**CONIBEAR GENERAL MEETING**

**July 16, 2018**

**NOTES**

Present: Karen Johnson, Kristi Skande, Tara Vagen, Ellie Horsnell, Joy Knopp, Nancy Yamamoto, Tara Vagen, Sara Amies, Ginny Calvin, Maggie Cross, Katie Egolf, Erin Howie, Karen Johnson, Jane McPhedran, Robin Newell, Raleigh Nowers, Jane Powers, Catharine Reid, Gail Schueler, Betsy Seaton, Rita Sheckler, Kristi Skanderup, Sara Lopez, and Eleanor McElvaine

**Regatta Planning Team Discussion**

Eleanor and Sara led a discussion on how we can better plan for regattas based on individual and club goals/values. We broke into small groups to answer the following questions:

* What do you personally want from regattas?
	+ Balance between cost, fun & competition
	+ Local racing
	+ A mix of those that require intensive training and those that are more casual/fun
	+ Training/Racing sustainability and pacing
* What do you need to know to make a decision about an upcoming regatta and what are some of the barriers to making a decision?
	+ Location & Cost
	+ Transparency around what the regatta’s requires and club priorities
	+ Changing targets based on earlier race performance
	+ Barriers include work/life schedules
* As a club, what are some of regatta considerations/priorities, i.e., what are our values?
	+ Health & fitness
	+ Supportive community
	+ “Inclusive competitiveness”

Next steps? \_\_\_\_\_\_\_\_\_\_

**Opening Day Team Discussion**

Kristi and Betsy opened the discussion with a question around whether we could influence the selection of race categories to expand racing opportunities for masters women. Sara explained that the Yacht Club has historically determined the masters races through a subcommittee process that has included surveys of clubs potentially interested and established criteria for boat/race selection. Although it’s in the Yacht Club’s purview to organize the races, there is could be an opportunity to provide feedback. Sara will provide the name of the appropriate contact for Conibear to follow up with.

**Finance Discussion**

Tara Vagen provided an overview of the club’s current operating budget to actual. Dues and Fees are pretty well caught up, with just a few members behind. Some related finance/fundraising issues:

* Ergomania – Mt. Baker & Conibear raised a total of $5,121.77 from the event, of which Conibear’s share is ½ ($2,560.89). Because of the administrative fees to transfer funds into City accounts, it’s proposed that the funds be used to offset our facility fee.
* Summer Event/Fundraiser – Instead of an auction, the team decided last year to have a “check-writing” party held at Sara’s parents house on Pine Lake. Sara’s parents have graciously offered to host again this year. Team discussed several date and landed on August 12.
* Sculling Camp – Sculling Camp dates for this year are 7/1-4 and 8/26-29. Cost is $300.

**Boating Council Report**

Becky Brown is the team’s representative on the Boating Council. Ellie reported out on her behalf. The Boating Council has set up a committee to assess space needs at Mt. Baker and will be assessing program and projected space needs, program objectives, and site feasibility.

Next steps?

**Fitness Strategies**

Coaches discussed the important of upper body strength for the teams’ competitiveness and discussed strategies for weaving this in without adding an extra day of practice. A number of members already have fitness groups outside of rowing, such as running, swimming or yoga, and Eleanor offered to meet with these groups to discuss how ways to embed upper body strength training in their workouts and gauge progress.

**Next General Meeting Agenda**

No date scheduled yet.

Include discussion of Ergomania for next year