

JESUS IS LORD!

TRINITY FELLOWSHIP CHURCH

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

Team Genesis Swim Club & LOVE Swimming
May 2009 Minutes
Swim Symposium #9 of 12
Held Thursday, May 14, 2009 6:30 pm – 8:30 pm
@
Bandana's Restaurant
Festus, Missouri 63028

Values are the standards or principles that you believe in. Your values guide your actions, your decisions and your behavior

Welcome

Coach Alice welcomed everyone and thanked everyone for coming and reminded everyone that we all need to know our Birthdays and Graduations for the month of May 2009. Coach Alice welcomed all new families, the Manning's, Robinson's and the Stack's. The Robinsons were previously on swim team back in 2003 when a summer program was conducted in Bonne Terre, Missouri. Coach Alice encouraged everyone to be hospitable to all of our new families.

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: Shirley Coile, Katie Reiter, Lisa Robinson, Rudolph Oates, and Alice Oates. Others: John Andrew Reiter.

Opening Prayer

Coach Rudy gave the opening prayer.

Adoption of Agenda & Approval of April 2009 Symposium Minutes

The April 2009 Symposium minutes were not available and are to be approved at the June 2009 Monthly Symposium along with the May 2009 minutes. The date for the June 2009 Symposium will be June 17, 2009 and the location for the rest of our Symposiums (June, July and August 2009) will all be at Pizza Hut (dinner at 6:30pm and the meetings will begin around 7:00 pm.)

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Swim Program & Training Overview

Coach Alice said our parents need to understand our program. Mrs. Manning said she used the information to explain our program on behalf of her granddaughter and it worked for her. Our program is modeled off of USA Swimming Progressions for Athlete Development. We did update our Program on May 7, 2009 and we added our Swim America Swim School. The Swim American Swim School is going to replace our Learn to Swim Program. When we return next week from Chicago from the final phase of our training we will let you know how it is going to affect our current Learn to Swim Program. We currently have 4 swimmers in our Learn to Swim Program and they are all doing exceptionally well. We are very excited about conducting our Swim America program which recommends 1 practice a week for our Learn to Swim members. The purpose of this program is that it is a nationally licensed program that fosters success at all levels of swimming a program developed by the same world class coaches that developed our US Olympic Team swimmers. Our Swim America program is for infants, pre-school, school age children and adults.

Our program is diverse, goal driven and technique oriented as we are a competitive progressive swim team. The preliminary stage of our program is during our swimmers 1st 2 years. We recommend 1-2 practices weekly with yardage of at least 500 meters. The 1st 2 years is a lot of aerobic conditioning, hopefully to get you strong enough to want to compete. The yearly workload volume for your 1st to years is to strive for 170,000 yards.

The next 4 years of swimming our swimmers strive for 3-8 practices a week. We work on advancing your swimming skills and try to help you to develop your anaerobic endurance and we call this basic training.

The next 4 years, right around your 7th year we train strokes that cater to you, working on your talent, things you have a natural talent in and your practices are 6-11 practices a week. A lot of strength development, some power and we work on the 2nd stage of your endurance development. Yearly workload volume is 975,000 yards. Last year Justin broke 1 million meters. Time in the water and you doing the work is critical.

The next 8 years of swimming is called Peak Performance and the goal is 8-15 practices per week and we are yet to see this unless it is during winter training, etc. After this you go into maintenance of High Performance and your practices and meters fall back a little bit. Your 1st year you are considered a "c" swimmer, your 2nd year maybe a "b" swimmer even though we have had a lot of 2nd year swimmers hit "bb" times then between your 3rd – 10th year hit your "a" times, 11th – 18th you going into your "aaa" to "aaaa" times and then you are going into your sectional cuts and grand prix times and that's just simply based on time in the water and training that's the key.

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Swimming is strictly long view, it's a closed skilled sport, it's a niche sport and a swimmer's ability regardless of race increases based on their parents income and education unless they have the opportunity to get a scholarship, sponsor and time for training, this is what it boils down to. Our goal is to increase the amount of swimmers at the mouth of the pipeline. This is what USA Swimming wants, and so you say ok what about the middle of the pipeline or toward the end of the pipeline where all the good swimmers are, well you know the bottom line is you gotta work to get there...

