

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 2010 Minutes

Swim Symposium #5 of 12

Held Thursday, January 7, 2010, 6:00 pm – 8:00 pm

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“13 Steps to Becoming a Winning Parent” Steps #3 & 4

Mario's II

Bonne Terre, Missouri 63628

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. Justin 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: Harold Leventry, Coach Alice Oates, Coach Rudolph Oates, Christian Oates, Dexter Oates and Justin Oates.

Adoption of the January 2010 Agenda and December 2009 Minutes

Coach Alice presented the January 2010 Agenda and December 2009 Minutes for Approval. Motion was made by Justin Oates to approve the January 2010 Agenda and the December 2009 Minutes and seconded by Dexter 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.

Swim Team Christmas Party

Coach Rudy reported that the Swim Team Christmas Party was on Saturday, December 19, 2009 and we went to Dave & Busters, St. Charles, Missouri. In attendance was: Mr. & Mrs. Michael & Wilma Buie, Jessica Buie, Sariah Buie, Coach Rudolph Oates, Coach Alice Oates, Christian Oates, Dexter Oates and Justin Oates. We got there at a real good time around 11:00 am and a special room was brought to our attention that we plan to have “special” meetings at in the future. This “special” room rents for \$25 per hour. The food was great and everyone had a great time. The games were a blast for all of the children!

January 2009 Birthdays:

Justin Oates reported that birthday cards were given to all of the swimmers on January 3, 2010 for January 2010 along with a \$10 Wal-mart gift card. Sweetie's to go prepared a gorgeous ¼ sheet chocolate cake.

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Justin reported that he has given out 11 birthday cards and 11 \$10 Wal-mart gift cards since September 2009. Birthdays this month were Jordan Hedge, Christian Oates, Dexter Oates, Rudolph Oates, Jr. and Coach Rudolph Oates.

Team Social & Birthday Party for December & January 2010

Coach Rudy reported that we went to the History Museum in December 2009. He said that he enjoyed it but that the swimmers did not seem that interested. Coach Alice also reported that none of our swimmers had birthdays in December 2009 so we had a Christmas Cake made by Sweeties to go to celebrate Christmas.

Justin Oates reported that our Social this Month was at the Art Museum in St. Louis, MO. and it went well. Justin recommended that the Art Museum should remain on our Social list of places to attend and maybe we should allow more time to visit. Dexter said that he really enjoyed his time spent at the Art Museum.

Justin also reported that next month our Team Social and Birthday Party will be at the Magic House, St. Louis, Missouri on February 20, 2010.

Mr. Leventry also suggested that we make our Socials a longer event. He feels that because of driving time and parking cost (sometimes) that the timeline for the Socials needs to be extended.

Coach Alice reported that the highlight to each months Social is on the Team's website along with pictures.

Coach Rudy reported that at the start of the Swim Season we set these in our schedule and this gives us an opportunity to come to the end of the Season and have an assessment of everyone who has come to the Teams Socials and have participated, so that when we go to set our next Seasons Team Social schedule we have a better perspective of what Social or how many Socials we should have the next Season and even how much time should we allow for a particular Social.

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

Coach Alice reported that she forgot to bring the material with her but that she would put the information out in the January 2010 minutes and would go over it at the February 2010 monthly Symposium along with steps 5 and 6.

Step #3:

DO NOT DEFINE SUCCESS AND FAILURE IN TERMS OF WINNING AND LOSING

A corollary to TWO, one of the main purposes of the youth sports experience is skill acquisition and mastery. When a child performs to his potential and loses, it is criminal to focus on the outcome and become critical. If a child plays his very best and loses, you need to help him feel like a winner! Similarly, when a child or team performs far below their potential but wins, this is not cause to feel like a winner. Help your child make this important separation between success and failure and winning and losing. Remember, if you define success and failure in terms of

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winning and losing, you're playing a losing game with your child!

Step #4:

BE SUPPORTIVE, DO NOT COACH

Your role on the parent-coach-athlete team is as a Support player with a capital S! You need to be your child's best fan. Unconditionally! Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fund-raisers, etc., but... do not coach! Most parents that get into trouble with their children do so because they forget to remember the important position that they play. Coaching interferes with your role as a supporter and fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as coach, and, if by necessity you actually get stuck in the almost no-win position of having to coach your child, try to maintain this separation of roles (i.e. on the deck, field or court say, "Now I'm talking to you as a coach", at home say, "Now I'm talking to you as a parent"). Don't parent when you coach and don't coach at home when you're supposed to be parenting.

Winter Training Swim Camp

Coach Alice reported that we just conducted our Winter Training Swim Camp over a 2 week period. We had 5 classes the week of Christmas and 5 classes the week of News Year for a total of 10 classes. We had 8 swimmers participate. 12 & Under classes were 3 hours during the morning and afternoon while school was still in and 13 & over classes were 4 hours during the morning. The 1st class is always Bible Study and the verse we study is Isaiah 53:6. We do this same Bible Verse every Winter Training Swim Camp and have studied this Bible Verse for more than 3 years. We study this verse for 10 classes straight along with 6 different life application notes and review questions. The 2nd class is our Mental Excellence Class where one of the sections we discuss is 25 Life Lessons, i.e. slow down and live and there is no such thing as a free lunch. We study Life Lessons each class. Another section of Mental Excellence Class is retaliation beliefs where the swimmers would state this is how I believe I should respond, i.e. should a person hit a person and then we discuss their decisions. The other classes we conduct during our Winter Training Swim Camp are: Dry-land, Swimming and Physical workouts. Winter Training Swim Camp is progressive and sequential. Winter Training Swim Camp is recommended for ages 10+ and Coach Approval has to be obtained for students under 10 years old.

