

JESUS IS LORD!

TRINITY FELLOWSHIP CHURCH

Sports Ministry

Team Genesis & LOVE Swimming

Education Ministry

Genesis Academy Christian School

Team Genesis Swim Club & LOVE Swimming

January 2009 Minutes

Swim Symposium #5 of 12

Held Thursday, January 15, 2009

@

Ryans Restaurant

Festus, Missouri 63028

Roll Call

Members Present: Shirley Coile, Jodie Kautzner, Jamie Methvin, Rudolph Oates, Alice Oates, Andrew Reiter, Gina Otto, Mary Ouhl, & Amy Ribaldo

Others: None

Attendance Report

A sign-in sheet was passed around which will be attached to the original minutes.

Welcome

Mrs. Methvin welcomed everyone and thanked everyone for coming

YMCA Water Rental Charges Report

Coach Alice submitted the Water Rental Report as of January 15, 2009 to Mrs. Jamie Methvin. We still carry a bad debt of \$34.61 from Mr. Timothy Montgomery and Mr. & Mrs. Travis & Jamie Methvin have a credit of \$4.96 at this time, Mr. & Mrs. Adam & Jodie Kautzner have a credit of \$1.28 at this time, Mr. & Mrs. Jeff & Amy Ribaldo have a credit of \$1.28 at this time, Mrs. Shirley Coile have a credit \$2.48 at this time and Mrs. Shajitha Nawaz owes 32.73 at this time and everyone else is paid and current.

Approval of November 2008 & December 2008 Symposium Minutes

Coach Alice informed everyone that the tape was bad for the December 2008 Symposium Meeting and that she needs help and those present who have notes with the minutes. Panera Bread Company was really busy and really noisy. As far as the November 2008 Symposium Minutes they need to be corrected. Coach Alice does not remember what Mrs. Reiter wanted corrected and was unable to hear what Mrs. Reiter said needed to be corrected on the tape. Hopefully after everyone present at the November, December and January Symposiums have had a chance to review the minutes they can be approved at the February Symposium.

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2008 Annual Awards Banquet Financial Report

Mrs. Jamie Methvin reported that we had \$300.00 in Donations, \$15.50 on the Door Prizes. \$250.00 on the Yearbook Ads and we made \$248.00 on the Silent Auction which is a total of \$813.50. Had a budget for the Banquet and she did not even use ½ of it. Coach Alice said that there maybe a few things that we still need to be reimbursed and that we can still turn in. Mrs. Coile said she has a receipt but left it at home. Mrs. Methvin informed Mrs. Coile that she misunderstood what she wanted but does have the results for the 2001 Yearbook as requested by Mrs. Coile. All bank deposits were made by December 31, 2008 for Tax credit.

Report on Annual Award Banquet

Mrs. Methvin said the Awards Banquet was a success. We did have to pay for the room but we did not have to pay for the food☺ Coach Alice mentioned that this upcoming year we might have to do catering per what she had been told. Mrs. Methvin said she cannot make and take cupcakes to her children's class anymore she has to buy the cup cakes. Mrs. Methvin said she will check into caterers. Several in attendance concurred with what Mrs. Methvin said. Mrs. Otto mentioned Collegiate Catering where her mom works and that Coach Alice probably talked to her when we had our Annual Awards Banquet several years ago and Mrs. Kautzner made suggestions for caterers.

Coach Alice mentioned that we gave out 32 Short-Course Season T-Shirts that were paid for by donations to our Team and totaled \$402.96, we were blessed. We also had Anniversary T-Shirts that we purchased on our own: Mrs. Roth, Mrs. Methvin, Mrs. Coile and Mrs. Oates. We need to encourage our Anniversary T-Shirts next year because they are our souvenir shirts for the Swim Year for the members that made the Championship Finalist Team. The 32 Short-Course Season T-Shirts being worn now by our swimmers are the ones trying to make the 2009 Championships Finalist Team. The 2008 Championship Finalist Swim Team was listed on our 2008 Souvenir Anniversary T-Shirts. Mrs. Coile mentioned that the Souvenir T-shirts are long-sleeve which make them nice. Coach Alice said the rules (which are to complete the Swim Season(s) in good standing) to make the Championship Finalist Swim Team have not changed since 2000. The format has been set-up and are the same and for every Awards Banquet. We have always had our souvenir T-shirts and we have always had swimmers try to make the Championship Finalist Swim Team so these are honorable and very important shirts plus they are good souvenirs to have and to keep. It seems our families being so new just did not understand the importance and value of these shirts.

