

**USA CANOE KAYAK
SPRINT GOVERNANCE COMMITTEE MEETING
NOVEMBER 11, 2009**

THE MEETING CONVENED VIA CONFERENCE CALL AT 9:00AM ET/6:00AM PT

1. CALL TO ORDER AND DETERMINATION OF QUORUM

SPRINT GOVERNANCE MEMBERS PRESENT: USA CANOE KAYAK BOARD MEMBERS PRESENT:

1. CONNIE HAGLER (CHAIR)
ACTING EXECUTIVE DIRECTOR

2. JORDAN MALLOCH (ATHLETE REP)
DIRECTOR)

3. MISSY HILL (SECRETARY)

4. MIKE KNOPP

5. LOU HANOIAN

1. JOE JACOBI (SLALOM ATHLETE DIRECTOR)

2. ROSS FLEMER (NON-OLYMPIC SPORT

USA CANOE KAYAK STAFF MEMBERS PRESENT:

1. WILLIAM IRVING

2. CHRIS BARLOW

ACTION ITEMS:

1. WILLIAM IRVING TO SUBMIT TO THE SGC

A. SELECTION CRITERIA DRAFT

B. HIGH PERFORMANCE PLAN DRAFT

C. SPRINT RACING CALENDAR

2. CHRIS BARLOW TO SUBMIT TO THE SGC

A. SPRINT COACHES ASSOCIATION BYLAW AND GOVERNANCE STRUCTURE

3. CONNIE HAGLER

A. SCHEDULE A MEETING WITH CLUB PRESIDENTS/COMMODORES

4. JOE JACOBI

A. PARTICIPATE IN THE LANIER BOARD MEETING SCHEDULED FOR THIS THURSDAY VIA CONFERENCE CALL

2. COMMENTS FROM THE CHAIR, CONNIE HAGLER:

CONNIE REQUESTED THAT IN THE FUTURE, ANYONE GIVING A REPORT SHOULD FORWARD A COPY TO MISSY TO BE INCLUDED IN THE MINUTES.

3. APPROVAL OF MEETING MINUTES OF NOVEMBER 4TH AND 9TH 2009:

COMMITTEE WANTED MORE TIME TO REVIEW THE MINUTES AND WILL APPROVED AT THE NEXT MEETING SCHEDULED FOR NOVEMBER 16TH.

4. SPRINT PROGRAM UPDATE, WILLIAM IRVING

- ✓ THROUGH OUR USOC PARTNERSHIP WE HAVE BEEN ABLE TO SECURE ADDITIONAL SERVICES OVER AND ABOVE WHAT IS PROVIDED BY THEM MONETARILY.
- ✓ SECURED PERFORMANCE SERVICES SUPPORT IN THE AREAS OF NUTRITION, STRENGTH AND CONDITIONING, MEDICAL, SPORT PSYCHOLOGY, SPORT PHYSIOLOGY, BIOMECHANICS FOR BOTH JUNIOR/SENIOR TEAMS THROUGH THE YEAR AT CAMPS, COMPETITIONS AND RESIDENT PROGRAMS.
- ✓ MODIFIED CANOE/KAYAK'S USOC FUNDED OTC ACCESS CRITERIA TO SUPPORT SENIOR, JUNIOR AND DEVELOPMENTAL ATHLETES TO HELP DEFRAY COST FOR CAMPS THAT OCCUR AT THE OTC'S.
- ✓ WORKING WITH A GERMAN STROKE ANALYZER TO COME TO THE U.S. TO EVALUATE ATHLETES TWICE IN 2010 AND MAKE SUGGESTED CHANGES TO THEIR TECHNIQUE AND STRENGTH TRAINING (SPLIT RESOURCES WITH USOC)
- ✓ SUBMITTED MODIFIED ELITE ATHLETE HEALTH INSURANCE CRITERIA TO THE USOC FOR APPROVAL FOR 8 SLOTS
- ✓ OBTAINED APPROVAL TO HOST A LAKE PLACID CROSS TRAINING CAMP (DEC. 27TH – JAN. 15TH)
- ✓ DEVELOPING MORE PROGRAMS FOR U23 ATHLETES WHOM DO NOT OBTAIN PERFORMANCE STANDARDS AT THE WORLD NATIONAL TEAM TRIALS. WILLIAM HAS BEEN WORKING CLOSELY WITH SHAUN CAVEN ON THIS PROCESS.
- ✓ PAN AMERICAN GAMES 2011 WILL TAKE PLACE IN GUZMÁN, MEXICO. ATHLETES ARE SLATED TO LIVE IN A OUTLYING VILLAGE THUS LOGISTICS MIGHT BE MORE CHALLENGING.
- ✓ SECTION CRITERIA IS IN THE EARLY STAGES OF DEVELOPMENT. STILL WORKING ON THE PERFORMANCE STANDARDS AND HOPE TO HAVE A FIRST DRAFT BY NEXT WEEK. WILL SENT IT OUT IN DRAFT FOR THE SGC SO THEY CAN GET AN IDEA OF WHAT THIS CAN LOOK LIKE.
- ✓ A HIGH ALTITUDE CAMP IS BEING ORGANIZED FOR A SELECT GROUP OF ATHLETES, BUDGET DEPENDANT. HIGH ALTITUDE CAMPS CAN BOOST AN ATHLETE'S PERFORMANCE TREMENDOUSLY THROUGH HEMATOLOGICAL AND NON-HEMATOLOGICAL EFFECTS. ATHLETES WOULD TRAIN FOR 3-4 WEEKS; DROP DOWN TO LOW ALTITUDE TO READJUST PRIOR TO HEADING TO THE WORLD CHAMPIONSHIPS. THE CAMP WILL START APPROX. JUNE 12TH AND GO THRU APPROX. JUL 15TH. EXACT LOCATION HAS NOT YET BEEN DETERMINED. IT WILL EITHER TAKE PLACE IN PARK CITY, UTAH OR FLAGSTAFF, ARIZONA. SOME ATHLETES WILL HAVE TO LEAVE TO GO TO THE LAKE PLACID INTERNATIONAL REGATTA WHICH OCCURS JULY 2ND AND 3RD GIVING THEM A 2ND CHANCE OPPORTUNITY TO ACHIEVE PERFORMANCE STANDARDS FOR WORLDS.

