

# JESUS IS LORD!

## TRINITY FELLOWSHIP CHURCH

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

Team Genesis Swim Club & LOVE Swimming

### June 2009 Minutes

Swim Symposium #10 of 12

Held Thursday, June 17, 2009 6:30 pm – 8:30 pm

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### “2009 Spring/Summer Swim Season Program Updates”

Pizza Hut Restaurant

Festus, Missouri 63028

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

### Welcome

Coach Alice welcomed everyone and thanked everyone for coming and reminded everyone that our Season is moving really fast. She also mentioned that she had spoken to Mandy at the “Y” and that our training times were going to stay the same for the entire summer.

### 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: Tamyka Cook, Anne Mahan, Jamie Methvin, Lisa Robinson, Rudolph Oates, and Alice Oates, Gina Otto, Andrew Reiter. Others: Jon David Methvin, Madelyn Methvin, Noah Methvin, Jourdan Stack, Khaia Stack

### Opening Prayer

Coach Rudy gave the opening prayer.

### Adoption of the June 2009 Agenda & Approval of April & May 2009 Symposium Minutes

The April 2009 & May 2009 Symposium minutes were emailed to all the swim families and then passed out to be approved. Motion was made by Coach Rudy to adopt the Agenda for the meeting and to approve the April & May 2009 Minutes and seconded by Mrs. Lisa Robinson. Coach Alice mentioned that she would pass them on to be posted to the Team Website.

### Welcome new Swim Families

Coach Alice welcomed the Stack Family, the Robinson Family and the Manning Family as new and recent members to Swim Team.

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## Sunshine Report

Coach Alice mentioned to everyone that Brooke Young, a LOVE Swimming member was a Make a Wish child back in 2003. This past Monday Brooke had to be evaluated and passed her evaluation – what a blessing!

## Monthly Coaches Report

Coach Rudy mentioned that the yardage this month is not as high as he wants it but that it is ok because the youth and adult swimmers are involved in a lot of activities. Coach Rudy said that swimmer involvement in other activities and stormy weather (a lot of lightening storms) had affected the yardage.

Coach Rudy said the swimmers seem to be healthy and that they are not dragging and doing well at the Personal Best Time Swim Meets.

Coach Rudy likes the Personal Best Time “Fun” Swim Meets because it gives him a chance to assess each swimmer to see how they handle being in a pre-race situation. Swim Meets are in different levels and many are like our Personal Best Time Swim Meets. Coach Rudy mentioned the Swim Your Age Swim Meet held each year at the Clayton Community Center where after the swim meet they go play in the indoor water park which is important. Coach Rudy feels that the Personal Best Time Swim Meets are very important for self confidence. At our Fun Swim Meets he watches to see how the swimmers maintain their training discipline.

Coach Rudy mentioned that the more time swimmers put in the water and train to get fit (i.e. pushups, sit-ups, etc.) the faster they swim. He said as swimmers progress, getting faster will be more difficult to the point that a second faster is worth its weight in gold. Coach Rudy requested that parents need to just be parents and allow the Coaches deal with training the swimmers. Coach Rudy asked the parents to let the coach deal with the swimmers disqualifications (dq’s) because they do happen at all levels of competition. He discussed how long it takes to master flip turns. He told the parents our swimmers are young in the sport and they need time to develop. He also mentioned that he does not want our swimmers muscles isolated (weights) because they need the time to develop naturally by training with their own bodies (i.e. sit-ups, push-ups, etc). The time reserve for development in the sport of competitive swimming is 8-18 years if they are to remain and survive in the sport. A lot of swimmers are eliminated by overtraining which causes injuries when they are still developing and young. Coach Rudy also mentioned that swimmer confidence and health is critical. Family and coaching support is required for a swimmer to be healthy, to become and stay confident. He mentioned that the majority of all swim meets is cyclical. Coach Rudy said similar if not the same swim meets come around every year. If a swimmer does not participate or qualify to participate in a particular swim meet this year, they can always plan on participating and qualifying next year for a particular swim meet(s).

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Coach Rudy emphasized that swimmers need to eat.