USA Swimming is making efforts to diversify the Lilly white sport of competitive swimming by bringing in swimmers from various parts of the population based on demographics which is quickly changing being that the Hispanic population in a matter of years going to dominate our country. Because of the changes in population demographics USA Swimming will diversify the sport of competitive swimming. However, the only place they are going to diversify this sport is at the mouth of the pipeline. If you really want to get into this sport anywhere but at the mouth of the pipeline, you are going to have to get in via scholarships, sponsorships or your daddy's bank account – this is what it amounts to.

When we speak on discipline in the sport of competitive swimming, it is not about yelling at the swimmers or demoralizing swimmers. The discipline we are talking about is the actual skill set requirements of the stroke, this is our discipline. We are not the parents, we are the coaches and the parents are to parent and we have to coach. When the parents start coaching and we start parenting, then the swimmers get all confused because they are listening to 2 different coaches or 2 sets of parents. We have to keep the lines drawn because the person that is going to suffer is the swimmer because they are going to get confused. A Coach can teach an athlete anything but you have to have them in a program that has structure and is goal and technique driven. When the swimmer for whatever reason is unable to train then their practice is just over for that session. If a coach has to tell a swimmer 10 times to do something and they still do it incorrectly 15 times then their training session is just over because they are just being disobedient, or they could just be mentally or physically ill that day, so we just look forward to their next session.

10th Annual Awards Banquet update – Financial Reports (Birthdate/Sunshine, Host Meet Fee Income, Socials Financial Report and Annual Awards Banquet Financial Update)

Coach Alice gave Mrs. Methvins report who was unable to attend the Symposium. The fundraisers for the Banquet this year are: Raffle, Silent Auction, Door Prizes, Program Ads, and hopefully donations. The money raised is going to be divided equally to our Outreach and Athlete Services Fund. The Outreach Money you have to qualify to get and the Athlete Services Money is money available to swim families. Program Ads are to start this month; hopefully next week paperwork will be in swimmers files. She also wants to start the raffle this month.

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10th Annual Awards Banquet update – Financial Reports (Birthdate/Sunshine, Host Meet Fee Income, Socials Financial Report and Annual Awards Banquet Financial Update)

She has spent \$200 on Birthdays. She kept \$70 of the money to purchase \$10 gift cards for the remaining 7 birthdays: Levi Roth, Michael Oates, Madelyn Methvin, Noah Methvin, Lexi Little, Anne Mahan and Katie Reiter. These are the remaining 7 birthdays through August. She kept \$20 of the money to purchase 2 Graduation \$10 gift cards for Christian Oates and Michael Oates. She said the Awards Banquet Fund is \$98.48 and the amount of money in the Birthday fund is \$89.60. In other words after all the birthdays have been taken care of for the whole year from September 2008 through August 2009 this account has in it starting in September 2009 which is the new year will have a beginning balance of \$89.60. Also, we charge \$2 for our Personal Best Time Swim Meet and we have \$76.00 in that account. Our 1st Social is scheduled for May 22nd, 2009. It is going to be a Spaghetti Party and Team Birthday Party at the same time. Socials cost \$1.00 to help offset the cost of the Social. The purpose of the Social is give our swimmers the opportunity to bound and be together and to have a celebration once a month for the Birthdays. The Birthdays is part of our mission statement listed in our Swim for Jesus statement and it is on our website.