Coach Alice went on to mention the Annual Awards Yearbook saying that in the past we have not had the results from the other years but in our 2008 Yearbook this year we are having the results from the other years: all the people who have won the I Swim for Jesus Award, the Parent of the Year Award, etc. Mrs. Methvin said we only had 4 Ads that totaled \$250. Coach Alice said we can really do well on our Ads and use that money for Team travel trips and in years past we have sold \$3-5,000 in Ads. We also want to get our invitations out earlier because we had a few Donations that were sent to us with the insert that was in our invitations and again that is money for the Team. If we start working on our Annual Outreach Fundraiser soon enough there is nothing to stop our Annual Outreach Fundraiser from being successful.

Informational Technology Report/Website

Mr. Andrew Reiter reported that he can get the Bible Award Program and Swim Team Sign-up Information on the Teams website.

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December Coaches Report

Coach Rudy reported that we are getting ready to get into the mode of growth. He spends a lot of time being guided by USA Swimming. We have been around for more than 11 years now and we have spent a lot of time going out into different communities setting up swim teams so now we are bringing it back in and we are going to expand. We have several swim teams within our own organization.

The main thrust is going to be relays and with relays we have 7 different age categories (7 categories for girls and 7 categories for boys). On each relay you are looking at 4 swimmers and you are looking at an A,B,C, relay plus also you have several swimmers just in case something happens to one of the swimmers on a relay or you may need to switch swimmers around. The relays not only bring more swimmers to the Team.

The main purpose that relays serve is to give our swimmers more of an opportunity to get their time in an event. For example in the meet we had this past weekend, prior to the Session on Saturday and Sunday you had relays starting out the Session so all we could do was sit there and watch because we did not have swimmers to do relays but whoever leads off on a relay it gives them an opportunity to get another time that counts and is recorded. So a lot of swimmers when they do relays they get their best time and then later on when they need to get into another meet down the road they have those times. For example you have the Free Relay, you swim the 50 Free, and it gives you an idea on what you need to work on especially if you swim the 50 Free the next day or maybe later on that same day. We are getting ready to get into Championship Season and this gives the swimmers an opportunity to be able to get into different events. Some swimmers – i.e. 90% of the swimmers only get into a lot of meets by just the relays. They do not have the time, they do not have the experience, but the relay gives them the opportunity to be able to go to different places.

Our youngest son Justin was 13 years old when he became a Sectional swimmer as a member of Team Genesis' 400 Freestyle Relay. His 3 older brothers (Rudolph, Jr., Michael & Dexter) swam fast enough to pull their times down enough so that Justin was able to be part of that relay. Mind you the fastest swimmer is the anchor and Justin became the anchor to go to Central Section Region VIII Long Course Championships July 21-24, 2004 USA Swimming Sectionals in Wichita, Kansas. We took them all the way out to Wichita and they had their best time even though Justin played around with Mark, one of his teammates and sprained his ankle. We all thought he blew it but that's another story. So what we are looking at is giving our swimmers the opportunity to get on the relays.

We have several medals from Liz Smith. Her mom has worked with us for years. Liz was 13 years old at our meet in Farmington on July 13, 2002. Liz dropped her time and Michael dropped his time. Liz qualified for Jr. Nationals at our meet and Michael got his USA Swimming Sectional cut in the 50 Freestyle the same day. Coach Alice said it was the music. We had a DJ, the meet was rocking and exciting. Liz throughout her career has had the opportunity (not always the time) to get on relays to go to all these higher level meets. Liz has given us many of her medals. Liz was got to go to a lot of events on relays. Once she got to High School she got her time in the 100 Breaststroke. As a Senior she picked up a couple more events. Little Liz (as she was called) is now a sophomore at Stanford University now... full scholarship.

