



# **2023 Annual General Meeting**

**WEDNESDAY 14<sup>th</sup> JUNE :: 1900 HOURS PROMPT**

**To be held in the Activity Space**

## **AGM AGENDA**

Apologies for Absence

Minutes of 2022 AGM

Matters arising therefrom

Chairman & Secretary's Report

Treasurer's Report including subscription proposal :: Laura Mather

Membership Secretary's Report :: Lorna Rogers

Club Captain's Report :: Lee Picken

Competitions Organiser's Report :: Pete Morgans

Junior Section Report :: Gary Nolan

Election of Club Captain

Election of 1st Team Captain

Election of Officers and Committee.

Any Other Business

Ryan Heath's Paper on greater use of Gym

The AGM may conclude with a light buffet.

## **DISCUSSION TOPIC UNDER ANY OTHER BUSINESS**

### **2023 AGM :: RYAN'S PROPOSALS**

#### **GYM USAGE IDEAS.**

**1. JUNIOR ACADEMY** Thursday Nights 1600 - 1800 hours.

Group squash fitness & conditioning. 30 minutes per group of similar abilities.

Ideally, 2 groups of children with pretensions of being at a competitive standard.

20 minutes on rotation for 1-2-1 consultation with me to set plans for a two week home fitness schedule. [with possible link to all exercises on my You Tube channel].

The Club could possibly pay for my time at £20 per hour out of the Juniors budget]. [£80 p/month]

**2. SQUASH TEAMS PRE SEASON TEAM TRAINING.** Wednesdays

1930 - 2030 hours; Thursdays 1830 -1930 [If no table tennis]

Each evening £20 per hour.

Work with A&B team one week; C, D & E teams the following week starting as soon as possible. Squash specific conditioning and fitness to prevent injuries and increase fitness in preparation for the start of the next winter season.

Team Captains would be required to persuade players to attend each week until the season starts. Cost may well put players off so is there an alternative way to cover my costs ?

**3. TABLE TENNIS EVENINGS.** 1800 -2000 hours at £5 per person. Use a

table format where everyone plays everyone; best to 21 or 2 clear.

Possibility of two tables depending on space and if gym mats are a risk factor [not moving each week].