

TRINITY FELLOWSHIP CHURCH

Education Ministry since 1994
Genesis Academy Christian School, Pre-K thru 12th Grade
Sports Ministry since 1997
Team Genesis & LOVE Sports

Minutes of Swim Symposium Meeting #2 of 12

Thursday, October 16, 2008

5:30 pm – 7:30 pm

Mario's Itallian Grill

1 North Allen Street, Bonne Terre, Missouri 63628

573-358-7404

Roll Call: Rudolph Oates, Alice Oates, Mary Ouhl, Andrew Reiter, Kathryn Reiter, Shirley Coile, Jamie Methvin, Julie Roth

Tape began 5:30 pm

Coach Rudy welcomed everyone to our 2nd Symposium of 12. He told everyone this is an attempt to help to move you along for some of our swim parents who have never had their kids in swimming. There is no such thing as a trivial question (your childs safety, etc.).

Mrs. Methvin prayed and asked that Jesus be the Lord of our Team.

Coach Alice informed everyone that Mrs. Scaggs was not present and that the minutes of the September 2008 Symposium have been misplaced by Coach Alice and we will presented and approved along with this meeting at our November 2008 Symposium.

Coach Alice presented the Agenda for this evening for the meeting and showed how to make comments right on the Agenda. She also encouraged as Mrs. Methvin had prayed to let Jesus be the Lord of our Team. Coach Alice also mentioned that sometimes it takes times to get minutes processed.

Coach Alice introduced Coach Rudy to give his monthly report. Coach Alice said September was a whirlwind – a lot happened in September and encouraged everyone to take notes. Coach Alice mentioned to Mrs. Methvin that Nathaniel had mentioned to her at practice yesterday that he had gotten hurt at school on playground equipment, he said someone pushed him and he did not know who pushed him. Nathaniel said it hurt to breathe and that she was dealing with it.

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Coach Rudy: He referred to his memo on 2 Board Appointments. Coach Alice interjected that this is LOVE Swimming's first Board. Coach Rudy officially installed Mrs. Coile as our Compliance Chair and Mrs. Methvin as our Communications Chair. He said a lot is happening in swimming now because of the Michael Phelps phenomanon and the downside is that there is just not enough water. All the Teams in our area is at maximum capacity and taking only 2-3 kids at a time. Coach Alice interjected as long as they have a credit score of at least 800 and have been absolutely no trouble to the Team they came from☺ Mrs. Methvin said let me write that down. Any kind of trouble they do not want. Coach Alice said she is sure the credit score is not that critical. Coach Rudy said our swimmers are moving along very well, I will give you an example of what's happening to them; when we had the group of swimmers that were going to train to go to Show Me Games that was there target last summer, now their target is to, the ones who qualified, their target is to go to Colorado Springs where they will compete against everyone in the country the United States. But the ones who did not go, there target is still to get better because there are other different opportunities for their different age groups that they can participate in --- we still have the zone team were openings may be there for the swimmers to participate, also there are a lot of new skill developments going on. In the first symposium, I indicated to the parents that the swimmers are going to be doing a lot of dryland and to get their core and their body much stronger. The swimmers are accepting this training very well. As Coach Alice mentions to you all if you see any changes in their eating and sleeping patterns to please let us know because they do get excited and may not want to go to sleep and may want to eat a lot more --- this is cold season and I have a cold. The swimmers are being moved along at an increased pace and the new ones will be able to handle it just by virtue of looking at the ones who have been here before and seeing that they are ok.

Coach Alice mentioned that swimmer training is real critical right now and that she is talking to them. She mentioned that all the swimmers at the last practice were all dressed alike and they were just gorgeous, a true sight to behold – now we are a Team and a lady on the deck no one knew asked while Coach Alice was on deck how do I get on this Team. Now our swimmers know that they are seen even by strangers as a Team.

Coach Alice talked about the swimmers spending too much time in the locker room to go to the bathroom and that she asked them to be brief. It has also been brought to Coach Alice that our swimmers maybe trashing and horsing around in the locker room and she asked the parents for help in this area. Coach Alice mentioned that are swimmers are intentionally set-apart, the line was drawn almost 11 years ago and we do swim for Jesus.

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Coach Alice also spoke to the parents that LOVE Swimmers do not fall apart especially in public. She has been told by at least one parent that her swimmer fell apart and was in tears. Coach Alice said this is not good because she is not upset with our swimmers and they have no reason to fall apart. Coach Alice asked the parents not to stress the swimmers but to encourage their swimmers with love and support. She mentioned what Michael Phelps did at the Playboy Club when she and Coach Rudy was at the ASCA World Clinic in Las Vegas this past September and how he was an embarrassment to his Country for his conduct in this nightclub.

