**Agenda of the Committee Meeting of the Mid Sussex triathlon Club**

**The Bent Arms Lindfield, 14-7-14 at  8pm**

**1.**Commitee for Meeting

             Steve Burchall-club kit and sponsorshipapologies

David Ricketts-club secretary

Mark Jordan-President

Rose Ryan-Junior secretary

Peter Harris -membership secretary

Stephen Mcmenamin-race guy-apologies

**Julienne Stuart-Colwill- social secretary part 1apologies**

Kay Mcmenamin-social secretary (part 2)-apologies

Rachel Baker-treasurer

            Rob Hoodless

            Steve Alden

             T Mooreapologies

J Williams- welfare officer

Kate Eifler

Hazel Tuppen- Level 2 coach

2. Minutes

The minutes of the previous meeting were agreed.

3. Club Coaching

A coaches meeting took place on 14-7-14

We are still short of coaches and few club members have volunteered to start coaching courses

We wanted to clarify the conditions of coaching

The following is from the first page of the cttee minutes on 28-1-13

Club Coaching: A meeting is planned on 7-2-13 with David Jones to put in place his plans. Current and potential coaches are invited. We aim to have 4 level 2 coaches and at least 1 Level 3 coach by 2016. The head swim coach will be Grant, for Cycling Hazel and for Run Trevor. The Club will pay the training fees for coaches but in return expect 1 yr of coaching. Annual and monthly plans will be produced for the club. We will have to review the methods of provision of coached sessions given that we are struggling to get sufficient coaches to continue to provide all free sessions.  Despite the moves towards greater association with Crawley Wheelers and Burgess Hill Runners, we a struggling for coaching time.  Unfortunately, there are too few coaches to continue to deliver wholly free sessions for each discipline all of the time.  Additional sessions will be provided on related topics (nutrition, stretching etc) as opportunity provides.

The BTF has made clear that level 1 coaches can't run sessions on their own- a level 2 coach needs to be present to meet their requirements (and make insurance valid). This may be difficult for us as currently we have the following level 2 coaches: triathlon 2, swimming 2. We have 7 level 1 triathlon coaches. We can accommodate the issue for adults by joining coaches as they train rather than them running a coached session. For swimming, we can have paid coaches again (ASA or BTF level 2 coaches: £50 a week for 2 sessions a week, insurance for coaches of £60 a year). We may have to increase swimming subs if we do this

We can't do this for juniors and we ought to concentrate level 2 coaches there.

Level 2 courses are £700 each. Dates are made available at the end of July. They often take place outside Sussex (Kent, Hampshire, Surrey). There are no plans to have courses in Sussex.

Mark Jordan has spoken with Jenny Vincent, the England Triathlon South East Regional officer and with other local clubs’ senior members to see if we can get more courses and more in Sussex.

4. Juniors

A juniors' meeting took place at 6 pm on 14-7-14.

Go Tri is being moved to Great Walstead. The move has been well received albeit that one parent, whose child has not been before sent a rather rude email. Rose dealt with this.

We have moved away from Hurstpierpoint because of difficulty in engaging with the estates management there. We shall write to them setting out our reasons for moving

The Walstead site is user friendly- even though the pool is a little short. The number of places has been limited to ensure a lower coach/child ratio. Hazel has devised an excellent programme. A vote of thanks was given for the many hours of preparation by Hazel, Rose Julie and Jean.

5. Swimming

We reviewed the arrangements for swimming. Mark noted that this inevitably affected all of the training sessions that we do and provide. It also led into and involved discussion of membership, especially costs and expectations, not to mention the ability to provide sessions.

Currently the membership allows swimming at Ardingly and Dolphin pools and at Southwater. Coaching is available at a charge for Ardingly pool. Ardingly reservoir costs £3 a swim. The club pays annual subscriptions of £200 for Southwater and £300 for Ardingly.

The £3 fees at Ardingly reservoir go to the reservoir management. A canoe is provided free. EG are meant to pay £300 annually and £3 a swim too. We need to keep talking to the management there regarding facilities, risk management and other matters as they arise.

We debated whether we should pay extra for Thursday's spin stretch yoga running and core classes

Each member of the committee was asked to propose suggestions for the following:

1. What should we charge for membership of the club?

2. What does the membership charge cover?

3 .What should we charge for swim subs?. There are the following sites: open water at Southwater and Ardingly, pool swimming at Dolphin and Ardingly

4. Should we do open water coaching at Ardingly?

Ant Gray asked for clarification regarding the safety arrangements at Southwater. These are attached to this email.

Mark has discussed the limitations of Southwater with Jenny Vincent, the England Triathlon SE regional officer. She will look to discuss with the management opportunities for using the facilities more – including using it as a race venue other than just the relays held there once a year.

