

TCO Coaching Panel Minutes

Date: 15 July 2019

Venue: TCO Rowing Clubhouse

Meeting opened: 1804hrs

- 1. Present:** Dan Carroll; Annie Ford-Rose; Karyn O'Reilly; Tony Kent
- 2. Apologies:** Evan Poa
- 3. Previous minutes:** accepted by all as a true account of the previous meeting
 - 3.1. Action sheet:** attached
- 4. Calendar**
 - 4.1. 2018 Off season (20.5.19 – 19.7.19)**
 - July monthly challenge has been sent to Karen for re-distribution to all paddlers via email
 - Off season OC6 sessions
 - Informal OC6 sessions will now commence 15 July 2019 and go until 18 Oct 2019
 - Held on Saturdays 0700 hrs OTW – finish approx. 0900hrs
 - Tony Kent will be the session leader
 - Held on Sundays 0730 hrs OTW – finish approx. 0900 hrs
 - Dan to ask Tam to be an assistant session leader
 - Canoe maintenance
 - OC2x 1 still away for repair
 - OC2 x 1 unusable
 - OC2 x 2 in working order (Tigers)
 - Southern spirit 96: repaired
 - Southern spirit 96: iakus repaired
 - Southern spirit ama: repaired
 - ROC: rubbers have been bought
 - Mirage 580: to be sent for repair this week
 - Wooden iakus: 1 x set complete; remainder to be repaired by Woody at \$100 each iaku
 - Members to contact coaching panel or Tony Kent regarding equipment repairs
 - 4.2. 2019 OC1/2 season (20.7.19 – 12.11.19)**
 - Starts on Saturday
 - 4.3. 2019 V1/3 season (20.7.19 – 10.5.20)**
 - Starts on Saturday
 - 4.4. 2019-20 OC6 season (19.10.19 – end of May 2020 TBA)**
 - Updated events added
 - 4.5. Domestic other**
 - Maroochy paddle event added
 - 4.6. National**
 - 4.7. International**
 - 4.8. TCO Calendar**

- Will be updated every month
- Good feedback received from members – helps them to plan ahead
- Discussion regarding purpose of calendar
 - Concern raised that the information on the calendar discourages club racing and encourages members to race away from the club
 - Reassurance that the purpose of calendar is for information sharing so members can plan their year
 - Result of discussion: emphasis to be placed on club racing season with other events encouraged if they don't interfere with club racing

5. Training days

5.1. OC6

- Training days discussion:
 - Revised training days were decided after discussion
 - OC6 season training days commencing 19 Oct 2019, are now:
 - Monday 1700 hrs OTW – approx. 1830hrs
 - Tuesday 0530 hrs OTW – approx. 0700hrs
 - Wednesday 1700 hrs OTW – approx. 1830hrs
 - Thursday 0530hrs OTW – approx. 0700hrs
 - Saturday 0700hrs OTW – approx. 0900hrs
 - Karyn to inform session leaders of the change and check their availability
 - Annie to be session leader for Tues/Thurs mornings
 - Annie to ask Michelle to be assistant session leader for Tues/Thurs mornings

5.2. OC1/2 & V1

- Training will commence on Saturday 20 July
- No response yet from TCO committee re purchase of OC1/2 canoes for training
- Session leaders and committee members are the only ones to hold the OC2 shed key
- Need to educate members on the:
 - care and maintenance of OC1/2 canoes
 - need to report any damage – they will not be blamed
 - need to be supervised whilst paddling
 - canoes to be paddled at club training session only

5.3. Time trials

- Dates will be announced to members in advance
- Results will be taken into account for team selection
- Time trials will be a consistent course and distance

5.4. Session Leaders

- 'Acceptance of session leader role & responsibility' form to be scrapped and the current list drafted at a previous meeting to be adopted instead
- Risk assessment yet to be added to the session leader role & responsibility

5.5. Attendance

- OC6 Attendance sheet:
 - Dan yet to place sheet in the shed for paddlers
 - Karyn yet to send out info re the attendance sheet via Karen
- OC1/2 attendance sheet yet to be developed by Dan and placed in the shed