Coach Alice briefly discussed USA Swimming's suit restriction rules for 12 and unders.

She also briefly discussed the type of swim meets and their ranking and that our program has developed from Novice to Grand Prix qualifiers --- so our swimmers are developing and progressing. Our next goal is Olympic Trials...

Our swimmers had great performances at the IMX Swim Meet, the Rec-Plex Fall Festival Swim Meet and that they are preparing for the Rockwood Halloween Howl. Swim Meets are very tough to get into this year --- the process is very competitive.

We have had 2 Clinics so far this season and they were both awesome. Only one swimmer showed up at the last Clinic session (performance clinic). The Clinics help our swimmers achieve higher performances in the sport of swimming. They carry 6 certification levels and 1 participant level. Swimmers have to achieve an overall score in all certification components:

- better than 60% to be considered for Level 1 Certification,
- better than 70% for Level 2 Certification,
- better than 80% for Level 3 Certification,
- better than 90% for Level 4 Certification and
- better than 98% for Level 5 Certification.

The components that determine certification are:

- (1) Bible Study,
- (2) Attendance,
- (3) Clinic Training requirements,
- (4) Skill training,
- (5) Skill tests/trials,
- (6) Physical & Cognitive training,
- (7) Behavior, Work Ethic, Self-Discipline, Time Management, Commitment & Team Loyalty training, and
- (8) Arousal control, Concentration, Self-Image, Self-talk, Goal-setting, Imagery, and Visualization.

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Coach Rudy interjected back when Kathryn (Coile) Reiter and her sister Heather Coile when they were on Team Genesis there was something that we did and it was brought back to mind when Mrs Methvin prayed and said give the Lord our praise and keep Him at the Head of all things. Water is a very dangerous element and anything can happen to a swimmer being on the deck. I watched a girl fall down the steps – she walked down the 1st 3 steps then she slid down 5 or 6 more at the meet. She was reading something in the hand that should have been holding the rail, she slipped and tried to grab it with the other hand and did a circle and then fell on her bottom on down. This was not a little kid, this was a big teenager so she could have broke something.

Mrs. Methvin requested help with the Swim Teams website and Andrew Reiter agreed to help her get things going on our Teams Website.

Coach Alice informed Mrs. Coile and Mrs. Methvin that they need to find a location for next month's symposium.

We pray whether you know it or not, we pray before our swimmers get into the water and we stepped aside from it in the respect of everybody doing it but all the other Teams know it. We come together as a group and pray. I took 38 swimmers to Florida and we, all of us (the little ones got in a circle) – we all came together, all from different Team representing Missouri and you need to know this because don't be surprised when you hear swimmers say we prayed before we got in the water. Often our sons bring the younger swimmers together before they get into the water.

We are out there as shepherds to help others. Several years ago there was a girl who was about ready to graduate she had recruiters watching her and her parents were really upset because for the past few months she had not been meeting her times and she had recruiters watching her to get her scholarships. So, she was contemplating suicide and the boys came to me and said Dad this is what this girl is doing and I said well it's one thing for me to talk to her but it's another thing for her to be on you all's level – you talk to her and get her to understand what we do, so they talked to her and then she disappeared and so when the boys got ready to pray she show's up and says “does this praying thing work?” the boys told her give it a shot and she busted her time, it was just what she needed to relax and reflect and she broke her times. So it is nothing for not only swimmers on the deck to come together and pray with us, we have had people come from out of the stands at the Rec-Plex who are not suppose to be on the deck to pray so they stay up in the stands and say, yes, we swim for Jesus too!

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When we attended the State Games of America at the Rec-Plex several years ago we had a whole section from Connecticut, they had their own prayer service going on up in the stands, it was like a revival --- we were on the deck and they were up in the stands having a revival and they were very noisy. If you don't know the background of USA Swimming, it is a Christian organization, they are all about the family. When they say family, USA Swimming means family and they really support the family.