5. SPRINT COACH ASSOCIATION REPORT, CHRIS BARLOW

CHRIS BARLOW REPORTED ON BEHALF OF MAC HICKOX AS HE UNDERWAY TO VANCOUVER BRITISH COLUMBIA FOR A COACHES CONFERENCE. CHRIS SHARED THAT THE TEAM MET VIA CONFERENCE CALL NOVEMBER 1ST. ALAN ANDERSON, AASIM SALEH, JOHN DEPALMA, MAC HICKOX AND CHRIS BARLOW WERE IN ATTENDANCE. DURING THEIR MEETING MAC UPDATED THE COACHES ON WHAT THE SGC HAS BEEN DOING. ALSO, THE COACHES DISCUSSED THE 2010 US NATIONALS AND UNANIMOUSLY AGREED THAT THE EVENT SHOULD FOLLOW THE WORLDS. THE COACHES BELIEVE THAT IT IS IMPORTANT TO HAVE THE SENIOR ATHLETES PRESENT FOR NATIONALS SO THE JUNIOR ATHLETES GAIN EXPOSURE AND INTERACTION.

THEY REVIEW AND DISCUSSED THE 2010 RACING/CAMP SCHEDULE. SHAUN AND AASIM ARE SCHEDULED TO MEET AND DISCUSS PERFORMANCE STANDARDS. MAC HAS ALSO

COMPLETED THE 2010 DEVELOPMENT PLAN AND WILL BE SUBMITTING IT SOON. THEY ARE IN THE PROCESS OF VOTING ON A SECRETARY AND VICE CHAIR. AASIM HAS BEEN VOTED AS THE VOICE FOR THE GROUP. BYLAW AND GOVERNANCE STRUCTURE WAS RECENTLY REEVALUATED (IN 2007 AND AGAIN IN 2009). CONNIE REQUESTED THAT THE BYLAWS GET FORWARDED TO THE SGC.

6. 2010 NATIONAL CHAMPIONSHIPS OPTIONS

TWO PROPOSED DATES NEED TO BE RESOLVED ISSUES PRIOR TO AWARDING THE US NATIONALS EVENT (AUGUST 26-29 BY COACHES COMMITTEE AND JULY 29 TO AUGUST 1ST BY LANIER CANOE AND KAYAK CLUB). ICF SENIOR WORLD CHAMPIONSHIPS ARE SCHEDULED FOR AUG 19 - 22 IN POZNAN, POLAND. LOREN COLLINS WILL ASK THE LCKC BOARD THIS COMING THURSDAY EVENING IF THEY WILL CONSIDER THE AUGUST 26 TO 29 DATES. THE NATIONAL CHAMPIONSHIPS CONTRACT FOR 2009 APPARENTLY GIVES LANIER THE OPTION FOR THE 2011 OR 2010 NATIONAL CHAMPIONSHIPS.