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December Coaches Report Continued

Mrs. Smith was excited when Liz got her Jr. National time, at our meet. Mrs. Smith has been helping us for years (donations, support, Free Clinics, etc.). Liz qualified for the Olympic Trials, this is the 2nd Olympic Trials she has qualified for – the 1st time she qualified in 1 event and this time she qualified in 6 events. If you had Michael Phelps medals or other paraphernalia when he was 13 years old they would be worth a fortune now...so we have no idea where Liz is going but right now she placed 8th in a couple of her events at Olympic Trials which was really outstanding and so the next time no telling where she will place. Our hope and plans are to give Liz's medals out as souvenirs – we usually give out souvenirs at Camps and Clinics but there is this one medal that has courage and perseverance on it and we plan to give it out to a swim team member who is really working hard in swim practice.

So we are going to place a great emphasis on getting enough swimmers so we do participate in the relays from the youngest to whatever age if they feel froggy can get in there and swim... a lot of the Masters are getting in and swimming in the meets where you have age groupers. There was a 40 year old swimmers competing at last weekends meet. So one of our main thrusts is to get our relays together because it gets the swimmers more in a competitive spirit and gets them more opportunities to participate more in a meet. Artic Blast was a very fast and dangerous meet as we had several swimmers pass out. There were older Sectional swimmers who became dehydrated, one hit her head doing the backstroke and one was hypoglycemic and they passed out because it was an early meet and the swimmers did not eat or drink. Mrs. Otto asked what are the age groups.

Coach Alice mentioned that 7 year old Madelyn asked out of the clear blue sky do they give medals to the relays and Megan who is 12 years old has told me for the past 3 ½ years Coach I want a medal – swimmers really want those medals. Michael Phelps got 8 Gold Medals the greatest swimmer in the World but 3 of those Gold Medals were in Relays and he only got 5 medals on his own. Relays help. Relay age groups are 8 & Under, 9-10, 11-12, 13-14 and Open. 1 Swimmer – 1 medal verses 1 Relay – 4 medals. When Justin was young he was too young to swim with his brothers because of the age groups so we put him with his brothers in the Open Age Group and this helped Justin progress even faster. Relays teach timing, finishing, etc., plus you are working together as a Team. You are actually denying them opportunities to grow when you do not allow that opportunity for the swimmer. Everyone wanted to know how close are we to doing relays. Even if they do not get in it to win it they can get in it to get the experience and if they do not have a lot of relays they will still get medals.

Relays propel swimmers forward faster – it gets them into the game because they are not alone. Another ill that relays help is the positioning of the relays verses the actual competitive events because sometimes you might not have the time to cool down or another pool to cool down. Swimmers need to cool down and a cool down pool so relays allow you to rotate your swimmers to get the lactate out hopefully if times right between your events. Mrs. Ribaldo wondered about practicing more diving and Coach Rudy explained that timing because the swimmers get excited and lose their focus was more important and you can even do this in the water without diving.

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December Coaches Report Continued

The main thing that relays do is make swimmers anxious, hungry so that when they get to their individual events they got that anxiety going so that they are ready to jump. Swimming is tough and relays teach relationships and loving the Sport and getting the job done. Relays teach swimmers responsibilities, i.e. you cannot horse around knowing that this meet is coming up... When swimmers are responsible for someone else's outcome or opportunity they think twice before messing up.

Coach Rudy said he got excited at a recent Ozark meeting he went to when the Head Coach of Rockwood who has produced 5 or 6 Olympic Trial Qualifiers told him that our boys did pretty good ... I talked to our parents for 45 minutes after that meet. The only thing other Teams have on us so far now is relays and now we are promoting the development of relays ... and this is the only thing that other Teams have had on us. In due time...

Reports of Officers & Committees

2008 Annual Award Banquet Report

Mrs. Methvin reported that she thought the potluck worked well but now it may not be up to us. The Dance was a huge hit with the swimmers. As far as setting the date we can do it in October and November as long as we are not at Convention and there are no swim meet conflicts. Mrs. Methvin said she would like to do the Awards Banquet before Thanksgiving. Coach Alice said she will help Mrs. Methvin with a date because the meet schedule is basically the same.

