

Mid Sussex Tri Club AGM Minutes
Thursday 15th November 2018 Bent Arms Lindfield 8pm

1. Attendance

A minimum of 26 members were present

2. Apologies for absence

Gordon Skeats
Roger Smith
Sarah Hinton
Jim Graham
Kate Eifler

3. Approval of Minutes of 2017 AGM

Approved without change

4. Matters Arising from 2017 minutes

None were proposed

5. Reports of Officers of the Club

The officer's reports are annexed to the minutes. These were considered and the following points raised:

- **Treasurer**

The club has a surplus.

We are a fairly good value club

It was decided to keep members fees as they are and to increase spending to reduce the surplus.

(Fees: vote no change 24, reduce by £5 2 votes, reduce by £10 no votes, no abstained)

Spending needs to be reviewed. Currently we plan spending on swim hats, racking, branded gazebos, club kit, courses (bike maintenance) and guest speakers

We could also consider a club mass event, help with fees and transport (Ragnar relay)

Ragnar relay: subsidising transport was accepted in principle at a committee meeting. Some members objected to this and the subsidy was not granted.

It was pointed out that Ragnar was a Mid Sussex branded team. It was an ambassadorial role and the team did well. This benefitted the club. Members paid £100 to enter and there were transport costs throughout.

It was decided to have a separate capped fund to subsidise this and similar events.

We will need to decide if entry fees are part of this scheme.

The club race is competitively priced

We could increase the fee to increase profit or keep it as it is to encourage entry

It was also decided to keep the club race entry fee

- Membership Secretary

Most new applicants are via the website

Student concessions were discussed

There were not perceived as good value and we want to encourage younger members.

This will be discussed at the next committee meeting.

- Race Director

The next race is on 9-6-19

There was a unanimous vote of thanks to Steve McMEnamin for his work as race director for the past 10 years

Arrangements to allow the club's members to do the race can be difficult as 70 volunteers are needed on the day.

Allowing new members to do the race as part of their first year's membership was proposed, as was race entry for longstanding volunteers.

- Head Coach

More coaches and more female coaches are needed

Members can coach in many different ways.

You can lead sessions with minimal training and experience but with guidance and a plan from a coach

The BTA recognises this with their TriActivators scheme

If you do want to lead a run, cycle or other activity please publicise this on Facebook

A day time spin session will be considered- but a leader or coach is needed

Hire of the room is £28/hour

Neil and his coaching team were thanked for their help with the club.

- Welfare Officer

Jean was thanked for providing paperwork for the TriMark

- Junior's Secretary

Kate Rachel and Rob now coach only Juniors

- Webmaster

The content of the main site needs updating

- Press Officer

Roger was thanked for his efforts in publicising the club.

Some of the glossy magazines publish similar articles and it was suggested that we try to get some material published there. Crawley wheelers have managed this.

Roger would appreciate assistance with preparation of material

- Social Secretary

44 have booked for the club dinner (10 less than last year)

Karaoke is being considered for next year

The club lacks a clubhouse

The nearest thing we have is the post swim tea at Ardingly reservoir.

Activities there could be extended to incorporate runs and cycling after the swim
Again, this could be publicised on Facebook

More social rides and activity at centres other than Haywards Heath was proposed.

The perennial problem of trying to arrange social rides was discussed.

Few turn up and fewer want to lead the rides.

The time commitment was thought to be a problem (up to 3 hr)

Perhaps those on a recovery week could volunteer to lead social rides.

These could be at a stated pace suitable for all

- Open Water Swimming

A successful year

Only one session had the minimum 10 members

It was recognised that the club does subsidize swimmers and some members join the club to get access to swimming.

