**Minutes of the Committee Meeting of the Mid Sussex Triathlon Club**

**The Bent Arms Lindfield, 22-10-12, 8pm**

1. Present

Clare Creswell- first lady

Steve Burchall-club kit and sponsorship

Julienne Stuart-Colwill-social secretary

David Ricketts-club secretary

Mark Jordan-President

Rose Ryan-Junior secretary

Sharon Chladek-membership secretary

Steve MacMenamin-race guy

Kay MacMenamin-social secretary part 2

Rachel Baker-treasurer

James Dear- cycliste

1. Apologies

Julie Williams, Steve Alden

1. Minutes

The minutes of the previous meeting were reviewed and accepted

1. Club Coaching

David Jones has, in principle, accepted the role of head club coach. This is an unpaid post but reasonable expenses will be paid. Five objectives were discussed with him:

* To develop annualised plans for coaching at various distances
* To devise a club coaching structure
* To develop tie -ins with other clubs
* To develop opportunities for specific sessions?
* Encourage participation at all levels and across the entire membership

There was general agreement. The need for specific sports-based coaching was discussed, especially running and cycling given the efforts being made with swimming.

1. The juniors’ section

Weekend sessions are being planned in the lead up to GoTri

GoTri is provisionally planned for 20-07-2013 to fit in with races

It was agreed that reasonable expenses for coaches should be met

The search for a suitable venue continues (mainly local schools)

Discussion will continue with Paul Hedger

1. Swimming

We would like to provide 2-3 pool swimming opportunities a week (Tuesday, Thursday + another) plus Ardingly open water on Monday and Saturday in summer

Various pool venues are being considered (HPP, Ardingly, PRH, Triangle, Ringmer)

PRH would be for beginning swimmers doing 6-8 week parcels of coaching

Allocation of swimmers to a session might be needed to smooth numbers

This might require allocation to run and spin on a Thursday rather than a swim.

We note 12 swimmers on a Thursday need reminding to pay

As a result of discussion, Claire to try to arrange a meeting with new manager of the Triangle. Mark to continue to explore the options.

1. Other sessions:

* Turbo sessions on a Weds still have poor takeup. This is likely to improve
* Sunday Club runs (cycling): Steve Mac, David R and Steve Alden to arrange a rota of runs at 8 30: faster cyclists on mountain bikes so everyone can attend(14 mph)
* Talks to be arranged: Paul Wills on Injury, Trevor Moore on puncture repair, Rose Ryan on Yoga, James Dear on cycling faster, Steve Alden on Transition

1. Club Races

The Brighton Sprint races (Wed 7 pm in summer, free) were recommended.

All present were very grateful to Steve Alden for compiling the BAR

1. Club Kit

New club tri-suits from Spiuk to be ordered – Steve B

Order for other club kit from Endura to be advertised - Steve B

Agreement to pay for samples of hoody and track pants – Kay Mac

1. Club Officers

All club committee members are open for reappointment at the AGM. Nominations are invited for all positions and, in particular, the Treasurer and Chairman- members need to be invited to apply!

1. AGM

To be on Thursday 29th November 2012 at the Bent Arms

Agenda items to include:

Swimming

Who wants to be a coach?

Help with juniors

Prizes for all types of athletes

Social events for the club involving racing but not on the BAR ( Steve Mac)

Action – David R to publish day, date and time of meeting, seek agenda items and nominations for committee posts

1. Treasurers’ report

There is enough money in the kitty for the next year but expenditure dependant on the coaching plan and the costs of venues etc. Fuller report to be made available for the AGM.

1. Other reports

* Mid Sussex Tri Subcommittee

The website is active and entries starting. We would like to cater for para-triathletes and aqua bike legs

* GoTri

Subcommitte meeting soon. Event scheduled for 20-07-2013

* Social Secretary

Xmas party Oak Barn 19-01-2013

Santa Run 14-12-2012 Friday

After party following Mid Sussex triathlon at Rigby Club again

1. Affiliations

Sorted by Rachel (England Athletics, BTA) and Lawrence (CTT)

1. Getting everyone involved

We need to get a photo of each member on the club website so we all know each others’ names

1. Next Meeting

Monday 28th January 2013 at the Bent Arms -8pm

Action List

Claire Creswell to try to arrange a meeting with new manager of the Triangle. Mark to continue to explore the options for swimming

Steve Birchall to order tri-suits and advertise other kit order

Steve Alden Book Bent Arms upstairs room for AGM (7 30 pm 29-11-12) and next Cttee meeting(28-1-13 at 8pm)

David Ricketts Organise rota for cycling Sunday at 14 mph!

Publish AGM date, seek agenda items and nominations for committee

Sharon Chladek to encourage all members to provide a photo on the website