Annual Awards

Ms. Laura Selmon never received notification of tonight's meeting and had a prior appointment so she gave her report to Coach Alice. She felt the Awards Banquet was really beautiful and that the set-up was really nice. She felt it was the best one she had ever attended. She was impressed. She was very proud of Mrs. Methvin. Everyone was respectful. She said once she got the reports telling how to organize the awards she was fine and prior to that everything was just kind of placed on the table but it was covered ☺. Ms. Selmon has been around since the beginning and did Awards at our first Awards Banquet. She said that everyone must realize that we never have to get in a hurry with the Awards because the awards are never until 7 p.m. or later and with the instruction sheets are a breeze to set-up. She told me she was surprised that the Awards were out of the box and on the table because she had been instructed not to open the boxes until she had the instructions on how to organize the awards. Being that the awards were already out of the boxes and on the table when she got there it did take extra time to get the awards rearranged once she got the instruction sheets.

Mrs. Methvin wanted to know if you do Winter Training Swim Camp (Camps and Clinics) can it add to your time for getting the Attendance Awards participating in these camps and clinics is just another opportunity. Coach Alice answered yes and this is how a lot of the swimmers got ahead in 2007-2008.

Mrs. Jamie Methvin and Mr. Andrew Reiter wanted to know if the Swimmer of the Month could know at the end of that month and we post their information on the website maybe even include a picture.

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Annual Awards Continued

Coach Alice said that during the 2007-2008 Swim Season swimmers had their own practice dates and several swimmers would not only practice on their practice date but practice on other swimmers practice dates as well and this gave them an unfair advantage. This is why practice dates are the same this year for everyone and the practices are called opportunity practices because everyone is on a level playing field.

Mrs. Jamie Methvin and Mr. Andrew Reiter wanted to know if the Swimmer of the Month could know at the end of that month and we post their information on the website maybe even include a picture.

At the 2008 Annual Awards Banquet we gave out 135 Certificates, 60 Trophy's , 2 Plaques, and 75 medals.

This year we plan to review all of our Awards to consider adding to the (1) **Bible Award** - certificates, medals and scholarships, (2) **Practice Attendance Award** - certificates and medals, (3) **Annual Personal Best Time Awards** – certificates, (4) **Swimmer of the Month Awards** – trophy's, (5) **Most Improved Swimmer Award** – trophy's per age group, and (6) **Novice Awards** - certificates

Annual Awards Silent Auction

Mrs. Mrs. Ouhl reported that the Silent Auction went smoothly. She felt they needed a little more room. Mrs. Methvin suggested that we ask each family to donate a basket or do at least one thing this year. Coach Alice commented that Mrs. Ouhl did a great job with the Silent Auction and it was beautiful. Mrs. Coile suggested that we contact Lego's for a donation and now is the time to start asking for donations for our Silent Auction. Mrs. Methvin felt we could have used another table. Mrs. Kautzner recommended contacting Wal-mart, local Pharmacies, local hospitals, and local practitioners for donations. It was proposed by everyone that we set a timeline to begin getting donations for our silent auction.

Annual Awards Entertainment

Mrs. Gina Otto reported that we need a little more room for dancing – a little more space and reserve a table. The children had a good time.

Annual Awards Registration & Raffle

Mrs. Shirley Coile reported that we do need help in this area and that she felt the raffle could have been handled better including hospitality to our guests when they register. Coach Alice requested that Mrs. Coile come us with some ideas to help this area work better at this years banquet.

Annual Swim Team Christmas Party

Mrs. Methvin would like to do the Christmas Party in early December as soon as possible after Thanksgiving. It did work well after the Dive Clinic and it can even work after a swim meet to keep the weekends Free right before Christmas.

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Free Community Swim Clinics

Coach Alice reported that the January Free Swim Clinic & Dive Clinic is for swimmers age 12 and older only because of the Virginia Graham Baker Pool Act. Webster University is not fitted yet with the required drain cover. Hopefully we will be able to schedule a Free Swim Clinic/Dive Clinic for ages 11 and under.

Spring/Summer Swim Season Schedule

Mrs. Ribaldo also asked about Central States Clinic and Coach Alice confirmed that it start Friday evening.

