

Minutes
NWGA Nitros Parent Meeting
March 16, 2016
6:00 p.m.

Jeff Hood
Opened

Michelle Griffith

Discussed organization structure of Club to give parents a better understanding of the relationship of the Club with CCS. She also discussed the responsibilities of Club Coach/CAC Director. Nitros head coach is one part of the job. AD is responsible for managing all CAC programs allotting pool space and time for each program.

Jeff Hood

Pointed out some key areas in swim manual and encouraged parents to refer to it. One area of discussion was nutrition for swimmers. Coach Todd suggested a light breakfast and eat small amounts throughout the day of a meet; carbs the day before the meet; no red meat the week before a meet. He has also been in discussion with a nutritionist that will be sharing information for swimmers soon.

Discussed pool deck supervision of swimmers (by parents) while waiting for practice to begin. Coaches are working with other swimmers and cannot supervise swimmers on deck.

Pam Parker

Discussed the swim banquet which will be held on May 13 from 6-8 in the courtyard of CHS. Meet will be provided by team and age groups will be instructed what to bring. Parents were asked to volunteer to join committee.

Coach Todd

Discussed that the first two week have gone well. Practice times were set to change on March 1, but decision was reversed quickly based on parent/swimmer feedback. Also, he is looking at tweaking time to alleviate the bottleneck from 5:30-6:00 when the entire team's practices overlaps. He has added an additional practice from 5:30-7:00 for those traveling from out of town or participating in other sports.

Discussions with other Gordon County Schools about adding swim teams. Practice/pool times would be arranged. This would be a great way to increase our Nitros' numbers. He would like to see numbers at 100 by this summer. Numbers are up by about 10 to 73 in the past month.

Shared a "tentative" meet schedule and emphasized that all swimmers were NOT expected to attend all meets. The schedule included a balance of meets with overnight stays and local meets within 1 ½ hour drive. Long-course season is short; so for those swimmers looking to qualify for State and beyond, they will have ample opportunity. Depending on team interest, a travel training trip and meet is planned for June for Green 1 and Green 2 groups to South Florida. Younger swimmers may also attend provided they are traveling with parents.

Strongly encouraged all swimmers to swim Nitros and Rec team (Barracudas, Cobias, etc.) during summer months. Swimmers should practice with Nitros because they receive a more intense workout without sharing lanes with novice swimmers and are also training for Nitros' long-course meets.

Coach Beeler

Discussed moving all communications to Teamunify and explained some of the features of the website.

Jeff Hood closed meeting.

A sign-in sheet was not provided for meeting. These were families present based on memory.

Beamer

Scoggins

Layson

S. Brown

Kelly

Nesbitt

Driscoll

Z. Tibbs

C. Black

Tolleson

Kauffman

Monteforte

Carroll

Stoelzle

Dixon

Hutzler

Webb

Petty

Reid

Sullivan

Bates

Pennel

Veal

I apologize as I am sure I missed someone.