

Carlisle Tri Club coaches meeting

Date: 15/08/2016

Venue: The Near Boot, Carlisle. 7.30pm

Attendees: Darren Wildly, Nicola Nichol, Scott Nichol, Claire Allen, Dawn Harmse, Peter Stockdale & Georgie Lowry

Apologies: Jonty Brewer, Louise Allen & Kathryn Osborne.

Agenda Point		Discussion	Action
		<p>Coaching Kathryn already booked the Level 1 course. Scott and Darren will book the course this week. Funds to be repaid to coaches ASAP.</p> <p>Mon Swim Nicola fed back that the 4 week course was a success and there was even a few new faces attending. The numbers have dropped again, but probably due to members competing & the nicer weather. Nicola confirmed she will look at another course probably around the end of September/beginning of November.</p> <p>Tuesday Run The numbers are getting better as the word is spreading. The track is apparently open, so Claire will call to find out when we can use it again. As we are not sure about the parking available, it was suggested that everyone still meets at the Sands Centre and use the jog there as part of the warm up. Claire will contact Jonty to let him know if the track is available this week.</p> <p>Wednesday Swim The numbers are still varying week on week. Nicola said that her coaching sessions were a success so may organise them again if there is no objection to her hiring the lane. The coaches committee were happy for this, but will also mention at the Executive Committee meeting.</p>	<p>SN & DW book ASAP</p> <p>NN provide dates</p> <p>CA call GLL for track info.</p> <p>NN will advise when lane needed.</p>

		<p>Thursday Run Still going well and numbers are good. Nicola to check the date the nights get dark as routes will need to be amended for safety. Also was mentioned that there has been a comment that only those who can run 10k in 60 mins can attend. Peter confirmed that this has been removed from the website already. Coaches confirmed that no-one should be put off attending. A 3 week taster session will be organised and advertised in the Newsletter to invite new runners and the distance/pace will be reduced if needed. Extra coaches will attend to lead a possible second group. Dates confirmed as September 15th, 22nd & 29th before the dark nights set in. Will look at an out and back course to make it easier to run out 30 mins then turn back.</p> <p>Bike sessions Scott confirmed that that bike recce session before Carlisle Triathlon was a success. Future bike sessions may be run in future so as to recce upcoming local events, either at the event location, or locally, but replicating the distance of the event.</p> <p>BTF /Park run Coaches so far that have volunteered to attend the session on the 27th August at the Park run to promote Carlisle Tri club will meet 7.30am to set up the gazebo, flags, bikes with turbo trainers etc and marshal the event. Georgie will put a shout out to members who want to attend and help marshal and promote the club to come along. Those attending so far SN, NN, KO, CA, PS & DW. Any others to let KO know.</p> <p>Coaches diary updated for Sep & Oct.</p> <p>Meeting closed at 7.30pm DONM to be agreed when executive committee meeting date organised</p>	<p>GL to advertise in newsletter.</p> <p>Coaches to refer to diary for extra coaching.</p> <p>Discuss ay next meeting and look at upcoming events.</p> <p>GL put info in the newsletter.</p> <p>All coaches coordinate collecting everything needed.</p>
--	--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

--	--	--	--