The reasons for a short course swim in cold water were discussed (safety kayak)

Any swimmer collisions could be avoided by better sighting

A protocol for high temperatures also needs development

In emergency getting swimmers out of the water is still difficult

Some members can't hear the klaxon due to ear plugs etc

We need to solve this to avoid collisions with the launch and other problems

Arrangements will be made for one or two swims at the end of the season without buying a new block of credits

- Chair and Vice Chair

OWS swimming fees were kept at £4

Club race fees were kept as is (vote: 26 for no change, 1 abstained)

An early bird discount was approved.

The new policies were unanimously approved

Tri Mark: Of the 66 regional clubs only 3 have tis. It is a requirement to run a juniors' section.

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6. Appointment of Committee Members

Elections were held for the posts of Chairman and treasurer and race director

Clair Hunt - Treasurer

I'd like to offer my services to become treasurer of the tri club as I'd firstly like to give something back to the club, and also to utilise my skills as an accountant. It will be

interesting to see how much it costs to operate the club and to see all the associations that the club works with as part of the day to day running.

Chairman's role

Angela Murray: Statement for AGM, 15/11/18

MSTC has been a life-changer for me and many others. I love the ethos, the members, the founding principles of inclusivity and positivity. The enthusiasm and the life-affirming passion for having a go. It is absolutely levelling: When you're out there in your tri-suit you have no-where to hide. When Morwenna announced that she was stepping down from her role I couldn't think of a reason why I shouldn't offer to stand. I have got such a lot out of the club on a personal level that I would like to give something in return.

I hope I can offer a continuation of the female voice, such an important part of our very egalitarian club. I hope I can continue the club's work in encouraging ordinary people to achieve extraordinary things. And I hope I can help this wonderful club to support its absolutely incredible athletes as they, quite literally in many cases, take on the world.

I joined MSTC eight years ago. A non-sporty person – always the last to be picked for the netball team at school, I thought I was scarred for life. But I'd got into running in my mid '30s, which was a revelation, then followed Callum into the club by my late '40s ... So, here I find myself, standing to help run the club. It seems ironic to me – but typical of the magic of triathlon.

The following were elected:

Chairman: Angela Murray (25 in favour, none against, no abstentions)

Treasurer: Clair Hunt (25 in favour, none against, no abstentions)

Race director : Jo Fleming (25 in favour, none against, no abstentions)

Member without portfolio: Steve Mc Menamin (25 in favour, none against, no abstentions)

The following agreed to stay in post for another year:

- Vice Chair = Jeremy Paine
- Press Secretary = Roger Smith

- Junior Secretaries = Rachel Baker and Kate Eifler
- Secretary = David Ricketts
- Membership secretary = Emma Jaffe
- Welfare = Jean Fish
- Open Water Swim Officer = Julie Williams
- Web master = Mike Hook
- Head Coach= Neil Giles

7. **Selecting a charity**

Nominations :cyclists for cancer, chailey heritage

Charity selection: It was agreed to jointly support Chailey Heritage and Cyclists for Cancer with no club uplift

(for cyclists, 2 for Chailey and 15 for both; 7 for uplift, 15 for no uplift, 2 abstained)

8. **AOB**

- Steve Alden is standing down from BAR and Ardingly race organising. Matt Critchley has agreed to take over this role
- London Marathon place has been applied for
- Jo Fleming proposed a memento of the effort of long serving club members, This needs to be discussed at a committee meeting
- Jo Fleming:There was discussion about time limiting posts on the committee. Currently each member serves for one year at a time. No change was made.
- Club exchange programmes were suggested. Members were encouraged to investigate these with any contacts they have.
- Vicki Vonderlinden: Better promotion of the club marathon place ballot with EA membership was suggested
- Presentations to Steve Mac, Rachel and Steve Alden in appreciation for their work were made
- The grateful thanks to, and a presentation to Morwena was made for her three years as chairman

Next AGM meeting 14-11-19

Next Committee meeting Monday 10th Dec

Chairman's report

It has been a pleasure chairing the club for a third and final year. I am stepping down at the AGM following the birth of my second little one. Jeremy will be continuing in the role of Vice Chair alongside the new appointee.

