

JH Stingrays Board of Directors

November 4, 2022 12:00 pm at 645 S Cache St.

1. Roll call: Dessa Reimer, Mark Daluge, Samantha Hannon, Jen Givens, Chrissy Stretton and Tracy Haling were present. Molly Frobouck participated by phone.
2. Minutes from the October 2022 meeting were approved.
3. Officer reports: Tracy reported the Therabands for warmups arrived and the swim bridges Craig requested should ship November 14th.
4. Old business:
 - a. Spook Splash swim meet in Idaho Falls October 22nd: Tracy reported that 69 swimmers registered and 67 competed with 5 coaches and 3 parent wranglers helping. Comments were positive both from the coaches and parents. Mark's feedback for next year was to change location so coaches and swimmers could see electronic scoreboard in addition to avoiding the diving well freeswim by the younger swimmers that required constant management. Jen received compliments from other teams on the large number of families traveling and large team presence.
 - b. Old Bill's donations and match: Dessa reported we received \$13,475 in donations, \$8190 in matching funds which included \$100 donated by a winner of an age group race, for a total of \$21,765, the largest amount of money we have ever raised through Old Bill's.
 - c. Club USA Swimming registration: Dessa registered the club for the 2022-23 year.
5. New business:
 - a. Sam presented the rubric she created which outlines the skills progression each level should be working on for advancement. Mark, Jen and Chrissy all volunteered to review and contribute to outline what skills should be taught and acquired in each level. Board members thanked Sam for taking the initiative and time to write down the progressions which, when used, will give consistent coaching to the entire program.
 - b. Nomination for the Wyoming Coach of the Year: Coach Craig Robrock was nominated for the Wyoming Coach of the Year award along with eight others from around the state. Congratulations to Coach Craig for this recognition.
 - c. Mark discussed wanting team scoring for our future meets for team bravado and presented the idea of two team awards: one for efficiency of swims, which is based on the points earned by the top swimmers, and a second for top team additive scores.
 - d. Fall in the Hole: Tracy reported that there are 5 coaches signed up along with 73 swimmers from JHSR. Entries are due from other teams November 5th. Volunteers are signing up.
 - e. Casper Pentathlon and Top Five event: JHSR had 13 swimmers receive Top 5 awards for the 2021-22 year. The weekend of activities has a full schedule after a pause in past years for COVID restrictions. The pentathlon will be Friday night, the Josh Davis swim clinic on Saturday morning, Top 5 awards banquet on Saturday afternoon and House of Delegates meeting on Sunday morning. Tracy commented that in August when the team meet schedule was made that the board did not feel they had enough coaches to cover back to back weekends with meets, in addition to not knowing the full schedule of activities was being planned and that next year, this meet weekend will be scheduled.
 - f. Winter session planning:
 - i. Chrissy asked for more time with the swimmers in levels 1 and 2 prior to assigning lanes and emphasized that the important message is that there is no moving up or down, but only changing lanes to avoid any negative association

with group shifts. Dessa has confirmed with all families their plans to either continue into the Winter Session or step away. She presented the anticipated group numbers for coaches to consider, along with waitlist information.

- ii. Anticipated lanes/times: Dessa reported the Rec Center agreed to her proposed schedule starting November 28 to January 20, when the Stingrays will be sharing the pool with the high school boys swim team, using 5 lanes/2 hours from 4:15-6:15, with the additional hour offered Tuesday/Thursday from 6:15-7:15 for Levels 1 and 2. Starting January 23rd when the middle school girls season starts, all Stingrays practice times will shift back to 6:15 start times. Board members expressed gratitude for the coaches' schedule flexibility and willingness to help with the changing practice times.
- iii. The swim assessment for the incoming Winter session swimmers is scheduled for November 15th at 5:30. Dessa will email all waitlisted families to sign up. The waitlist is now closed for the Winter session.
- iv. Coaches and officials will need to register with USA Swimming before the end of the year.
- v. Next meeting in December is to be determined.