mrs. Methvin reported that we will have a date set by the next Symposium for the 2009 Annual Awards Banquet.

Compliance Chair Report

Mrs. Coile reported that we are doing very well on athlete compliance. We have only 1 outdated waiver and sports physical. We have 4 swimmers still within their waivers.

Communications Chair Report

Mrs. Methvin said we now have one filebox and in the very front of the filebox is a file where everything goes – anything to do with payments, forms, notes, etc. Coach Alice completes a checklist everyday of everything that comes in the filebox and gives it to Mrs. Methvin. Also, we will be requiring Birth Certificates by next swim season.

Mrs. Methvins reported that she is going to send out an updated phone tree via email and will also place it in everyone's file in the swimmers filebox.

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Sunshine & Birthday Committee Report

Mrs. Methvin reported that she is caught up on birthdays. Everyone gets a birthday present. If you have a birthday during the swim season of your registration you get a birthday gift. Mrs. Methvin gave her financial report to Coach Rudy.

Membership Committee Report

Mrs. Methvin reported that our current membership is 29:

1. 20 LOVE Swimmers
2. 5 Team Genesis Swim Swimmers
3. 2 USA Swimming Coaches
4. 16 Swim Families
5. 2 Advisory Board Officers

Mrs. Methvin reported that we have another Symposium coming up in 2 weeks and we can review the Registration checklist at that time if any questions.

Registrations 2009 Spring/Summer Report

1. Mrs. Methvin reported that sign-ups for the 2009 Spring/Summer Swim Season are due Monday, March 9, 2009.
2. Pre-Season Swim Camp Sign-ups are due Friday, March 6, 2009.
3. The Swim Meet Sign-up Sheet for the 2009 Spring/Summer Swim Season is due March 23, 2009

Mrs. Methvin reported that we have another Symposium coming up in 2 weeks and we can review the Registration checklist package at that time if any questions.

Pre-Season Swim Camp Report

Coach Alice reported that our times will run about the same as last year and will probably be 5:00 pm – 8:00 pm this year and at the latest 5:30 pm – 8:30 pm depending on the Mandy's schedule. This is a Swim Camp Physically gets the swimmers back in shape to give them a good start for the new Swim Season. The swimmers love Pre-Season Swim Camp because they get a chance to understand and how to handle what makes them happy, mad and sad. We deal with how to handle success and failure. The first week will be 3/16 thru 3/20 and the second week will be 3/23-3/27/09. We probably will not run a morning session because most of our swimmers will not get a Spring break. We will be doing mental training class work, swimming, dryland and our physical workouts. We will also open up our camp to other swimmers this year and may have another swimmer attend. Registration for Pre-Season Swim Camp starts tomorrow. Pre-Season Swim Camp costs are all listed on the registration form and each training session last 3-4 hours and this year all ages maybe accepted.

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February & March Swim Meet Report

Coach Rudy reported that our swimmers had outstanding performances at this month's swim the Washington Township Swim Club Groundhog Invitational held February 6-7, 2009 at the Indiana University Natatorium in Indianapolis, Indiana. He informed everyone that we will keep this swim meet on our meet schedule for next year.

Outreach & Diversity Committee Report

Coach Alice reported that we have been contacted by Ozark Swimming to continue on with our monthly Outreach Clinics. We had to cancel our Outreach Swim Clinics in January 2009 and February 2009 because of the Graham Baker pool law because their drains are not installed yet. Meanwhile we have an opportunity to attend a Fun Swim Meet at the Jewish Community Center, February 22, 2009. At this time we have 1 LOVE Swimming swimmer, Levi Roth sign-up for this meet and 2 Team Genesis swimmers Christian Oates and Justin Oates. We have never had good attendance at our Outreach Clinics when we have been giving for more than 7 years. Even when we gave them at the Jefferson County YMCA seldom did our swim team members even attend. For this swim season we are conducting our Outreach Swim Clinics at Webster University, St. Louis, Missouri.

Ozark has also requested that we help Herbert Hoover Boys and Girls Club, St. Louis, Missouri and at Matthew Dickey, St. Louis, Missouri (inner city clubs) get their Swim Clubs up and going.

Monthly Coaches Report

Coach Rudy reported our yardage in February 2009 is pretty good even though it is down we have set goals for each swimmer and the Team to catch up (i.e. Justin got 130,000 behind during Winter Training and he has 3 weeks to catch-up which is near impossible, etc.). As far as our swimmers as a whole everyone's yardage is responding and the swimmers are all doing well. Currently, all of our swimmers have a good training attitude and their training is responding.

Coach Rudy said he will continue to make dryland training an important component of our swimmers training. He requested that the parents make sure that the swimmers get their rest and eat well. The warmer it gets the more we go outside and have the swimmers dryland train and run.

