

Iowa Flyers Parent Advisory Committee
Wednesday, June 15th

Participants

Members

Steve Bird (yr3)
Matthew Geneser (yr3)
Kelli Taeger (yr3)
Amanda Chidister (yr2)
Kelly Cwiertny (yr 2)
Mary Landon (yr2)
Jennifer Carter (yr1)
Jessica Smith (yr1)
Nghii Luu (yr 1)

1. Change Coming to USA Swimming Registration
 - Updates will be shared in the IFLY weekly emails.
 - Families will be registering directly with USA Swimming.
2. New Natatorium Videoboard install
 - Installed June 20th-27th
3. Fine for late communication of pause or cancellation of membership
 - Emails are sent out monthly on the 20th, and every month there are late notifications of pauses or cancellations. This is a lot of extra work for our accountant to go back into memberships and manually make these adjustments after the 1st of the month.
 - Ideas from the Parent Advisory committee meeting
 - Charge the month of the membership
4. SafeSport Update; Club Recognition Update
 - thank you to all the families for their help in renewing our club recognition update. Iowa Flyers Swim Club must accumulate points to account for a specific level. IFLY has accumulate enough points to be recognized as a Level 3 Club.
5. Move Up emails, dates, and procedure
 - Athletes will finish out these final meets and championship meets throughout this season.
 - Move ups will go to coach Amy the following Monday and Amy will work with balancing move-ups.
 - July 25th families will be communicated to move-ups.
 - Families have 3-4 days to attend the practice to get to know their groups, athletes, and coaches.
 - Equipment needs will be communicated to parents regarding move ups.
 - Move ups are communicated between athletes' current coaches, and the new forthcoming coach. Coach Amy and Coach Jackson facilitate conversations with all coaches to ensure appropriate move ups.
6. Apparel "thank you" and place to train future apparel organization
 - A system is being set up by Kelly Cwiertny and Jessica Smith to organize team apparel. More information to come.
7. Team break dates

- Week of August 1st and August 8th will be off.
- Zones athletes will be contacted individually regarding practices.
- Coaches encourage athletes to be completely “off”. It is advised to not swim during this two-week period. This break is purposeful and beneficial to decompress from swimming.

8. Dryland improvements for Fall

- Summer is Yoga phase to feel relax, flexibility, and stretch
- Fall
 - JRP learning how to lift weights (T/TH) in Olympic Lifting Room at FH learning movements before joining Coach Mitchell.
 - Coach Mitchell is working on a connective Team Plan that is more robust for every group, but still instrumental in helping the JRP.

9. Proposed meet schedule 2022-2023

- Before Sectionals in 2024 I would like to do an altitude training trip 3 weeks before. This makes it beneficial coming down from altitude. However, I do not want this to be the 1st training trip that we do. I would like to do a test run summer 2023 to Flagstaff in June. Won't be mandatory.
- Intrasquad(s)
- Like previous years. ****Jackson can provide specific meets****
 - 1 outdoor meet in the schedule
- Athletes swimming high school will need to communicate meets they will be attending and if they will be suspending
- Feedback on Team Breaks from PAC:
 - “I like 2-week breaks.”
 - “Announce team breaks at the beginning of the season.”
 - “Provide the meet schedule through 2023.”
- Feedback on Out of State Meets from PAC:
 - “Some families will want to stay relatively close; others will enjoy out of State meets. It will be a smaller team.”
 - “Will depend on time of year for some families.”
 - “Iowa families are used to traveling to other venues.”
- Feedback on Intrasquad from PAC:
 - “How do they fit into the current meet schedule?”
 - “Distance races”

10. Fall/Winter/Spring Practice Adjustments

- Fall/Winter/Spring practices will remain the same.
 - ****Exception**** Mon/Wed 4:45-6:45pm (input group). Mornings we will only be in the CRWC on Thursday mornings. Masters will follow the same schedule as JR and SR Performance.
 - Paper practice for Masters, eliminating coach led practice. Masters swimmers can participate in a spring practice for 30minutes on Saturdays.

11. Officials “Thank You” evening in the Fall of officials and IFLY families that fulfill their volunteer duties.

12. Request for Fall speaker(s)/topics (?)

- A recruiting expert for parents and SR level swimmers
- Professional (guidance counselor/trauma therapist/tenured local youth sports coach) on bullying and how to be a better teammate

- RISE again in late November for 11-18 yrs. old
- Coach zoom on training for coaches

13. Dismissal and appreciation of Steve Bird, Matt Geneser (served temp 1 yr), and Kelli Teager for their service on the committee the last 3 years.

Questions/Suggestions from PAC:

- Cash donations to hospitality and eliminate sign up. Rec Services completes all the shopping.
- PAC Members need to have increase volunteer commitment.

Next Meeting: September 14th at 6:00pm