

SLNC BOD Meeting Notes

May 28, 2025

Present: C. Flores, D. Embleton, A. Klein, D. Dennier, T. Fulop, T. Klaschka, B. Miller, C. O'Connor, L. Bot, W. Shannon

Regrets: L. Lennie

Meeting notes:

- **Land Acknowledgement:** Cyndy and Carolyn discussed the land acknowledgement for Sovereign Lake, with Carolyn providing the correct wording for the traditional territories.
- **Agenda and Minutes:** Cyndy reviewed the agenda and minutes, noting corrections and housekeeping items, including fixing Tara's name and Dave's speaking assignment.
- **Coaches and Programs Update:**
 - **Introduction:** Cyndy introduced Eric and Darren, who prepared slides to present the main points of their programs, including successes and reflections from the year.
 - **Hiring Avalon:** Eric highlighted the successful first year with Avalon as the biathlon youth lead coach, noting her growth and confidence in leading the program.
 - **Grant from Biathlon Canada:** Eric mentioned receiving a Community Support for All grant from Biathlon Canada, amounting to \$17,000, which was used to purchase two eco aims and cover administrative fees.
 - **Biathlon Program Successes:**
 - **First Year Success:** Eric described the successful first year with Avalon as the biathlon youth lead coach, emphasizing her growth and confidence in leading the program.
 - **Grant Utilization:** Eric detailed the utilization of the \$17,000 grant from Biathlon Canada, which was used to purchase two eco aims and cover administrative fees.
 - **Biathlon Norams:** Eric highlighted the successful hosting of the biathlon Norams, which was the first ever eco aims biathlon BC Cup race, showcasing their ability to run the event smoothly.
 - **Cross Country Program Successes:**
 - **Volunteer Coaches:** Darren acknowledged the significant contributions of volunteer coaches, emphasizing their role in the success of the programs.
 - **Track Attack Program:** Darren discussed the success of the track attack program, highlighting the high enthusiasm and participation from youth, coaches, and parents.

- **National Championships:** Darren highlighted the achievements of athletes at national championships, including multiple podium finishes and personal bests.
- **New Season Priorities:**
 - **Collaborative Approach:** Eric and Darren emphasized a collaborative approach to skier and coach development, ensuring alignment in courses and effective placement of coaches.
 - **Yearly Club Calendar:** They discussed the development of a yearly club calendar for all events, aiming to have everything scheduled up until May 1st of the following year.
 - **Improving Communication:** Eric and Darren highlighted the importance of improving communication, streamlining modes of communication across all programs to ensure consistency and clarity.
- **Program Overview:**
 - **Co Head Coach Model:** Eric and Darren explained the unique Co head coach model at Sovereign Lake, which is uncommon in Canada, and its benefits for both biathlon and cross country programs.
 - **Nordic Skiing Focus:** They emphasized the importance of Nordic skiing, noting that biathletes are primarily skiers and the focus on sport for life and community involvement.
- **Capacity and Coach Development:**
 - **Need for More Coaches:** Darren and Eric discussed the need for more coaches to support the growing number of athletes and programs, emphasizing the importance of recruitment and development.
 - **Volunteer Coach Support:** They highlighted the importance of supporting and developing volunteer coaches, providing them with the necessary training and resources to be effective.
 - **Coach-to-Athlete Ratio:** Darren mentioned the ideal coach-to-athlete ratio, aiming for 1:6 to 1:12 depending on the program, and the challenges in achieving this ratio.
- **Resources and Operations:**
 - **Strengths:** Eric and Darren highlighted Sovereign Lake's strengths, including dedicated volunteer coaches, a natural snow playground, and mild winters that facilitate consistent programming.
 - **Areas for Improvement:** They identified areas for improvement, such as the need for paid coaches at higher levels and the development of physical infrastructure like a roller ski track.

- **Comparison with Other Clubs:** They compared Sovereign Lake to other top clubs in Canada, noting the differences in resources and infrastructure, and the potential for growth and development.
- **Barriers and Challenges:**
 - **Time Conflicts:** Darren and Eric discussed the challenges of managing time conflicts and scheduling issues, particularly for coaches who need to be in multiple places at once.
 - **Coaching Capacity:** They addressed the issue of coaching capacity, emphasizing the need for more coaches to support the growing number of athletes and programs.
 - **Roller Ski Track:** They highlighted the need for a roller ski track to provide a safe and effective training environment for athletes, reducing the risks associated with road training.
- **Importance of Programs:**
 - **Community Building:** Eric emphasized that programs are essential for building a sense of community within the club, providing opportunities for members to connect and engage.
 - **Membership Attraction:** He noted that programs attract new members to the club, contributing to its growth and sustainability.
 - **Event Hosting:** Eric highlighted the role of programs in hosting events, which bring in revenue and increase the club's visibility and reputation.
- **CCBC Meeting Highlights:** Dianna provided an overview of the CCBC meeting, including membership statistics, grant opportunities, volunteer policies, and the success of the New Caledonia roller ski track.
 - **Membership Statistics:** Dianna shared membership statistics, noting that Sovereign Lake is the #1 club in BC and #2 in Canada for CCBC members.
 - **Grant Opportunities:** She discussed various grant opportunities, emphasizing the importance of consistent application and reporting to secure funding.
 - **Volunteer Policies:** Dianna highlighted different volunteer policies from other clubs, such as requiring volunteer hours or a fee, and early registration for volunteer coaches' children.
- **General Manager Transition:** Cyndy discussed Wendy's resignation and the process for finding a new general manager, emphasizing the need for someone with experience in programs, coaching, and financial management.

