

Date: December 4, 2016

In attendance: Irena Baker, Becky Brown, Ginny Calvin, Mary Chalker, Susie Chalker, Sally Clark, Marie Coffren-Barton, Katie Egolf, Martha Goodlett, Karen Johnson, Joy Knopp, Eleanor McElvaine, Jane McPhedran, Tara Morgan, Robyn Newell, Raleigh Nowers, Caroline Perkins, Catharine Reid, Gail Schueler, Carrie Scull, Rita Sheckler, Kristi Skanderup, Claudia Smith, Polly Thompson, Beth Upton, Tara Vagen, Nancy Yamamoto, Erin Youtz

Katie called the meeting to order at 11:40 am.

1. July minutes approved as amended. MSP.

2. Financial Report - Draft Budget for 2017. Katie for Janet O. We have proposed budget for 2017 but no current balance. Will consider and approve in February. Expenses currently exceed income. Fundraising income less this year than last. Need to adjust fundraising outgoing line item to match income.

3. Coaches Report - Eleanor.

New coach email address, conibearcoach@gmail.com, that reaches both Sara and Eleanor. Over the break, Eleanor will have appointments for personal one to one chats to answer questions, give coach perspective on individual rowing performance.

Regatta schedule. Winter conditioning starts in January, on the water in February, Presidents' Day. Ideas to consider: Masters Nationals in Oak Ridge, Masters World in October in Sarasota. Head of the Hooch, Chattanooga. Bring ideas to February meeting. If people show interest, that determines sign-ups, etc.

Winter conditioning. Right now, punch card, erging 6-7:30 Mondays, Rows Tuesday and Thursday 7:30-9:30. Starting in January, MWF 5:30-7:30. Full warm up. General conditioning (erging and circuits) on Monday, more intense workouts Wednesday and Friday. Measurements every four weeks, 10-minute pieces this year. Bring ideas and suggestions for circuit training - working on physical therapy, explosiveness, speed.

Equipment. Corazon returned; bad batch of epoxy continued to cure, caused paint to peel. Will replace with lightly used (about three years old) C shell in spring. Looking forward, Concept 2 sweet sets, can't buy replacement parts, should get new ones in 1-2 years. Can vote for handle types. Would stay with current, smaller blades, adjustable handles. Boats: start getting thoughts for new, straight quad to replace Chica. (A Hudson is about \$26k.)

Eleanor is happy with race results this year, frustrated with communication issues. Plan is to use more video-based feedback, find new language to describe and explain technique. Goal is for Conibear to row like the Netherlands - they're tall, but they have easy speed, smooth motion. Irena suggested maybe doing more in small boats, rowing shouldn't be heavy. Cons of small boats include safety concerns. Eleanor feels like right now, our coach:rower ratio works. If club makeup changes, that might need to be reconsidered.

4. Boat Entry Committee

Motion to create a committee to provide coaches with club input about what age groups, types of boats, priority entries for competitive regattas. Coaches will still make boat lineups. Karen asked if we enter two boats, are we prioritizing one or diluting two? Are we focusing on inclusion or selection? Coaches want more people doing math, being inclusive and selective, but not at the expense of medals. Kristi suggested we could have practices with races between

age categories, maybe with different sized boats, as addition to competitive regattas. MSP to create committee. Polly will send out age group divisions based on the current roster.

5. Fundraising for 2017

There's an opportunity to join MB to sponsor Ergomania. Eleanor could be organizer, CRC work in background, MB provide muscle. Katie will investigate further with MB, get more details.

Should we move the auction dates?

6. Awards Party

February 12 at Tara Morgan's.

7. New Officers Approved.

Meeting adjourned at 12:52 pm.

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