



Approved

FAST Board Meeting Minutes Tuesday, January 27, 2009

Board Members Present: Renee Haynes, Walter Dauksher, Lance Holter, Rob Huey, Bill Spahn, Randy Pritchard, Krista Nero, Lisa Hill

Missing: Todd Campbell

- 1) Call to order
Meeting called to order at 7:47 PM by Randy Pritchard.
- 2) Approval of minutes from 12/09/08 Board Meeting – Approval was done via email prior to the meeting.
- 3) Membership Report – Randy Pritchard

196 Regular Swimmers

12 HS Prep Swimmers – Bill and Evan would like the numbers in this group to be higher, but they doubt the numbers will grow until fall of next year. The group will definitely continue through the boy's high school season. There is some question as to whether or not it makes sense to continue this group during the summer swim season.

15 Masters Swimmers – The popularity of the master's group continues to grow. At a recent practice there were 19 swimmers. Bill sees continued growth in this group. Bill has begun conversations with Suzi about the potential of using additional "side" lanes for masters swimming as the group grows. It is a possibility that in the future masters swimming will be offered Monday through Friday instead of M,W,F. Tuesday and Thursday lunch hour practices are also a future option.

- 4) Coach's Report – Bill Spahn

Things continue to go well. Bill expressed some surprise at the excellent results from the January meet noting that the kids had been through a very tough two weeks of training prior to the meet. The intensity of the workouts will continue in early February and then taper some in preparation for the end of short course season meets.

The team is currently at its maximum number of swimmers. The white and blue groups may even be a few members over the maximum.

There continue to be four or five calls a week from parents wondering how their swimmer can join the team. The parents are told there are no openings. In some instances, the parents still push to have their swimmer evaluated. Evan has been doing those evaluations on Wednesdays.

Karl Stewart (parent of gold group swimmer Bailey and silver group swimmer Cole) will be working with the Gold and Silver groups on Monday's. Karl is a USA certified swim instructor. He currently swims with the FAST master's group, and he has entered a number of FAST swim meets this season.

Parents should refrain from approaching coaches on deck, but as always, parents are encouraged to watch practice from the stands.

- 5) Treasurer's Report – None
- 6) President's Report – Randy Pritchard
 - Prior to the short course season, new lap counters were purchased. The poles to which the counters were attached were not very sturdy and broke frequently. Randy purchased a set of sturdy poles.

- 7) Old Business



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a) Videotaping equipment

Lance Holter and Walter Dauksher trained Evan on the use of the team's underwater filming equipment at a master's practice. The coaches are currently reviewing the most beneficial manner in which to incorporate video analysis into the swimmer training program.

b) FAST December meet

The financial results from the December meet with Vortex and Longmont are not yet in. It is unlikely the meet was profitable for the team, but the feedback on the pool setup and meet format was very positive from the people who attended. FAST looks for this to be a profitable meet in the future.

The December meet next year is scheduled for December 11th, 12th, and 13th. We need to make sure the pool is available for those dates. There is a potential conflict with a skating event at Epic.

c) Swim-A-Thon

The board reviewed a Power Point presentation on the Swim-A-Thon put together by Melissa. The following preliminary decisions were made regarding next year's Swim-a-thon:

- 1) The swimmers were highly motivated by the Brendan Hansen clinic. FAST will host another Swim-a-Thon clinic in the fall. Bill is working with people he knows to line up another Olympian to speak with the group.
- 2) The swimmers were highly motivated by the chance to earn a swim cap with their name on it. That practice of offering caps will continue. FAST is looking at a new vendor to create the caps as last year's caps were more expensive than anticipated.
- 3) The swimmers were not overly motivated by the gift card awards. Next year, gift cards will not be awarded as prizes. The clinic and caps will be the main fund raising incentives.
- 4) Last year, 10% of the swimmers wrote letters but collected no donations. In 2009, the requirements to attend the clinic will be to raise \$100 per swimmer or \$150 per family. Swimmers who qualify to attend the clinic will also qualify to receive caps.
- 5) **Tentative** Swim-a-thon schedule:
September – Letter writing
October 2nd – Swim-a-thon event at Friday evening practice.
October 10th – Swim-a-thon clinic Saturday morning at Moby
- 6) Final details regarding Swim-a-thon will be available in September when the short course season resumes.