He mentioned that he is always monitoring and adjusting a swimmers training to accommodate their growth and development mentally and physically.

Coach Rudy went on to discuss that we fellowship and pray with our swimmers and other coaches and teams when we are training and at swim meets. He said that he receives a lot of prayer requests especially at swim meets. He went on to say that we are all human and we have different things that we are going through in life. Coach Rudy emphasized that maybe one person has the strength that another person needs, so we call on each other. He feels it is important that we all support each other because we are one family. Coach Rudy requested that parents be patient **FIRST** because the swimmers will be just fine. Coach Rudy said it is a natural progression for swimmers to go up and down all the time in their swimming career, so just love them up and they will be just fine.

Coach Alice said swimmers are eternally beautiful human beings. She said that she sees the mood swings, little temper tantrums, etc. She said swimmers are people and they have good days and they have bad days. She also mentioned that sometimes they are tired and sometimes they just don't feel well and swimming is tough, it is a tough game. Coach Alice said that it doesn't seem like but take a football player and put them in the water and they are not so tough. She went on to say that swimming is a **tough sport** and anyone that can hang in is bright in ways that one cannot imagine. She said that swimming is hard to stay in; it is hard to stick with it because it is so easy to quit – but it is worth it because there is a wealth of life benefits and life skills earned and swimmers learn this as they stay in the sport.

## **Monthly Awards Update Report**

Coach Alice said we are doing pretty good with our Monthly Awards (Swimmer of the Month and Top Workload Volume Performers), however; we have not incorporated the required training attitude grade into our selection criteria. We have had some complaints from some of our swim families to include training attitude. It was set as a part of the original selection criteria. We did not do this in April and May 2009, however; we will try to incorporate the training attitude criteria for June 2009. Coach Alice announced the winners for May 2009 saying that these swimmers won solely off of having the highest Workload Volume in their training group (not age) and an Attendance of at least 50%. Coach Rudy would like to see a higher attendance percent, however; there are a lot of activities going on (church camp, basketball camp, football camp, etc.). He would like 65% but he understands the need to be lenient, however; if the monthly awards become more competitive then he will have to re-evaluate the attendance requirement. The Training Attitude Grade will be like the letter grades A, B, C. The only thing that will stop a swimmer from getting a “C” in practice is if they cannot keep their hands to themselves or if the Coach has to tell them a swimmer their practice is over. Coach Alice said she is always available to discuss a swimmers attitude training grade. If a swimmer is kicked out of practice – we will just let them know that their practice is over and have no drama over the event.

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The selection criteria for Monthly Awards are in our March 2009 Symposium Minutes for those who would like to review. The May 2009 trophy's arrived yesterday and will be out on deck tomorrow for pick-up. The May 2009 winners were: Jon David Methvin, Krystin Robinson, Noah Methvin, Nathaniel Methvin and Justin Oates. The Liz Smith Sectional Medals for May 2009 went to Jon David Methvin, Krystin Robinson, Andrew Reiter, Noah Methvin, Nathaniel Methvin and Justin Oates which were given out June 10, 2009.

## **Fundraisers**

Mrs. Otto said she has a lot of great ideas. She said she would like to know what we have for our athletes. How is it going to help individual swim families? Is it going to be worth it to the families to put in their time? Mrs. Otto said she would like further explanation of our current fundraiser policy. She has the opportunity to get a booth for Twin City Days – the 1<sup>st</sup> week of September 2009. Her Uncle has a business downtown. Coach Alice mentioned that we have raffle fundraisers, we do just donations. Mrs. Otto said a 25% credit when a family fundraises is in the policy and she would like to know where the 75% goes. Coach Alice said that whatever comes into the Team is usually split between the Outreach Fund and the Athlete Services Fund. Mrs. Otto felt the 25% account credit is just not worth it for her and maybe other families to fundraise. Coach Rudy mentioned that often our swim families have not fundraised, however; some families have fundraised to help with travel costs (hotel, gas, etc.). Mrs. Otto said she would like to see a fundraiser for “water fees” and several members at the meeting expressed agreement with Mrs. Otto.

