

HAMILTON OLYMPIC CLUB

ANNUAL GENERAL MEETING **NOVEMBER 26, 2008**

The 82nd Annual General Meeting was held at Sackville Seniors Centre on Wednesday, November 26, 2008. The meeting was called to order by the president, Paul Morrison, at 7:10pm with 29 members present.

Before the business portion of the meeting began, Bill Urie, past president, asked that the membership observe a few moments silence in honour of the following people:

Wilmer "Whitey" Sheridan - long time member and a running 'fixture' in the community who died in February

Eileen Sheridan – wife of Whitey who died in June

Betty Stanley - long time athlete and member who died in July

Steve Hayward – friend of the Club and coordinator of Canusa track and field for several years

1) Minutes of the 81st Annual Meeting

Moved by Bill Urie, seconded by Monika DiCesare that the minutes of the 81st Annual General Meeting be accepted as circulated. Carried

2) Business Arising from the Minutes

There was no business that arose from the minutes of the last Annual General Meeting.

3) Reports

- | | | |
|----------------|----------------------------|---------------------|
| - President | - Paul Morrison | |
| - Treasurer | - Ralph Moulton | |
| - Secretary | - Rhona Trott | |
| - Bingo | - Louise Murray-Leung | |
| - Team Manager | - Louise Murray-Leung | |
| - Membership | - Louise Murray-Leung | |
| - Fundraising | - Louise Murray-Leung | |
| - Coaches | - middle distance group | - Patti Moore |
| | - Youth Development (YDP)- | Bozena Wojciekian |
| | - throws group | - Bozena Wojciekian |
| | - intermediate group | - Wayne Collins |
| | - power/speed group | - Tom Bereza |
| | | - George Kerr |
| | -masters group | - Rhona Trott |

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4) Motion to Accept Reports

Moved by Paul Morrison, seconded by George Kerr that all reports be accepted as presented.

Carried

5) Motion to Accept Financial Transactions

Moved by Paul Morrison, seconded by Ralph Moulton that all transactions, including expenditures, made by the executive, on behalf of the Club, be accepted. Carried

6) Election to the Board of Directors

The following slate of officers was presented:

President	Monika DiCesare
Treasurer	Ralph Moulton
Secretary	Rhona Trott

No further nominations were received.

Moved by George Kerr, seconded by Judy Klodnicki that the slate of officers be accepted. Carried

Four new members were also confirmed to the board of directors: Heidi Davidson, Les Klodnicki, Meldy Ladeza and Phyllis ROUNG.

7) New Business

i) HOC Membership Fees for 2009

The proposed fee schedule is:

Senior programme	\$440
Intermediate/MTA programme	\$220 per session
University/Masters membership	\$220
Cross-country session only	\$100
Recreation membership	\$100
Youth Development (YDP)	\$80 per session

Moved by Paul Morrison, seconded by Ralph Moulton that the proposed fee schedule for 2009 be accepted. Carried

ii) Passes for Mac indoor track

Bill Urie reported on his plan to issue HOC membership cards to all coaches and to all athletes as they register for the 2009 season. These cards will be shown to the people at the desk at the David Braley Athletic Centre to allow our members free access to the track.

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iii) Track-Side “Contact” Person

It was mentioned that it is often difficult for new members and/or their parents to know what to do and where to go when they attend practices. For newcomers, the track can seem like a three-ring circus and directing children to the correct area is not often easy. This is particularly difficult for those who come after the initial registration period and no particular person is available to answer questions.

Bill Urie will be the ‘administrator’ for the intermediate/group this winter and should be able to answer any queries.

8) Other Business

- i) There was some discussion/concern about parents running on the track during practices.
- ii) There was a draw for a free 2009 membership which was won by Lindsey Wallace.
- iii) There was a draw for a HOC hoodie, which was won by Mike Boucher.

