

**MINUTES OF THE SEVENTH MEETING OF THE  
NADADORES SWIM COMMITTEE**

**June 2, 2015  
7:00 pm PST**

**In-Person  
Location: Canyon Crest, Mission Viejo**

The following are the minutes of the meeting of the Nadadores Swim Committee (the “Committee”) held at the above time pursuant to notice duly given to all members of the Committee. Present at the meeting were committee members Miguel Ramierez (Vice Chair), Alexander Arrow (Secretary), Kim Burton (Publicity), Nora Guard (6 am Workout Captain), and Audrey Viers (9 am Workout Captain). Also present by invitation of the Committee was Mark Moore (Head Coach of MVN Masters and 2005 USMS Coach of the Year). Audrey supplied cake, Miguel supplied pizza, Nora supplied salad, and Alex supplied coke and watermelon.

Because Duncan Houldsworth, Chairperson of the Nadadores Swim Committee, was not in attendance, Vice Chair Miguel Ramierez was deputized as Chairperson for the evening and proceeded to call the meeting to order, following the protocol for meeting leadership in the event of an absent chairperson. Secretary Alex Arrow kept the minutes of the meeting as normal.

Miguel declared that he was waiving the quorum requirements for the meeting. He then proclaimed that the meeting would commence.

Miguel proclaimed that the first order of business was feedback on the BJs fundraiser.

One example of feedback: Jim Montrella came up to Miguel during the event and suggested that events take place exclusively in the City of Mission Viejo.

A breakfast at Stacks was suggested as a future event that would satisfy this requirement.

Miguel commented that he really likes Stacks.

Regarding the June Social: it was determined that a social event at Lake Mission Viejo, has had been previously planned, would be simply too expensive and too logically difficult to pull off.

Audrey made the case that Someone will have to reserve some space at the lake, by putting down a table. On June 14<sup>th</sup>, Audrey is going to name-drop Nadadores to try to get a reservation

Regarding the plan for O'Neil Park camping: We have two spots. The itinerary is to go for a hike, and some people may leave after the hike. Those who want to camp can sleep in Kim's 8-person tent, or other tents that members may bring.

We are allowed to be at the campsite starting at noon. We can start the hike around 3:00 pm.

A Barbeque and fire pit supposedly accompany at each site. For those going to stay for dinner, people cannot park there. For the Hike, BBQ, bonfire, sleepover, attendees should RSVP.

The Relay for Life the next coming Saturday in Sattleback College. The Nadadores team is scheduled to start at 9:00 to 10:00, or 10:00 to 11:00.

Another possible social outing suggested would be Cinespia, the Hollywood cemetery movie.

Regarding July movies: suggestions include Grind house? Willy Wonka on the 25<sup>th</sup>? These shall be picked based on movie selection.

Miguel, in an uncharacteristic moment of suppressed enthusiasm, suggested that maybe we should simply wait for August.

It was determined that Saturday Aug 15<sup>th</sup> will be the Team Social

Kim has already designed the tech T-shirts for the zone championship.

One person has already signed up for the zone championship.

The next newsletter: Someone needs to interview Kevin and Carolyn. Alex was assigned to interview Carolyn.

In-n-Out is a possible food vendor for the meet, because there is a location in MV. Miguel finds it difficult to order from them, because they do not take phone calls in advance.

For the newsletter, Coach Mark will write about the renovation.

For the May Social, Audrey will write it up. The one picture obtained from the event was of Gwen and Jay.

Patrick Moore meet:

Miguel will write up the zone meet.

Audrey suggested we add dryland workouts two days per week. This suggestion was met with moderate enthusiasm, yet no concrete next steps nor action items were decided upon to bring it about.

Alex will write on nutrition for swimming workouts, specifically refined and unrefined carbs.

Kim will write about some pre and post workout meals.

Audrey suggests using GoPros to video tape swimmers for feedback. Mark suggests each participant should pay \$10. This idea was met with unanimous approval from the Committee.

The annual banquet dates were set at Oct 18 or the 25<sup>th</sup>. Oct is the UCLA meet.

Mark is checking the Murray center for availability.

The Ayers hotels, and the Fairfield hotels will each be considered as alternatives to the Murray center.

Gag awards should be considered

Another important award: the volunteer award.

Someone was going to check out a golf outing at Casta Del Sol?

Audrey: What about holding the banquet there? It could work nicely because the venue would accommodate both inside and outside seating, she suggested. Mark replied that it would be

awkward to hold the annual banquet half-inside and half-outside, since there would be no one location to stand and address the audience. No one else commented in either direction on this inside-outside idea, letting the conversation end there.

Mark suggests the Mission Viejo Country Club as a possible alternative location for the annual banquet.

There being no further business, the meeting was thereupon duly adjourned.

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Alexander K. Arrow, MD, CFA,  
Secretary of Meeting