

## **Dartford and Whiteoak Triathlon Club**

**Meeting Date: Wed 10<sup>th</sup> October 2018**



**Attended:** Paul foreman, Melody Kane, Andy Walpole, Heather Crofts, Martin Heap, Danny Pearce, Mark Milson. Lisa O'Keefe, Craig ginn

Karin Hofmeojer and Alison Ballard attended the meeting, as they would like to join/support the committee.

**Apologies:** Debbie,

### **Minutes from last meeting-**

- Coaches qualifications for alternative sessions– Only Dave Poland sent in any info
- **Melody to request these again.**

### **Agenda Topic – AGM**

- Clarify which roles we can offer to members (secretary and any others)
- Chair – committee vote
- Vice chair – committee to discuss and decide if a dual role will work

### **Discussion:**

Lisa report by end of week

### **Proposed Action:**

- Lisa will have her report ready before the end of October. Heather to request necessary reports from committee members and prep AGM agenda to send out at the end of October.
- All committee members agreed for Craig to step forward to as chairman with Lisa and Heather sharing vice chair. Craig has a busy year ahead and due to everyone's work commitments it felt better for him to delegate to two people.
- Alison Ballard is interested in becoming the club secretary. Heather will be able to mentor during the transition.

### **Agenda Topic – Superhero Sunday 21st October**

When? – 10am Swanley Park. Return in the eve.

### **Discussion:**

- Change to morning, 10am and members can return in the evening to swim in their outfits if they choose.

### **Proposed Action:**

- Debbie to email/social media and check if many members will be attending the morning session
- Evening swim will be a fun session of mixed ability relays.

### **Agenda Topic – Alternative training sessions**

- Winter strength and conditioning
- Spin sessions
- Indoor HIIT / Circuits
- Venue and hall costs
- Bleep test.
- Brick session

#### **Discussion:**

- Whiteoak sessions, cost to be agreed and members will pay. These will be run during winter only
- Coaching seminar for members?

#### **Proposed Action:**

- Melody will talk to Whiteoak management about meeting.
- Melody to ask for availability of hall or room for above sessions as well as costs
- Members would have to pay for the above in a block payment
- Melody to discuss with coaches about running a seminar so members queries and training can be discussed
- Craig to put out a poll regarding best evening for the above training. Wed/Sun or possibly a Friday.
- Brick session to start Saturday 13<sup>th</sup> October and continue fortnightly
- Melody to talk to coaches about a suitable training programmed for the swim sessions

**Nov/Dec**      technique  
**Jan/Feb**      building speed  
**March/April**    building endurance  
**May – Sept**    continue with this as a rolling system

- Heather to check out the endless pool video analysis with a coach and see if 2 dates can be arranged

### **Agenda Topic – Permanent Locker at whiteoak and/or Fairfield**

- Lost property and pool bits
- Register / notepad/ health and safety info

#### **Discussion:**

- have a meeting with the management
- reduced membership for the gym?
- Keep a list of members and emergency contacts with the Centre/reception? Lara did this in the past
- Individual club membership band system? Danny to look in to this

#### **Proposed Action:**

- Melody to find out if the club can have a Locker and possible gym membership discount for our members



#### **Agenda Topic – Recovered kit**

- Discuss what we have and sell at a discounted price – 20%?
- Craig to sort kit and update the spread sheet
- Letter to members regarding the reduction (Mark M)

#### **Discussion:**

- 20% works out well

#### **Proposed Action:**

- Mark to inform members that we have a 20% reduction on kit.
- No reduction on hoodies or t-shirts
- We will let the current kit and purchases run for 2019. After this we will look into an online portal shop.

#### **Agenda Topic – members who leave**

- Membership secretary contact and discuss reasons for leaving
- Contact past members – perhaps encourage to join again

#### **Discussion:**

#### **Proposed Action:**

- Mark to will contact old members. He will check if they would consider rejoining and if they are happy for us to keep their details on file.

#### **Agenda Topic – Lake**

- Lake defibrillator (John Setford will have his at the lake)
- New walkie-talkies.
- Coaching – can this be by a paid coach or volunteer from other good open water members?
- First open water of 2019 could be a training day?

#### **Discussion:**

- Martin shared the lake report. He would like to thank Colin and Julie for Kayaking as well as Dave Ringrose. He would like to also thank Craig, Mark Melody and Lisa for helping on Wednesday sessions.
- Martin would like to thank Lee at Crosswater for allowing members to park there. He will inform them the club has made a donation to Brian Downtons charity.
  - defib, paperwork needs to be seen. We also need to keep check that it is tested annually
  - Walkie-talkies to be ordered X 4.
  - Coaches to be told they can discuss with other agree who wishes to coach at the lake and charge appropriate members.
  - 1st April to be open day with invited tri clubs.

#### **Proposed Action:**

- Martin Heap to order walkie-talkies
- Melody to explain to coaches open water coaching sessions 1 per month and set dates in advance.

- Craig to get a copy defib paperwork from John Setford.
- Martin to email Heather the Lake report

**Agenda Topic – Club accounts**

Paul provided updated accounts

**Discussion:** additional financial only meeting to discuss and agree membership and any other costs that may occur due to above sessions.

**Proposed Action:**

- **date to be agreed for financial meeting.**

**AOB:**

- Karin will monitor member's events and provide a spreadsheet. Long with twitter and Tri link access.
- Awards, copy of notes needed from Lisa and Heather to Craig.
- December meeting – all committee members to come with suggestions for increasing the club income

**Next committee Wednesday 14<sup>th</sup> Nov**

**AGM – Nov 21<sup>st</sup> 7-9pm**