9) Adjournment

The meeting was adjourned at 8:45pm

Members in Attendance

Natasha Auret (athlete)	Suset Auret (parent)	Tom Bereza (coach)
Kirsten Boonstra (athlete)	Laurel Boucher (parent)	Mike Boucher (athlete)
Bob Bunting (director)	Wayne Collins (coach)	Heidi Davidson (parent)
Alyssa DiCesare (athlete)	Ang DiCesare (director)	Monika DiCesare (director)
Julie Harrop (parent)	George Kerr (coach)	Judy Klodnicki (parent)
Les Klodnicki (parent)	Patti Moore (coach)	Paul Morrison (director)
Ralph Moulton (director)	Louise Murray-Leung (Club administrator)	
Sandy Owens (parent)	Dave ROUNG (parent)	Emma ROUNG (athlete)
Phyllis ROUNG (parent)	Rhona Trott (director, coach, athlete)	
Bill Urie (director, coach)	Caroline Wallace (parent)	Lindsay Wallace (athlete)
Bozena Wojciekian (coach)		

Reports

President – Paul Morrison

Paul talked about his four years as president of the Hamilton Olympic Club and gave considerable thanks to Louise Murray-Leung who helped him with the job.

He talked of his background: a middle-distance athlete himself; his wife, Maureen, who was a successful 400 and 800m runner; his father-in-law, Jim McDermott who had also served as president of the Club; and about the legacy passed on to his children – Eric, Rachel, Becky and Michaela.

This past year was one of the most rewarding as the Club helped considerably in securing the OFSAA track and field championship for Hamilton this past year. Also, we were awarded a Trillium Grant which has enabled us to purchase a large amount of necessary equipment. The indoor track at McMaster's David Braley Athletic Centre, has given us an opportunity to run in a better environment than the 'oval' or indoor soccer arena had afforded us. We ran a successful indoor MTA meet in March and hope to continue with these meets both indoors and outdoors in 2009.

Treasurer – Ralph Moulton

Ralph went over the various items included in the report, giving explanations as needed. The thing that needs to be noted is that the expenses were \$7 000 more than the receipts.

Ralph mentioned the Club plans to apply for another Trillium grant in 2009 or 2010.

Moved by Ralph Moulton, seconded by George Kerr that the treasurer's report be accepted as circulated.
Carried

REVENUE

Membership Fees **	24,654.60
Meet entry revenue	539.00
Bingo Revenue	21,400.87
Nevada Revenue (Net)	1,305.47
Trillium Grant	36,263.00
Interest Revenue	1,552.54

TOTAL REVENUE

85,715.48

EXPENSES**Program Costs**

Airline travel	4,039.39
Bus rental	1,260.00
Car rental	2,521.68
Gasoline	1,113.75
Accommodations	8,778.12
Parking (not McMaster)	99.25
Mileage	266.42
Meal allowance (coaches)	544.22
OTFA Membership	2,720.00
MTA Membership	675.00
Entry fees	7,779.86
Facility rental	2,589.15
Equipment Purchase	728.83
Trophies & Awards	596.56
Total Program Costs	

33,712.23

General & Administrative Expenses

Membership refund	385.00
Coach Honorariums	4,540.00
Coach training	588.58
Parking at McMaster	805.00
OTFA mem. for club, coaches, & exec	683.00
Advertising & Promotions	1,404.90
Courier & Postage	322.65
Insurance	5,201.25
Interest & Bank Charges	445.38
Office Supplies	484.66
Office support	8,379.99
Bingo Float	450.00
Miscellaneous	476.64
Rent	100.00
MSP Repair and Maintenance	225.72
Non-program mileage	227.26
Telephone	81.30
Gifts/Flowers	115.77
Travel & Entertainment	214.26
Uniforms and Clothes	2,595.52
Total General Expenses	

27,726.88

Trillium Expenses

Storage Facilities	5,198.00
Equipment purchase	21,596.07

Administration	4,500.00		
Total Trillium-funded expenses	_____	31,294.07	
TOTAL EXPENSE		_____	92,733.18
NET INCOME			(7,017.70) =====

	Bank Accounts					
	Bingo	General	Nevada	Petty Cash	Investments	TOTAL
Opening balance Nov. 1, 2006	28,233.81	2,071.60	3,322.45	413.00	45,552.14	79,593.00
Opening balance Nov. 1, 2007	8,242.66	1,400.29	1,558.85	289.43	40,482.08	51,973.31
Closing balance Oct. 31, 2008	3,297.82	3,666.82	515.14	271.85	37,204.62	44,956.25

NOTES

An accommodation expense of \$2275.92 from the previous year was paid in 2007-08
The existence of investments demonstrates organizational viability, a necessary condition for Trillium grants

** includes OTFA/MTA membership and uniforms)

Secretary – Rhona Trott

The Board of Directors met six times since being elected last November. The average attendance at each meeting was six people.