Justin Oates mentioned that most swim teams when swimmers get out of school do conditioning and that during the 1st 10 days of summer (i.e. May 24th, through June 5th, 2010) for 1 hour and 15 minutes we could conduct a running and swimming program to help prepare qualified swimmers for the upcoming Long-Course Swim Meets during the summer where the swimmers would do a 15 minute run and 1 hour swim. He recommended that all qualified swimmers attend a minimum of 5 classes. Justin recommended that we do not charge a fee for this Conditioning LC Swim Camp this Summer. Justin felt there should be some qualification requirements to participate in this Conditioning Swim Camp, i.e. at least be Station 8 Swim America and able to swim 200 yards. Justin said he will design a flyer and do e-mail blasts to reflect this program and present it at the next Symposium for further consideration. Justin said the dates would be 5/24, 5/25, 5/26, 5/27, 5/28, 6/1, 6/2, 6/3, 6/4, 6/5/10. He also mentioned that the Swim America

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Classes could be conducted after this Camp on these designated dates. Coach Rudy mentioned that this would have to all be worked out in writing by Justin for presentation to him.

Coach Rudy mentioned that he must also consider that we already have:

1. Winter Training Swim Camp in the Winter,
2. Pre-Season Swim Camp in the Spring,
3. Championship Training Swim Camp for Championships Meets, i.e. Show-Me State Games, Sectionals, etc., in the Summer and
4. Pre-Season Swim Camp in the Fall

Coaches Report

Coach Rudy reported that December 2009 was a very exciting month for Swim Team. We had our Monthly Swim Team Social at the Missouri History Museum, St. Louis, MO. We co-hosted Herbert Hoover's 1st every Personal Best Time Swim Meet. We conducted 2 Personal Best Time Swim Meets at the Jefferson County Family YMCA, Festus, Missouri. We had 3 swimmers compete at the Indy Dolphins Invite at the IUPUI Natatorium, Indianapolis, Indiana. We also enjoyed a very nice Christmas Party at Dave & Busters, St. Charles, Missouri, Free Community Swim Clinic at Webster University, St. Louis, Missouri and a very productive Winter Training Swim Camp at the Jefferson County Family YMCA, Festus, Missouri. We had 2 adults register at Vetta Sports-Concord, so now Vetta Sports has 3 students. At the YMCA in Festus we have 14 students. Attendance was excellent with our Swim America students and we did not cancel any of our training sessions.

We look forward to January 2010 as we have a full schedule of our Swim America Classes, & Coach Instructor Training Classes, Personal Best Time Swim Meets and The Winter Rec-Plex ABC 3 Star Warm-up USA Swim Meet in St. Peters, Missouri.

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. Coach Rudy also mentioned that he ran into Jimmy Ray and that he wants to go into the Marines. Coach Rudy said that he met a set of Marines in Chicago that are looking for someone like Jimmy Ray to get into their Swim Program. He wants the action; the Marines have the action if he can get in. Coach Rudy said that we are going to look at increasing the amount of Coaches that we have because he feels we will grow and one Coach can only train so many swimmers at a time. Hopefully, the Coaches we have now and in training will become site supervisors. Coach Rudy would like to have 15-20 Coach Instructors. Coach Rudy reported that he is going to try and tie into the after-school program and that he is going to work on transportation. Coach Rudy mentioned that Swim America is an opportunity to pick-up a skill and work part-time or full-time and that their only limitation is location. He also mentioned that he feels motel pools are great to train Swim America students because the swimmers are not intimidated in the motel pools like he feels they may sometimes feel in a large pool. Coach Alice mentioned that the students are really

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progressing because she is noticing that within 20 classes the students are really doing at least 2 unique strokes.

She said she loves 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 has an on-line store that is utilizing our swim team members as models of our Team Apparel and pictures of our training equipment. The goal is to eliminate handling money in our Swimmers filebox. First we got approved to take American Express and we just got approved to accept E-checks. So now our On-line store will accept: checks, debit cards, and credit cards. Hopefully; all of our products: Donation, Account Payments, Swim Meets, Swim America Classes, Swim Team, Team Apparel, Team Equipment and Gear and Membership will be on-line by March 2010 so that our families will be able to purchase all of our products and services that they desire on-line.

Our Bible Verses and Life Application Notes and the Review Questions are on the website now so that you can study each verse. This is updated weekly. This is part of our Sports Ministry. We have our facebook link, the Church link, Ozark LSC link, USMS Link, USA Swimming Link, Make A Splash Link, and our hit-counter. Last month we reached 1200 hits in 2 months whereas it took 9 months to get 1900 hits on our previous website. We had said last month that we would be at 1900 hits by the 1st part of the year. Here at the 1st week in January 2010 Coach Rudy reported that we are at 1874 hits so the website is growing and productive. We have also established a You Tube account to help us with posting our videos in a better format. Further, you can sign-up for any of our Swim Camp and Swim Clinics on-line. We will have to work on logistics on the website as far as payment and showing up on the deck. We are becoming more assessable and more visible. Coach Alice reported that the website is coming along very well.

Old Business

None discussed.

New Business

None discussed.

Next Monthly Symposium

Coach Rudy said that our next monthly Symposium will be Thursday, February 4, 2010 at **Hard Rock Café, Union Station, St. Louis, MO. @ 6:00 p.m.**

Closing Remarks

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

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