



LESI Camps Meeting

7:30pm, Tuesday, July 25, 2023

Zoom ([Recording Here](#))

MINUTES

1. Beginning of Meeting

- a. Call to Order: 7:33pm
- b. Roll Call: Misty Caudill, Jelani Watkins, Hannah Burandt, Amanda Boswell, Jeff Armstrong
- c. Summary of [Previous Minutes](#)

2. Discussion Items

- a. Overall thoughts on progress and vision for future work
 - i. What exists within other LSC and USAS?
 1. Math Credit School of Thought
 2. MISCA- [Michigan Interscholastic Swim Coaches Association](#)
 - a. In-Water Clinics
 - b. Awards for coaches
 - ii. There are a lot of frameworks (even for virtual- [SwimSwam](#)) that we could use.
 1. **“We need to decide what kind of camps we need to offer in the season, and find ways to connect with other LSCs.”**- Jeff
 2. Specific-goal camps: AG camp, sprints, starts/turns, sports psychology, etc. (Perhaps just 2-3)
 3. mid-October: **Pre-HS Camp** perhaps before Viking Invitational to try to hook more senior swimmers from rec swimming
 - a. Could include 2-3 sessions with different goals
 - b. Mixer/Social Event afterward
 - iii. Where can we share? With whom can we partner? What traditions can we observe and implement?
 1. College Connections: Managing swimmer nerves, private lessons from college athletes, etc.
 2. Tools: GoPro looped recording
- b. Follow-Up on Previous Proposals
 - i. ***Virtual Webinar Mental Health & Nutrition***
 1. **Sports Fitness Opening Clinic(s)**- Amanda will take lead
 - a. Pre-race routine (pre-warm-ups, pre-race, getting up on the block, post-bad swim, etc.)

- b. Start lighter, providing opportunities to go deeper later
 - c. Terminology- “Mental Fitness” over “Mental Health” which can be off-putting
 - d. Topic ideas: Negative self talk, over caffeinating, toxic culture, sleep deprivation
 - i. Caffeine limits exists
- 2. How many and how long?
 - a. Perhaps 2? Amanda to confirm.
- 3. To which audience?
 - a. Everyone! (Better for numbers and getting everyone excited about what we hope to offer!)
 - ii. Recruitment Process Workshop Ideas- (Hannah can detail further later.)
 - iii. LESI BOD Updates- (Jelani did not discuss, but can in next meeting)
 - 1. Connection with Athlete Reps
 - 2. Big Fish/Little Fish

3. Action Steps for Next Meeting

- a. **Hannah**- Send any additional contacts that we should keep record of
 - i. [Rachel Vickery](#)- Could do an amazing webinar on stress, physiology, and mental training
 - ii. Deans of CSU for students who need hours of service and bring experiences
 - iii. Another great LOCAL resource: <https://www.sportpsych.org/>
 - b. **Hannah**- Look into possible weekend date in October that could work for the Pre-HS clinic
 - c. **Jelani**- Send out annual budget for camps
 - d. **Amanda**- Create a list of the most important topics for the first webinar
 - e. **Amanda**- Share what is needed from the group to further support and identify possible dates for mid-September
 - f. **ALL**: Look for experts in Nutrition and Dietetics that may be able to lead a clinic or portion of a clinic for Sports Nutrition
 - g. **ALL**: Email Amanda with any ideas of other subtopics for Mental Fitness
4. **Next Meeting: 7:30pm, Thursday, August 17th via Zoom**
5. **End Meeting: 8:35pm**