Mrs. Methvin – Annual Awards Report Continued:

She inquired about December 16th, 2008 which would be in 4 weeks. First she was concerned if November 16th, 2008 was time enough for us to pull-off the Awards Banquet. Coach Alice said she was not sure because it may take time to get the awards delivered. Coach Rudy felt the Awards yearbook could not be produced in this amount of time but it would be a good time to start. December 20, 2008 even though considered may not be a good day because it is on a Saturday right before Christmas

Kathryn Reiter asked how about doing the Awards Banquet in March 2009 after the season ends and Mrs. Methvin felt that's not a bad idea. Mrs. Reiter felt this was good because there are no holidays in March 2009. Coach Alice said the Annual Awards cover a whole year (short-course and long-course season). Mrs. Methvin recommed Saturday, February 2, 2009 because there is no time available in January. Mrs. Methvin expressed concern about doing it after Christmas because so much time is passed. Coach Alice said the awards would cover September 2007 through August 2008. According to our Policy we are to do the Awards Banquet in November or December. Mrs. Methvin said what if we don't do the Yearbook just the Awards Program. Mrs. Methvin is worried about getting the swimmers to come 2 nights if we do it on Saturday, December 21, 2008. Mrs. Reiter suggested right after Thanksgiving. Further discussion about the awards delivery time was discussed mainly checking into see how much time it takes to get customized ribbons, trophies and plaques. Mrs. Reiter suggested maybe having a local place do our Awards instead of using Hasty Awards or Dinn Brothers. Coach Alice said if we do it in December it has to be either the Christmas Party or the Awards Banquet. Coach Alice asked Mrs. Methvin to check the December 20th, November 16th, February and March 2009 Dates to see what might be possible. Mrs. Methvin suggested since people are around to maybe do it Saturday, November 29, 2008 because it's right after Thanksgiving and people are at home. Mrs. Methvin says all of the Ribaudos live here and the Ouhl's are gonna be here for the 29th of November. Mrs. Methvin will check the Hospital for the 29th of November.

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Coach Rudy still feels that's not enough time to do the yearbook. Mrs. Methvin said she has a friend who can do the yearbook. Coach Rudy then mentioned that usually with the yearbook we have to give considerations to businesses to run ads. Mrs. Methvin wanted to know how do you go about getting the ads. Coach Alice said a lot of the ads were from family. Mrs. Methvin thought we can at least start the yearbook. Mrs. Coile wanted to know if it could be done by January 2009.

Mrs. Methvin has scheduled the Christmas Party, December 21, 2008 at Incredible Pizza. She felt we could reschedule the Christmas Party if a conflict exists. Mrs. Methvin said the cost for the Christmas Party is up to the parents (\$6.95 +).

Mrs. Methvin said she had received questions for this meeting from Mrs. Mary Ouhl since she could not attend. Mrs. Ouhl's questions were:

1. **Are we still considering Friday as free suit day?** Mrs. Methvin guessed it may have been talked about at the last symposium and said somehow it was in Mrs. Ouhl's mind she thought Friday was free suit day. Coach Alice said she did not know Friday had been established. Coach Rudy said this may have been discussed, it may have been brought up, we will check the minutes but that it has not been established. Mrs. Coile said the answer is no.
2. **There is a practice on the day after Thanksgiving on the 28th and she would like it moved to Tuesday, November 25th, 2008?** Coach Alice said she thinks Tuesday has a prior obligation. Changing/eliminating dates is tough as it has most times than not a detrimental effect on training. It is not possible at this time to change the date --- earlier notice maybe but not now.
3. **Yardage sheets are we gonna start getting yardage sheets?** We are working on getting caught up to get these reports to our families. Mrs. Coile requested that we give out yardage sheets once weekly instead of daily which takes a lot of paper. It was then suggested that we email yardage reports. Coach Alice did not have a problem with once a week. Mrs. Reiter suggested that we email the yardage reports. **Everyone present voted that we email yardage reports once a week after Friday of each week.** No printed copies of the yardage report. Coach Rudy said we are to keep one hardcopy just for Team archive records. Yardage reports are to no longer be printed by the Team for the swim families. Email transmissions only to save on paper and time putting the reports together for everyone on daily, weekly and monthly basis. The swimmers can always check with their parents for their yardage.

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4. If you are getting ready to order could you shoot out an email to everybody (i.e. I am getting ready to place an order does anybody want anything?)

Coach Alice suggested that our Communications Chair send out this type email and just stay in touch with Mrs. Coile to see when she is going to send in an order. Coach Alice suggested that Mrs. Coile and Mrs. Methvin work together to coordinate getting a notice out to everyone to let them know an order is being submitted.

Mrs. Methvin also mentioned that Nathaniel is convinced that Justin has his suit, he left it but we all hope that Justin has it, Noah left his water bottle and somebody left his paddles. Charge them and make them buy them back from the Team. Mrs. Coile said she will set this up to make the our swimmers become more accountable and take ownership of the team apparel, equipment, gear and supplies.

