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TRINITY FELLOWSHIP CHURCH

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

Team Genesis Swim Club & LOVE Swimming
February 2010 Minutes
Swim Symposium #6 of 12
Held Thursday, February 4, 6:00 pm – 8:00 pm
@
"13 Steps to Becoming a Winning Parent" Steps #5 & 6
Hard Rock Café
St. Louis, Missouri

Self Discipline: If you can tame the tongue, you can tame anything. James 3:1-18

Welcome & Prayer
Coach Rudy welcomed everyone and thanked everyone for coming. Coach Rudy Oates led in prayer.

Attendance Report/Roll Call
A sign-in sheet along with a meeting agenda was passed around which will be attached to the original minutes. Members Present: Coach Alice Oates and Coach Rudolph Oates

Adoption of the February 2010 Agenda and January 2010 Minutes
Coach Alice presented the February 2010 Agenda and January 2010 Minutes for Approval. Motion was made by Coach Rudy Oates to approve the February 2010 Agenda and the January 2010 Minutes and seconded by Coach Alice Oates. Coach Alice also reported that all of our Minutes and Agenda's are posted on our Team's website. We will keep at least a year's minutes on the Website and archive those more than a year old on the website.

February 2010 Birthdays:
Coach Alice reported that Justin Oates, Birthday Committee Chair gave out birthday cards on February 1, 2010 for February 2010 Birthdays along with a $10 Wal-mart gift card. Sweetie's to go prepared a gorgeous ½ sheet marble cake. Coach Alice reported that Justin has given out 13 birthday cards and 13 $10 Wal-mart gift cards since September 2009. Birthdays this month were Coach Alice Oates and Sammy Vaughn.

Team Social & Birthday Party for January 2010
Coach Rudy reported that the Team went to the St. Louis Art Museum in January 2010. He said that he enjoyed it and the swimmers loved it. We had a delicious Birthday Cake made by Sweeties to go to celebrate January Birthdays.

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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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13 Steps to Becoming a Winning Parent by
Dr. Alan Goldberg, Competitive Advantage

Step #5:
HELP MAKE THE SPORT FUN FOR YOUR CHILD
It's a time proven principle of peak performance that the more fun an athlete is having, the more they will learn and the better they will perform. Fun must be present for peak performance to happen at every level of sports from youth to world class competitor! When a child stops having fun and begins to dread practice or competition, it's time for you as a parent to become concerned! When the sport or game becomes too serious, athletes have a tendency to burn out and become susceptible to repetitive performance problems. An easy rule of thumb: if your child is not enjoying what they are doing, nor loving the heck out of it, investigate! What is going on that's preventing them from having fun? Is it the coaching? The pressure? Is it you?! Keep in mind that being in a highly competitive program does not mean that there is no room for fun. The child that continues to play long after the fun is gone will soon become a drop out statistic.

Step #6:
WHOSE GOAL IS IT? FIVE
Leads us to a very important question! Why is your child participating in the sport? Are they doing it because they want to, for them, or because of you? When they have problems in their sport do you talk about them as "our" problems, "our jump isn't high enough", "we're having trouble with our flip turn", etc? Are they playing because they don't want to disappoint you, because they know how important the sport is to you? Are they playing for rewards and "bonuses" that you give out? Are their goals and aspirations yours or theirs? How invested are you in their success and failure? If they are competing to please you or for your vicarious glory they are in it for the wrong reasons! Further, if they stay involved for you, ultimately everyone will lose. It is quite normal and healthy to want your child to excel and be as successful as possible. But, you cannot make this happen by pressuring them with your expectations or by using guilt or bribery to keep them involved. If they have their own reasons and own goals for participating they will be far more motivated to excel and therefore far more successful.

Coaches Report

Coach Rudy reported that **January 2010** was a very challenging and exciting month for Swim Team. We had our Monthly Swim Team Social and Birthday Party at the St. Louis Art Museum, St. Louis, MO. We hosted 2 Personal Best Time Swim Meets on Friday, January 22, 2010 and Friday, January 29, 2010 and awarded Personal Best Time LOVE Swimming Race Club Medals to Brenden Goforth, and Madelyn Methvin at the Jefferson County Family YMCA, Festus, Missouri. We have had 10 swimmers earn Personal Best Time Race Medals and out of those 10 we have had 6 swimmers earn Silver Medals. The swimmers are definitely improving in our Personal Best Time Swim Meets. Herbert Hoover Boys and Girls Club Swim Team attended our Swim Meet on January 22, 2010. We had 3 swimmers compete at Rec-Plex Winter Warm-up 3 Star ABC USA Swim Meet, St. Peter's, Missouri. All of our swimmers are working primarily on Technique. We had a very productive meeting with Mr. Ernie Paskoff, Ozark Swim Chair regarding Diversity and Outreach Efforts for Ozark. Attendance was excellent with our Swim America Program - we have 15 students. We gave away in a raffle Fruit Basket Goggles.

