

High Tides Swim Club

Board of Directors Meeting-Open
Wednesday December 12th, 2018
Days Inn 8pm

Present: Rhonda Witte, Julie Lakovich, Sara Yerks, Jill Farrell, Carrie Hanson, Eric Thovson, Katie Brecht, Emily Reck and Tony Borke,

1. Call to order at 8:20

2. Coaches Report

- Assistant Coach update Overall our High Tides coaching staff has been performing very well thus far in the season. All Coaches are fully certified by USA and MN Swimming.
- Coaches meeting topic: We will be scheduling our Coaches meeting after the Holiday break to prepare for our Prime Season training Schedule. Topics to discuss will be: Talking with parents and how to respond to questions or concerns. Swim Meet Preparation and the importance of The Little things.
- Practice Group update on items each group concentrated on the past month Bronze 2/4: Swimmers have been focused on learning proper kick technique and Learning all four strokes and the IM Order. Also working on how to do starts from the blocks or side of the pool. Freestyle and Backstroke legal turns.
- Silver: Silver swimmers have been focused on Kicking and endurance training along with learning how to legally swim all for competitive strokes and IM's. They are working on how to enter the water on their starts and have proper turns in all strokes.
- Gold 1: The Gold 1 Program has been heavily focused on learning how to finish a race physically and mentally as well as they started. Though this sounds simple we have put in a ton of Lac Acid sets and Limited rest training along with focusing on how often with breath and how to distribute our oxygen throughout a race. We also have put a big focus this month on making our strokes not only Fast but With a (Distance per Stroke) Mentality Meaning how can we take an all-out Race Pace Swim and make it just as fast with less strokes being taken.
- Upcoming meet schedule Dec 15-16: Minnetonka Team Challenge. High Tides Swimmers competing in this meet will be doing a one week taper to prepare for this big meet. The Group Attending is very excited to see how far we have come as a team this

season. Everyone knows what is expected and we expect to perform extremely well! :) Mark/Megan/Myself will be attending this meet. We have two free hotel nights to use so we will not have to pay a dime for this meet. Megan will not need a hotel room as she will be staying with a friend.

- Jan 12-13 Hopkins U of M: We have 15 Swimmers signed up for this meet and we will be sending one coach.
- Jan 18-20th Foxjet bb+ : High Tides has 18 swimmers attending this meet. We will be sending 2 coaches due to the length of the meet itself.
- Training tool utilization: All coaches are using OnDeck to Access Workouts each day. I have updated workouts prior to 90% of our practices. The days I am not using this feature are rare but for a purpose as well usually start and turn work days or full group workouts when we are all combined.
- I would like to let everyone know if they have not already seen High Tides has attained 2 new Dassel High School Swimmers/ 1 Foreign German Exchange Student/Will be getting 4-6 Litchfield middle school girls and Two Transfers. Every few weeks I get a phone call from a new family wanting to swim year round from another community and it has really shaken things up and had been very refreshing as new older swimmers join our program.
- On the new Note: I have Made Business Cards for myself to pass out to various new families with our website/ My contact info on them and will be doing a bit of recruiting over the course of the Winter and Spring. I will be passing these out to promote our brand.

3. Meets

- HTSC is hosting a meet on February 2nd. We plan to set up in the cafeteria on Friday night but due to Frozen Friday community ed swimming, we won't be able to set up on deck until Saturday am. Warm ups begin at 7:50 with the meet beginning at 9am. Awards will be given to 14 and under.
- Rules are coming from MSI as to which kids can be allowed on deck during the meet.
- In order to hold a raffle during the meet we need a gambling license. Julie will look into the details of obtaining a gambling license and the club will decide if we want to pursue this for our upcoming meet.
- Julie will be setting up the sign up link for meet workers/volunteers

4. Club Management

- Safety report from Sandy Hogan-no issues to report
- Team store- apparel orders will be arriving next week.

- Website upgrade- Carrie has been building and testing out new team website along with our team unify rep Gabrielle. All of the links have been checked and double checked. Our current calendar is linked with Google. Team Unify is still working out the bugs with their calendar. Sometime in the next 3 months our calendar will change to the team unify and the new web master will manage. We've been advised to publish the new website on a weekend so members have extra time to practice navigating it. Carrie will send an email when the new site has been published in the next few days.
- Registrar's Report-the club will look into a policy for swimmers who advance to a new level. Currently, Tim should be contacting the child's parents if he feels their child should advance to the next level of training. The parent should contact the registrar so their child can be enrolled in the next level and billed appropriately.
- Jill Decker plans to discontinue the job of team registrar after march. The board discussed options for filling this position. It was recommended that the position be filled by a board member.

5. Club Excellence

- We still haven't heard from USA swimming if we've achieved club excellence. We should hear something within a month. If we won't receive the club excellence award, the board can decide if we want to apply again next year.

6. Club Recognition

- We still have 18 tasks that need to be completed by March to achieve Level 2. After discussion the board has decided to continue working toward Level 2 for club recognition. After the holidays, Carrie will send out an email describing the unfinished tasks so that any willing board member can offer input and assist in completing them.

7. Fundraising

- Swim a thon- no updates until January
- Event calendars will be on clearance for \$5 each. Club members and local businesses will be notified via email about the new clearance price.
- Unhinged Pizza fundraiser email will be going out in the near future.

8. Additional topics

- The practice schedule for the week of Christmas and New Years has been set.
- Carrie said a personal thank you to the board for voting to send Coach Tim with Grace to Junior Nationals earlier this month. It was great experience for both of them and Grace really appreciated having her coach with her during the competition.
- Next meeting date was set for 6pm on January 22nd at the Days Inn Conference room

Meeting adjourned at 9:45pm.