We will also incorporate some fun time (i.e. a trip to the Science center, St. Joe State Park – beautiful beach area, a museum, etc.).

If a swimmer practices 4 times weekly they can actually earn an Athletic Letter for swim team once in High School and maybe Middle School - so they can get an educational credit. Mrs. Coile told everyone how her daughter Heather got her P.E. Credits for swimming when she was on Team Genesis Swim Club.

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Team Attendance Report

Coach Alice reported for our Pre-Season Swim Camp August 2008 – 9 swimmers and for the our Swim Season as of today 2/29/09, we have had 37 swimmers hit the water as follows (September 2008 - 22, October 2008 - 26, November 2008 - 25 , December 2008 - 26 ,January 2009 - 28 , February 2009 – 25 so far this month). Our Swim Team has traveled 2,303,950 Meters and he wants us at 2,805,775 Meters, he wanted 1, 871 miles and our swimmers have traveled 1,536 miles in the water. The reason we track our swimmers like this is because skill sets are developed not only in technique work but by the strength of the heart so that they endure their training – one does not work without the other. The yardage is important. We have very good swimmer attendance which averages 80+ percent and higher. Coach Alice said she would have this monthly workload volume report posted on the Team Website at www.loveswimming.org.

Spring/Summer Swim Meet Schedule Report

Coach Alice reported that we have an exciting swim meet and event schedule this summer.

1. YMCA Championships; we keep it on the schedule for our swimmers who are YMCA members who may get times even our Masters to qualify to participate in this meet which are governed by USA Swimming Rules.
2. Spring Fling meet for 14 and unders and the swimmers swim with swimmers their own age (i.e. 7 with 7 year olds, etc.). This is a great swim meet.
3. University City Swim Clubs Championships – we will probably not do this meet because of what happened in January 2009 (short 7 day cancellation notice) but we will let you know if we are able to attend this swim meet.
4. Masters Nationals on May 7, 2009 – we will not be attending this swim meet because we just do not have any participants at this point.
5. Central States Swim Clinic on May 15 – 16, 2009 - we plan to attend this awesome Swim Clinic and cost \$150 for 2 days for swimmers plus travel and lodging. Right now we have 4 swimmers (a swimmer has to be 11 years and older to attend) we have entered into this Clinic and we pray that they get into this Clinic. Olympians Darra Torres and Matt Grevers will be working with our swimmers at this Clinic. Our Swim Team will also be undergoing an expansion at the completion of our training at this Clinic.
6. Meet Me In St. Louis, May 30-31, 2009 – this is a good meet, a tough meet in a 50 meter pool, a long- course meet. We hope that our swimmers will participate in this meet.
7. Parkway Summer Sizzler Meet , June 2009 – a great meet that our Team has always supported as Parkway has given support to our Team and has always loaned us their starter system to conduct our swim meets.
8. International Age Group Swim Meet, June 2009 – a fantastic meet, however; we are using it as a Team Travel Trip to visit the International Swimming Hall of Fame and enjoy one another at the Beach, maybe check out the meet and possibly participate. Rockwood Swim Club always attends this swim meet.

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Spring/Summer Swim Meet Schedule Report Continued

9. Show-Me-State Games, July 15-17, 2009, Columbia, MO. – This is an annual Team travel meet and we always attend this meet. This is a great meet for any level of swimmer and we hope that all of our swimmers attend.
10. Rockwood Get Your Best Yard Times Meet, July 19, 2009 – We do not know if we will be attending this swim meet unless we have a swimmer who cannot attend Show-Me-State Games.
11. State Games of America National Championships, Colorado Springs, Colorado, July 30 thru August 2, 2009 – We were fortunate to have 5 LOVE Swimmers qualify for this swim meet and 5 Team Genesis Swimmers attend this meet as it has always been held at the Olympic Training Center Pool once every 2 years. This year we have found out that the meet will be at the Airforce Academy not the Olympic Training Center so right now we do not plan to attend unless something changes and we will let everyone know because we wanted our swimmers to have the Olympic Center Training experience.
12. AAU Junior Olympic Nationals – August 2009 – 8 & Unders do not need qualifying times to attend this meet. Right now we have 2 LOVE Swimmers with “B” times and more than likely we will be going to DesMoines for the AAU Jr Olympic Nationals.
13. Masters Nationals – August 2009 at the IUPUI Natatorium – We do plan to attend this awesome meet at this awesome facility. Andrew Reiter, LOVE Swimming Master

We do plan on attending the JCC Fun Meet which might last 2 hours this Sunday and will keep you posted. As far as the swim meets discussed please see Coach Alice or Coach Rudy if any questions regarding your swimmers participating.

