

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

**December 8, 2014  
7:33 pm PST**

**In-Person  
Location: 22197 Westcliff, 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), Jim Santy (5 am Workout Captain), Audrey Viers (9 am Workout Captain), Bev Montrova (noon Workout Captain), and Chris Wilson (7 pm Workout Captain). Also present by invitation of the Committee was Mark Moore (Head Coach of MVN Masters and 2005 USMS Coach of the Year). Alex supplied pizza and Audrey brought Blue Moon beer.

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 proclaimed that the first order of business was the discussion about the imminent Nadadores holiday party, planned for December 11, 2014. Miguel reported that catering arrangements with the Taco Lady were set and secure. Alex confirmed that his house would serve as the venue for the party.

Miguel declared that the Taco lady will only be serving food for 2 hours: 6:30 to 8:30 pm. He further reported that she brings “everything,” including utensils, and plates and utensils for desserts.

Jim noted that a registration table to be set up in foyer. Kim agreed to bring the table. Mark says we can buy more nametags, to have them available at the registration table. Someone would have to man the table and collect money. Audrey offered up one of her kids. Jim Santy volunteered himself. Miguel decided that people should rotate table duty. It was decided that Jim is going to start the first shift, at 6:00. Bev volunteered for 6:30 to 7:00 pm. Kim is going to bring her cash box, with cash, in case anyone wants to bring cash. Kim is also planning to do a spreadsheet with boxes.

It was noted that we have to come up with pricing for kids who attend the party. Some kids, it was suggested, could eat more than we can accommodate to cover our costs. It was suggested that the charge for kids will be graded by age category: under 5, 6-11, 12-18.

Polar Bear registration will take place at the reg table, including voting for T-shirt designs. However, it was strongly suggested that Nadadores’ spouses don’t get to vote for T-shirts; and neither do kids – only Nadadores themselves shall be permitted to vote. This will avoid allowing certain Nadadores with large families to stack the vote in favor of their own favorite T-shirt design.

Miguel suggested that swim committee members should be dressing up as characters from the Nativity scene for the party, but this suggestion was later determined to be in jest.

Regarding the pre-arranged dessert competition at the party, it was determined that the judges shall be: Phil Albright, Michael Heathers, Eileen Span. Miguel asked what kind of prize should we give for the best dessert contest. Kim answered that the person who creates the best dessert will receive a certificate.

Kim asked what could be done in the event there was a tie. Miguel, indicating that this was an unlikely event but wanting to consider Kim's concern seriously, declared that in the event of a tie, Mark may be the tiebreaker.

The discussion then turned to the planned White elephant gift exchange: Audrey was appointed to take ownership of planning for and running the white elephant gift exchange. It should start at 7:45 or 8:00 pm.

Several board members asked what would the rules be for the white elephant exchange. Audrey explained that the most important rules are: No pushing, shoving, or clawing. As for the mechanics of the game, numbers would be drawn, and the game would allow for up to three "steals." Miguel suggested up to ten steals. We settled on two steals (after the 2<sup>nd</sup> steal, the gift is frozen). The game shall start at 8:00 pm.

Chris then asked why our board meeting conversation was being transcribed. Jim told him not to worry about it.

Kim asked about copies of the song lyrics: how many should be printed? Audrey said that we should have 80 copies, to ensure we have enough for everyone.

The discussion then turned to planning for pictures with the Santa Claus impersonator who was expected to attend the party. Selfies are to be encouraged with Santa. Miguel suggested that we may sing the Nadadores fight song when Santa arrives. Mark pointed out that Kate will be in charge of the Santa-related activity.

Miguel suggested that Mark should give a public address at around 8:00 pm, about what we can expect for 2015 and other team info. Mark agreed to do so.

Jim pointed out that everyone should help clean up after the party. Regarding trash pickup, Audrey suggested calling Waste Management and asking for large cardboard trash receptacles. Alex agreed to do that tomorrow.

At this point, Miguel declared the discussion about the Xmas party concluded.

The Swim Committee then turned to a discussion about team meets.

