

TMEC Monthly Board Meeting  
CRC, April 27, 2013

Meeting called to order at 10:08 a.m.

Present: Shawn Bierle, John Wood, Sony Christian, Jerry Pulley, Jason Rothlein, Carol Wilson, Mark Carlson, David Jackson, Steve Day, Tera Schneider, Susan Bierle (non-voting)

TMEC Members present: Amy Fredrick, Michele DeLange

Abbreviations: CRC= Community Rec. Center; CHS= Chaparral High School; TVHS= Temecula Valley High School, GOHS=Great Oak High School

Motion: To accept the minutes of the March 2013 Board Meeting. Motion was seconded.  
Yes: 9            No: 0            Motion passed.

**President's Report, Shawn Bierle**

Shawn reported that the Board Directors have recommended to had Tera Schneider join the board as the "Education Person". Tera will report on such things as the NCAA Clearinghouse requirements for High School students wanting to compete in college.

Motion: To accept Tera Schneider as a Board Member. Motion seconded.

Yes: 9            No: 0            Motion passed            Welcome, Tera!

Amy Fredrick reported on a possible fundraiser for TMEC through Nerium International, an anti-aging night cream. TMEC would give Nerium their logo; Nerium will give TMEC branded tools to market Nerium through the TMEC website. In return, Nerium gives 30% of the profits of Nerium products sold through the TMEC website to TMEC. This is approximately \$24-32 from Preferred customers + 10-25% of preferred customers ongoing orders. There was a question if Team Unify would get a cut of the sales, too. Amy and the Board will continue to investigate.

John Wood and Shawn met with Coach Sasha and promoted her to Lead of Stroke School with an increase in salary. Coach Nathan provided a job description for Sasha. Coach Jenn & Nathan were encouraged to come up with a written booklet of Stoke School teaching progressions and procedures.

It was noted that the TMEC website does not highlight the Stroke School.

In addition, John and Shawn met with Coach Travis and gave him a merit raise, since he completed his ASCA Level 1 certification.

Background checks: Mark Carlson, Steve Day have completed; John needs to do his.

According to their contracts, Coaches Nathan and Jenn are due to receive a \$500 bonus, which they will split, because the membership count remained above 225 through the winter months.

### **Vice President's Report, John Wood**

John reported that TMEC will be distancing itself from Lungbusters and will replace them with CAS from Irvine.

### **Treasurer's Report, Mark Carlson**

Mark presented his bank account "Towers", noting that historically there has been a dip in the height of the towers at this time of year, but that it hasn't occurred this year.

Mark noted that there was a \$125 charge to the bank account for NAS-CAOL, which he will check into.

Mark passed around a copy of the Budget vs. Actuals through March 2013. Highlighted points included that the total membership fees are 25% ahead of budgeted and that the gross profit is 125% of budget. Actual equipment, pool rental and payroll expense spending has been under budget.

Because one of the speakers is blown on the PA system, Mark was approved to spend \$600 for new speakers.

### **Facilities, David Jackson**

Coach Jenn has secured summer pool time at CRC.

The athletic director at CHS will be changing; as of today, the person taking the position is not known.

There is a rumor that 6th Period at CHS may no longer be allotted for P.E.; this may affect TMEC pool time.

There was much discussion, spearheaded by Jason Rothlein, about the possibility of TMEC building, or partnering with another entity, to build a pool. The conclusion was that Jason will head up a pool committee with members Amy Fredrick and Steve Day as members. They will look into hiring a consultant to find land on the Temecula/Murrieta border and work with the cities, or a large local vendor (i.e., South Coast Winery) to coordinate building a pool. They will need a risk vs. gain analysis and a cost analysis also.

### **Education, Tera Schneider**

Tera is developing a grid detailing the graduation requirements for different local high schools, along with the requirements for Cal State schools and the NCAA. She will work on a grid for schools with alternative grading methods.

At the meet at RAA, she noticed a Piranha swimmer with an "All Academic Team" patch. Investigating, she found the patch and its requirements on USA Swimming. It is available to 10th graders and above. Jason will talk to Piranha at the next meet to find out about the patch for younger swimmers. It was suggested that perhaps TMEC have an optional Scholastic patch. Swimmers would obtain a certificate mid-year, and receive a patch after a full year of meeting the requirements.