The Ft. Lauderdale trip is a fun trip. Mrs. Ribaldo said airline tickets for Ft. Lauderdale were pretty reasonable. Mrs. Ribaldo wants to know what we plan to do in Ft. Lauderdale. Coach Alice said we are going to hang out and have a retreat with the swimmers. The International Age Group Meet (for all ages) will be going on at that time. We may spend some time at the training pool but right now we do not know if we will train or compete at that meet.

Show-Me-State Games we are going to participate in the Opening Ceremonies – parade of athletes, etc. at the Hearne’s Center this year and it is a Team Travel Trip and compete in the swim meet. Mrs. Ribaldo said the Hampton Inn is right by the hotel and that we could stay there and Mrs. Methvin said she will check into Hotels. The Opening Ceremonies are in the evening.

The Get Your Best Times Yards swim meet comes right after Show-Me-State Games and we may not do this meet this year.

We still plan on going to State Games of America this Year. Coach Alice will check to see if we can stay at the Olympic Training Center Barracks, the pool, etc.

We received an email from Mrs. Finlay, the Parkway Summer Sizzler is going to be June 14-15, 2009 and we plan to participate in this meet at the Kennedy pool.

Practice Times

Coach Alice reported that we were given the practice times available by the Y and we selected the times we felt were best for the swimmers. We realize that they do not workout for everyone but we are all trying to accommodate everyone as best we can and we feel confident that the Y is not only being fair to us but treating us very well. The times are good in the respect that each training group has their own lane, their own time and as consistent as we could set-up. Mandy actually pushed Monday’s back to try to accommodate us earlier. Mrs. Ribaldo would like to have the groups all separated – she would like to see each group have their own time and not overlap with another groups training time even if they do not train in the same lane. Coach Alice explained that it is very important for the swimmers to interact because changes in ability and workload volume are occurring throughout the whole Team. Mrs. Ribaldo feels that Morgan’s yardage has dropped and Coach Alice said that all the swimmers are being encouraged to focus and participate in their training. Coach Alice also discussed that our swimmers training constantly changes to get full benefits else they will not change – swimmers may need time to adjust to the changes and that’s why it is called progressions so less yardage does not necessarily mean less work.

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Practice Times Continued

Coach Alice also discussed that girls are very social and that they are not like boys and if you need to move one you have to be careful not to separate them from their friend and if their friend is not ready maybe it's best to keep them together. Once these relationships form you could actually negatively affect their career in swimming. Our goal is to help all our swimmers reach their potential. As coaches we see a lot of miracles. We feel you will not lose your children to swimming if you just allow them the time and opportunity to swim.

Insurance 101

See the www.usaswimming.org website. Everything comes down Insurance in the Sport of Swimming. When Morgan hit her nose with her knee while doing a flip turn and it bled - a Coach has to be able to deal with it, whatever happens if you are going to Coach you better be sure... If travel time exceeds 15 minutes after practice your USA Swimming insurance is not effect. If you get in the water prior to or after your Team scheduled practice your USA Swimming insurance is not in effect. If anyone coaches you other than your USA Swimming Coach you have no insurance. USA Swimming Coaches cannot coach (i.e. write prescriptions) other swimmers that are not in their practice else the Club is exposed. Mrs. Coile mentioned that the medical waiver is only good for 30 days and that we need to be in compliance.

Unfinished Business

Mrs. Ribauda wanted to know the times that Pre-Season Swim Camp will be conducted. Coach Alice informed her that hopefully they will be approximately the same time as they were this time last year. Coach Alice told Mrs. Ribauda that she will confirm these times ASAP. Coach Alice reported that we will get out information on Sign-ups for returning swimmers which begins on February 9, 2009 and ends on March 9, 2009. The new Spring/Summer Season begins 4/6/09

New Business

Coach Alice discussed reactivating the Bible Award Program. Mrs. Methvin wants to have this program on the Teams website.

Next Monthly Symposium

Mrs. Jamie Methvin announced that the next symposium is February 19, 2009 at Pizza Hut at 6:30 pm – 8:30 pm

Adjournment

Mrs. Methvin dismissed the meeting at 8:45 p.m.

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