Considering that our constitution allows for a total membership of 29, we actually only had eight people on the Board. One person, Sarah Snable, who joined the Club two years ago as an athlete, then later became a coach in the Intermediate Programme, was welcomed to the Board in March. Unfortunately, for us, but good fortune for her, she accepted a job in Barrie and moved there at the end of August, thus vacating her position on the Board. The Club was very active in fund-raising at the OFSAA track and field championship meet in early June, as well as at the South Regional qualifying meet the previous week. Monika DiCesare, Judy Klodnicki and Rhona Trott worked very hard in the kitchen for the five days of the meets. Ang DiCesare and his daughter, Alyssa, were also instrumental in keeping the crowds well supplied with water, etc.

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Bingo Report – Louise Murray-Leung

42 bingos were held in 2007-08 with 3 - 4 volunteers needed for each. There will be some changes – Gae has been replaced by Irene and a “runner”. Now we only need 2-3 people per bingo and the time span required will be about 1.5 - 2hours. Volunteers are required to sell books and do the ‘toonie pot’.

Membership Report – Louise Murray-Leung

Intermediate - winter members 25

- summer members	21
Senior programme members	22
YDP athletes - spring members	15
YDP athletes - fall members	18
Cross-country - intermediate	20
- senior	10
Masters members	<u>2</u>
Total membership	133

Team Manager Report – Louise Murray-Leung

There were about 13-15 meets for both senior and intermediate programmes (about 3-4 per season)
The coaches will go into more detail of their various athletes' results, later.

Fundraising Report -- Louise Murray-Leung

The major fund raising event of the year was receiving \$39 000 from the Trillium Foundation. Much of this money was used to purchase hurdles, the storage containers and other equipment required by the athletes. We are hoping to apply for other grants in the future. Other ideas that have been proposed include: dances, comedy club, t-shirts. It is also hoped that we will host some MTA meets next year, as well as generate sponsorships from various area businesses.

Coaches' Reports

Middle-Distance Group – Patti Moore

She was very pleased with the turn-out for the cross-country session as the Club was able to send five teams to the OTFA cross-country championship meet – with two teams each placing fifth in their age class and six athletes finishing in the top 20. The Club will be sending a Junior Girls team (Rebecca Hallam, Jillian Wyman, Aimee Castro, Colleen Wilson, Carise Thompson and Courtney Patterson) to the Canadian championships in Guelph.

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The training group was able to expand this session with the help of two new cross-country coaches: Pauline Smith and Corry Pepper.

During the year, Patti had 24 athletes in her group – four of whom are now attending university. They attended 12 Club and 12 school meets. She also worked with coaches from the Hamilton Hammerheads to support athletes cross-registered with HOC. These athletes combined with the HOC group at the OTFA B/M/Jr and cross-country meets for some good team results.

Youth Development Programme – Bozena Wojciekian

The YDP group involves children 8 – 11 years of age. It is dedicated to introducing the children to the various skills needed for most events in track and field. In general, Bozena does not encourage participation in any competitions; this year, however, there were quite a few parents who wished to have their children attend meets.

The group meets twice a week at Mohawk Sports Park during the spring and fall. There were 15 participants in the spring programme, while 18 (some returnees) came in the fall.

Throws Group – Bozena Wojciekian

The throwers work out all year, with the indoor sessions being held at Sir John A. MacDonald Secondary School and the summer programme at Mohawk Sports Park. Weight training and throwing are both done at these locations. Katie Klodnicki, who joined the Club early in 2008, had a very successful year. She won gold at OFSAA in discus, as well as at the OTFA Youth championship in discus and hammer. At the Provincial Legion Championships, she was first in discus. She also represented the province of Ontario in discus during the Canada Summer Games. Katie is ranked first in discus in Canada in the youth category. She is being considered for the Ontario Team for Canada Summer Games in 2009.

Rhona Trott, a masters athlete, has been throwing consistently since joining the group. Her dedication and commitment to the throwing events brought a significant improvement in the weight pentathlon as well as Rhona's placement in national masters rankings, where she is ranked first in hammer throw in the W55 age category.

Bozena stated the need for more equipment.

Intermediate Group – Wayne Collins

Wayne reported on the summer session at Mohawk Sports Park working with the middle-distance athletes. Sarah Snable trained the intermediate group sprinters and hurdlers. They attended three meets. Of the twenty children registered, only five or six took advantage of the chance to compete against other clubs. Getting results from these meets was a frustrating experience.