### **Jason Rothlein**

He proposed that TMEC incorporate the full "Temecula Tritons" name or graphic into T-shirts.

## **Steve Day**

Steve has been looking into the procedures that TMEC uses for account receivables and has found many inefficiencies. He has been working with Mark to automate a number of the procedures. He is looking into a website which will automatically generate & send invoices monthly. Cost is \$50/month for 5 users + % for credit card payments + \$1.20/check. TMEC would no longer need a merchant account.

## **Events, Susan Bierle**

The coaches' apparel, 2 t-shirts & a sweatshirt, has been delivered. Nathan is working on Arena shirts with embroidery. Susan proposed that a requirement be that shirts cannot be altered by the coach. She will get jackets in August or September. Coaches Travis and Sasha will be getting collared shirts; Carol wants one too.

Team Apparel: \$2000 was approved to fund the startup apparel stock. It will consist of blue T-shirts and hooded and zip sweatshirts.

The Parent Apparel coordinator, Michele DeLange, will talk to Susan and Steve to work out the practicalities of starting the apparel sales, such as fund collection procedures and transfer of stock and inventory list.

Swim-a-thon packets have gone out. The top 3 fundraisers will receive SwimOutlet.com gift certificates. All the info is online and Susan asked that all promote the Swim-a-thon.

Tom Shields "Swim with a Pro Event": Susan met with Nathan to plan the event which is scheduled for June 5th. This is during the last week of school in Temecula and may interfere with other school events. It was suggested that the event be video taped for those who will miss it. It will take place at CRC from 3:30 to 7:00 or 8 pm with a talk portion and in-water portion. Shawn noted that the picture-taking and autograph signing takes time and organization. TMEC will not have access to the auditorium. There should be a speaker to narrate when Tom Shields is in the water. There will need to be coaches in the water and on deck to supervise the swimmers.

**Motion:** To approve the expenditure of \$1000 for Tom Shields and up to \$300 for his travel for "Swim with a Pro" day. Motion was seconded.

Yes: 10                      No: 0                      Motion passed

Shawn has talked with the "Fitter Faster Tour" from SwimOutlet.com for the future. They work with your budget and do all the work.

## **Coaches' Reports**

### **Nathan Wilcox:**

Nathan discussed that the swimmers at CHS are having a hard time with the late practice hours and that 2 hours is not enough time when setup and takedown time is included. He would like to have 15 - 30 minutes additional when pool time is requested. He also would like to separate the Senior and Gold groups and not coach them at the same time. Currently, neither group can be swapped to a different time because there is

not enough coaching coverage for all groups. He has placed an ad in USA Swimming for a coach and has received one response.

He also wants to obtain pool time for morning practices. He is obtaining a quote from Melissa for heating costs for CRC to estimate the cost to heat TES. If TES was heated, stroke school and morning practices could be moved there.

Coaches Emily and Payton will be leaving in the fall and will need to be replaced.

Nathan wants to get working on this now.

Sasha has taken over running of stroke school under the leadership of Jenn and Nathan.

Nathan requested that Saturday practices be increased to 2 sessions; 9:30-11 and 11-1 so that two separate groups can practice.

Summer League for High School swimmers: Nathan talked to several kids at CHS who are interested. It would be an 8 week introductory course at GOHS in the diving well using 3 lanes, Monday through Thursday for 1 1/2 hours each day. Coach Carol would coach. Each registered swimmer would receive a t-shirt and cap. Nathan passed out a proposed budget for the High School summer league. Jenn will coordinate registration with Active.com and will put tabs on the front page of the TMEC website for summer registration.

**Motion:** To allocate \$2000 Budget for the High School Summer League. Motion was seconded.

Yes: 10      No: 0      Motion passed

Nathan will meet with the coaches to determine the summer break.

Nathan requested 2 Speed boxes. They fit on top of a starting block and are 1/2 the cost of a Power Tower. Parts are replaceable if broken. Shawn will investigate prices.

David is working on hooks for the lane lines at CHS.

Nathan asked about getting a larger storage box for the CHS deck.

He also recommended sending a gift basket to the new Athletic Director at CHS.

Nathan would like to get 12 sets of fulcrum paddles for his groups.

Nathan and Jenn volunteered to be on the pool building committee.

### **Jenn Beech**

Jenn reported that there are 329 members in Team Unify. She has started wait lists for Stroke School.

