

## WESTCOAST MASTERS SWIMMING CLUB

### AGM MINUTES

**Date: Saturday January 31, 2015**

**Venue: Craigie Leisure Centre**

- 1. Meeting was opened and attendees welcomed at 10am by the Club President Stephanie Myles**
- 2. Register was signed by attendees and apologies recorded**

**Present:**

Vanessa Allan, Tracey Axiak, Owen Barrett, Elise Bell, Christopher Bray, John Burns, Katrine Burns, Marrelyn Dec, Margaret Ernst, Jeff Ernst, Sue Finney, Rachael Funch, Stephen Gale, Karen Gale, Charlie Gale, Samantha Gale, Ros Harker, Shaun Harrison, Tracey Harrison, Michael Stewart, Lynette Telfer, Anthea Warnes, Laura Carcary, Michelle Copper, Narelle Davey, Les Stewart, Barry Sales, Rhonda Sales, Viki Shelver, Erin Spooner, Robert Temby, Marilyn Terry, Shelley Vivian, Richard von Senger, Christopher West, Gail West, Debbie Hart, Kerry Hodson, Paul Kannemeyer, Chris Kerman, Michael Kerman, Peter Kerman, Jacinta King, Christine Lane, Graem O'Loughlin, Shelley O'Mara, Geoff Potts, Alan Power, Don Preiato, Lorraine Quayle, Mark Richards, Christine Roberts, Sandra Teagle, Lyn King, Stephanie Myles, Lisa Bergin, John Bryan, Gary Clifton

**Apologies:**

Caroline Black, Kim Burkett, Chris Kolomyjec, Irene Kolomyjec, Renae Lambourne, Sean Neary, Julie Lester, Carroll Wannell, Max Wannell, Lorna Gray, Chris Wippl,

- 3. Confirmation of previous minutes of AGM Saturday 1 February 2014 as true and correct**

**Moved:** Graem O'Loughlin

**Seconded:** Viki Shelver

- 4. Presentation of Annual Report**
- 5. Acceptance of annual Financial accounts for 2013**

**Moved:** Peter Kerman

**Seconded:** Chris Kerman

- 6. Election of Office Bearers**

| <b>Position</b> | <b>Name</b>      | <b>Nominated</b>         | <b>Seconded</b> |
|-----------------|------------------|--------------------------|-----------------|
| President       | Stephanie Myles  | (remaining on committee) |                 |
| Vice President  | Graem O'Loughlin | (remaining on committee) |                 |
| Secretary       | Rachael Funch    | Viki Shelver             | Lorraine Quayle |
| Treasurer       | Geoff Potts      | (remaining on committee) |                 |
| Registrar       | Viki Shelver     | (remaining on committee) |                 |

|                      |                 |                          |                 |
|----------------------|-----------------|--------------------------|-----------------|
| Coach Co-ordinator   | Alan Power      | (remaining on committee) |                 |
| Club Captains        | Erin Spooner    | Stephanie Myles          | Lorraine Quayle |
|                      | Vacant          |                          |                 |
| Safety Officer       | Vanessa Allen   | (remaining on committee) |                 |
| Recorder             | Lorraine Quayle | (remaining on committee) |                 |
| Social co-ordinators | Jeff Ernst      | (remaining on committee) |                 |
| Uniforms             | Lisa Bergin     | (remaining on committee) |                 |
|                      | Shelley O'Mara  |                          |                 |
| Publicity/website    | Viki Shelver    | (remaining on committee) |                 |

**7. Appointment of Club Auditor:**

J. K. Griffiths for 2015

**8. Adoption of Annual Club Fees:**

As per last year: \$180/12 months

**9. Awards:**

**Lane awards presented by club coach Alan Power**

- Lane 1: Glenis Pearson
- Lane 2: Chris Kolomyjec, Shelley O'Mara
- Lane 3: Chris West
- Lane 4: Bob Temby
- Lane 5: No award

**Coach's award:** Erin Spooner

**Club Person of the Year presented by President, Stephanie Myles:** Sue Finney, Viki Shelver

**10. General Business**

**Constitution amendments**

The revised constitution went out to all members at the end of November to get feedback on the proposed changes. Sean Neary was the only member who suggested some small changes which were agreed upon by the constitution committee.

Vote to accept changes to the constitution: Unanimous

New constitution has been passed.

**Survey results**

See Attached

### **Carnival 2015**

To be held on Saturday April 18 from 4pm to 6pm concentrating on 50m & 100m races Graem will be organising and will need help before and during the carnival. Lorraine Quayle, Viki Shelver and Narelle Davey will be away and they have provide lots of help, advice and assistance so the club needs members to come forward to help out in their absence.

**State Open Water Swim** – Port Coogee registrations are now open

**Members 2015** - 86 members paid to date

If members would like to see their times they are available online on the Westcoast Masters website under the Swim Events tab.

