

Royal City Track and Field Club Executive Meeting Agenda  
February 22<sup>nd</sup>, 2016 8:00  
Ross' house

Elaine: Kaitlyn; Ross; Sean; Ian; Mike

- Approval of agenda
- Approval of December and January minutes
- Discussion with City and other clubs regarding track time
- Coaches' update from Sean
  - Decision on track times for 2016
    - Mercer Stadium
    - Tues/Thur 5:30 – 8:30; Ross to ask to go to 9:00
    - Friday – To ask for 7:00 – 8:30
    - Saturday & Sunday 9:00 – 3:00
    - Ross to check on availability for pole vault practice
    - Sean to have event schedule
  - Plan for training if track closed for field work starting in May-August
    - Turf replacement to begin in May
    - City planning to keep the track open
    - Ian to find out cost of Swanguard
  - Mental performance coach feedback and next sessions
    - Sean to ask Sommer to confirm dates/times/location and send out
    - Sean to try and bring a nutritionist in for around session 3
    - Sean to talk to coaches about Robert Esme training
  - Equipment requests for 2016
    - Sean's list is almost complete; Sean to provide it by end of week
  - Equipment repairs
    - Sean to further research pole vault mat repair
- City of New Westminster grant application successful...next steps
  - No coaching training courses available through Athletics BC yet.
  - Will keep following up with Athletics BC
- Upcoming club planning session
  - Jason's place; 608 Belmont; Sunday, Feb 28<sup>th</sup>; 6:00 – 8:00 pm
- Registration update
  - 110 total; 25 Rascals; 6 JD Tyke; 16 JD Peewee; 12 JD Bantom; 15 Midget; 9 Youths; Trainees 9; 1 Master; 10 Coaches; 6 Associates
- Other
  - Sommer wants coaches highlights and schedules by end of month; Sean to provide
  - Sean to update handbook
- March meeting date
  - Monday, March 7; 8 pm Elaine's House; 324 3<sup>rd</sup> Ave.