Coach Alice said it does not matter the income base of the swim team membership – the reason for the fundraising is so the Team can afford for all of its swimmers to participate in swim team functions and events. The swimmers need each other, even the swimmer who can afford to take advantage of swimming opportunities. The swimmer who can afford it needs their teammates just as bad as the swimmers who cannot afford to take advantage of a swimming opportunity. The whole reason for fundraising is to enable the Team to provide opportunities to the Team to have team participation for an event and/or opportunity to sustain team participation. Otherwise; you will have swimmers on a team who can never afford to do anything and those swimmers are friends with the swimmers who do get an opportunity. What happens is the swimmers who do get an opportunity will miss their teammates and this is the reason swim teams fundraise and we have to fundraise. The Fundraising policies in place were set by our swim families and we can also set-up new fundraisers.

Coach Rudy says he has had to deal with too many situations where one swimmer has several siblings and their parents because of finances have to pick and choose which one gets to swim – this is very disheartening to a coach because all swimmers have talent.

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Coach Rudy said all swimmers have talent and that his test for a swimmer is: (1) you want to try out for the team and they answer “yes”, (2<sup>nd</sup> test) get in the water, (3<sup>rd</sup> test) roll over, (4<sup>th</sup> test) kick your feet, and (5<sup>th</sup> test) get out the pool. This swimmer is fine because they listened to what they were told to do and if they can listen they are fine. All swimmers should have an opportunity if a parent wants their child to swim and a sibling wants to swim, we should provide the opportunity for that swimmer to swim as opposed to sitting and watching their sister or brother swim – this is why he and Coach Alice became coaches, because of they wanted to provide a competitive swimming opportunity for their 5 sons. He called St. Louis and asked how much does it cost for his 5 sons to swim and was quoted an astronomical fee and they both said no way, they refused to choose which one of their sons would get this opportunity. Coach Rudy said he was blessed enough at the time to have the time to work with their sons and they were given the opportunity to be trained as coaches, mentored and eventually they established a swim team.

Coach Alice said we have families on our Team right now who have siblings who would like to swim. This is one of the major reasons we have to fundraise, this is the reality of our situation right now and we do have to fundraise. Some Teams have a fundraising commitment.

Mrs. Otto said she definitely understands that it is for the Team effort. Coach Alice said the fundraising accounts and fund balances is always kept, i.e. Mrs. Methvins various accounts are reported monthly. Each fundraiser has to be set-up with its own rules and these are required to be carried out from collection to consistent reporting to the membership.

Mrs. Robinson asked can we fundraise to help offset swimming fees. Mrs. Methvin said she has 4 swimmers on the team and if they fundraise she feels there should be a fundraising work minimum, i.e. work at least 2 hours per fundraiser. Coach Alice reminded everyone that right now we take our total water fee and divide it by the number of swimmers rostered at the time of the “Y’s” invoice and charge by swimmer not by family. Andrew felt we should do one for Show Me State Games and the Indianapolis Meets next year. Coach Alice mentioned that we actually have a travel fundraiser and one for Winter Training Swim Camp. Coach Rudy reminded everyone that our swim families come from different areas and that we fundraise all over in several counties. Even for the families who do not or are unable to participate we have helped them out and this is what the Outreach Fund is set-up to address.

Coach Alice said that when we fundraise we start with family, friends, and then businesses and individuals in the community.

Our Annual Outreach Fundraising dollars are distributed as follows: (1<sup>st</sup>) 10% of the total income is tithed to the Sports Ministry, (2<sup>nd</sup>) all of the fundraising bills are paid, (3<sup>rd</sup>) 50% of the proceeds go to the outreach fund and (4<sup>th</sup>) 50% of the proceeds go to the Athlete Services Fund. Every family on this Team is subsidized and receives fundraised dollars, however; this information is private and we do not share their individual information with the Team. We give account balances only to the membership.

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It is against swim team policy to tell what each individual member gets in fundraised dollars. Our membership can always have account balance information but no one gets personal individual information on another member because of member privacy. Our administrative expenses are covered by donations from our swim families and some fundraisers. These donations and fundraisers help with swim team costs and all of our membership has this information and is given an individual statement every time they make a donation that is distributed to cover swim team administrative expenses.