CONNIE SHARED THAT THERE IS A CONCERN THAT SHOULD THE DATE GET PUSHED BACK SOME SENIOR ATHLETES MAY OPT NOT TO ATTEND. CONNIE ASKED JOE IF HE KNEW IF THERE IS ANYTHING THAT CAN BE DONE TO ENSURE THAT THEY ATTEND THE EVENT SHOULD THIS BE THE CASE LANIER HAS A BOARD MEETING SCHEDULED FOR THIS THURSDAY. WE NEED TO DISCUSS OTHER OPTIONS. JORDAN SHARED FROM AN ATHLETE'S PERSPECTIVE THAT ATTENDING NATIONALS PRIOR TO THE WORLDS IS JUST NOT BENEFICIAL TO THE ATHLETE. HE SHARED THAT IT IS HIS EXPERIENCE THAT MOST, IF NOT ALL, COUNTRIES HOLD THEIR NATIONALS *AFTER* THE WORLDS. LOU MENTIONED THAT MAYBE INCENTIVES COULD BE TIED INTO THE SELECTION CRITERIA AND POINTS BE AWARDED BASED UPON ONES RESULTS IN THE 2010 NATIONALS GOING INTO THE TEAM TRIALS FOR THE NEXT YEAR. ROSS SUGGESTED THAT THE TEAM TRIALS BE PART OF NATIONALS THUS MOVING NATIONALS UP EVEN FURTHER. CHRIS SHARED THAT DOING TRIALS AT NATIONALS WILL TAKE AWAY FROM THE CLUB CENTERED ATMOSPHERE OF NATIONALS AS ATHLETES WILL PAIR UP WITH OTHER CLUB ATHLETES RATHER THAN THEIR ATHLETES IN THEIR OWN CLUB. JOE ENCOURAGED THE GROUP TO PROTECT THE SPIRIT OF NATIONALS AS IT IS SPECIAL MOMENT FOR MANY ATHLETES ATTENDING. CHRIS REMINDED ALL WHY IT WAS IMPORTANT TO CHANGE THE OVERALL STRUCTURE OF NATIONALS AS MANY KIDS ARE STARTING SCHOOL AT THAT TIME THUS THE 3 DAY RACE SCHEDULE. HE ALSO MENTIONED THAT NATIONALS WILL BE MEANINGLESS IF ALL ATHLETES DO NOT ATTEND. HAVING THE SENIOR NATIONAL TEAM PRESENT IS IMPORTANT. BASED ON THE COMMITTEES CONVERSATION CONNIE MENTIONED THAT IT LOOKS LIKE 2010 AND 2011 SHOULD HAPPEN IN THE LAST WEEK OF AUGUST. SHE WOULD LIKE TO PULL TOGETHER ALL THE CLUB PRESIDENTS/COMMODORES FOR A MEETING TO GET EVERYONE'S INPUT.

7. FACE TO FACE MEETING DATE AND LOCATION

SGC AGREED TO MEET FEBRUARY IN OKLAHOMA. THIS MEETING ALSO COINCIDES WITH A SPECIAL ERG INDOOR CHAMPIONSHIP EVENT TO TAKE PLACE THE 3RD WEEKEND OF FEBRUARY (DATE TO BE FINALIZED).

8. POTENTIAL SUB COMMITTEES

THE BELOW LIST HAS BEEN GENERATED THROUGH SEVERAL DISCUSSIONS. SGC MEMBERS SHOULD THINK ABOUT OTHER COMMITTEES NEEDED. WE SHOULD DEVOTE A DEDICATED MEETING TO WORK ON THE STRUCTURE/ROLES AND RESPONSIBILITIES AS WELL AS RECRUITING.

A. SELECTION COMMITTEE - APPROVED AT THE NOVEMBER 9 SGC MEETING. COMMITTEE MEMBERS INCLUDE ANNE BLANCHARD, DAVE FORT, MAC HICKOX, WILLIAM IRVING, AND NATHAN LUCE.