6. Mid Sussex tri race

Steve Mcmenanmin will update us on this at the next committee meeting

7. Club Kit

Stylish club cycling caps are available at £13 each

We are about to submit 2 orders for club kit. They are for SPIUK and Endura kit. they have different measurement systems. SPIUK is continental sizing, (arguably) better quality and has a front zip. Endura is in UK sizing. Steve Birchall has examples. Kate Eifler will try to bring examples for perusal. The order forms are available on the club website. It was noted that getting people to both order on time and then pay is difficult- please help us by ordering in good time and paying promptly.

8. Treasurers' report

There are currently adequate funds for the club's activities because we have the entry fees from the BH triathlon, and because the Dolphin hasn't submitted a due bill (yet).

There are some on-going problems with access to the Paypal account and keeping track of payments. Rachel will discuss with these Steve Mac.

9. Chairmans' Report

The closer links with Crawley Wheelers and Burgess Hill runners were discussed. The following have been arranged already:

1. training ride that leaves from the Sergison Arms at 8.30 am on Saturdays - albeit that this is for the faster cyclists because they don't hang about

2. join the similar quick ride that leaves Laura Ashleys in HH at 7.30 on Tuesday evenings

3. the Sunday morning rides from the Sergison which should be much more tolerable in terms of pace, and

4. entry in to the Thursday evening Wheelers TT - subject to it not being full

We still plan further cooperation regarding courses (especially the first aid course). We may run joint courses to save costs.

Mark Jordan has met with Jenny Vincent of the BTF twice to appeal for more organisation and support for clubs (rather than pursuing an elite programme).

10. Club Membership. -

We have 110 paid up members. More may join: 16 who were members from last year have not yet made it clear what they intend to do about this year. We have had 64 enquiries about new membership and from these 21 joined. New members have induction with Pete Harris and Kate Eifler, albeit that Kate indicated the practical difficulties in doing this sometimes. It was noted that now the club is so big, not all of the members know each other. It was suggested that among other things, it will be helpful if new members use the website so we can identify who they are.

Pete reported on growing links with Burgess Hill Runners (BHR). This currently this extends to:

'summer' track sessions in addition to the usual monthly ones they run in the winter months. They are on 11th June & 13th Aug @ 19.45 @ Lewes Leisure Centre, Mountfield Rd BN& 2XG (there was no suitable date in July unfortunately).  MSTC members are welcome to come along to these sessions free of charge.  Sessions will be speed endurance based & will last an hour.  BHR would need to know numbers of those interested in advance.

BHR run Friday evening 'Pub Runs' from April until Sept.  These are very informal, accessible 4 - 6 mile runs, often off road, from a designated pub.  Participants usually enjoy a drink or 2 plus some food afterwards.  Kevin Walker is the BHR Pub Run Coordinator. He usually advertises when/where the run is heading from & who in the club is leading the run a week ahead.

BHR have recently started some organised Sunday morning 'long runs'. They have always done this during the now 'old fashioned' pre spring marathon period (Jan-Apr). However, now there are so many big distance events across the year there are many BHR members in training right across the year so long runs are now organised regularly. They will typically be a minimum of 9-10 miles upwards, dependant on what participants are training for.  If MSTC members were interested they would we welcome to come free of any charge.

Steve Roberts is the contact at BHR so either contact Steve direct on sjp.roberts@gmail.com for more information or come back via me [ pete081259@aol.com ].

In turn MSTC has offered BHR members access to occasional coached swim sessions/lessons (these are the sessions typically arranged at the Princess Royal pool a couple of times a year), access to our turbo training sessions (winter period) and Thursday night spin and stretch classes (standard charge applies), access to our cross country event when organised later this year, and possibly to join weekend bike rides that different members may organise from time to time.  We have also made BHR aware that we run Tri-Hub sessions for juniors; and we have made it clear that open water swimming at Ardingly is **only** for paid up members of MSTC.

The above gives members of MSTC and BHR access to specific facilities of the other club without the cost of having to join both clubs but members are of course able to do so.  We are also looking to share costs of things like First Aid courses etc.

11. Social Matters

We need to try to get the Dolphin bar open so we can have a post swim drink. Hazel will ask them to keep the bar running until 10pm at least. Committee members will try to encourage people to stay after the Thursday training sessions and after the Saturday morning swim at Ardingly.

12. AOB

1.Life membership (David Ricketts). It was proposed and seconded that Mark Jordan be made a life member. Voting was a unanimous yes. This needs to be voted on at the AGM. It means that Mark no longer has to pay yearly club membership. Steve Alden is the club's only other life member.

2. Club races (Steve Alden) 24 August 2014 (Olympic and Middle distance). Steve Alden has these in hand and is working on t-shirts with a mystery slogan on the back. Leicester and EG may join in as usual.

12. Next meeting

Committee 29-9-14

AGM 13-11-14