

Committee Meeting 20th December

Attendee's: Lisa, Martin H, Craig, Paul F, Debbie H, Andy W, Danny P and Melody

Apologies: Heather, Mark

Chris is happy to do running sessions starting in new year.

Lisa to speak to Chris regarding legal stuff for lake.

Lisa welcomed new members to the committee and discussed roles to Craig and Debbie.

Next meeting: Discuss what needs to happen with regards to coaching contacts and any coaching concerns and how they should be addressed in the future.

Revise coaching conduct

Website read and revise highlight arrange an evening where we review what Danny has done.

Treasurer report

Money owed from Christmas

Dave P x 2, Melody x 1 (PAID) John N x 2

£700 in since AGM from race

Coaches

Coaches Dave, Kat and Tanya have a level 2 qualification or equivalent

Sally Level 1

Tanya is now willing to coach on Wednesday and Sundays to alternate with Dave.

Kat remain on Fridays

Sally to help on Wednesday.

Roy does not want to be included on rota but happy to help out as and when is needed.

Dave to communicate with Roy when he is needed.

Roy will step in for sessions, Roy has signed up to a 10 week online course this will enable him;

- To plan and deliver programmes these need clearing with the head coach first
- If all goes to plan will be set to be completed by March.

Sally is unable to do Sundays so every other Wednesday.

Tanya requires 2 people (her and one) other on Wednesday to assist, as if a new member is there it takes nearly 100% of coaches focus.

Debbie H is a level 2 swim coach and is happy to help swimmers who are not confident one-one to get them up to where they need to be to attend sessions.

Heather to email Debbie coaching agreements and Debbie to email Heather certificates.

Melody to ask coaches for a running list in January for numbers who attend.

Feedback from members

No running- we do have an affiliation with Swanley they run lots of sessions unfortunately Wednesday session there is too much of a gap before swim. To post the Swanley session so that new members can access this. Chris Childs to start her running sessions.

Rob early morning swim is keen, a park run and cycle monthly, parkrun Rob has set up on facebook weekly race. Cycle Craig has started first one 13th Saturday 1/2 loops whiteoaks.

Cycle and run 16 mentioned they were interested

Run before Friday swim sessions again in Dartford park.

Need to put coaching structure into place, ideas shared amongst committee and to be looked into:

- Could look at spin session at whiteoaks see what we can get would be an extra cost.
- Publicise swanley times -email/social media and update board.
- Start spin January- Lisa to approach Sencio
-trial discount see how numbers fair
- Bring in run with chris and craig.
- Paul to see if anymore available time slots at whiteoaks, Fairfield and birchwood – uncoached available pool time.

Headcoach sessions:

Need sessions uploaded

What are coaches focus:

- -rolling programme
- -technique / endurance
- -Short and long term goals- Mel to find out from each coach

Members to let coaches know plans for the season so coaches know what people are aiming towards.

Club website

Danny wants an evening for website

Race, club, race, kit on website – craig has taken photo's

Website is new members first point of call

-link back to website for club members

Facebook link to website

Post regular events, socials etc on website can include photo's after

Do shoutout to members not normally noticed on social media and website

Debbie to look into social calendar ideas so far 70aks/Tonbridge loop, curry nights maybe a quiz night to raise money for club.

Club champs- Andy

Name and age

In club competition cover all race distances to incorporate southern series

-Bowl with social after

Any half/full ironman

Organise a swim/run aquathon interclub competition

Put on notice board and social media for club championships.

Membership

Mark is to track members do a follow up on members who leave.

Next committee meeting to be Wednesday 10th January.