

Yorktown Triathlon Club
Board Meeting
Starbucks
11/13/2016 @ 3:00 PM

Members Present:

Laura Cordes
Craig Hanson

Lynn Hopkins
Susan Lindemann

Call to Order by President Laura Cordes

Clinics –

- Nutrition Clinic Wednesday, 11/16/2016 @ 6:30
 - Susan to provide food and setup
- Technology for the Endurance Athlete , Dec 1
 - Setup & refreshments – Craig
 - AnnMarie to advertise

Appreciation Plaques:

- Craig requested artwork for Logo which was forwarded to him during meeting
- Need Plaques asap

Annual Membership Meeting & Social

- Attendance – family is invited
- Invitations-Laura to send out EVITES
- Setup
 - Susan will help at 2:00
- Budget
 - \$150 in Budget
- End of year picture show
 - **Lynn** will download any pictures sent to Club Email and work with John to Download pictures as needed from Facebook
- Door Prizes:
 - **Laura** will work with Carl's embroidery Co to produce a hat
 - **Susan** will provide copy of The Grace To Race
 - Gift Certificate(**Carl** /Starbucks-was going to check with his neighbor)
- Nominations/Ballots/Elections
 - **Laura** will send to AnnMarie for publishing request for nominations. Laura has already sent out an email to current Club members. Nominations will close the beginning of December.

Strength Training Sessions-Tidewater Performance

- **Connie** has arranged a class will be made available to members Tuesdays at 6. A commitment for 4 sessions would be necessary. If 6 members sign up for 4 weeks, the cost will be \$12 per session.
- Event will be posted on Facebook to gauge interest

Website:

- **Lynn** to investigate if there are things that we can be dealt with by a member to alleviate workload of webmaster.

USAT Club Competition

- **Laura** encouraged all to sign up for USAT workout competition that has been announced on FaceBook

Membership Cards

Lynn will complete Membership Card order from Vista Print

Ongoing Action Items not discussed:

Webpage Update (**John Edwards**)

- Pay Pal Button – Confirm it works
- Calendar of current events
- Membership form with data fields to enable mass emails, membership lists, electronic signature of waiver
- Pinned reference on Facebook for our Website
- Current Activities or Postings to be sent to John for posting
- Provide direction to utilize pictures from Facebook or Website to provide continuous slideshow at membership meeting in December

Club Sponsorship (AnnMarie):

- **AnnMarie** to follow up with existing sponsors for recommitment for 2017 preferably prior to calendar year. It was suggested that 2016 appreciation plaques be provided in December also (**Craig**)
- Acknowledgement/gift card will also be provided for website designer (**Susan**)
- **Ann Marie** will attempt to gain specific sponsorship for United Athletic equipment. It was suggested this might work as a grant directly to the United Athlete organization for triathlon equipment, so that the storage/maintenance would be handled by others.
- **Laura** will contact Craig Ciszewski regarding possible interest in heading up coordination of online sponsorship opportunities.
- **Lynn** will be sending out request for discount at local running store

Treasurer's Report):

- Club insurance/USAT fee due in December- **Susan** to ensure payment, if possible with bank account # or paper check

- There should be no federal or state reporting required for year end

Club Membership (**Carl**):

- Renewals
 - Publicity for Club Social should include mention of Opportunity for Membership renewal and enticement – drawing for same (Laura/AnnMarie)
 - Starbucks Gift Cards Raffle for renewing members (**Carl**)
 - **Connie** has raffle tickets to use
- Membership Listing
 - Check with **John** if he can produce a google doc that would use membership info off existing spreadsheet to be available through special password. This would be accessible only to Board and Committee Chairs.
- T-Shirts/Race Kit
 - Explore embroidered T Shirt (**Carl**)
 - **AnnMarie** to contact T Shirt Supplier from last year
 - verify if supplier could sell to individuals
 - Pricing
 - Also check as to alternate T-Shirt Material (dry fit)
 - Would be great to have T-Shirt Ordering mechanism available for December Meeting
 - **Susan** check on alternate supplier who may take individual orders
 - **Carl** commented that another local club used Primal
- Race Support 2017
 - Poll of members to be taken Feb/March for decision making purposes
 - It was agreed massage table would continue to be a part of our support in select races
- Yorktown 10 miler/5K November 5, 2016
 - Members to be notified that it is a group activity
 - **Lynn/Susan** to bring banner and staff a table at signup
- One City Marathon Water Stop
 - Club will not participate this year
- Carl Suggested that a YTC membership Decal might be a good marketing item
 - **Laura** will work on artwork
 - **Carl** will look into costs for non-adhesive type that clings to rear windows
- Sponsorship of a person new to Triathlon
 - **Carl** to develop idea and report at future board meeting

Training/Clinics (Craig/Connie)

- Recurring Activities:
 - Wednesday Swimming at midtown (to start later)
 - Friday-Open Water Swim at Buckroe until too cold/dark
 - 2 Run opportunities on Saturdays as announced (Beaverdam/Noland Trail)
 - Track on Thursday
 - Cycling in Smithfield as announced on Sundays

- Running/Cycling – Tuesday Kiln Creek
- Individuals are encouraged to develop/lead scheduled group opportunities at alternate times which may fit into schedules of more of our members
- Clinics:
 - October
 - Strength Training Clinic with Ruth Middleton of Tidewater Performance
 - October 27th, 2016 6:30 - 7:30 PM
 - **Laura** will send info to **AnnMarie/Jamie** for publication
 - November 16, 2016 6:30 at Yorktown Library
 - Endurance Athlete Nutrition: Crystal Witte
 - December 1 (Craig confirmed available)
 - Technology for the Endurance Athlete
 - **Carl** to lead
 - **Connie** to verify whether her rep for all things tech could also attend
 - January
 - Season Planning and Training Plans
 - Jim Bradley – **Susan** to contact
 - February
 - Sports injuries
 - Dr. Lara Quinlan-**Susan** to contact
 - It was suggested that we have Jeff Kincaid speak at one of the membership meetings early next year.
 - Swimming Clinic with Jeff Kincaid-Plan for next year