Shark Attack: There will be 4 summer leagues; 2 groups at 11:30 am-12:30 pm and 2 groups at 3-4 pm. Cost is \$90/session for 4 weeks of Shark Attack. Lesson cost will be \$55 for 2 weeks, with 4 sessions during the summer.

Tera and Michelle have volunteered to take Shark Attack flyers to local preschools.

For the Temecula schools, flyers are distributed through Peachjar at 8 schools, and by hard copy at 8 schools. Jenn will work on the # of flyers needed for each and send out on Monday.

Jenn attended the Eastern Committee meeting last week along with Shawn Bierle . There was a dive certification clarification; coaches have to notify the meet administration when there is a non-dive certified swimmer. Parents need to have the dive certification with them at all meets. Jenn will resend the dive certification forms to the swimmers to have the coaches sign.

There is a new bid process for meets. The committee will vote on whether a team should host a specific meet after the teams have put their preference in a 1-2-3 order. The bid meeting will be June 11 and there must be a board member in attendance. Jenn has been appointed head of a new committee whose task is to spend \$10,000 that the Committee has saved. One suggestion is free WiFi at meets; if anyone has suggestions, please give them to Jenn.

Some new rules for swim meets: Swimmers must use a 3-point entry during warm-up, no parents are allowed in the coaches area, swimmers are not to hang out in the coaches area. The refs will be enforcing these rules.

The SCS Regional clinic will be held October 4 & 5, 2013 in Thousand Oaks. It will be similar to an ASCA clinic and cost will be \$120/coaching staff.

Jenn gave a summary of the Clinic she (and Carol) attended on Saturday, April 13, 2013 at Stanford.

Tour of the Stanford athletic facilities

Stefanie Fryberg: Growth vs. Fixed mindset. Those with a fixed mindset don't have to work and quit easily. Those with a growth mindset work hard and see failure as an opportunity.

Glenn Mills: Technology in swimming

Susan Wood, CEO: Untapped potential of women in business and theories why.

Lorie Seymor: Pilates & how to rehab swimmers

Rachel Stratton Mills: finding your own coaching identity and style

Tara Kirk: Transitions and how coaches can help life transitions, for example high school to college.

Lara Mitchell: PASA coach; social justice and swimming. See "old ideas" in swimming, like women shouldn't lift weights.

Wrapped up with ideas for next year, such as in-water session.

Jenn would like to have an in-service coaches meeting covering the clinic topics in May.

**Carol Wilson's report on Sunday, April 14, 2013 clinic ASCA clinic in Orinda attended by Carol & Jenn;**

Glenn Mills- goSwimTV.com- Online resource for swim videos. Subscription based service where coaches can email videos to their swimmers. Joining with STOKE LAB by Finis so coaches can videotape swimmers and upload and email the video to them with only a few clicks. Cost \$150/year +50¢/swimmer/month. Launch date is 8 weeks away. Carol thought that this is a service that TMEC should consider

Roque Santos- Went over the teaching of the fundamentals of breaststroke

Yuri Suguiyama- Covered the training progression of Katie Ledecky, 800 M gold medal winner from 6-15 years of age.

Moved out to the pool for in water demos: Jenn and I took videos of these sessions

Josh Scott: Went over drills for free and back progressions

Jenn and I agreed that these are the same progressions that we use here at TMEC

Steve Haufler: Demonstrated the progressions for teaching butterfly and breaststroke. Very impressive, good use of underwater mirror. Polished aluminum ~6 feet long. Great for TMEC to have for Stroke School and Shark Attack since the kids get immediate feedback and it develops the "eyes down" head position. He also covered turns and dives.

Finished with Donnie Heidary: Discussed how coach's can prepare themselves and their workouts and then structure and organize the workouts to maximize their effectiveness as a coach. He gave me many points to think about and reflect on as a coach and my influence on the development of the kids not only as a swimmer, but more importantly as a person.

Shawn said that the coaches should send a wish list of their wants to the Board.

Jenn announced that there has been an ex-Mesa High School coach soliciting swimmers for private lessons and inappropriately coaching at meets. She warned parents to not allow their swimmers to take unsolicited advice and contact.

**Motion to adjourn meeting.** Was seconded.

Yes: 10                      No: 0                      Motion passed.

Meeting was adjourned at 1:35 PM

Submitted by Carol Wilson, Secretary

