



2022 Annual General Meeting Minutes

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| Date: June 20, 2022 | Time: 7:00 p.m. |
| Location: Summit Multi-purpose Room, Mount Pearl and via virtual Zoom meeting | |

Attendance:

In-person:

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| Rebecca Gladney | Rebecca Bobby (SS vote) | Denise Pitts |
| Tara Jensen | Melissa Gale | Andy Hickey (CBS Vote) |
| Meghan Power | Christina Thorpe | |

Via Zoom:

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| Alicia Vey (Summit vote) | Seamus Power | Frances Drover (CB Vote) |
| Lori Chaytor | Erin Powell | Heather Robbins |
| Colleen Linehan-Cumby | | |

| Item No. | Topic and Purpose |
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| 1 | <p>Welcome and Roll Call</p> <p>Attendance sheet circulated in person, virtual Zoom participants introduced.</p> |
| 2 | <p>Approval of Agenda</p> <p>No changes/additions.</p> <p>Moved by: Tara Jensen Seconded by: Denise No objections. Motion passed.</p> |
| 3 | <p>Adoption of Previous Minutes</p> <p>Minutes from 2020 distributed and discussed.</p> <p>No 2021 AGM held due to COVID issues.</p> <p>Moved by: Alicia</p> |

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| | <p>Seconded by: Denise No objections. Motion passed.</p> |
| <p>4</p> | <p>Club Reports</p> <p>Review of club numbers and Covid impacts from 2020-2021 and 2021-2022 seasons.</p> <p>CBS missing 2020-2021. To be completed and submitted within a week.</p> <p>CBS 2021-2022: limited pool time due to covid restrictions. Reduced recreational swimmers. Best results at Atlantics in recent years. Meghan Power won Coach of the Year. New executive just voted in.</p> <p>CBR 2 years of reports completed. A total of about 5 months of pool time due to covid restrictions and unavailable pool/rental space. NLAS offered to help provide support in future to secure space. 3 competitive and 5 rec swimmers. Recruited previous swimmers to help run the club.</p> <p>Sea Stars completed 2 years' reports. Advertised on Facebook et al for recruitment and for summer camps. Registration is increasing. Successful hosting Provincials and participating in Atlantics.</p> <p>Summit completed 2 years of reports. Covid affected their time training. Continue to recruit to maintain registration numbers.</p> <p>Motion to adopt club reports and add to minutes when all have been received: Melissa Seconded by:Andy No objections. Motion passed.</p> |
| <p>5</p> | <p>Financial Report</p> <p>Review of financial expenditures and revenues from the 2020-2021 and 2021-2022 seasons. Outlined the expenditures associated with the covid relief grant, which included parental registration support, club support, and equipment to facilitate virtual events.</p> <p>Potential increase in cost of registration for next season. Will be revisited later.</p> <p>Operational grant will be applied for to support the upcoming season.</p> <p>Paid for Jackie to attend Atlantics and in lieu of sending another judge, split costs</p> |

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| | <p>with another province for them to send a judge on our behalf.</p> <p>Financed Tara attending and passing Level 3 referee course, which had been approved pre-covid.</p> <p>Motion to adopt financial statement: Andy Seconded by: Meghan No objections. Motion passed.</p> |
| 6 | <p>Board of Directors</p> <p>Need significant support; current Board is struggling with so many open positions. New members needed:</p> <ul style="list-style-type: none"> - President - Jen stepped down Aug 2021. Denise nominated Rebecca Gladney Seconded: Melissa Gale. Accepted. Voted by club representatives. No objections. - Treasurer Melissa nominated Seamus. Seconded: Andy. Accepted. Voted by club representatives. No objections. Secretary: Rebecca nominated Denise Seconded: Melissa Gale. Accepted. Voted by club representatives. No objections. - Coaches Chair Rebecca nominated Shannon Driscoll (absent) Seconded: Alicia. Voted by club representatives, pending acceptance. - Shannon has since accepted. - Judge's Chair - Meet Organization Needs to be sent out to officials to determine interest in filling the position.. - Provincial Meet Manager (Non-voting) Alicia self-nominated Seconded: Rebecca. Voted by club representatives. No objections. |