6. Mandatory tests

6.1. Standards

- TCO club standards have been developed and accepted by panel
- Karyn to send standards document to TCO committee

6.2. Preparation

- Flyer for prep/BBQ day completed and sent to Karen Woodford for distribution
- Ideas for mandatory test preparation include:
 - Flying the ama fun (then practicing the huli drill)
 - Having human 'buoys' (treading water drill) about 100m off shore and having swimming fun out and around the 'buoys'
 - this day will be distributed to all paddlers

6.3. Dates

- Carried over

7. Training programs

7.1. OC6

- Carried over

7.2. OC1/2 & V1

- Will be published by 19 July

7.3. Novice

- Carried over

7.4. Juniors

- Evan yet to talk to Tony re developing a proposal to have juniors as part of the club

7.5. Social

- Social paddling will commence 1 September 2019 at 0730hrs
- Annie yet to write the socials program and send a flyer to Karen for distribution to all paddlers
- Social paddling will be added to the paddlers meeting agenda and informed of the following:
 - experienced paddlers expected to participate and encourage social development and improvement
 - experienced paddlers who assist Annie on Sundays are expected to follow the socials program, which will be much more low key than regular training sessions

7.6. Off season fitness and support

- Local change over race yet to be discussed in detail

8. Team selection

8.1. Guidelines

- Article from Steve West: not all coaches read the article
 - All panel members yet to read article and bring ideas to next meeting
- Powerpoint slides on team selection criteria tabled by Dan
 - Karyn to develop powerpoint presentation on selection criteria

8.2. Divisions

- Discussion re divisions
 - Dan tabled the list of members
 - Dan to email list of paddlers and age groups to panel members
 - Panel members to bring ideas about to manage the divisions to the next meeting
 - Item to be placed on paddler meeting agenda

8.3. Teams

- Discussion re teams:
 - Panels members to bring ideas about teams to next meeting
 - Item to be placed on paddler meeting agenda

8.4. Team captains

- Item to be placed on the agenda for paddlers meeting
- 8.5. Paddler profile**
- Carried over
- 9. Education**
- 9.1. Induction**
- Karyn yet to take both induction/'come n try' days to the TCO committee for consideration
- 9.2. Technique**
- Coaches training in Tahitian technique
 - Dan yet to conduct individual coach training sessions
- 9.3. Steering**
- Flyer has been sent to Karen for distribution to all paddlers
- 9.4. Rigging**
- Flyer has been sent to Karen Woodford for distribution to all paddlers
- 9.5. Coaching**
- Course: 6/7 July at Redcliff
 - Evan Poa; Paul King attended course
 - Karyn O'Reilly yet to attend a course
- 9.6. Radio**
- Radio skills needed for regattas
 - Further discussion carried over
- 9.7. First Aid**
- Carried over
- 10. Reports**
- 10.1. Training**
- Participants: carried over
 - Results: carried over
 - Issues: carried over
- 10.2. Time trial**
- Participants: carried over
 - Results: carried over
 - Issues: carried over
- 10.3. Racing**
- Participants: carried over
 - Results: carried over
 - Issues: carried over
- 10.4. Individual**
- Dan: carried over
 - Annie: carried over
 - Evan: carried over
 - Karyn: carried over
- 11. Communication**
- 11.1. Paddler meeting**
- Date set for 18 August 2019, 1530 hrs
 - Flyer sent to Karen Woodford for distribution to all paddlers
 - Karyn to send out agenda
 - Need to hire laptop; projector; screen
 - Use the whiteboard from the shed

- Need new whiteboard markers
- Panel members to bring their presentations to the next meeting

12. Business without notice

12.1. Request from Scott, Cudgen SLSC:

- Has 10-12 members for a come and try outrigger session
- Members can all swim 800m in under 12 mins
- All members have 4+ years ski paddling experience
- Dates offered are 28.7.19 or 4.8.19 at 0730-0900hrs

Next Meeting: Date: 13 August 2019
 Time: 1800hrs
 Venue: Tweed Rowing Club

Meeting closed: 1945hrs