

Minutes from meeting 18th. March.'06

Present;
Anne Roberts, Terry, Sue Wheeler, Joanne Sullivan, Helen Billingham,
Tracey O'Brien, Gill & Chris Dickinson, Katrina Dwyer.
Apologies;
Stef Abbott, Jean Milne, Alison Edwards

Minutes of last meeting, 22.10.05

Several matters arose including;

Pre-school classes – Sue & Tracy.

Assistant coach – Verity & Glyn were offered by their parents & there will be others.

Calendar of payment dates to be given out with next fees.

Competition rules will be given to all squad.

We should organize a card & present for Dave Tydeman leaving the club.

We will hold another coaching clinic soon – dates??

Party format will be written and distributed.

Feedback forms for parties will be created and used.

1. Competitions;

Competition organizers increasingly demand officials, so it may become necessary for competitors whose parents officiate to take priority. For those who have never been any kind of official, some paired practice will be helpful. Upcoming competitions present as an opportunity.

Preparation for competitions needs to be more holistic; consider a healthy sports menu, breakfasts before arriving on Saturdays, no sweets, crisps or fizzy drinks at training. Keep up regular attendance to existing classes. Train in competitive gear with **sports** clothes to go on top. On the weekend of the competition get a good night's sleep, be prepared early, and don't take part in anything that could cause an injury.

We will be adding £0.50p to competition entry charges to cover 'phone calls, downloading programmes, stamps etc.

Parents can try to economize by sharing cars and petrol, only staying overnight where necessary and sharing accommodation if possible.

Criticism at competitions should be out of earshot of children. Try to stay positive, as negative views of competition are upsetting and confusing for your children. We will give them feedback and appraisal of their performance which is something that they can do something about, but the 'judges' favorite clubs' the state of the hall or equipment are things beyond their control and not helpful.

2. Squad Training;

Behaviour was looked at, including attitude – can't be bothered, messing about, too tired, are infectious states and bad for team spirit. If some one is ill or too tired then they shouldn't attend as they can be distracting to others in the team. At squad level, unless attendance is low, there should be no 'missed go's' as they should be clamouring for their turn, not avoiding it. Through Email we can update parents on these matters. Squad clothing requirements can become blurred due to weather considerations. We want leotards, shorts, and a track suit or suitable sports clothing to cover up between turns. Boys can wear their whites if their legs are cold, and girls can wear **fitted** leggings.

Conditioning has been offered by Alan Armitage of Arabian on a Friday and accepted. So far it is very popular. He has the advantage of only being seen once a week, plenty of apparatus, and other unfamiliar kids taking part. We have made it compulsory on a rotor, but with competition considered. Helen continues to condition squad on Saturdays with an adjustment due to the Fridays.

Parents should try to time their arrival at the end of training to be no more than ten minutes before. If you arrive earlier we'll make use of you to watch for phasing or something. On a rolling programme, parents are very welcome to arrange a time to stay for most of, or all of a session to watch their child's progress. We hope to plan individual meetings with all squad parents to discuss short, medium and long term plans for their son/daughter.

We will need to know the honest intentions of performers and their parents regarding competition as some squad may wish to return to recreational sessions and ease off any perceived pressure.

3. Development Squad;

We will leave the rig (as we do already) on a Friday night so that D.S. can use it for somersaults. Do we need a waiting list for D.S.? It is no longer realistic to hope for competitions with grade 6 level entries. All must achieve grade 5 standard.

4. Relationships;

Good feelings between coach/parent, Coach/pupil, coach/coach, pupil/pupil, parent/parent, are very important to the health of the club and the progress of the performers. Please air any disputes out of earshot of children. Most issues can be resolve if taken up early and not allowed to swell disproportionately. Somewhere here we decided to take a banner to competitions so must remember to do this.

5. Web-Site.

More use is needed, and definitely more expertise and involvement. It would be good if it could be used as a news bulletin where things like this could be posted, and results etc. could be kept up to date. It could also be used as a suggestion box.

6. A Working Party;

could really be kept busy to produce more play mats, enlarge display photo's, paint the stage blocks, obtain baskets for clothes, coat hooks, Hoover up, extra ply wood for gaps in end frames, and so on.

7. Parties;

Please find the party format attached, which we want all coaches to work to as it's always well received. Useful suggestions included, a certificate of attendance at an Orbit party, a Birthday 'T' shirt, a banner that says 'Happy Birthday from Orbit'. We already give out vouchers and will continue this.

8. Complaints;

common ones recur, such as coaches turning their backs on their trampolines, chatting, sitting on end frames, and not coaching. We always support and defend our coaches against complaining parents, but they must not be given any ammunition at all. Leaving the area is becoming a hot issue, and we must know where our charges are at all times, and they must not be allowed to leave the room without permission, especially young ones under the age of 12. These will need accompaniment. We also have to look out for bullying, or over-dominance, and running up and down on the floor area.

9. Coaching two or more trampolines;

is recognized as hard work but sometimes necessary – sorry but we don't have enough coaches every hour for a one to one situation. Also, there is the cost – we already pay out £280.0 (approx.) each week in coaching fees.

Some strategies were discussed, including standing in the middle of two trampolines facing down the length so that both are always in view, alternating each week in which one is coached and which one is supervised, and calling across both beds. If doing the latter, remember to switch sides. Work cards would be a good idea, as it gives them something concrete to work towards.

10. Registration forms;

Many thanks to Janet for maintaining production. We must change the format so that parents keep our details, times, rules etc. We can include something about coaching ratios, and leaving the room for the toilet or drinks etc. here as well.

11. Older/More experienced members helping with coaching;

is a useful concept, being mentored by the actual coach, building towards the Assistant Coach Award in the future. They would make good visual aids as demonstrators, a good example of correct attire (hopefully) and an inspiration to others. This would be ideal in the 'two beds' situation. They could be given a T-shirt with 'Coach in Training' on the back.

12. A.O.B. We haven't had a social event for some years, so do we want any?? Gen and I feel that these are a good thing, but ideas and volunteers would be welcome.