Once again I'd like to start by thanking all of the Committee members, coaching team and club volunteers for all of the time they give to MSTC. They put in a tremendous amount of effort to put on the training sessions, events, and encourage the expansion of the club. We salute you and the club couldn't operate without you.

This season Jeremy and I have focussed on:

- GDPR - following the introduction of the GDPR, we have updated the club's policies and procedures to ensure we are compliant.
- BTF Trimark application - Triathlon England has developed a new accreditation scheme for community triathlon clubs within England called TriMark Club accreditation. We applied for and were granted the entry level bronze accreditation. A TriMark Club is recognised as having met national standards in providing a club structure that is well managed, is safe and has an active programme of events for its local community for all members to enjoy. The benefits of the award include national recognition (important for new members looking to join), priority access to BTF representatives and guidance material, and discount on BTF courses.
- We are very proud to have been successful in this application and hope to apply for the silver accreditation in the coming years.
- Spending club funds - at the last AGM there was an agreement from membership that we spend some of the club's excess funds. A consultation was held and club members voted to spend the money as follows:
 1. New bike racking for club events - we purchased enough for the club run duathlon and trifest but not the sprint race, as on further enquiry it was not deemed necessary/feasible to buy all racking needed when considering insurance, storage, and overall cost/return
 2. MSTC branded gazebos for events - these have been ordered and will be available for next season
 3. Club kit (hoodies and swim caps) for existing members - hats have been ordered and hoodies are being looked at for next year.
 4. Club courses/guest speakers - a bike maintenance course has been run and we will look into guest speaker sessions next season.

We will need to review again over the coming year the amount of money surplus in club funds and if/how this could be reinvested into the club. We must bear in mind that the Burgess Hill sprint race (our primary source of income) did not have the entry numbers in 2018 of previous years meaning a drop in revenue.

- Juniors - the documentation for the juniors section was reviewed and is compliant with BTF safeguarding requirements.
- Website - we reviewed the content of the club website to ensure the information is current and accessible, making numerous changes. In addition, a new race website has been made to ensure we can compete and attract new entrants in the current race market.
- Updated/new policies - the following club policies have been drafted or updated and require approval at the AGM:

- Privacy Policy - to keep us up to date with GDPR
- Club Rules- to make reference to British Triathlon's Equality and Diversity Policy and Anti-Doping Policy
- Welfare Officer role description - to ensure we are compliant with BTF and safeguarding requirements
- OWS policy and practice - setting out how OWS runs and the safety measures in place
- Coaches expenses policy - to include payment of coaches BTF subscription
- Juniors safeguarding policy

The reports of each of the committee members speak for themselves but I just wanted to set out some highlights of the past season:

- An increased number of social events.
- A structured annual training plan executed by our dedicated and fantastic coaching team.
- Neil ran another mixed team aquathon relay at the reservoir which was a fun addition to the season's training.
- A number of members of the club competed in the Ragnor Relay. We hope to encourage mass participation in events by club members next year.
- OWS at Ardingly goes from strength to strength and we continue to improve and enhance the policy and safety arrangements, keeping us all safe.
- The club continues to attract novice and experienced athletes alike.
- We continue to be financially stable for another year.
- We have once again raised a good sum for charity, Kangaroos.

The new chair will consider with Jeremy and the Committee in the coming months the priorities and challenges for the Club next season.

I wish the club and its members all the best for the future.

Morwenna Hook

Press officer's report

I try to submit articles on the activities of the club and its members for publication in the Mid Sussex times. I often get in about a couple of articles a month. They need to be submitted by about Monday midday. I usually obtain the information from Facebook posts by members. I have had one article published by The Argus. I am hoping to recruit a member to assist as I am not always able to submit by the Monday deadline.

Regards, Roger Smith

Treasurer's report

The cash reserves of the club have again improved over the course of the financial year. This is despite a poor surplus from the club race and a concerted effort to spend funds.