d) Spring Banquet

The following discussions were held regarding the spring banquet

- 1) Lisa Adams is the banquet coordinator.
- 2) Bill is trying to arrange Erin Popovich as the banquet speaker. He plans to talk with her and identify the dates she is available.
- 3) The current banquet dates being considered are: Sunday March 29th, Sunday April 5th, and Sunday April 26th.
- 4) The board discussed the importance of condensing the banquet activities into a shorter time frame.



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- 5) Senior Gifts – Last year, senior gifts were overlooked until late in the process. This year, Bill will tally the number of graduating senior athletes and get it to Lisa in time to procure the gifts. The team would like to continue using Adam Hoffman’s resource to make the gifts.
- 8) Questions to the Board from FAST Families
- a) “Would it be possible for the FAST coaches to host a swim clinic for that focuses on stroke technique, starts, and turns?”

Answer from Bill Spahn – Each and every FAST practice focuses on stroke technique. In nearly every practice, the kids swim all four competitive strokes. The coaches are continually introducing stroke drills that improve each swimmer’s technique. At this time, it is unlikely the FAST coaches will conduct a stroke clinic. Swimmers with questions or concerns about their strokes should discuss the issue with their coach. Together, they can develop a plan for improving the swimmer’s stroke.

- b) “If my swimmer(s) leave for the summer will there be a spot for them if they want to return in September?”

The team is currently at maximum capacity. Swimmers who leave for any period of time will potentially be replaced by new swimmers who have expressed interest in joining the team. Last year, FAST was able to offer early registration to those families who left for the summer and indicated they wanted to return in the fall. At this point, it is unclear whether or not the team will be able to offer that benefit this fall. The board is currently discussing the re-instatement guidelines for people who leave the team during the summer and wish to return in the fall.

9) New Business

- a) Backstroke Flags

Epic is currently looking into a method of lowering backstroke flags over the “side” lanes of the pool during Silver/Gold practices.

FAST is working on a plan to hang backstroke flags over the warm-up lanes during our meets. This is seen as a priority to complete prior to hosting the Short Course State meet in the beginning of April. A motion to allocate \$500 towards the purchase of backstroke flags and needed hardware was made, seconded, and unanimously agreed upon.

- b) Temporary Blocks

Bill and Glee have been discussing the acquisition of temporary blocks that could be set up in the deep end of the pool for silver and gold swimmers just learning to do racing starts. The companies that offer such products currently sell them at a price that is prohibitive. FAST is searching for someone to build a custom blocks. Anyone interested in building the blocks should contact Bill Spahn for the requirements.

- c) Scoreboard

At both the December and January meets, there were a number of kids in lanes 8, 9, and 10 leaving the wall and swimming out into their lane to look at their times on the scoreboard. This practice delays the meet and is dangerous to the swimmers in the next heat.

It is unlikely the placement of the scoreboard can be altered in the short term. The team will continue working towards a solution. Until a solution is implemented, coaches will be warned that any of their swimmers leaving the wall at the end of their race face a possible “delay of meet” disqualification.



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d) Meet Entries

FAST has had trouble collecting meet entries from one particular team. In the future, no swimmers from this team will be entered in FAST meets until their payment IN FULL has been presented to the meet entry chair.

e) Next meeting: Tuesday February 24th.

10) Adjournment

Motion to adjourn made by Krista Nero, seconded by Rob Huey. Motion passed by unanimous approval. Meeting was adjourned at 9:35 PM.