Coach Alice briefly gave an update on the YMCA Water Charges:

Coach Alice stated that it has taken several weeks to collect the water fees from swim families and that cost us a lot on the money we borrow to pay the YMCA when we get the invoice for the water charges. The loan is set-up to be paid off in one payment. The longer the loan goes unpaid the more it cost. We have allocated 10% interest fees and 10% Admin Fees to cover the cost of borrowing them money. While we cannot eliminate the Admin Fee (tax deduction records, internal record-keeping, billing, adjustments, etc.) we can eliminate the interest fee for those who pay in one payment their water charges as they would then be eliminated from the YMCA water charge billing.

Coach Rudy spoke on the Clinics being conducted at Webster University: Several parents wanted their swimmers to work on their dives so we secured water at Webster University. Mrs. Methvin says she loves Webster University. We have been going to Webster University every since Katie was a Team Genesis Swimmers. The Clinics being conducted there are exceptional and we plan to continue to train at this facility.

Coach Alice said we should consider giving a swim meet at Webster University in May 2009 that is not AAU or USA Sanctioned a Race & Play swim meet for all kids even those that have to walk from one wall to the next because we have already been given the ribbons for this swim meet and all we need is volunteers to help us conduct the meet. We had a 3 year old swimmer cheered on by more than 100 people and this child took 6:20 seconds to go one lap in the pool with Rudy, Jr behind her and Dexter in front her. Her name is Marissa and she is 8 years old now. We look forward to having this family back on LOVE Swimming.

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Coach Alice also mentioned that Mrs. Skidmore asked at the end of practice yesterday in the lobby when her stress level is certainly not at its lowest point. She showed me a book and some silicone caps and asked if she could order saying that she would not need to pay shipping or admin costs and I said fine. I think she said they would cost \$5.50. Coach Alice asked Mrs. Coile to get with Mrs. Skidmore and maybe set-up a committee. Mrs. Methvin felt she already ordered the cap. Coach Alice said Mrs. Skidmore should go through Mrs. Coile first.

Coach Alice asked Mrs. Methvin if she could plan a monthly Bible Study or Social (Tea, etc.) for the moms/ladies on the Team.

Coach Alice also mentioned to everyone that we need to encourage our parents to attend these symposiums because decisions are being made and if they don't come they cannot complain. It's just like if you don't vote you ain't got no complaints on who does what so it's the same thing with our symposiums they really need to attend.

Coach Alice also mentioned that Mrs. Ouhl had removed Eric from the Swim Team and wanted a refund and she was concerned her refund time had expired and she needed to use it. This threw Coach Alice in a frenzy because Coach Alice had never used LOVE Swimmings Refund Policy.

Mrs. Methvin requested help with the Swim Teams website and Andrew Reiter agreed to help her get things going on our Teams Website.

Coach Alice discussed the difference between LOVE Swimming and Team Genesis Swim Club:

LOVE Swimming is not as strict as Team Genesis because LOVE Swimming is more of a novice and developmental team and Team Genesis has a higher level of commitment. And it is not the level of commitment as far as the swimming skill set it is the level of commitment as far as doing the sport of swimming. You might have a person on Team Genesis that is not a sectional qualifier or not a national swimmer or maybe they might not even be a USA Swimming "BB" swimmer but it is the different level of commitment, it is what the parent wants or what the adult swimmer wants. This is the only difference between Team Genesis and LOVE Swimming. Say the swimmer needs to do a lot of different things to find out what they like and they need to be well rounded and when they are young in the sport of swimming this is what we recommend that they do as many sports as they can.

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But if that swimmer is not in that position and/or that parent is not in that position and they want to turn them into a “career swimmer”, they want them to be full-time into USA Swimmings shaping program then that’s a candidate for Team Genesis, that’s the difference in the level of commitment and this does happen with young swimmers especially like in gymnastics and some other sports, once they lock into that sport, that’s where they are at but usually you let them get through puberty before you commit them to any specific sport --- they are usually in 50 million sports or whatever opportunity you can give them up until that time. Coach Rudy interjected into this discussion saying that adaptive swimmers via recommendations and referrals who need help can get onto Team Genesis primarily because of the needs (fit the category – like missing a limb, etc.) that they have and they are beyond committed because they will not get an opportunity to be on a regular Team because regular Teams do not want them and this is our mission and we will work with these swimmers.

End of Tape 7:30 pm

Meeting adjourned 7:45 pm

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