Personal Best Time Swim Meets

The Personal Best Swim Meets have been a lot of fun. We have had swimmers achieve “b” and “bb” times in these meets. These meets are fun meets and the swimmers are not to be stressed out about these meets because they are achieving our goals. We got the swimmers racing which is what Coach wants and then they are feeling the speed which is what he wants. As far as DQ’s there are not really any DQ’s. If they have stroke infractions, he is dealing with them on them, I am dealing with them on them, but the thing is we got their participation. I informed Coach at the last meet we are losing time on getting our relays done. I asked if we could have the relays meet at the beginning of the meet so that they are ready to race when their relay comes since we have our heat sheets. The one meet ran 47 minutes; the next meet ran 50 minutes. The 1st meet ran almost an hour. The meets are running really well and the parents are getting it all figured out. The goal of course being that we are sitting right here with the coordination of national events for AAU. Eventually, maybe somebody else can come; we hope maybe our neighbors can come because we can have our meets anywhere. The key to the whole thing is that our parents know how to run the meets; they need to get comfortable running the meet. Eventually locally, state, maybe regional and even host a national meet, but we can have our own meet. It is not just the experience of our parents knowing how to run the meets, there is tremendous income potential for the team in running a meet. We went to a meet in Indianapolis and in 2 ½ days because they had to cancel Friday events they pulled in \$30 grand. Ozark meets can pull in anywhere from \$15 thousand to \$20 thousand. Some Ozark Teams pay their Coaches with the money raised from hosting meets. Our parents are picking up a great skill in learning how to run meets and down the road these are some things that help to make us more independent.

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Personal Best Time Swim Meets

This is a long view – years down the road to help with our travel and team expenses to secure more opportunities for our swimmers. A lot of our team activities expenses should be coming out of fundraising dollars to help the team grow as a group. The only way a Team can grow as a group is to fundraise. The meets have just been outstanding. The swimmers are starting to understand that the only you can learn how to race is to race. We have had 4 of these meets and we are getting into our racing season.

Advisory Board Status & Applications for Committee Appointments

Coach Alice reported that we have received applications from; Mrs.Coile, Mrs. Little, Dr. & Mrs. Methvin, Mrs. Mahan, Mrs. Otto, Mrs. Reiter, Mr. Reiter, Mrs. Robinson, Mrs. Roth, Miss Selmon and we have sent out 2nd request to Mr. Little, Mr. & Mrs. Manning, Mr. & Mrs. Coiled, Mr. & Mrs. Kautzner, Mrs. Stack and Mrs. Cook and Mrs. Wamble. We plan to make appointments the 1st part of June for the different committees posted on the application. We have 29 adults on our Team and our goal is to have 29 applications. We need a contribution from all of our parents on the Team even if it is not listed on our committee application. We are urging all of our swim families to complete our committee application and submit as soon as possible. Committee appointments do not have to be swim team members.

Monthly Coaches Report

Coach Rudy said the swimmers are doing very well. I have observed that the older swimmers are reverting back and some of the younger ones are really pushing and they are out doing a lot of the older ones. This is not going to cause any type of conflict because the ones that are just starting I really want them to grow that way because it helps with their mental game. The older ones who take things for granted they just have to pick up the pace. I will be doing assessments on swimmers who came from fitness to competitive swimming. If they are not keeping up they will be going back to fitness. Coach Alice asked about the reverse. Coach Rudy said these are the ones he is not worrying about because a lot of them are increasing on their own. Swimming is nothing but discipline. You teach a certain way of doing things and when they get out of Coach Alice's range they change things and they forget this is right where I am sitting. Our swimmers are going to keep up the pace or they are going back to fitness because I am not going to lower the bar. Mrs. Robinson wanted to know how long are they are in fitness. Coach Rudy said that depends on the parents then the Coaches evaluation. Coach Alice said that Coach Rudy always lets the parents know when the swimmer is ready for competition and then the parents decide if there swimmer is to advance.

Coach Alice said that one of the toughest questions is when a parent says my child does not want to compete. The reason for this is because life is competition. Coach Rudy said we have 2 Teams and when we had just Team Genesis this option did not exist and one of the reasons LOVE Swimming was created was to provide an opportunity for swimmers who do not want to compete because a lot of swimmers and their parents just do not want to compete.

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Monthly Coaches Report Continued

