

Lake Champlain Waves Board Meeting Minutes
November 7, 2022
Zoom

Board members present: Jillian Garrow, Kristi Hathaway, Stacey Fuller, Jill Silver, Katie Coupal, Randi Christodoulou, Shannon Hagadorn

Parents/coaches in attendance: Hayden Reidy, Amanda Coupal, Andy Johnson

Stacey called the meeting to order at 6:16 pm.

Jill made a motion to approve the minutes and Katie seconded. All in favor

TREASURER'S REPORT

Randi reviewed treasurer's report. She reports:

Current Bank Balance: \$40,068.21

Pending Expenses: \$3,782.50 (UOF Stafford)

\$1600 (payroll + meet payroll) = \$34,685.71

October Profit: \$5,843.50

October Loss: \$8,180.09

Jill made a motion to approve the treasure report, Kristi seconded the motion. All were in favor.

REGISTRAR'S REPORT

Kristi reports she has all birth certificates in! Molly needs to recertify CPR and water safety training. Jay's CTA has expired but is unable to access USA swimming to log in. He was working with support to obtain.

Christmas and February break should work to swim at Ausable.

26 swimmers signed up for Main season: 4 swimmers at four day option, 12 swimmers at two day option, 10 swimmers at one day option.

Nine swimmers signed up for Potsdam meet.

Minor Athlete Abuse policy has been added to registration.

Alexis Hathaway and Ella Garrow qualified for regionals at the girls sectional meet. It was appreciated that Seth and Dennis officiated the meet to make the times count.

OLD BUSINESS:

All Board members need to register with USA Swimming under and Admin rate. Dennis Manion, John Parks, and Molly Pafford need to register as USA swimming as well.

Swim-a-thon:

Jill reports that she would like to complete the Swim-a-thon on

Thursday March 23rd as it's the last week of swim. Discussion took place on how to collect money to make it work the best. All agreed that the best place to hold the swim-a-thon and party would be at Ausable. Kristi will check to see when the musical takes place at Ausable. Jillian made a motion to provide Jill with \$750.00 budget for swim-a-thon, Kristi seconded, all were in favor. Stacey ordered fins for the pool at Plattsburgh. The goal is to have the same equipment at Plattsburgh as we have at Ausable.

NEW BUSINESS:

The board took time to review meets scheduled. The Chris Goody meet has been added on ADK swimming and may be a good addition for distance swimmers to have another option to swim; it will be added tentatively to the main season schedule.

Waves Winter Blast:

Stacey changed the format to add in relays that were not an option last year. Bobbie Cordick will be beginning his training to be an official.

COACH REPORT

Andy Johnson reviewed the recent coaches meeting that took place. A rotating schedule will be implemented so that all swimmers work with all coaches as all coaches are different and have something different to offer.

-Warm up cards will be implemented for meets so all coaches will be on same page.

-Focus of the day will be implemented during practices (i.e. back stroke/butterfly day) that way swimmers who do not swim daily will have experience in all strokes and levels. Emphasis will also be placed on starts and turns.

-Adding in dryland and strength training will be implemented at each practice.

-A coaches schedule will be implemented along with focus of the day, yardage, along with stroke technique

PARENT COMMENTS/QUESTIONS

Amanda Coupal was present for the meeting

The meeting adjourned at 7:31 pm.

The next meeting will be December 12th at Ausable and via zoom at 6:00.