**U of T Triathlon Club Exec July Meeting**

|  |  |  |  |
| --- | --- | --- | --- |
| **Subject** | July Meeting | **Date** | July 16, 2018 |
| **Facilitator** | Paulette Dalton/Nate Walsh | **Time** | 19:30 |
| **Location** | Harbord House (Harbord St) | **Scribe** | Emma |
| **Attendees** | Nate, Paulette, Emma, Lars, Alison, Richard, Hans. | | |
|  |  | | |

|  |  |  |
| --- | --- | --- |
| **Key Points To Discuss** | | |
| **No.** | **Topic** | **Highlights** |
|  | Quick update/review from last meeting | -socks are ordered  -Lars printed a flag!! Gave to Emma to bring to TTF (: |
| 2. | Club Branding | The University of Toronto Triathlon Club is open to students, alumni, faculty and community members of the U of T Athletic Centre who are 18 years and older (exceptions are made for current U of T students who are 17). We welcome athletes of all abilities from experienced triathletes to those new to the sport. The club operates year round, offering professionally coached swim and run workouts and member-led bike/spin workouts.  The U of T Tri Club is suitable for a range of current and aspiring triathletes (18yrs+), which include:   * **Recreational Athletes** – those who are new to endurance sports and are primarily interested in triathlon training to get back in shape. * **Short Course Athletes** – those who have some experience in endurance sports and are primarily interested in competing in Sprint and Olympic distance triathlons/duathlons or 5k/10k running races * **Long Course Athletes** – those who have some experience in endurance sports and are primarily interested in competing in Long Course to Ironman distance triathlons or half-marathon/marathon running races.   Beginners please note: You must be able to swim 300m continuous before you attend the swim workouts. If you are new to swimming, the AC offers various swim classes to get you started.   * Goal:To promote triathlon to the University of Toronto community through swim, bike, and run workouts which are both fun and challenging. |
| 3. | Website Updates/Changes | -ensure summer swim times are updated  -have club goal appear on cover page |
| 4. | Schedule and upcoming closures | * Pool is closed from Aug 13-Sept 7 for Clubs. * Looking at Sunday Sept 9th as our first date back – waiting for this to be confirmed. * The AC is closed the entire August long weekend, so the sessions on the 5th and 6th are cancelled. |
| 4. | Budget | * Lars – proposed fee increase. Last year we were -$600. Coaching fees increase annually but not membership fees. For next year we will implement +$5/semester or +$10/year. * what can we spend on TTF? $200 – confirmed (Hans will buy pizza, snacks, beverages. Must have itemized receipt.) |
| 5. | Races | * July 22: Toronto Triathlon Festival (Sprint and Olympic) – Hans requested tent. Will make this a social. Have $50 petty cash which we will keep for when we won’t have itemized receipts. Somewhere near finish. * Do we want to add Barrelman to our Club Races -yes. |
| 6. | Socials | * Hans: end of August. Ideas: another trivia, ping pong, bowling, beach picnic, swim social. We won’t do Toronto Island weekend as many exec away for IRONMAN. Proposed August 26th at the Island around 11am. |
| 7. | Swim | * Head Coach updates from Nate. Job description in progress. Will be made public by AC. AC officially does the hiring – “best candidate” with our input (not sure how much weight/ leverage we have). Description should include a requirement to demonstrate positive attitude towards the club and a shared vision and goal. - Tereza Macel (<http://www.terezamacel.com/>) pro: superstar athlete!! (detailed on website) con: very busy, juggling many things, and our budget is limited. - Josh Khan (current Thursday coach, <https://www.youtube.com/user/trainerjoshkahn>) pro: available Tues and Thurs. Cons: repetitive style of workout – mixed reaction from members. - Suzanne Zelago (<https://teamatomica.com/training/coaching/coach-suzanne-zelazo/>) -> got back to us: no too busy. - Michael Rosenblat (physiotherapist) – recommended by Suzanne. Con: not willing to redo lifeguard certif (probably 5 day NLS). Potentially could be great to design workouts but not coach. Might not fit in our budget. We could ask for talks or workshops (and pay for his time if needed). We definitely think Michael could be a good resource. * Should we get Swim Smooth for $20/month? * We will need to see what we can do with our budget. The AC has 4 pay levels for coaches (starting at $20/hr). Head coach would be level 3 or 4. We would need to pair head coach with new coach (level 1 or 2) for each session to fit into our budget. |
| 8. | Race Coordinator | Duties include:   * Lead and organize Swim Row Go * Liaise with other universities to promote the Multisport Series * Prepare and share the online list of races (excel folder) * Richard will take this on 😊 |
| 9. | Other Business | Suzanne was surprised that our summer membership numbers were lower than during the year because many clubs only have fall-winter programs and not summer so she would expect we would get lots of community members. Paulette would like to make posters to advertise more! Caveat: AC membership fees might be deterring community triathletes. |

|  |  |  |  |
| --- | --- | --- | --- |
| **Action Plan** | | | |
| **No.** | **Action Item(s)** | **Owner** | **Target Date** |
| 1. | New members list | Emma | ASAP |
| 2. | Posters to promote summer run club | Paulette | ASAP |
| 3. | Highlight pool closure in bulleting (+in email responses) | Emma, Richard | Coming weeks |
| 4. | Finish head coach job description | Nate | End of week |
| 5. |  |  |  |

|  |
| --- |
| **Additional Notes** |
|  |