There were a number of reasons why the cash was not expected to rise this year. At the AGM in 2017 it was agreed that a spend committee be put together and some of the clubs funds be spent over the course of 2017 providing members with additional benefits. It was also agreed that there would be additional investment this year in improving signs and equipment for the club race. Along with this there was a forecast reduction in swim subs due to the change in payment date last year which resulted in a top up fee for the period Jan – March being paid in 2017.

Despite these challenges and with the additional challenge of a drop in our sprint race entry of approximately 80-90 people we have still increased our cash reserves by £4,167 this year. This is higher than the profit made from the race this year (£2,435). I know Jo will talk further about what the club wants to get from the sprint race each year but it shows that the club on its own is now covering all of its costs and the race is no longer being used to subsidise its training costs.

Over the past few years there has been a shift in the way that the club has funded its training activities so that they pay for themselves on a stand alone basis and are no longer subsidised by the club race. The benefits of having club membership have been eroded whilst the price has remained constant. Whilst having many income streams for the club reduces the risk to the club from having a reduction in income from any one stream there needs to be thought given to how much the club needs to hold in reserves. We already have a reserve of £8,500 which cannot be spent to insure the club against a bad year and we are holding an additional £17,801 above this (after taking out junior funds).

The current situation enables us to make a profit on our activities without running a race. I have not made any recommendations for the subscriptions for next year. I would not recommend that they increase but I think the club needs to make decisions on how it can realistically spend its funds on benefitting members and the best way to do this fairly and to benefit all members would be to reduce membership fees.

Rachel Baker

5th November 2018

Statement of Income and Expenditure for the period ended 31st October 2018 and the year ended 31st December 2017

	2018	2017
Income		
Membership Income	6998.09	4,395.01
Club races (to raise money for charity)	1,823.96	1,484.94

5-3-1 charity swim	-	1,554.72
Mid Sussex Triathlon	8,779.96	11,834.81
Swim subscription fees	2,401.35	6,640.35
Open water swim credits	4,670.82	4,293.04
Go tri and Tri hub (junior training income)	1,730.00	1,642.00
Club Kit	245	2,025.60
Other	-	
Total	26,649.18	33,870.47

Expenditure

Training for coaches	-	(1,080.00)
Coaches expenses	(531.60)	(366.69)
Club races	(413)	(284.50)
5-3-1 charity swim	-	(553.75)
Mid Sussex Triathlon	(6,344.52)	(4,536.43)
Open water swim payments	(5,696.28)	(5,166.20)
Pool hire	(5,420.65)	(6,668.91)
Kit	(622)	(814.86)
Go tri and Tri hub	(1,518.99)	(1,654.07)
Charitable donations:		
Lauren's silver swimmers (5-3-1 swim)	-	(1,000.97)
Kangaroos	(1,410.96)	-
Team Verrico	-	(600.22)
Sussex Sailability	-	(600.22)
Other*	(1,934.54)	(1,570.65)
	(23,892.54)	(24,897.47)

Net increase in cash	2,756.64	8,973.00
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Reserves at:	31 st October 2018	31 st December 2017
Cash held	33,406	29,239
Go tri reserve	(2,937)	(2,622)
Reserve funds	(8,500)	(8,500)
Ardingly swim credits held	(1,231)	(1,165)
Triathlon sponsorship	-	(949)
Net free reserves	20,738	16,049

Race director's report

First of all can I give you a big, big thank you to all the people who help as it's not just my endeavour. This is the 18th year we've put this race on and the 10th and final one under my stewardship.

- There were 231 total entries. 205 on the day (last year entries 319 and 286 on the day) a lot of races are trending downwards
 - Tri 130 men 60 women
 - Aquabike 10 men 3 women

This was our second year of inclusion with the visually impaired guys along with their guides. I'm sure you will agree that sharing their achievements was something special too.

The 2 'spirit of triathlon' awards went to two amazingly strong and positive people although there were a few tears.