Coach Rudy said we provide the opportunity in LOVE Swimming to be in fitness and then you can prepare to maybe get your feet wet and compete a little bit but you still don't have that commitment. When you get to Team Genesis, you have no choice, this is what we do, this is what we are going after, we practice at 6am before school, and if the pool is broke and shut down we will run on the track, dryland for maybe the whole season and still compete and do very well. The ones in LOVE Swimming who do not want to make the commitment they are fine and the ones in Team Genesis who really want to compete they are fine by not having the ones who do not want to compete and go back in forth. Each one of them has to respect their own position and this is why we set it up like that. A lot of teams call themselves one team, but it is not that way though, it's a shame, it's not that way – just one team, you have all these little different sub groups and sub groups and sub groups and sub groups and then you have a top group, you can have a team with 3-5 hundred swimmers on it but actually there is only maybe 25-30 of those swimmers that actually represent the Team, out of all of that group. If it wasn't there would be no reason why our LOVE Swimmers could come in there and out swim them and we do it to all the big Teams we go in there and we wipe them, so it is just our program, the way we set it up. But, when you are in LOVE Swimming you don't be sweated to go ahead to jump over to make that commitment. This is something that you have the parent's and the swimmer's have to think about ok, this is what I want to do and also we have to interview you and make a decision as to whether or not, I think you are just kidding, are you star struck cause you are not really interested. Give you one day with me and let's see if you can handle it, this is what it is going to be or worse depending on my attitude. So a swimmer needs to make up their mind what they really want to do because actually they are representing, they are representing. I want swimmers to go somewhere and they can stand, if they are going to be fundraising somewhere in front of Wal-mart a nobody or this and that walks up to them and stuff and has a bad day and quizzes them saying, I use to be a swimmer you know what are you doing here? What do you do? And my swimmer looks them right dead in the face and tells them exactly what they do and don't bat an eye. This is the only way a swimmers get to be known in the public by standing there and talking to the public because the public does not pull any punches, not at all, they don't pull any punches at all, and until the public starts to see a swimmer standing in the rain and all this and that stuff, you must be a tough swimmer and they will give the swimmer a donation. They get to know the swimmer. We have had people who remember when Justin was 6 years old and they still watch him now and have supported him for years. The swimmers have to know there is a group of people and when they make a commitment they are committing themselves to the community.

Monthly Awards Update Report

Coach Alice said that there will be Swimmer of the Month Trophy Awards for the month of April 2009 based on attendance, workload volume and training attitude to training groups/age groups.

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Show Me State Games Report

Coach Alice reported that we have Madelyn Methvin, Nathaniel Methvin, Noah Methvin, Christian Oates, Dexter Oates, Justin Oates, Jillian Otto, and Andrew Reiter. Levi Roth was signed-up but his parents withdrew him. Also, Mrs. Shirley Coiled is suppose to come but we don't think she is competing, if is so she will be doing backstroke. This is another reason we have to have LOVE Swimming for swimmers unable to commit. Coach Alice also informed Mrs. Robinson that her girls are eligible for Show Me State Games. We have 8 swimmers competing in this years Show Me State Games. Coach Rudy mentioned that our Fun Meets have a dual purpose. When we have our relays, those are fun but they are for real because the relay does not exist if one person decides they don't want to swim. So that means 3 of the swimmers lose their opportunity and this is very real when you get to a big meet and a swimmer decides they don't want to do something or this and that and stuff so what do you tell the other Teammates, you are going to lose your opportunity just because the fact this swimmer has decided they just don't want to swim and it happens all the time at a lot of the levels it happens... We went to AAU Junior Olympic Nationals in Charlotte and a swimmer decided he did not want to swim, so Michael didn't get to swim his relay and it really hurt him and us because the medals were super big.

Camps and Clinics Report

Camps and Clinics are going very well. The one we are getting ready to do now is Starts and Turns which will begin this Tuesday, May 19, 2009. The upcoming Camps are the Championship Training Swim Camp to prepare for Show Me State Games, Junior Olympics and Masters Nationals and Pre-Season Swim Camp which begins Monday, August 24th, 2009 thru September 4th, 2009 to prepare for the upcoming 2009-2010 Short-Course Swimming Season.

New Business

Coach Alice said she will be presenting a patch award program offered through ASCA where the swimmers wear patches for achieving USA Swimming times.

Old Business

None discussed.

Next Monthly Symposium

Coach Alice said it will be Wednesday, June 17, 2009 at Pizza Hut, Festus, Missouri from 6:30pm -8:30pm. We will eat at 6:30 pm and start the meeting at 7:00 pm.

Closing Remarks

Coach Rudy said Committee Appointments can be for people in the community, family and friend's.

Adjournment

Meeting adjourned by Coach Alice.

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