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| | <p>Scorer Christina Thorpe self-nominated. Seconded Rebecca. Accepted with the understanding that she will be absent for 4 months due to travel. Voted by club representatives. No objections.</p> <p>Assistant Scorer Easy to learn job. Appropriate for parents to help out on deck. Club representatives need to take back to the club to seek interest from parents.</p> <p>Jackie is remaining as Provincials Officials Chair.</p> <p>- Directors-At-Large (non-voting) Rebecca Bobby self-nominated. Melissa seconded. Voted by club representatives. No objections.</p> |
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| 7 | <p>Rule Amendments</p> <p>Waiting on further news from FINA regarding new elements and figures. Melissa motioned to be tabled until receive further information. Will vote in August on any changes. Seconded by: Denise No objections. Motion passed.</p> | 10 |
| 8 | <p>High Performance Program</p> <p>Tabled until receive further information. Motion to table: Rebecca Seconded by: Andy No objections. Motion passed.</p> | 10 |
| 9 | <p>Part time ED</p> <p>Talks with SportNL to combine 3-4 smaller sports and pay part-time each. Discussing with Bill Taggart on what would be required to get funding - can't go into our Operating Grant application this year.</p> <p>Motion to continue with this line to acquire the</p> | 10 |

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| | <p>shared support for the PSO: Rebecca Seconded by: Andy No objections. Motion passed.</p> | |
| 10 | <p>Coaches Training Regulations and Uptake</p> <p>Aquago training required before Comp Intro.</p> <p>Discussion on how exec of clubs can oversee their coaches' certification</p> <p>NLAS purchased codes for Respect in Sport course. NLAS shares it every season with clubs. Contact NLAS if anyone needs it.</p> | 5 |
| 11 | <p>Other Business</p> <p>-Bylaws</p> <p>Motion to table until meeting for rule amendment: Rebecca Moved: Melissa Seconded by: Tara No objections. Motion passed.</p> <p>-Clubs to submit updated registry of head coach and executive to NLAS.</p> <p>-Concern expressed about recruiting parents to judge. New judging system is being implemented, including appropriate training for anyone. Some parents, coaches, and older swimmers have expressed interest in taking the required training to judge.</p> | |
| 12 | <p>Adjournment</p> <p>Motion to adjourn: Melissa Moved: Andy Seconded by: Rebecca No objections. Motion passed.</p> | 3 |



| Board of Directors | |
|---------------------------|----------------------------|
| Name | Title |
| Rebecca Gladney | President |
| Melissa Gale | Vice-President |
| Denise Pitts | Secretary |
| Seamus Power | Financial Officer |
| Tara Jensen | Chief Referee |
| Jackie Hiscock | Provincial Officials Chair |
| | Officials Meet manager |
| Nominated: Shannon | Coaches Chair |
| Tayler French | Social Media/Rebrand Chair |
| Alicia Vey | Provincial Meet Manager |
| Christina Thorpe | Chief Scorer |
| Rebecca Bobby | Member at Large |



2020-2021 Club Report

Club Name: Corner Brook Reflections

Please provide your answers in point form.

1. PARTICIPATION –

Indicate up to 3 main highlights in the area of increasing participation at all levels in 2020-21 in your club (membership/club development/ LTAD/coaches and officials)

This covid year was a struggle however we did participate in the NS virtual competition in May by sending 1 Novice Trio video and a 16+ team of 4.

The trio was the only routine in their event and the 16 + event there was one other team.

(Registration #'s)

| Memberships | 2020-21 |
|----------------------|---------|
| Competitive | 7 |
| Recreational | 1 |
| Masters Competitive | |
| Masters Recreational | |
| General Members | |
| Associate Members | |
| Coaches | 1 |
| Officials | |

2. EXCELLENCE

Indicate up to 3 main highlights for the area of high performance in your club in 2020-21.

N/A

3. OPERATIONS

Indicate up to 3 main highlights taken in the area of communications, best governance practices, financial sustainability and marketing strategies in your club for 2020-21.

Gov pool regulations were stifeling, we again struggle with pool closures not only for covid but mechanical... It is on going with no Opportunity anywhere to do dryland training

4. PARTNERSHIPS

Indicate up to 3 main highlights in the area of partnership with internal and external stakeholders during 2020-21 for your club.

Pool was shared with Rapids Speed team

5. COVID Impacts;

- a. How did the COVID-19 outbreak affect your club (Financially, membership etc...)
- b. Did you hold virtual events / team building and what platforms did you find most useful?
- c. How can NLAS continue to support your club during this crisis?