Miguel reported that he and Rick had been talking about the Vegas meet and concluded that it was simply too short notice to be the team meet. The Palm Springs meet was more conveniently timed for our Winter Team meet. Therefore, the January team meet should be the Palm Springs meet.

For this meet, we have 10 rooms reserved for the Palm Springs meet, for \$89/room, in Cathedral City. Miguel talked to Kelly Richel who owns a home in the dessert – she is willing to host an after-party at her house. The only problem is that her house is a bit “out of the way”, about 30 minutes away in Bermuda Dunes, but this is probably not a big deal because we’ll all be in our cars.

Jim pointed out that the Palm Springs meet is on a Saturday, which makes it easier to get home, driving home on Sunday. The Palm Springs meet of the year before had been Jim’s first meet. He reported that it takes place in an outdoor pool, and a good venue for a family weekend event. Miguel will be sending Kim more info to put on the flyer. This will include a special team activity after the meet.

Miguel liked the idea of putting the flyers on the table for picking up on the way out. Audrey pointed out that we are going to be handing out a lot of papers, which people could leave accidentally.

It was discussed that we should confirm with Kelly that we will user her house. Miguel pointed out that Kelly has a large, beautiful home near Palm Springs that would be great for this purpose, and he believed that she will let members of the team crash on her floor afterward if need be.

Thus concluded the discussion about the January team meet.

The Committee then turned its deliberations to the 2015 Check-off challenge.

The idea is as a motivational tool, to get Nads to do more swim meets. Miguel circulated a sheet with the challenges included in the challenge.

Mark explained that the events can be done throughout 2015. Palm Springs will be the first example.

It was suggested that a nice prize for the check-off challenge would be a shirt, a towel, personalized. Previously, Bev noted, we gave out very nice towels.

Miguel pointed out that John is not here tonight, but that here is an example of “development” – to help pay for prizes like this.

Audrey suggested special Nalgene water bottles. Chris added that such bottles are great because chemicals don’t leach into the water. Audrey is going to look into the bottles. Miguel prefers the towel as a prize.

Kim brought up Alex Pinado and the golf idea. For those not familiar with this, Mark explained that we hosted a combination golf and swim meet in previous years.

Audrey commented that for those people who don’t swim in meets, there is the postal event: One in January, on in Feb, also in summer, and September. Even if one doesn’t want to swim in it, a

Nad volunteer to count the laps for a fellow Nad, which would be a nice activity that would foster team spirit, it was agreed.

Another example of this, Kim mentioned, was Tina's challenge: Audrey described this as 50 fly, 25 fly, 25 back, or something like that. Three 100's on your fastest interval.

Mark indicated that the discussion was taking longer than expected, and wanted us to speed up our conversations in hopes of concluding the meeting at a reasonable hour.

Miguel's hope is that with the check-off challenge, we will inspire more people to do meets, especially if we have a cool prize like a towel. It may even make people do events they wouldn't ordinarily do, like the 400 IM. Miguel asked Kim to make a spreadsheet for the check-off challenge. Kim agreed, and specified that it would contain: Swimmer's name, events, etc.

Thus concluded the discussion about the 2015 Nadadore Check-off Challenge.

The Committee then turned to a discussion of the Nadadores Newsletter:

Miguel proposed that ideally, we would like to publish a newsletter by the 2<sup>nd</sup> day of each month. Examples of content for the newsletter could be: write up of the holiday party, the last meet, upcoming events, profiles of coaches, and Q&A with persons of interest.

It was proposed that we could also use the newsletter to generate money by selling ad space. Bev agreed that it should include swimmer profiles. This would highlight some swimmers, perhaps randomly selected.

Audrey asked whether the newsletter would be online only or in print. Miguel answered that it should be a pdf. The newsletter, he declared, should be "Kim's and Alex's big thing." Kim wanted to know if we get credit for the newsletter. Alex asked to what kind of credit she was referring.

Miguel asked Audrey if she would like to write the article about the Xmas party. She accepted. For the Checkoff challenge write-up: Alex volunteered but Miguel gave the assignment to Mark.

Miguel asked who would write up the Polar Bear contest and party. Alex volunteered, but it was suggested that the Polar Bear reward party will be at John's house, so John should write it up.

