

University of Toronto Triathlon Club Executive  
**Monthly Meeting**

**April 11, 2017**

**Meeting Participants**

Becca Crosier	Attended	Paulette Dalton	Attended
Katie Wittmann	Attended	Nate Walsh	Regrets
Eric Okawara	Attended	Ryan Chan	Regrets
Alison Ytsma	Called in	Sierra Valeriano	Attended
Sayaka Tiessen	Attended	Marina Bokovay	Attended

Item No.	Description	Notes	Actions
1	Outdoor bike workouts	<p>-Katie's proposed 'Top 10 Things to Know' about our bike workouts (see below) – revised and adopted.</p> <p>-Rotating bike leaders will be: Paulette, Alison, Nate, and Marina. Sub leaders will be: Becca and Katie.</p> <p>-Marina and Alison on Mondays; Paulette and Nate on Wednesdays.</p> <p>-Emergency action plan document (samples from the AC)</p>	<p>-Bike leaders send Ryan your availability</p> <p>-Ryan develop calendar of bike practices with leaders, and confirm with them. Share with full exec.</p> <p>-Leaders review calendar and communicate any needed switches or substitutions you already know about</p> <p>-Nate and Paulette to update the AC's Emergency Action Plan to suit our Tri Club, after taking the NCCP course</p>
2	Swim skills clinic pilot	<p>-Katie and Becca met with the swim coaches to talk about ideas, suggestions, go over questions, etc.</p> <p>-One of the ideas is to pilot a type of swim clinic within regular practices, where members can sign up for a 10 minute slot during practice to be removed from the regular workout and have one on one technique coaching. The plan is to try this for one week at the end of April, offering the sign ups for Tuesday, Thursday, and Sunday of that week. (We learned we have no more Sunday swims after Easter, so the pilot will only be Tuesday and Thursday).</p> <p>-The new Tuesday evening swim practices starting the first week of May will be treated as ongoing clinics (but not with official sign ups, rather first come first served)</p>	<p>-Say will coordinate the sign up sheet, after touching base with James about it.</p>
3	Budget update	<p>-As discussed at the previous meeting, registration costs have risen by \$5. For summer, we are offering a duathlon (run &amp; bike) package for \$80, and full triathlon package for \$95. The duathlon package does not require an AC membership.</p> <p>-The March budget report is showing a new \$291 expense under Swim Row Go. We don't know what this is. Might be a mistake.</p>	<p>-Becca looking into mystery swim row go expense</p> <p>-Update: We learned it was a delayed reimbursement for the prizes purchased. (The February expenses only included food costs). We still profited overall by \$800.</p>

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4	Ulife recognition	<ul style="list-style-type: none"> <li>-Survey results: 25 responses</li> <li>-40% students, 36% alumni, 16% community members, 8% staff/faculty</li> <li>-96% support seeking Ulife recognition, 4% wrote 'other' (indicated abstaining from vote)</li> <li>-That decides it – we will apply for Ulife recognition after this exam period!</li> </ul>	<ul style="list-style-type: none"> <li>-Becca share draft constitution with exec for review.</li> <li>-Katie share results summary in next bulletin.</li> </ul>
5	Info session/panel discussion	<ul style="list-style-type: none"> <li>-Want to start implementing our plan to host quarterly workshops and info sessions.</li> <li>-Edward has proposed a number of questions that would be well-suited to a panel discussion (questions related to cycling, open water swimming, general triathlon tips, etc.)</li> <li>-Encourage members to invite friends (can give a quick 5 min spiel about the club at the start if we have several prospective members)</li> <li>-Focus: Triathlon Race Day</li> <li>-Panel members: Sayaka, Nate, Marina, Paulette</li> <li>-Date: Sunday, April 30<sup>th</sup> at 10:00 to 11:30 am</li> </ul>	<ul style="list-style-type: none"> <li>-Marina will make posters</li> <li>-Katie will book the space via Nick Snow</li> <li>-Katie send Ed's questions to panellists, panellists pick top 5.</li> <li>-Katie and Becca prepare 5 min club intro</li> <li>- Edward has volunteered to be the moderator</li> <li>-We will pair our silent auction with the info panel.</li> <li>-Katie, in bulletin, will put a call out for silent auction items and skills (donated by members). The funds are for a new social fund.</li> <li>-Eric and Becca will undertake a locker inventory (sometime before April 30<sup>th</sup>) and prepare the silent auction sheets</li> </ul>
6	Clothing	<ul style="list-style-type: none"> <li>-Call for orders has gone out in the bulletin.</li> <li>-Deadline to complete the order form is April 24<sup>th</sup></li> <li>-Exec promote the order at all practices – point people to the blurb in the bulletin, which has links to options, prices, sizing</li> <li>-Offer to have others try your sizes</li> </ul>	<ul style="list-style-type: none"> <li>-On April 25<sup>th</sup>, Nate to calculate final costs to individuals and email them each what they owe, with a deadline to e-transfer by April 29<sup>th</sup>. Nate to submit order on April 30<sup>th</sup>.</li> <li>-Katie reach out to sock contact (regarding the earlier email we received, asking if we wanted to be part of an order of socks)</li> </ul>
7	Other business	<ul style="list-style-type: none"> <li>-Interest in bringing back Twitter account</li> <li>-New Instagram idea: Triathlon tip of the week</li> <li>-Some members not reading bulletin, or not receiving bulletin</li> </ul>	<ul style="list-style-type: none"> <li>-Katie ask Nick Snow if our note about joining the bulletin can be on the registration receipt (in addition to in the registration blurb)</li> <li>-Marina and Paulette are going to reactivate Twitter</li> <li>-Exec members: heavy promotion of bulletin at all practices, especially at the start of new terms</li> <li>-Ask Alison if she wants to map hospitals and community centres, and reshare water fountain map.</li> </ul>

## **10 THINGS YOU NEED TO KNOW ABOUT THE UOFT TRI CLUB SUMMER BIKE WORKOUTS**

1. You must be a current, registered member of the UofT Tri Club to participate (unless trying out our club for the first time)
2. You must check in and out with the workout leader upon arrival and departure
3. You must wear a helmet, and have the following items on you/your bike: lights, bell (or whistle), water
4. We strongly recommend you also bring a spare tube and repair kit, your health card, cash, and cell phone
5. Workouts take place every Monday and Wednesday starting 6:30 pm at the location of the ride
6. Workouts typically last approximately one hour
7. The location of the intervals will vary – common locations include High Park, Exhibition Place, Cherry Beach, and Poplar Plains
8. At the start of the season, workout leaders will offer to meet members at the Athletic Centre at 6:00 pm to ride to the workout location together (optional)
9. After a few weeks of members becoming familiar with the various routes and locations, workout leaders may offer other meet up points around 6:00 or 6:15 for those who want to follow the same route to the location (such as meeting at Prince's Gates)
10. Workout locations will be announced in the Forum (must be logged in to view); workout cancellations or last minute changes will be cross-posted on Facebook and to the listserv