



**Board of Directors Meeting
April 28, 2010**

Attendance	All teams present, with exception of Gold River, Rio Vista and Woodland
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Start	Pat Graffis started the meeting at 7:05 pm
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Presentation by Positive Coaching Alliance (PCA). For more information please see attachment from John Bava ↓

Officer's report	<p>A) <u>Secretary:</u></p> <ul style="list-style-type: none"> Minutes from March 24, 2010 were approved. Updated roster distributed. <p>B) <u>Commissioner of Records:</u></p> <ul style="list-style-type: none"> The computer class scheduled for Tuesday 05/04 is full. It will be held at Natomas River City bank. League record information: Please see below for detailed instructions on what to do when a swimmer breaks a record ↓ <p>C) <u>Registrar:</u></p> <ul style="list-style-type: none"> Registration binders are due before the first dual meet with a team from our league. If you have not turned in your team binder to Monica then please either drop it off or mail it to her as soon as possible: Monica Lopez 610 Chabolla Ave. Galt, CA 95632 mlopez@ci.galt.ca.us <p>D) <u>Treasurer:</u></p> <ul style="list-style-type: none"> Update from Audit committee pending Ribbons have been ordered and should be available second weekend of May Pat Graffis is working with accountant John Green and the IRS to get the tax filed for the years 2005 to 2008. Late return has been filed and Pat wrote to IRS to get the late fees waved. <p>E) <u>VP of Champs:</u></p> <ul style="list-style-type: none"> Championship committees have started meeting and things seem to be moving along. Please make sure you will have a list of needed equipment ready.
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Old Business	<p>A) <u>Annual Review Committee update:</u></p> <ul style="list-style-type: none"> Tabled (Bill Coyle absent) <p>B) <u>Update on Mother Lode Championship Pool:</u></p> <ul style="list-style-type: none"> Championship is confirmed for the Vista del Lago Highschool
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	Pool. NCSL is still working out the details and will communicate more information to the Motherlode teams as soon as they become available.
New Business	<p>A) <u>Eligibility waiver for Elk Grove swimmer Emma Peyton:</u></p> <ul style="list-style-type: none"> • Motion filed and approved to let Emma swim for Elk Grove. <p>B) <u>Parkway name change update:</u></p> <ul style="list-style-type: none"> • The swim team changed the name officially to Sac Town Swim Team Tsunamis. <p>C) <u>Other new business:</u></p> <ul style="list-style-type: none"> • Bill Rose will be holding the Stroke and Turn clinic on Thursday, 05/06 in the Arden Park Clubhouse at 6:30pm. Motion filed and approved to buy a \$100 gift card for Bill Rose. Bill Coyle will get the gift card and present it to Bill Rose on Thursday.
Adjournment	Meeting adjourned at 8:00pm
Next Meeting	May 26, 2010 at 7pm

Information from Teresa Folsom on League Records:

League and Conference Records and a consolidated listing of all league and conference records in a pdf document can be found on and downloaded from the league's website www.norcalswimleague.com (located under Records). Records will be updated on a weekly basis so that I'm not scrambling at the last minute to update the records that were broken over the season for the Champs Programs. Pursuant to the NCSL Bylaws, Exhibit A NCSL Dual Meet Rules, VII. Records, please adhere to the following procedures when a conference and/or league record is broken during an official league meet:

- Home Team will email the following information to me **no later than 6:00 pm Sunday evening** following the meet in which the record was broken:
 - Name of record holder
 - Event
 - Time
 - Team Affiliation
 - Date of record setting swim
 - Meet Manager backup of the meet
- Home Team will mail the following documentation to me on **Monday (please email Teresa for mailing address)**:
 - Record / POP Forms from the Report Menu in Meet Manager (must be signed by the Meet Referee) and
 - Results Report, which includes the button backup times from Meet Manager or lane timer sheet with the recorded times. Reminder that a swimmer must have three official times recorded to establish a league record.
- I will update the appropriate conference and/or league record(s) and post them to the league's website **no later than 6:00 pm Wednesday evening**.