In the past, the idea of the Intermediate Programme was to continue the work done with YDP athletes – expose the children to a variety of events -- but at a more advanced level, with no specialization occurring. This is a good premise; however, by 11-and 12-years of age, children usually have developed into either a middle-distance runner or a sprinter. For this reason, Wayne and Sarah chose to divide the group into the two running areas. Unfortunately, some of the athletes would vacillate between groups – depending on who had the easier workout! The opportunity to have all the athletes try hurdling, jumping and throwing events was inconsistent.

The intermediate coaches had a meeting with Bill Urie in early November and are planning on changing the name to MTA group to reflect the focus of the group – MTA (Minor Track Association) competitions, rather than OTFA ones. The winter coaching staff will consist of Wayne, Pauline Smith and Patti Moore for middle-distance and Rich Gelder for sprints. For those athletes unsure of whether they are sprinters or middle distance runners, they will start with Rich; if necessary, they can transfer to Wayne later.

The group plans to attend three meets this winter.

Power/Speed Group – Tom Bereza

Tom reported on some of the changes in the way in which the programme was run this year. He emphasized the fact that the 'veterans' in the group were helpful in showing the different drills, etc. to the newer members.

Workouts were held four evenings a week, plus Saturday mornings; athletes were expected to attend as many of them as possible. This dedicated schedule was appreciated by the one athlete from the group who went to university this fall. She found the transition from high school/Club workouts to those of the university to be less intimidating.

Power/Speed Group – George Kerr

George stated that this was his eighteenth year as an HOC coach. As well as being active at the club level, he is also a national coach and wants to introduce to HOC some of the ideas that he has learned from his association with others at this more advanced level.

To him, it is unacceptable that all his athletes are not present at the AGM as their attendance here was similar to a required practice.

He is ambitious as a coach and wants the best for his athletes. He is in the third year of a four-year plan to help build up HOC. Why we don't have more athletes is a real quandary.

Originally he had given himself until 2010 to get out of track; however, Athletics Canada is urging him to stay a bit longer – maybe until 2011.

One thing he would like to see is complete funding for any athlete who makes a national team.

Masters Athletes Group – Rhona Trott

Rhona was unable to give an oral report; the following written report was received.

At the beginning of 2008, there was only one masters athlete in the group. She started the year well, in the first meet, setting a W55 Canadian record in long jump. Later she won the OMTFA indoor pentathlon championship and re-established the Canadian record in the 60mHurdle race. At the OMTFA indoor championship meet, she set another Canadian record – this time in the high jump.

Unfortunately, a plantar fasciitis problem of the left foot, which exacerbated a right hamstring injury, meant that ALL running (with the exception of some easy jogging) was suspended for the entire outdoor season.

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Being a multi-events competitor, however, she continued to work with Bozena to correct all the throwing technique mistakes that had been learned over the past 30 years! This resulted in personal bests in four of the five throwing events. She was able to win the OMTFA and CMAA throws pentathlon championships.

This fall, I have been in contact with a small group of ‘older’ athletes who are keen to return to running. We have been meeting twice weekly since late October, with a focus on competition when the outdoor season begins, although some indoor races may be included.

As I mentioned earlier, when working with multi-event athletes, it is often necessary to look for to ‘event specialist coaches’ for assistance. Bozena has been very helpful with regards to throws; in the past, Rich Gelder and Brian Grolla were instrumental in giving advice for the sprint hurdles. I am hoping that this type of inter-club co-operation will continue for other athletes looking to follow several disciplines.

Members of the Board of Directors for 2008-2009

Executive

Past President	Paul Morrison
President	Monika DiCesare
1 st Vice-President	
2 nd Vice-President	
Secretary	Rhona Trott
Treasurer	Ralph Moulton

Directors

Club Administrator	Louise Murray-Leung
Equipment manager	Angelo DiCesare
Bingo Co-ordinator	Irene Jones Gae Melanson
Members-at-Large	Bob Bunting Heidi Davidson Matt Hodgson Les Klodnicki Meldy Ladeza Phyllis Roung

Bill Urie

Minutes taken and written by the secretary, Rhona Trott.
All reports, except George Kerr's, were checked by the various presenters.

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