

COMSA
Workout Group Rep Meeting – Minutes
January 9, 2010

Those in attendance:

Heather Hagadorn (Chair), Susan Nolte (Treasurer), Kathy Garnier (Secretary), Marcia Anziano (Registrar), Chris Nolte (Awards), Richard Hess (Sanctions), Mark Plummer (Top Tens), Lisa Dahl (US Masters Club Development Rep), Mel Goldstein (US Masters Club Development Rep), Rebecca Pyle, Jon Sarche, Ellen Campbell, Howie Grapek, Michael Mann, John Tobin, Katie Luellen, Steve McDanal, Edward W. Keyes Jr., Ed Keyes III, Cecil Townsend, Stan Benson, Doston Ganiyer, Eric Reese, Mark Leo, Andrew LeVasseur, Doug Garcia, Terry Heggy, Kent Carney, and Karen Reeder.

The meeting was called to order at 12:00 p.m. at Englewood High School, Englewood, Colorado.

Motions approved:

none

Topics of Discussion:

1. Opening statement and introduction of guest speakers Lisa Dahl and Mel Goldstein, US Masters Club Development Reps by Heather Hagadorn.
2. 2010 Planned Events and Local Activities:
 - a. Michael Mann – Swim Labs brochure handed out and explanation of services available.
 - b. Katie Luellen – Dryland Program designed for swimmers available at Greenwood Athletic Club.
 - c. Karen Reeder - USMS National 6K Open Water Swim to be held June 19, 2010 at Pelican Lake in Windsor, Colorado. Requesting COMSA volunteer support for motorboat and driver (Stan Benson), kayaks, lifeguards (\$10 per hour plus lunch), event check-in support (5-6 persons needed, will pay event entry fee), radios or walkie-talkies, local contact for businesses (Kevin Scott, Windsor HS coach), shade tents and changing tents.
 - d. One Hour Postal – January 10, 2010 at Northridge Rec Center.
 - e. Check Off Challenge and Go The Distance both available through the USMS website.
3. COMSA Volunteer Opportunities: please send an email to COMSABoard@hotmail.com if you are interested in any of these positions. A board member will call you if you include your phone number.
 - a. Chair – elected position serving 2 years, can be re-elected for multiple terms and only votes in the case of a tie, election on April 10, 2010.
 - b. Secretary – elected position serving 2 years, can be re-elected for multiple terms and is a voting member, election on April 10, 2010.
 - c. Newsletter Editor – appointed position with no term limit, open immediately.

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4. Club Development of an Adult Aquatic Fitness Program – presented by Lisa Dahl and Mel Goldstein, US Masters Club Development Reps
 - a. Program Goals – inclusive to all members
 - b. How to Reach Program Goals
 - c. The Do's
 - d. The Don'ts
 - e. Common Traits of Successful Clubs
 - f. Starting a Masters Program Checklist
 - g. Interest
 - h. Advertise
 - i. Program Fees
 - j. Local Swim Shop
 - k. Credibility
 - l. Develop Interesting Program Activities
 - m. Clinics for Swimmers
 - n. Swimmer Incentives
 - o. Coaches Incentives
 - p. Wrap up for the LMSC
 - q. Wrap up
 - r. Discussion

5. Other business:
 - a. Jon Sarche: Swim Dogs is developing a Starts and Turns Clinic at George Washington High School to be offered this spring.
 - b. Marcia Anziano: Nationals update on t-shirts to be ordered before the state meet to be delivered at the state meet this year. Meet and Greet date and location will be posted on the website when details are finalized.
 - c. Newsletter Survey: Please fill out on line or paper survey for information about the newsletter.

6. Next Meeting February 10, 2010
Executive Meeting
Conference Call - 7 PM
1-877-619-0580, Access Code 0002
Theme: State Meet Status and Nationals

Meeting adjourned 1:30 p.m.

Submitted by Kathy Garnier, COSMA Secretary