B. SPRINT COACH ASSOCIATION - APPROVED AT THE OCTOBER 28TH MEETING. COMMITTEE MEMBERS INCLUDE MAC HICKOX, CHRIS BARLOW, ALAN ANDERSON, AASIM SALEH, SHAUN CAVEN, AND JOHN DEPALMA.

C. OFFICIALS COMMITTEE - APPROVED AT THE OCTOBER 28TH MEETING. COMMITTEE MEMBERS INCLUDE CHARLES LUCKMAN, SUZANNE BRITT, CORKI RAWLINS, CONNIE NAUGHTON, AND CONNIE HAGLER. THE OFFICIALS COMMITTEE IS SCHEDULED TO MEET AGAIN ON NOVEMBER 14TH.

D. EVENTS COMMITTEE - NEEDS APPROVAL. MEMBERS HAVE INCLUDED MARY GARLAND, SUZANNE BRITT, STACEY HEPP, ROSS FLEMMER, AND CONNIE HAGLER. WOULD ANYONE ELSE LIKE TO PARTICIPATE? THERE IS A PRESSING TIME LINE AS THERE IS A NEED TO SET UP TRIALS AND NATIONAL CHAMPIONSHIPS VENUE COMMITTEES.

E. CLUB PRESIDENTS (COMMODORE'S) COMMITTEE - NEW PROPOSED

F. DEVELOPMENT (OLD / INACTIVE) - PROPOSED

G. MARKETING AND FUNDRAISING COMMITTEE - NEW PROPOSED

H. WOMEN IN CANOE - PAM BOTELER - NEW PROPOSED

I. PARA OLYMPIC - DEB SMITH PAGE - NEW PROPOSED

9. DISCUSSION OF ICF OFFICIALS LETTER OF INTEREST FOR INTERNATIONAL EVENTS

CONNIE SHARED THAT SUZANNE BRITT CONFIRMED THAT THE ICF WOULD LIKE TO HAVE NOMINATIONS FOR ALL OF THE EVENTS INCLUDED ON THE LETTER. A MOTION WAS MADE TO APPROVE THE LETTER AS WRITTEN.

MOTION: LOU HANOIAN

SECOND: MIKE KNOPP

APPROVED: 5/0

ICF OFFICIALS LETTER OF INTEREST FOR INTERNATIONAL EVENTS.

10. LAKE PLACID INTERNATIONAL

A REQUEST HAS BEEN MADE TO PUT THE EVENT ON THE ICF CALENDAR. THE FORM WAS FORWARDED TO TERRY KENT TO FILL IN DETAILS. CONNIE MENTIONED THAT THE EVENT MIGHT RUN A LITTLE DIFFERENT AS TERRY KENT HAS RECENTLY MOVED.

11. ICF OFFICIALS EXAM

MARGOT MICKLE WAS RECOMMENDATION FOR THE ICF OFFICIALS EXAM AND IS IN THE PROCESS OF SUBMITTING HER FORM. CONNIE MENTIONED THAT THERE ARE SOME QUESTIONS AS TO HOW TO SUBMIT THE FORM ON THE ICF WEBSITE BUT THEY ARE WORKING ON IT.

12. NEW / OTHER BUSINESS

- ✓ MIKE MENTIONED AN UPCOMING INDOOR ERG CHAMPIONSHIP EVENT TO TAKE PLACE THE 3RD WEEKEND IN FEBRUARY. THEY HAVE BEEN GIVEN A CONVENTION HALL TO HOST THE EVENT IN. MORE INFORMATION REGARDING THE SPECIFICS WILL BE RELEASED SOON.
- ✓ WILLIAM WILL SEND OUT A SPRINT RACING CALENDAR TO ALL.
- ✓ JOE TOOK A MOMENT TO SHARE HIS APPRECIATION TO LANIER FOR ALL THEIR SUPPORT AND TO THE COMMITTEE. JOE SHARED THAT SHOULD WE NEED ANY ASSISTANCE HE IS VERY WILLING TO HELP OUT. WITH THAT, CONNIE ASKED IF HE COULD CONFERENCE IN TO THE LANIER BOARD MEETING THIS THURSDAY NOVEMBER 12TH.

13. NEXT MEETING: NOVEMBER 16TH @ 8PM ET/5P PT

14. MOTION TO ADJOURN 10:51AM ET

RESPECTFULLY SUBMITTED,
MISSY HILL