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Webster University cancelled our Free Community Swim Clinic and Dive Clinic scheduled for January 31, 2010 because their pump broke. At this time we do not plan to reschedule January's Free Community Swim Clinic and Dive Technique Swim Clinic.

We look forward to February 2010 as we have a full schedule of our Swim America Classes, & Coach Instructor Training Classes, Personal Best Time Swim Meets, the Indy Dolphins Invite at the IUPUI Natatorium, Indianapolis, Indiana, the Ozark Qualifier USA Swim Meet at Lafayette High School, Wildwood, Missouri and Ozark Champions at the Rec-Plex, St. Peters, Missouri. The Jefferson County Family YMCA Pool will be closed for February 2010 and we will be conducting those practices at Vetta Sports-Concord on Monday's and Wednesday's during the month of February. We have 2 Personal Best Time Swim Meets scheduled for Friday, February 12, 2010 (#9) at Vetta Sports - Concord and Friday, February 19, 2010 (#10) at Webster University from 6pm – 7pm. Webster University also went on to approve March 5th, and March 12th, 2010. We also have a Personal Best Time Swim Meet on February 21st, 2010 at Webster University. Coach Rudy said he is also in the process of updating our Legal and Accounting status for our Team as well as expanding our Swim America Program.

Swim America Program

Coach Rudy reported the locations that we are training at are: Super 8 Motel, Bonne Terre, Missouri, Jefferson County Family YMCA, Festus, Missouri, Vetta Sports – Concord, St. Louis, Missouri and Webster University, St. Louis, Missouri. We have 2 coaches: Christian Oates and Justin Oates. Dexter Oates has completed his training and is in the process of being certified and Annie Pace is currently in training to become a Coach. We are also doing Coach Instructor training with Mrs. Wilma Buie and her daughter Jessica Buie. Our Swim America students are progressing very well through the Swim America Stations. We will also be conducting some of our classes at Ste. Genevieve County Community Center, Ste. Genevieve, MO. As far as our Stations we have 1 student in Station 3, 2 students in Station 4, 6 students in Station 5, 3 students in Station 6, 2 students in Station 7 and 1 student in Station 8. Attendance is good and our students are rarely late (37% on the low-end to 100% on the high-end and the average is 80+%). As of January 2010 9 Swim America students have participated in Personal Best Time Meets, 3 Swim America Students have competed in USA Swimming Meets, 5 Swim America Students have competed in our Swim Camps and Clinics and 12 Swim America Students have participated in Swim Team Events. Coach Alice said she continues to love the fact that Swim America is **quality controlled**, **technique driven** and **goal oriented.**

Swim Team Website and On-line Store

Coach Alice reported that our website is growing in hits daily and being utilized by our families. Families are going to the website for information and managing the Swim Team Accounts purchasing training equipment, signing-up for Swim Meets and register for Swim America Classes and using our Website Calendar. Our You Tube account is adding Videos weekly. Hopefully, next month we will have password protected pages for each family to utilize the website to a fuller extent for their swim team experience. Automatic Monthly payments can now be set-up on-line for our swim families. During the 1st week of January 2010 we were at more than 1,800 hits on our website, now the 1st week of February 2010 and we have exceeded 2,500 hits.

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11th Annual Awards Banquet Update

Coach Alice reported that our Awards Banquet at this time is scheduled for Saturday, September 11, 2010. We are in the process of starting up our Raffle Ticket Fundraiser. Next we plan to solicit Businesses to run Ads in our yearbook. We plan to get raffle tickets out to our Swim Families. We do not have a location secured yet. We look forward to having it again this year.

Old Business

Justin Oates is working a Conditioning Swim Camp and plans to present it at the next meeting.

New Business

None discussed.

Next Monthly Symposium

Coach Rudy said that our next monthly Symposium will be Thursday, March 4th, 2010 at Hodak's Restaurant, St. Louis, MO. At 6:00pm

Closing Remarks

Coach Rudy thanked everyone for coming to tonight's symposium.