Kim declared that the Polar Bear Club includes 19 days total. Audrey pointed out that last year we had 24 days. The tiers of awards were discussed. It was concluded that the award tiers would be:

1-8 days: Nothing

9-11: A Polar Bear Club swim cap

12-14: A Polar Bear Club T-shirt

15+: A T-shirt, cap and pizza

10-minute rule applies.

Open water swimming was discussed. Audrey urged the Committee to allow participation in a group open water swim to count toward the Polar Bear club. Water temperature was brought up and Miguel volunteered that he swam in 55-degree water without a wetsuit.

Regarding Christmas Day, Bev asked if we should have a workout. This topic was tabled.

Regarding Short Course Nationals in April: Miguel asked Bev would write it up. Travel to San Antonio was discussed, including whether we should rent a van and drive for 24 hours straight. Dmitri told Audrey that we might be able to get a group rate on JetBlue.

Regarding which people to profile in the Newsletter, Miguel suggested that the newsletter could start out with 10 questions to each of the coaches. Kim responded that we should feature a different coach in each newsletter. It should be no more than two pages. Mark asserted that this

should start with the new coach, Katie Buckley. Miguel volunteered Chris to ask Ms. Buckley 10 questions. Jim suggested Alex as a swimmer to be interviewed. Bev suggested Kelly Richel. Jim pointed out the symmetry that these are the two swimmers (Alex Arrow and Kelly Richel) whose homes we are having parties in.

For additional team meets, Jim suggested the UCI meet. Alex seconded that. Bev pointed out that the UCI water is consistently too cold. It has been such an issue with the UCI meet that most people who participate in it swim just two events and then call it a day. On the positive side, Jim points out that the UCI meet is on the 15<sup>th</sup>, a Sunday. Jim also indicated the Cal Tech Pentathlon would be a good one.

After a substantial discussion about swim meets to target as team meets for the year, the Committee came up with:

Targeted swim meets for the year

1. January – Palm Springs on the 24th
2. February Rose bowl Feb 7<sup>th</sup>, UCI Valentines Day,
3. March – Pentathlon March 1<sup>st</sup>. Mission Viejo SCY on the 15th
4. April and thereafter -- TBD

Miguel asked about Newsletter content timelines. Kim planned to have a template ready by Dec 29<sup>th</sup> and to make that the deadline for content submissions. Jim wants to know when his write up about Alex is due.

Audrey asked when will the Polar Bear Party occur. Miguel decided it could be perhaps Jan 17<sup>th</sup>? He also suggested postponing the polar bear write up until the Feb newsletter. Jan 11, 18<sup>th</sup>, or 25<sup>th</sup> are the possible dates for the Polar Bear party at John's house.

Miguel then brought up the idea of Nadadore Monthly mixers. He explained that this is an opportunity to create events to get more people involved. The Polar bear party could be the January one. It was asked whether, in general, the mixers should be part of team swim meets. Kim thinks they should be at a separate time, to capture swimmers who aren't going to meets, who may be persuaded to start going to meets.

Bev: Someone people need to know more about this committee.

Kim: We should explain the purpose of the committee.

Miguel: Duncan should write this.

Mark suggested that since Wednesdays are normally when he sends emails, the first Wednesday of each month could be the day for the Newsletter. Miguel asked if Mark can send January birthdays to Kim, and he affirmed.

This concluded the discussion about the Newsletter.

The Committee then turned its attention to discussing a potluck party to take place in January. Miguel asked who will host the potluck in February. Audrey volunteered and suggested February 21<sup>st</sup>. This is Audrey's daughter's 10<sup>th</sup> birthday, so it will double as her party. Alex reiterated that his house is also available should the Committee decide that it would be a good venue for any Nadadore party. This concluded the discussion about the January potluck.

At this point, esteemed Coach Mark bid the Committee farewell for the evening and took leave. Bev re-started the discussion saying that now that Mark is gone, we can talk about coaches' gifts. In the past, we've presented gifts at the holiday party. A discussion about how to allocate the

money among the coaches ensued. The Committee then entered Executive Session to discuss the allocation of the gift funds among the four coaches.

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

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