Coach Rudy explained how hosting swim meets can help pay a lot of costs. Ozark Teams bring in \$15,000+ for their swim meets and Indy Swim Meets have brought in as much as \$30,000+ in a weekend meet. Swim Team has a lot of expenses and the Team has to have help. Mrs. Robinson said all of our swimmers can go to Show-Me State Games if we make that kind of money off of a swim meet. Coach Rudy said this is one of the reasons for our Personal Best Time Swim Meets because our parents are learning how to run swims meet and eventually he looks forward to our swim team hosting sanctioned swim meets. This will not only provide beautiful opportunities for our swimmers but be financially productive for our swim team and our membership.

All fundraisers are flexible and we can fundraise for whatever you can imagine except for our Annual Fundraiser which supports our Outreach Fund and our Athlete Services Fund. Coach Alice mentioned that it would be great if we could have a swim-a-thon next year. Coach Alice also said our membership needs to support the Teams Camps and Clinics because all of our swimmers need the opportunity to receive personalized coach-swimmer time, specific mental training, specific physical training and specific water training that is not available in a regular training session.

Coach Alice mentioned that fundraising gave their sons the opportunity to attend the USA Swimming Convention as Delegates in Honolulu, Hawaii. They also competed while in Hawaii in the Bill Smith Invitation an experience they will never forget. Coach Alice said it took the boys more than 9 months to raise the money for their trip to cover travel (air), meals, lodging, meet fees.

Coach Alice said that **fundraising and sponsorship is the “life blood”** of any swim team. She requested that all of our swim families come up with different ideas for specific fundraisers to help the Team. Subsidizing our swim team families will become a thing of the past unless they start fundraising and finding sponsors. No swim team can continue to subsidize its swim families when they do not participate and support the financial requirements of the team and its swimmers. In fact, swim families are to cover their expenses on a swim team by: (1) **fundraising** and/or (2) **finding a sponsor** and/or (3) **pay their swim team expenses with their own funds** (out-of pocket of course is the last resort).

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## **Advisory Board Appointment Update**

Coach Alice reported that requests have been sent out to all of our families and we still have not received all of them back as far as committee appointments. Coach Rudy wants committee appointments from each family (some type of participation). Coach Rudy just wants participation because we need help. It does not have to be listed on the committee application form. Several members present at the Symposium made mention that there was one parent on swim team that will not participate. Coach Rudy told the membership present that it was not necessary to reveal their name to the membership because what he has come to know is that this kind of particular individual always has a lot of input. Coach Rudy informed everyone that Advisory Board Appointments are on hold until we get more participation from our swim families.

## **Show Me State Games Report**

Mrs. Methvin reported that it begins on Friday and the membership attending this year are the Methvins, Oates and Otto's. She reported that we will all be attending the Opening Ceremonies on Friday and that Rudolph Oates, Jr., Swim Team Captain will be carrying the Torch and running the race for one of our cherished sponsors Mr. Don Rowe who passed away on July 10, 2009. He was requested to carry the Torch because he was the 2008 Athlete of the Year selected from among 37,000 athletes by the Show-Me-State Games Commissioners who manage all of the Show-Me Sports. Coach Alice mentioned that he will arrive in the United States on July 15, 2009 and return July 26, 2009 to complete his contract with Mountbatten and his internship with Deutsche Bank in London, England. Mrs. Otto turned in her signed and completed Show –Me State Games paperwork for Jillian – she had not yet submitted it.

## **Annual Awards Banquet Update**

Coach Alice mentioned how excited she is about the Awards being added this year that are listed in the March 2009 Symposium Minutes. She also mentioned the High Point Report and said it is only for the swimmers who compete in swim meets. Right now we have Andrew Reiter – Adult Group and Nathaniel Methvin – Youth Group and for Team Genesis we have Justin Oates. This report is maintained in our High-Tec Program. The Trophy Awards for Swimmer of the Month from September 2008 through March 2009 will be given out at the Annual Awards Banquet. In March 2009 we approved to give them out Monthly and this is why we now give them out every month. It is nice that the swimmers compete and make their own plans on how they are going to earn these awards. Coach Alice mentioned that listed in the Monthly Report, we have had 26 swimmers hit the water so far this Season and the Workload Volume for several swimmers is increasing. Several families call our monthly report the “attitude report” and can tell when their swimmer is not training well.