Reminder: Swimmers can break a record in non-conference meets; however, the only record that swimmer can break is in their own conference and the league not the other team's conference record.

Information from Positive Coaching Alliance John Bava:

Dear Northern California Swim League,

I want to thank you for inviting us to your board meeting last night. I know we were only able to briefly touch on what PCA has to offer, so I would like to invite you to try out our new online coach and parent course for free with the instructions for logging in below. Also, I have recapped our current discounts available for partners. Please feel free to get back in touch with me if you have any questions or if you would like to set up an individual meeting regarding one of our PCA partnerships. Thank you again and hopefully you'll find our new online courses informative.

VOUCHER CODE for NEW Coach and Parent course online: 100% DISCOUNT

1. Go to the PCA Double-Goal Coach description page

<https://forms.netsuite.com/app/site/hosting/scriptlet.nl?script=2&deploy=1&compid=855016&h=40e65f9d1dea5e4ce890&ck=R8E7hK1XAfMEHII3&vid=R8E7hK1XAe8EHqSW&cktime=87981&cart=2425>

2. Enter the Voucher Code, **PDSample3DGC** (case sensitive), given to you by our organization, at the top of the registration page and complete the form.

2. Once you have completed the registration, you will be directed to the Double-Goal Coach course.

For the Parent Course:

Repeat this previous procedure except –

2. Enter the Voucher Code, **PDSample3SGP** (case sensitive), given to you by our organization, at the top of the registration page and complete the form.

Current Partner Discounts:

Only in the Month of April – 10 free online seats for signing on as a Live workshop partner

Seal of Commitment Discounts (All coaches receive PCA training):

Online partnership 50% off (\$150)

Online course seat price 50% off regular price (\$15 per coach)

Book discounts

3 year commitment to Live Workshop Full Partnership - \$1,975 locked in for all 3 years

Partnership Options:

Online Partnership:

Base Partnership Price: Regular Price - \$300

12 month partnership

- From the Ground Up
- Partner Website Access
- Access to Ask PCA: Live Leadership Roundtable Calls (every 6 weeks)
- Monthly 2 minute drills (tips and tools for coaches, parents, athletes)
- Monthly Leader's Clipboards (tips and tools for leaders)
- Use of PCA logo and content on school/yso website
- PCA *Connector* – eNewsletter for all parents/coaches
- Member discounts on PCA merchandise

PLUS

- Partnership includes:
- **Online Seat Price:**
- \$15 per coach (50% discount from purchase price online non-partner)
- ***100+ coaches = additional discounts apply

Live Workshop Full Partnership:

Annual Workshop Partnership \$2,250, plus a \$5 workbook fee per attendee at each workshop

- **Three Live workshops:** Your choice of *Leadership, Coach, Parent* or *Athlete*
 - **Monthly Leadership Webinar:** Open to your organization's board members; includes tools and resources in helping your board create a positive sports culture
 - **"From the Ground Up":** A guide for Leaders of Youth Sports Organizations
 - **Account Management** support from PCA throughout partnership year
 - **PCA's Merchandise Sample Kit**
 - Access to monthly **"Leadership Roundtable"** conference calls
 - Subscription to **PCA Connector** – electronic newsletter – for all coaches, leaders and parents in the organization (email addresses required)
 - **Monthly "2 minute drill" tips** to share with coaches, parents and student-athletes
 - Authorized use of **PCA Logo**
 - Exclusive access to **PCA Partner website**, filled with tools, resources and best practices
 - Discounts on **PCA Merchandise**
- **Single Workshop** \$1,000 plus a \$5 workbook fee per attendee at each workshop

John Bava

Partnership Development Associate - Sacramento

Positive Coaching Alliance

1111 H Street, Suite 306

Sacramento, CA 95814

O: 916.538.6261

C: 916.838.3298

John.Bava@positivecoach.org

www.positivecoach.org

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