6. Miscellaneous; Please highlight any achievements made within your club by any athlete, coach or team so that the individual(s) can be properly recognised by all members of NLAS

The Highlight was that we were able to swim at all periodically.

Submitted by: Frances Drover



2021-2022 Club Report

Club Name: Corner Brook Reflections

Please provide your answers in point form.

1. PARTICIPATION –

Indicate up to 3 main highlights in the area of increasing participation at all levels in 2021-22 in your club (membership/club development/ LTAD/coaches and officials)

We had 1 new rec swimmer.

Participation was a struggle as 23 had only 5 months total of pool time.

That coupled with Covid was a major challenge attendance and program

(Registration #'s)

| Memberships | 2021-22 |
|----------------------|----------------|
| Competitive | 3 |
| Recreational | 5 |
| Masters Competitive | |
| Masters Recreational | |
| General Members | |
| Associate Members | 2 |
| Coaches | 1 |
| Officials | |

2. EXCELLENCE

Indicate up to 3 main highlights for the area of high performance in your club in 2021-22.

N/A

Our 3 Competitive girls did not swim in new year as was no option to Compete, account little training and covid restrictions in our government run pool.

3. OPERATIONS

Indicate up to 3 main highlights taken in the area of communications, best governance practices, financial sustainability and marketing strategies in your club for 2021-22.

Communications were constant with our 5 parents as closures and time changes were constant.

Financially we squeaked through as parents paid set fees. The provincial help was much appreciated towards pool time.

4. PARTNERSHIPS

Indicate up to 3 main highlights in the area of partnership with internal and external stakeholders during 2021-22 for your club.

Partnership was with Rapids Speed team sharing pool

5. COVID Impacts;

- a. How did the COVID-19 outbreak affect your club (Financially, membership etc...)
- b. Did you hold virtual events / team building and what platforms did you find most useful?
- c. How can NLAS continue to support your club during this crisis?
- d. Parents were extremely cautious, we were plagued with covid outbreaks.

6. Miscellaneous; Please highlight any achievements made within your club by any athlete, coach or team so that the individual(s) can be properly recognised by all members of NLAS

As a club the past 2 years have been the worst in our 47 years, it will struggle on hopefully with a few dedicated girls going forward.

Submitted by: Frances Drover, Head Coach



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| 2021 – 2022 Club Report Club Name: CBS Silhouettes Synchronized Swimming Club |
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Please provide your answers in point form.

1. PARTICIPATION

Indicate up to 3 main highlights in the area of increasing participation at all levels in 2021 – 2022 in your Club.

(membership; club development; LTAD; coaches; officials)

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| <ul style="list-style-type: none"> ● We have been able to retain most of our competitive swimmers from previous season. But our rec numbers are very low. ● Have two of our older swimmers completing the Aqua Go program and have been coaching the rec kids. |
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REGISTRATION NUMBERS

| Memberships | 2021-2022 |
|----------------------|---|
| Competitive | 18 |
| Recreational | 15 |
| Masters Competitive | |
| Masters Recreational | |
| General Members | |
| Associate Members | |
| Coaches | 4 comp + 2 Rec + 2 extras from other clubs |
| Officials | |
| Total | 39 |

2. EXCELLENCE

Indicate up to 3 main highlights in the area of high performance in your club in 2021 – 2022.

- Best results of the last few years at Atlantics. A team bronze, Solo Silver, Duet Gold and Bronze.
- Continued improvements in Figures. 16-20 swimmer placing 1st, 3rd and 5th in 13-15 and 4th in 11-12 at Atlantics
- Meghan Power selected as Coach of the Year at Atlantics.

3. OPERATIONS

Indicate up to 3 main highlights taken in the area of communications, best governance practices, financial sustainability and marketing strategies in your club for 2021 – 2022.

- **We have been working with less pool time since Covid hit and restrictions on what we could do with our time/space throughout the year. Coaches worked together to try to maximize time and space.**
- **Working to try to improve our social media presence.**
- **Had a parent take the lead on fundraising initiatives.**

4. PARTNERSHIPS

Indicate up to 3 main highlights in the area of partnership with internal and external stakeholders during 2021 – 2022 for your club.

