

Dartford and Whiteoak Triathlon Club

Meeting Date: 12/09/2018

Attended: Paul, Mel, Mark, Danny, Heather, and Lisa

Apologies: Craig, Martin, and Debbie

Minutes from last meeting-

BTF Coaches training – Paul / Andy?. Craig has booked privately

Committee roles and responsibilities – received from Debbie and Heather

Agenda Topic – Monthly Treasures report (Paul)

Discussion: Some standout deficits-

- Boathouse license an extra £1000
- Southwater – we paid for 3 extra teams which were not take up by members Raise this at AGM) and look at this for 2019. – Let members know in an end of season email advertising next year but that the club suffered a loss as not enough members took up places. As one of the first timers to write a report for the newsletter? It was discussed possibly linking Southwater entry to membership – opting out if not wanting to take part?

Proposed Action:

Agenda Topic - Membership

Discussion: Not discussed tonight

Proposed Action:

Agenda Topic – New committee members (AGM 21st Nov)

Discussion

The following committee members will remain for 2018/19

Treasurer – Paul

Membership – Mark

Coach co-ord- Melody

IT/web – Danny

Lake – Martin

Social- Debbie (?)

The following positions will be vacant

Chairperson

Vice

Secretary

Club champs

Kit

Race director (discussion Rob Tyler may like to take this on)

It was discussed that Craig is interested in the Chair role and suggested Heather. Lisa would still be interested in the vice role as well so wondered if two could take on the role and cover different areas.

The committee wondered if the following would be interested – Janet (secretary), Karen (Display board and advertising the race), Andy (running a club series – looking at different dates for the coming year), Daniel Dean (supporting Danny with IT/Web)

Proposed Action:

- Heather to book Whiteoaks for Nov 21st 7-10pm

Agenda Topic – Lake and plans for 2019

- Event dates for Kayakers (WO swim / run/swim events / aquathlons etc.
- Licence for Kayakers – when do they expire
- Those extra who have done the role as kayaker – do they need to do a course? Does DBC need this as a requirement?

Discussion:

We can't commit yet to dates therefore we will work around the kayakers and their bookings
A Kayaker does not need to have training. It is a recommendation from DBC, not a legal commitment

Saturday will definitely be open for swimming. Lisa to talk to Jane at Bridge re flexi hours and she will set up a poll for members to choose a time;

6-8am

10am – 12 noon

2 – 4pm

BIG SWIM DATES FOR 2019

Sat 11th May (pre Grafman swim, 3 big loops)

Mon 17th June

Fri 19th July

Sat 17th Aug

Sat 14th September

Proposed Action:

- Inform kayakers that they should book out their other dates. We will then contact them once we have a date for events/sessions
- We can have a rolling rota of those members who would be willing to do kayak support

Agenda Topic: Coaches

The coaches are willing to put on other session-

- Tanya – strength and conditioning (before Wed swim)
- Dave/Roy – strength and conditioning
- Sam – coaching sessions.

- Members would need to sign up but it would be down to individual coaches to push the sessions. They will need to pay a week in advance. If it works well members could then pay 6 weeks up front

Discussion – The committee need to know they are suitably qualified. It would be good to have them present their ideas at a committee meeting.

As a number of members are doing Grafman perhaps have a coach provide a generic 12 week training plan at 3 different levels?

Pre season cyclo park training would be a good option. Would Dave/Roy be interested?

Transition training? Kat, if not would Lara be interested.

Lara has offered her services. It was agreed that we have an established set of coaches but would ask if she would be interested in being a reserve.

Proposed action – Heather to email coaches for their qualifications in all areas

AOB:

Tri club 2018-2019 some ideas that have been put forward. Those discussed are in red. Rest will be discussed and put on the coming months agenda

Family fun day/Sunday eve (pool float fun) end of race season so maybe First Sunday in November?

Video analysis with coach input and redo. (Not sure who had their video as Dave sorted after asking for a flash drive) these need to be privately discussed with the member.

Lake diver video analysis? And coach input before next race season starts so beginning of lake opening then when season is underway update.

Individual/event coaching plans.

Charity day

Committee night out

Committee roles and miniature trophies

Coach on committee

except for wage discussion.

Coach for daytime session numbers at fridays compare to tuesdays maybe stay as fridays

Lake opening (meeting Tina)

Open water members push (bridge residents)

New committee members with or without roles

Member feedback recording by personal interviews and action plans for future.

Club recognition in events and local area awareness.

Lake closing fun day Saturday 30th would be good. Lilo race?

- **Agreed to go ahead. We will advertise this**

John Setford events? Contacting members? Why not if members are getting discount.

Next 4x400 relay to be in pool

Big swim set date and action.

AGM location

- **Whiteoaks, 21st Nov 7pm**

Winter strength and conditioning sessions

Spin bike sessions

Indoor HIIT/circuit training

Hall cost?

Permanent locker? For lost property and pool stuff. Register and notepad to be on site at all times.

Kit cost reduction letter from Mark Milsom.to all.

- Committee need to discuss with Craig along with what we have got and sell the recovered kit at a discounted price – perhaps a 20% discount?

Lane 1 payback time!! Get them involved in committee stuff and volunteering!

Leaving members contact and old members re connection.

Lake defibrillator?

And laser temperature probe.

Paddle board trials as a safety extra.

Lake coaching can this be by a coach who gets paid?

or volunteer from other members who are good in open water. 1st open water session could be training day.

Thoughts on a club swim gala event?

Next committee Wednesday 10th Oct