- Race radios hired from Hedgehog tri helped simplify communication
- Hiring a large part of the racking was a success - good quality, value for money, efficient and saved time for organisers
- The race list GDPR email has gone out and 45 unsubscribed: 1325 are on the list. 67% opened the email on their mobile.

I have always said that the thing that keeps me coming back is the happiness and encouragement in each other that this race produces. Each athletes journey is as individual and amazing as the next, all with different mountains to climb. I am honoured when people share their story with me and am lucky to be in a position where this is possible. The true accolade is in the feedback we receive, all on the website but here is a small sample.

- It was a first for us all and we found everyone to be welcoming, friendly and full of useful advice. To be honest, we were all a little nervous when we arrived bright and early but speaking to other participants and marshals really put our nerves at ease
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- I am writing to say a huge thank you for Sunday. A year ago I set myself the challenge of finishing the Mid Sussex Triathlon. It's been a great journey and I have now achieved something which at one time wouldn't have been possible. One of the reasons that my dream became a reality was the nature of this particular triathlon, its ethos and the fact that you showed an interest in my endeavour from the beginning.
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- everyone I met was encouraging, friendly and there was only support. The marshals were magnificent in every way - I could not have felt more encouraged. It is the perfect triathlon for a novice.
Visually impaired feedback
- I shall never forget Belinda's pure excitement after she had finished her cycle ride and, I think, incredulity that she had done so well. She was still buzzing when we left! Bernice too enjoyed it so much that she's wanting to train to do the whole thing (if possible) next year. Callum and Chris were absolute star pilots. Julia was amazed as her cycle time was considerably faster than last year.

few special thanks:

- The sponsorship team Jo, Sarah, Emma & Roger who all did a fantastic job. It is probably one of the hardest jobs to do we will **need more help in this area next year**.
- Steve Alden who stores, fixes and drags out the equipment each year. An extra thanks to Emma Smith by dragging father in-law and this flatbed truck and trailer round to Steve's to get the equipment.
- Matt Critchley who gets all the marshals together which is another really tough job.

- Sarah Hinton, Barry Davids, Mark Jordan, Paul Wilman, Jeremy Paine and Pete Harris as the section heads who take the extra stress for running that area away from me.
- The 60 marshals on the day and the 20 who helped set up the night before.

An extra thumbs up to Paul Wilman who helped me massively by taking on some of the responsibility and a lot of thinking around the event and especially the closed road issues. To the sponsorship guys who not only did a great job but also sorted out who gets what prizes and laid it all out for the presentation.

With all that said I'm Standing down and Jo Flemming is officially taking over as race director. I have been proud to be the Race Director over all the years - it's been a great journey and I am happy and quite sad that it has come to an end. I will still be around in the back ground and will pop up on race day.

See you all next year (09th June 2019)

Steve Mac
Ex-Race Director

Juniors report

2018 has been a great year for the junior section. We have a large number of enthusiastic and talented athletes who have been training with us regularly. We have run our own low key triathlons and duathlons over the year and have a number of athletes who have taken part in lots of local events.

Our coaches have all improved their skills by attending a number of the British Triathlon skills schools and this has enabled us to build links with other local clubs and improve the way that we deliver our sessions. The main emphasis of which is to have fun and to challenge our athletes.

We managed to build our numbers successfully during the year and have taken an extended summer break due to holiday and race commitments but are about to resume our training again in November.

We are currently based at Cumnor House in Danehill but one of our major challenges is finding a regular lifeguard to help us out. If anyone knows of any qualified life guards who could help us out please let Rob, Kate or Rachel know. We are always looking for extra people to come along and help out with the sessions so please let us know if you want to help.

Membership Report

Club membership is strong. We currently have 146 paid up members –slightly fewer than last year (160) and roughly the same as 2016/17 (145).

