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COACHES' MEETING – March 7, 2015

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Here are the minutes from the coaches' meeting held Saturday March 7th regarding the JO meet next week.

Two warm up proposals were presented by Jim Wills, for the 13 and older session.. To have (3) 25 minute warm ups at JO's or (4) 20 minute warm ups with a 10 minute starts session for everyone. By a 5 to 7 margin it was voted to go with the (4) 20 minute warm ups with the 10 minute starts and pace session.

It's was also unanimously decided to have a 10 minute warm up/ cool down after the relays on Friday night and Sunday night as well as after the 50's during prelims and finals.

It has also been decided with all but one responding coach to allow a consolation final heat to be swum, even if there are not 16 swimmers for any event at JO's.