

SOC Committee Meeting Minutes – 18th November 2019 Spreadeagle – 7.30pm

Tony Flowers, Mick Turner, Simon Webster, Ruth Pearson, Michelle Klein, Beatrice Schaer, Michael Smaldon, Nikki Javan, Peter Johnson

Apologies Lyes Fridi, John O'Mahony

1. Chairman's report and Sandilands TF

- a. Welcome to Peter Johnson as new Runners' Representative representing the faster runners in the club.
- b. Coaching courses. James Burree and Ally Whitlock have been on the Leadership in Running Fitness (LiRF) course. They want to progress their training by taking the Coach in Running Fitness course (CiRF).

<https://www.uka.org.uk/grassroots/coach-education/coaching-qualifications/coach-in-running-fitness/>

Given their previous commitment to Striders both TF and MT are happy for the club to fund this £255.00 each. It opens a conversation about our coaching needs the future.

The Committee gave approval of the funding for the CiRF courses for James and Ally. It was agreed to look at cases in the future on a case-by-case basis.

- c. Calendar. Discussion of use of calendar and what we publish publicly and privately.

No real discussion on this. A work in progress. Agreed to host items like this in Striders Google account.

2. Secretary MT

- a. Website update. MD, JOM, AW and MT met to discuss initial steps in website redesign. We looked at various club sites, then discussed parts of the current Striders site that needed deleting or amending/updating. Since the meeting we have been tidying up the current site, updating where we can and removing out-of-date content – essentially to put us in a position to know what info we want to port to the new site. We're almost at the point to have a first stab at defining the desired menu / site map structure and start laying out the content from there. In the meantime MD has been researching suitable hosting providers.

3. Membership – SW

a. Subs update

150ish members had renewed their membership. *SW to send a chasing email for remainder.*

b. Striderslist replacement

SW to send invitation to Committee to Google Groups.

c. New members welcome email. Simon mailed this to all recently and we need to add our updated comments. Online kit, looping back policy, welfare officer contacts etc. Tony will bring a hard copy to meeting and we can discuss and note comments and he will then draft up.

TF to email out suggested wording to Committee.

d. *SW to add emergency medical conditions question to Membership Form, as well as an optional ICE contact details.*

4. Treasurer – RP

RP noted membership fees position. NJ also mentioned a large kit purchase to be made.

5. Social - LF

LF to send out reminder for Christmas party

6. Kit– NJ

Committee members suggested bobble hats and shoe bags as other items to be investigated.

NJ to send out kit email for Christmas present purchases.

7. Club Runs – All

Look to advertise 40 minute option for people stepping up a group. *PJ/TF to consult on this and email to club.*

8. Swimming - RP

RP noted not that many participants in the last swimming block but the financial situation remained the same with no loss at the moment

9. Health & Wellbeing - MS, NJ

A suggestion to name this section Welfare & Wellbeing on the new website.

a. Run&Talk
NJ updated us

10. AOB

- Warm ups have started. Suggestions for Laura Fell to collate summary of core exercises and send out links to videos.
- Approval given for PJ to attend LiRF course.
- Christmas lights run date set for 18th December. *TF to publicise*
- It was also agreed that the age-graded parkrun would take place on the same day as the Christmas party, 8th Dec. *TF/NJ to organise and publicise.*
- Look at a date in Spring for the running with compass/map reading talk - *SW to lead.*
- 1st Feb agreed as mob match date with Harriers. *TF/LF to publicise*