Comprising:

- 104 individual members
- 34 “couples membership”

- 3 youth members (aged 16-17)
 - 5 concession members (full time student or unemployed)
 - 90 male, 56 female members (94/66 last year and 92/53 2016/17) – currently 38% female members
 - 22 new members have joined this year (42 last year)
- Membership income so far this year:
 - - £5,445 membership payments
 - £3,180 pool swim subscriptions (see below)
 - £4,604 open water swim credits bought this season by 112 people (£4,282 2017/18, £2,544 2016/17)

Pool Swim Subscriptions

- 61 members paid subscriptions for the period April to September - £1,860 (consistent with last 2 years 62/61)
 - 45 members have paid subscriptions for the period October to March so far - £1,320 This is down a little from the previous 2 years (59/57), but one or two swimmers are still to pay their subs
- England Athletics
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 - MSTC is affiliated to England Athletics (cost £100 pa) and 23 members requested individual England Athletics registration (18 - 2017, 24 - 2016). The cost of £15 per member was paid by members this year.
 - Next year the cost will be £150 for club affiliation and £15 per member.

Facebook

129 members are in our closed Facebook group.

Emma Jaffe
Membership Secretary

Open water swimming

Special Thanks to...

The Open Water Swimming Sub Committee: Jeremy Paine, Ricci Lennon, Clare Parkinson, & Jean Fish.

Mike Hook for putting all OWS information on the website in one place & making the online sign up/swim subs so straightforward.

Steve Alden & Neil Giles for running Trifest & Aquathon relay.

Rachel Baker for payments to Ardingly Activity Centre (AAC).

Chris Kinsman & the team at AAC.

All members for compliance with the Club's standards. For all the feedback & brilliant suggestions for this & the coming season.

Generally 2018 has been a very successful open water season with all the challenges & recommendations listed below from the 2017 AGM being met.

Challenges & Recommendations from AGM 2017:

1. August cover for Dutyman.
2. Poor conversion of free taster swims to full membership.
3. Management of new swimmers.
4. Accessing information re: OWS/Dutyman/safety protocols etc

Recommendations: (as discussed at Committee meeting 18th September 2017):

1. Taster sessions will be held on the first Saturday morning of the month to allow properly policed and guided sessions for each new group, which will be limited in numbers. Payment will be required to attend a taster session.
2. All OWS information to be in one place on the website.
3. OWS fees to remain the same for 2018.

Over 130 members signed up for OWS but not all made it into the water. Hopefully more members will join us next season.

The water quality remained excellent throughout the season with regular reports supplied by AAC. We kicked off the season with a 'Guess the water temperature' competition kindly suggested by Jo Flemming which ensured a great turnout right from the word go. Neon green silicone caps were also gifted to all Members.

Safety remains our top priority and we aspire to following good practice guidelines as recommended by the British Triathlon Federation. We put our system to the test by having a safety drill on Saturday July 21st. Many thanks to our safety team on duty that day who appeared well prepared & efficient. The issues that arose from that drill will be written into our updated safety protocol for 2018.

Dutyman is now embedded with minimal disruption. Members either swap or recruit a substitute for their duty & in the main this was fulfilled. Other Members stepped in at the last

minute if there was an issue. Clare Parkinson's reminders each week have helped enormously towards each session being covered by the safety team.

The Trifest & aquathon relay made fantastic use of the Reservoir as a great Club resource & were well attended but sadly we couldn't hold the 5-3-1 due to extreme hot weather conditions.

Non-wetsuit swim: this is a once a season experience designed to prepare Members for swimming without any form of buoyancy aid in the event of a non-wetsuit swim in an organized race.

End of season Club breakfast: A run around the Reservoir was suggested by Adam Bryant & was very well attended.

Statistics:

2017 stats:

Total swims: 1043.

Affiliate swims 27 (Discontinued for 2018 due to insurance requirements).

Free Taster swims 35 (x 9 conversions to full membership).

