

Committee Name:	National Coaching Clinic Committee	Session #:	Report #:
Committee Chair:	helen naylor	Vice Chair:	
Minutes recorded by:	helen naylor	Date/time of meeting:	April 4, 2016

Motions Passed: none.

Number of committee members present: 7	Absent: 1	Number of other delegates present: 2
Committee members present (list all): Chair: helen naylor (Coaches Committee), Cokie Lepinski (Pacific LMSC), Stu Kahn (Pacific LMSC), Marianne Groenings (Nat'l Office), Chris Campbell (Coaches Committee), Charlene O'Brien (Pacific LMSC), Crystie McGrail (Coaches Committee). Additional: Bob Jennings (Chair, Coaches Committee), Mel Goldstein (Nat'l Office)		
Not present: Bill Brenner (Nat'l Office)		

Minutes

The meeting was called to order at 8:02 p.m. Eastern Daylight Time

1) Discussion of topics and speakers

- a) Dryland:
 - i) Suggestion: Dr. John Mullen (all agreed)
 - ii) Topic:
 - (1) shoulder use/misuse; preventative/rehab for shoulder injuries
 - (2) core!
 - (3) dryland activities should also include activities that can be done at home with little to no equipment
 - b) Open Water:
 - i) Suggestion: Steven Munatones (all agreed)
 - ii) Nancy Kirkpatrick-Reno as another option
 - iii) Topic:
 - (1) how to train for it! (in pool and OW)
 - (2) marathon swims
 - (3) what's involved in putting on open water events (approvals, safety)
 - (4) can we do OW in OW? (probably not, Coyote Point mentioned but during Excel Weekend in '11 too expensive)
 - c) Writing Workshop
 - i) Speakers (done): Laura Hamel & Cokie Lepinski
 - ii) Topic: They will keep this lighthearted and informative
 - d) Team Building:
 - i) Suggestions: Ron Marcikic; Kerry O'Brien Both very dynamic speakers
 - ii) Topic: both have built cohesive programs from the ground up
 - iii) When to include? Friday night seemed like a good spot!
 - e) Technique talks (2)
 - i) Speakers: Dr. Gary Hall, Sheila Taormina
 - ii) Topic: fly for Dr. Hall; free for Sheila
 - (1) both have innovative ideas
 - f) Starts and Turns
 - i) Suggestions: Cokie
 - ii) Topic: Just turns (perhaps starts next time)...covering 7 turns is a challenge in one hour so it was felt that a better approach was to pick one over the other
- 2) Presentation Styles
- a) Solution, include in contract (and perhaps in a "cover sheet") that presentations should be dynamic in nature, and to expect and encourage audience participations via Q&A, feedback, or interactions.
 - b) Make all aware of time allotted, and to be courteous to other presenters to stay within time limits. i.e. 75 min presentation, think 60 min presentation with 15 min Q&A.
- 3) Advertising/Marketing
- a) Need draw (big names). If we get some of the above, we should have this covered. Will continue to think of backups if any of the above are not available.

- b) Approach each LMSC and ask them to send their coaches chair (in the hopes that the coaches chair will report back what they learned)?
- c) potentially work with “sister LMSCs” for those that might not be able to cover all expenses??

4) **Food**

- a) Friday night: dinner or hors d'oeuvres? Vote is for dinner
- b) Do we include dinner Saturday night or let folks venture out on their own? Vote is to include—encourages discussion and networking.

The meeting was adjourned at 9:03pm EDT