Carroll and Max Wannell are doing the Rottnest Channel Swim and are fundraising for Beyond Blue. If you would like to make a donation go to this website

<https://rotnestswim2015.everydayhero.com/au/carrol>

Viki Shelver is available to do video analysis of your swimming stroke. If you would like more information contact her.

**Live Lighter Carnival is 27-28 March.**

It would be good to see more swimmers go to other club carnivals – not just ours.

The café at Craigie may stop people bringing in their own food. Narelle Davey suggested a morning tea once a month outside around the pool area to create a more social atmosphere.

Alan Power spoke about the swimming program:

The swim program is based quarterly – Nov-Feb: Open Water Swim focus

Mid Feb – May: Form stroke focus

May – June: Maintenance technique focus

July – Nov:

There is a structure to the program and members are asked to keep in mind that it is difficult to set a program that suits everyone. We are all here for different reasons but most people are here for a swim.

Alan will be introducing the Paul Newsome technique which will help increase critical swim speed.

Alan also made the point that if you are asked to move lanes don't take it personally. We are all here to work together

## **11. Meeting Close**

Meeting closed at 10.40. The committee will meet every 2<sup>nd</sup> Saturday of the month at 10am at Craigie. First meeting for 201 will be Saturday 14 February.

Minutes prepared by C. Lane

Secretary

# Survey Monkey Results Summary

## Q1. Motivation for joining the club?

|                                     |              |
|-------------------------------------|--------------|
| Learn to swim                       | 0.00%<br>0   |
| Improve swimming ability            | 22.00%<br>11 |
| Social and friendship opportunities | 14.00%<br>7  |
| Improve fitness                     | 60.00%<br>30 |
| Rehabilitation / injury management  | 2.00%<br>1   |

## Q2. Has being a member of the club helped achieve that goal?

98% responded 'YES'

## Q3. On average how many sessions would you attend each week?

|       |              |
|-------|--------------|
| 1     | 22.45%<br>11 |
| 2     | 40.82%<br>20 |
| 3     | 34.69%<br>17 |
| 4     | 2.04%<br>1   |
| Total | 49           |

## Q4 What is your current motivation for club membership?

|                                      | Primary motivation for me at the moment – | Secondary motivation for me at the moment – | An additional bonus – | Total – | Weighted Average – |
|--------------------------------------|---|---|-----------------------|---------|--------------------|
| General fitness                      | 71.43%<br>35                              | 22.45%<br>11                                | 6.12%<br>3            | 49      | 1.35               |
| Fun and friendship                   | 27.91%<br>12                              | 48.84%<br>21                                | 23.26%<br>10          | 43      | 1.95               |
| Training for pool based competitions | 5.88%<br>1                                | 17.65%<br>3                                 | 76.47%<br>13          | 17      | 2.71               |
| –                                    | 27.27%                                    | 42.42%                                      | 30.30%                |         |                    |

|                                      | <b>Primary motivation for me at the moment –</b> | <b>Secondary motivation for me at the moment –</b> | <b>An additional bonus –</b> | <b>Total –</b> | <b>Weighted Average –</b> |
|--------------------------------------|--|--|------------------------------|----------------|---------------------------|
| Training for open water competitions | 9  | 14   | 10                           | 33             | 2.03                      |

**Q5 Please advise if you felt your training has benefitted or would benefit from any of the following?**

|   | <b>Strongly Disagree –</b> | <b>Disagree –</b> | <b>Neither Disagree Nor Agree –</b> | <b>Agree –</b> | <b>Strongly Agree –</b> | <b>Total –</b> | <b>Weighted Average –</b> |
|---|----------------------------|-------------------|-------------------------------------|----------------|-------------------------|----------------|---------------------------|
| Coaching clinic (Paul Newsome clinic held in 2014)                                  | 0.00%<br>0                 | 4.35%<br>2        | 30.43%<br>14                        | 41.30%<br>19   | 23.91%<br>11            | 46             | 3.85                      |
| 500m timed trial swim   | 0.00%<br>0                 | 4.26%<br>2        | 36.17%<br>17                        | 55.32%<br>26   | 4.26%<br>2              | 47             | 3.60                      |
| Video analysis of swimming stroke   | 0.00%<br>0                 | 4.44%<br>2        | 20.00%<br>9                         | 46.67%<br>21   | 28.89%<br>13            | 45             | 4.00                      |
| Opportunities for more specialised training with coaches (e.g. 1:1 or small groups) | 0.00%<br>0                 | 6.67%<br>3        | 20.00%<br>9                         | 40.00%<br>18   | 33.33%<br>15            | 45             | 4.00                      |
| Current coaching system (i.e. volunteer coach at each session)                      | 0.00%<br>0                 | 0.00%<br>0        | 20.41%<br>10                        | 67.35%<br>33   | 12.24%<br>6             | 49             |                           |

Training something other than freestyle sometimes would be more interesting.