2018 stats:

Total number of swims: 1151

Peak months June/July: 570

Guest/taster swims: 32

Conversions to full membership 3

Taster Sessions:

Much more under control due to the new online system. Run on the first Saturday of the month. Guests looked after by the Member who invited them. Conversions no longer an issue as all guest/taster sessions are now paid for.

Communication:

All OWS information is now in one place on the website.

Enquiries are directed to the OWS email, (openwaterswim@midsussextriclub.com) this is working very well & all emails are responded to within 24-48 hours.

Posts to FB & email are made every week during the season to update/inform all Members & thank the Dutyman team.

Challenges:

- At the beginning & end of the season we operate a short course to minimize Dutyman requirements. If numbers of swimmers increase we can review & possibly extend the full circuit facility if Members are happy to do more than one safety stint.

- This season we had unprecedented temperatures which in the case of an organized event may result in a non-wetsuit swim. However during training we were unwilling to compromise on safety (which is usually of a higher ratio during a race) & kept to our wetsuit policy. We will gather information over the Winter & develop a Club policy so that in future Members will be very clear on our approach.
- At the moment Members have to buy blocks of swim sessions which can make it difficult at the end of the season. We will look at solutions to this ready for the start of next year.

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Winter work:

1. Over the next few months the OWSSC will update the safety protocols.
2. We will also work on a Club policy for extreme weather conditions which will come into force if certain water temperatures are reached.

Recommendations:

That swim session fees remain at £4.00 for 2018

JCW/AGM/ 2018

Welfare officers report

The good news is no one has been in contact with me for another year, so feeling a little unwanted but this obviously means we have a wonderfully contented club with our members achieving their goals .

So to keep me busy I have been on numerous courses these have included :

- Safe Guarding and Protecting Children
- Safeguarding Adults
- Equality and Diversity
- Safeguarding Young People and
- Child Protection in Sport and Active Leisure

These have helped me families myself with any procedure that I might need to follow, if anyone has Any concerns or worries they wish to share with me, obviously this is all done in confidence.

So basically this means I'm always at the end of a phone if you need a chat or tea and cake. Here's to yet another happy and contented year for our members.

Jean Fish

Webmaster report

The main changes on the web have been:

- Rewrote the GoCardless payment integration so could continue taking direct debit payments
- Open water swim taster session signup form
- Refreshed content on the club site
- New website for the Mid Sussex Triathlon with entries accepted by card payment

Thanks,
Mike

Coaching report

We are now delivering coached sessions with a team of 5 active coaches – a drop of 2 coaches from last year.

This is proving to be a challenge to cover all coached sessions whilst balancing personal training objectives and other commitments.

Retaining coach commitment and involvement is a major issue that the club faces.

The club should also aim to recruit 3 more coaches to the team over 2019.

It is also my view that the club needs more members to step forward and be prepared to organise or lead additional informal sessions.

These additional sessions don't need to be coached, just have a nominated organiser who decides on time, distance, location etc. The organisation and leadership could easily be shared by a large number of people, and coordinated by the Head Coach.

And, if you want to go a step further, the club can support you with coaching or session leadership qualifications.

- The core coached swim sessions remain in place on Tuesday and Thursday evenings, along with the coached run on a Thursday.
- Spin: Due to lack of attendance and Jules moving away, the spin class on a Thursday was cancelled earlier this year – however, there appears to be interest in renewing a spin session – see below.
- Gordon Skeats provided some core and stretch classes but has also moved on due to other commitments.
- It was the second year of the Aquathlon Relay. We had 7 teams (21 athletes) taking part, and received really good feedback.
- Recently, I asked for members' views on coached sessions.

I want to encourage more attendance in the run sessions, and I wanted views on coached sessions in general.

Out of a club with over 140 members, I received 18 replies.

From those that responded, there is some interest in a club spin session once again, and ideas around other informal run session for members to suit people's time other than a Thursday at 7.30pm.

Below in the Appendix are the pertinent feedback points received.