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Mrs. Methvin said she will begin to work on the Annual Awards Banquet Invitation to get ready to send it out. She also requested the 2008 Annual Awards Booklet. Coach Alice said that she would get copies of the Awards Booklet to Mrs. Methvin as soon as she had them collated. Mrs. Methvin offered to collate the booklets so that she could start working on the Ads. Mrs. Methvin said that she is working on selling raffle tickets. Mrs. Robinson said that they had sold all of their raffle tickets. Coach Alice asked Mrs. Robinson to help head up the coordination of managing the raffle tickets. Mrs. Robinson accepted working on the raffle tickets.

## **Monthly Socials and Birthday Party Update**

Coach Alice reported that we have \$52.00 in our Monthly Socials & Birthday Fund. Mrs. Methvin said that as far as the end of Gala that Mrs. Otto is coordinating this event. Mrs. Otto is going to see about changing the location from the Park to the Arnold Civic Center because there is more to do and she does not feel the Crystal City Pool has been that accommodating. We had 24 swim team members, their families and guests attend our Ice Cream Social & Birthday Party on June 12, 2009.

## **Swim Team Website**

Andrew reported that the website is coming along and being that he is really busy now that he is posting what he feels are the most important items first and trying to get to the other items if possible. Mrs. Otto said that she submitted the updated Banner to Andrew with the correct spelling of Swim America and other information.

## **Camps and Clinics Report**

Camps and Clinics are going very well. We had 5 swimmers participate in our Free Swim Clinic and Dive Clinic on June 7, 2009. The upcoming July Clinic is "Sprint & Speed" and the August Clinic is the "Devotional Clinic". Swim 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 24<sup>th</sup>, 2009 thru September 4<sup>th</sup>, 2009 to prepare for the upcoming 2009-2010 Short-Course Swimming Season.

## **New Business**

Andrew said that since most of the information is on the team website that he does not require mail (hardcopy) in the swimmers file box. He said he reads his email and downloads from the team website and attachments from his email. The only reason he would need paper in his file is if there is something that he needs to complete and return.

He said that we are putting paper back in the swimmers files again and that he thought we had stopped (going "green"). Coach Alice mentioned that several families have been and still are requesting a hardcopy of the information posted on the website and attached to emails because they are unable to download to their computer or print the documents. Coach Alice said that she will only provide paper (hardcopy) to those families who request it. Mrs. Methvin said that she is willing to accept 1 copy for her 4 swimmers instead of 4 copies or 1 copy for each swimmer to save on paper.

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Andrew said to save on paper people need to have the option to put everything on email. Coach Alice said she would again ask everyone and if they do not want it – we will not give them a hardcopy. Coach Alice said she will make up a list of who is to get a hardcopy. Again, Andrew said he does need hardcopy's.

Coach Alice announced to the membership present that we may have to commit to a swim meet 3+ months in advance and the Team entry always has to be paid in advance for these meets. Entering swim meets has become very competitive and swim meets now fill-up in seconds not minutes. Coach Rudy said that from now on, all Team Policy's will supersede Forms. Meet sign-up procedures and forms are to follow our Meet Sign-up Policy which states that there is no refund from the Host Swim Team or LOVE Swimming after a swimmer has been entered into a swim meet unless the Host Swim Team or LOVE Swimming cancels the swim meet which is the information that is listed on our Meet Sign-Up and Procedures Policy. If a swimmer withdraws from a swim meet after being entered with the Team Entry there is no refund. Our Meet Sign-up Policy is posted on the team website.

## **Old Business**

None discussed

## **Next Monthly Symposium**

Mrs. Methvin reported that our next monthly Symposium will be Thursday, July 16, 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 thanked everyone for attending.

## **Adjournment**

Meeting adjourned by Coach Rudy.

***Efficiency – Ethics = Emptiness. Amos 1:1-2:16***

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