**Q6 On a scale of 1-10, how likely would you be to recommend Westcoast as a swimming club?**

0-6 rating = 1

7-8 rating = 8

9-10 = 40

**Q7 How effective have you found the following means of communication?**

|                  | <b>Strongly Ineffective –</b> | <b>Ineffective –</b> | <b>Neither Effective or Ineffective –</b> | <b>Effective –</b> | <b>Strongly Effective –</b> | <b>Total –</b> | <b>Weighted Average –</b> |
|------------------|-------------------------------|----------------------|---|--------------------|-----------------------------|----------------|---------------------------|
| Poolside / crate | 4.17%<br>2                    | 8.33%<br>4           | 27.08%<br>13                              | 56.25%<br>27       | 4.17%<br>2                  | 48             | 3.48                      |

|                 | <b>Strongly Ineffective</b> | <b>Ineffective</b> | <b>Neither Effective or Ineffective</b> | <b>Effective</b> | <b>Strongly Effective</b> | <b>Total</b> | <b>Weighted Average</b> |
|-----------------|-----------------------------|--------------------|---|------------------|---------------------------|--------------|-------------------------|
| Weekly email    | 0.00%<br>0                  | 0.00%<br>0         | 0.00%<br>0                              | 42.86%<br>21     | 57.14%<br>28              | 49           | 4.57                    |
| Club Newsletter | 0.00%<br>0                  | 2.13%<br>1         | 29.79%<br>14                            | 51.06%<br>24     | 17.02%<br>8               | 47           | 3.83                    |
| Word of mouth   | 6.25%<br>3                  | 10.42%<br>5        | 29.17%<br>14                            | 45.83%<br>22     | 8.33%<br>4                | 48           | 3.40                    |

**Q8 Please rate social events?**

|   | <b>Never attend</b> | <b>Sometimes attend</b> | <b>Attend when I am able</b> | <b>Always attend</b> | <b>Total</b> | <b>Weighted Average</b> |
|---|---------------------|-------------------------|------------------------------|----------------------|--------------|-------------------------|
| Dinner events   | 38.78%<br>19        | 14.29%<br>7             | 38.78%<br>19                 | 8.16%<br>4           | 49           | 3.31                    |
| Other Events (e.g. bowling, Perth walkabout, movie night) | 42.86%<br>21        | 8.16%<br>4              | 42.86%<br>21                 | 6.12%<br>3           | 49           | 3.20                    |
| Picnic's, sausage sizzles (not Bunnings)                  | 38.78%<br>19        | 22.45%<br>11            | 28.57%<br>14                 | 10.20%<br>5          | 49           | 3.22                    |
| Rottneest weekend away                                    | 38.78%<br>19        | 12.24%<br>6             | 28.57%<br>14                 | 20.41%<br>10         | 49           | 3.33                    |

**Q9 What would encourage you to attend more social events?**

|                                     |             |
|-------------------------------------|-------------|
| If they were cheaper                | 9.09%<br>3  |
| If they were closer to home         | 18.18%<br>6 |
| If they were more family orientated | 12.12%<br>4 |

Too many other commitments such as family prevent attendance, don't feel that they know enough people yet, just want to swim.

**Q10 Please provide suggestions**

**(a) Club should continue doing (27 responses):**

- Different sessions to suit training focus
- Very friendly
- Well run sessions with volunteer coaches
- Varied training programs – learning from new techniques

- e. Welcome members and encourage them – encourage them to bring family and friends
- f. Set challenging training sessions for different levels
- g. Overwhelming response that it is a great club and continue doing what it is doing

**(b) Club should stop doing (8 responses):**

- a. 3 said nothing
- b. Stop hounding us from October to pay our fees
- c. It is more important to get the right people onto the committee than to just get a new member of the committee.
- d. Reduce use of fins
- e. Other strokes
- f. Have focus sessions on turns, dives and technique and allocate a lane to those who want to do endurance swims.

**(c) Opportunities for improvement (20 responses):**

- a. Mixing up the lanes; move people around a bit to set challenges x 3
- b. Publicity and active membership drive
- c. Can we share phone numbers for other volunteer coaches in case we have to ring around if we can't do our session?
- d. Time trials for members who want to do them
- e. Other swimming strokes
- f. More technique focus for individuals who want to improve; feedback from coach on form
- g. 1:1 coaching
- h. Weekly ocean swim
- i. Clinic on injury prevention
- j. found it hard to purchase and collect club clothing, maybe that could be more user friendly
- k. Longer distances in training
- l. Promote Monday night as a technique night with stroke improvement
- m. Club member profile
- n. More specific coaching sessions
- o. Subsidise Masters events swim entry fees
- p. Encourage faster swimmers to join the club - there is a feeling that fast swimmers are not always welcome unless the swim at the average speed of the fastest lane.