- **Had two coaches from other clubs, Shannon Driscoll and Anne Ploetner, each coach an extra routine for our club. This allowed an extra solo and duet this year.**
- **A member from exec worked with local Lions Club to secure spacing for land drills/training outside pool times.**

5. Miscellaneous

Please highlight any achievements made within your club by any athlete, coach or team so that the individual(s) can be properly recognised by all members of Synchro NL.

- Meghan Power – Coach of the Year at Atlantic's
- Our results at Provincials and Atlantics' with such limited pool time are a testament to our athletes and coaches hard work and dedication.



2020-2021 Club Report

Club Name: Sea Stars

Please provide your answers in point form.

1. PARTICIPATION –

Indicate up to 3 main highlights in the area of increasing participation at all levels in 2020-21 in your club (membership/club development/ LTAD/coaches and officials)

1. Were able to continue practices in some capacity and have virtual and pool practices.
2. Participated in the Nova Scotia Virtual Invitational

(Registration #'s)

| Memberships | 2020-21 |
|----------------------|----------------|
| Competitive | 6 |
| Recreational | 11 |
| Masters Competitive | |
| Masters Recreational | |
| General Members | 3 |
| Associate Members | |
| Coaches | 6 |
| Officials | |

2. EXCELLENCE

Indicate up to 3 main highlights for the area of high performance in your club in 2020-21.

N/A

3. OPERATIONS

Indicate up to 3 main highlights taken in the area of communications, best governance practices, financial sustainability and marketing strategies in your club

1. Recruited parents to the board as prior season board had been mostly coach run plus a treasurer.

4. PARTNERSHIPS

Indicate up to 3 main highlights in the area of partnership with internal and external stakeholders during 2020-21 for your club.

- Made use of alternative pool space due to covid restrictions (MEWS centre), made a connection with hotel.pool space.

5. COVID Impacts;

- a. How did the COVID-19 outbreak affect your club (Financially, membership etc...)
- b. Did you hold virtual events / team building and what platforms did you find most useful?
- c. How can NLAS continue to support your club during this crisis?
 - a) Was difficult to maintain attendance and recruitment was a major challenge.
 - b) Used zoom for virtual practice and participated in 2 virtual meets. Zoom was effective however difficult when school was also remote.

6. Miscellaneous; Please highlight any achievements made within your club by any athlete, coach or team so that the individual(s) can be properly recognised by all members of NLAS

Submitted by: Shannon Driscoll



2021-2022 Club Report

Club Name: Sea Stars Artistic Swimming

Please provide your answers in point form.

1. PARTICIPATION –

Indicate up to 3 main highlights in the area of increasing participation at all levels in 2021-2022 in your club (membership/club development/ LTAD/coaches and officials)

-Able to offer 2 summer camps in 2021
-participation in Atlantics in Charlottetown PEI by 9 competitive athletes
-Offered a pre-comp program in the spring session for those interested in moving to competitive next year

(Registration #'s)

| Memberships | 2021-22 |
|----------------------|----------------|
| Competitive | 9 |
| Recreational | 21 |
| Masters Competitive | |
| Masters Recreational | |
| General Members | 4 |
| Associate Members | |
| Coaches | 6 |
| Officials | |

2. EXCELLENCE

Indicate up to 3 main highlights for the area of high performance in your club in 2020-21.

NA

3. OPERATIONS

Indicate up to 3 main highlights taken in the area of communications, best governance practices, financial sustainability and marketing strategies in your club for 2020-21.

- facebook advertising to boost posts/engagement
- Competitive team took part in 2 fundraisers : cookie sales with Chapman bakery before christmas and Chocolate bars through the NL Chocolate Company at Easter.

4. PARTNERSHIPS

Indicate up to 3 main highlights in the area of partnership with internal and external stakeholders during 2020-21 for your club.

have a functional executive and added a new member late in the season to assist with fundraising

5. COVID Impacts;

- a. See 2020-21 notes

6. Miscellaneous; Please highlight any achievements made within your club by any athlete, coach or team so that the individual(s) can be properly recognised by all members of NLAS

- Podium or ribbon finishes in all events at Atlantics with the exception of 11-12 figures.
- Melanie Downer (competitive team coach) graduated with Bsc Hons in Ocean sciences and has been accepted into a masters program at St. Andrews in Scotland

Submitted by: Shannon Driscoll