• Options for restarting a spin session at the Dolphin are:

Monday – 9pm

Wednesday – 8.30pm

Coaching resource would need to be worked out, or a session plan can be provided to work through.

APPENDIX:

Feedback from email to members

Key questions asked:

We would like to increase attendance to this session on a regular basis, so we (the coaching team) would like to know what you would like from these sessions.

- Are there things we can do to make you come to the run session more regularly?
- Are there things that currently deter you from taking part?

Spin sessions:

We'd like to know if anybody would be interested in a spin session if they are restarted?

FEEDBACK POINTING TO CHANGE / DIFFERENT IDEAS:

Several people said all sessions were fine, and did not want to see change. Of the 12 or so respondents who made comments, below is a summary of their points.

1. Definitely interested in a spin class but I struggle to attend anything that is too late in the evening.
The 6pm open water Ardingly swim session is perfect for me in the summer so something in the winter/year round that also starts between 6-7pm would be perfect.
2. Daytime sessions would be appreciated for people that are either retired or have evening childcare difficulties.
3. I would love an option for an extended run session for those not swimming e.g. 7:30 to 9:00. The spin sessions were not very Tri/ race specific. If they were proper bike sessions, working on cadence etc, I would definitely have gone.
4. The spin sessions would be best if they didn't clash with other sessions.
Run and swim on Thursday is great just can't always make both due to family commitments

5. I have wondered about a more specific bike session - not a spin session, where the aim is group intervals or sprints or hill climbs. (Effectively speed work, similar to our run sessions) I realise the logistics of this session might be difficult and it may be more trouble than it's worth, especially pinning down the best time of the week. It would again need to be geared for all abilities.
6. I would like to try spin but as it clashes with swimming I choose the pool . If there was another time I would try to spin .

The fact that the run is the same night as the swim means that it is one or other ...my suggestion would be to move the run to another night.

A Wednesday night gives people chance to swim one night and run the other. Alternatively have a 'social run' one night and a more focused session another.

I enjoyed the social aspect of the spin.

It might be an idea to fit a run in place of the Saturday open water swim. I think people enjoyed the fact that the Saturday swim ended with a mug of tea and bacon buttie. If we could have a run that ended with a mug of tea somewhere.

7. The heads up about what the session will involve is always really helpful.

I'd be super keen for spinning afterwards. I do the occasional tuesday swim when I can, so adding spinning would give me a bit of everything!

8. I think it would be good to have a spin class in the mix to develop cycling side of things, so I am up for such a session to be implemented. Maybe it'd be good to do it as a rotation between bike and running every other week?
9. I like keeping a record of the training I do and how I felt during the training sessions (to help with amending what I'd do the week after) but as I try to do my best during the session, I can't remember the details of the session. Is there any chance to have these emailed to the group after/before the session?
10. I would be interested in a Spin session, if it didn't over-lap with the running on a Thursday evening. For me, the run is the main event, but if I could tag spinning onto the end I would certainly do that.
11. I believe the quality of the sessions are great and I always go away feeling like I got something out of it. ... run sessions have never made me feel inadequate or less valid despite being the slowest in the group.
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12. I would suggest that the run session be offered on an alternative evening to the swim so that it can be focused might help. I find its hard to negotiate time out to do both plus I would prefer a slightly longer run session. Also, perhaps if there is a chance for the session to be split into performance level? I know this is difficult in a smaller group but it has worked in attracting more attendees at some other local running clubs. I would LOVE to have a monthly track session but I recognise that isn't easy to arrange.
13. Also, being an early bird, I would LOVE to see some early morning sessions.
14. The reason I personally stopped going to the spin sessions was that it started far too late plus the sessions were only spinning to music. Feedback from a couple of newer members at the times felt it wasn't what they expected and its wasn't what they hoped for - no intervals, no pyramids, structured climbs, no RPE sets, so cadence sets, just spinning to the music.

Structured training where I am truly getting something out of it appeals most to someone like me as I am hungry to improve.