Social Committee Report

Mrs. Methvin plans to start a **monthly Bible study** and asked members to submit a date and time that is good in the swimmers filebox to her. Bible study will last about an hour. Mrs. Methvin said that our Bible study could include the children and they would have their own group. Dr. Methvin said he would be willing to work with the children and Coach Rudy said he would be willing to be a back-up for the children’s Bible study. Coach Alice thought it would be a good idea to have an adult to conduct the children’s Bible study.

She also plans to do a **Taco Party** tentatively set for Sunday, March 29, 2009. Mrs. Methvin would like the membership to respond if this is a good date and she will give a more definite date at our next Symposium.

Swim Team Bible Study Committee Report

Mrs. Methvin reported that she has copies of the Bible verses if anyone needs one and that it is on-line. The current verse is listed every Sunday nite at www.loveswimming.org Written Bible verses are to be placed in the swimmers file box for recordkeeping for awards. When their Bible verse is returned they can take their verse and recite it to Coach Alice.

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Program Registration & Refund Policy Committee Report

Coach Alice reported that once you start the Swim Season after 30 days your Fees are not refundable. Your Fees are due on the first day but we allow payment. If you re-locate or for medical reasons you cannot swim then your Fees are refundable – see our Policy. Monthly payments are just a privilege and it does not stop the Seasonal or Annual Charge. Swim Team budgets are set-up annually. One might think, “I swim one month and not the next month so I don’t have to pay for the next month”. This is not true because the entire Swim Season is due on the 1st day because it has already been budgeted into the Swim Team program.

Program and Fees

Initially most LOVE Swimmers especially those who have not received USA Swim Coaching are typically charged \$30 monthly (all training groups) and this does not include Camps and Clinics.

We now offer Endurance Swim Camps and Technique Swim Clinics to all training groups except Learn to Swim. Endurance Swim Camps and Technique Swim Clinics are discounted if they are signed-up at the beginning of the Swim Season. All of our LOVE Swimming swimmers are Stokers I or Stokers II. The cost to swim on LOVE Swimming averages about \$10 per week for a swimmers regular practice, camps and clinics. Our swim family’s program fees are for administrative expenses which is about 25% of a swim dollar.

Swimmer Progressions Schedule Committee Report

First, if a swimmer stays in our Progressions Program which is designed off of USA Swimmings Progressions Program for Athlete Development, they will become elite. It just works. Our program works for all ages even though typical ages are listed on our Fees worksheet. Coach Alice explained that our 1st year swimmer is not based on age. During the 1st year our swimmers typically do 1-2 practices weekly from 30-45 minutes. Our progressions competitive training time-line runs 8+ years. Most of our swimmers have not been coached by a USA Swimming Coach. The first 2 years of training we consider to be preliminary preparation.

Also, USA Swimming has time standards set-up for its swimmers (A, B, C). Our swimmers have always run ahead of the curve set-up but the program we teach starts out as C swimmers and within 2 years typically become B swimmers, then within the 3rd thru 6th year typically become BB+ swimmers, then within the 7th – 10th year become A+ swimmers, then within the 11th – 18th year become AA+ swimmers and after that AAA+ swimmers onto elite. During this time you have early maturers who swim faster earlier because of physical maturity and not necessarily ability and technique. Often late maturers catch-up physically and they most often they swim faster than early maturers. Both swimmers require constant encouragement.

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Swimming Membership Facts

Coach Alice reported that

1. USA Swimming's National Team has ranked has been the #1 ranked team globally for more than 43 consecutive years.
2. Only 2 times in modern Olympic History has another country out performed the United States in Olympic Swimming and that is in 1932 and 1956. There is no other Olympic Sport in the World that we know of that can make that statement.
3. Demographic studies indicate that the member-base of USA Swimming is well-educated, professional and has a median household income in excess of \$85,000.
4. This program is "exclusive" so there is a talent base out there that we do not always get the opportunity to tap. This is why swim practices are called "opportunity practices".
5. The average member age is 11.4 years old.

How does a swimmer get the opportunity to participate in an **exclusive sport** who does not have a household income in excess of \$85,000. The answer is simple, they have to have something to bring to the table (the team) and it starts with heart, study, and hard work along with a support base which includes emotional support (from their family). LOVE Swimming is truly for anyone who loves swimming.

Unfinished (old) Business

None

New Business

Coach Alice reported the birth of **John Andrew Reiter** born February 12, 2009. Mrs. Coile took her to the Reiter home on 2/18/09 and Coach Alice had the honor of holding 6 day old John Andrew. Coach Alice reported to everyone that he is truly a beautiful baby. We all welcome him to our swimming family. Congratulations to proud parents Andrew and Katie Coile and Grandmother Shirley Coile who are all LOVE Swimmers.

Next Monthly Symposium

Mrs. Methvin reported that the next Symposium is March 5, 2009 probably at Pizza Hut. She said we will verify the time before the next Symposium.

Closing Remarks

Dr. Methvin gave a closing prayer

Adjournment

Meeting adjourned by Mrs. Methvin

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