

# Fitness Committee Annual General Meeting

Date: 23 May 2013 Time: 19.00

## MINUTES

**Committee Present:** Tony Cookson (Chair), Suzanne Collis (Deputy Chair), Paul Harrop (Secretary/Treasurer), Dave Chaplin, Andy Yorke, Sylvia Khan, Sharon O'Donnell, Kevin Brazier and Paul Speller.

**1. Apologies:** Ivan Clennell, Leanne Webb & Vanessa Penn.

**2. Minutes of the last AGM:** Adopted as read.

### **3. Chairman's Report**

Tony commenced his presentation by welcoming all those present and detailing the various action points for discussion.

Particular attention was drawn to the commitment, devotion and positive contributions of our previous Chairperson (Valerie Packer) who sadly suffered a debilitating stroke during 2012, from which she never recovered. Her contribution to Fitness and the club in general has been greatly missed.

The Fitness section of ISC has developed significantly in recent years and the total membership currently stands at 406, including 97 Studio members.

The Gym continues to progress positively with personal and group training sessions generating a good following. The potential of Crossfit to generate new interest and more importantly new members has not materialised and regrettably the decision has been taken to cease Crossfit activity at ISC and return Court 6 back to the Squash members for use in September.

Under the positive stewardship of Ivan Clennell, the Studio continues to develop successfully with new and varied classes being introduced during the year. Ivan has also been instrumental in generating additional income through rental of the Studio to the Tennis Academy and other outside agencies during non-busy periods.

It is clear to the Fitness Committee that we need a much larger Studio to facilitate the ever increasing interest in this specific fitness activity and a separate Strength & Conditioning facility that will continue to attract those who require a more challenging fitness experience and compliment the activities of the rapidly developing Tennis Academy. Both of these proposals are essential elements of our 5 Year Plan. They are both under active consideration and we intend to put a business plan together to justify this essential expansion of the Fitness resources at ISC.

#### **4. Treasurer's Report**

In order to ensure transparency and awareness of the financial aspects of the Fitness Section for the committee members, we have adopted a quarterly budget review. For the first quarter of 2013 the review confirms that the net operating costs are generally in line with budget.

The Treasurer presented a brief summary covering only those cost centres where there is a noticeable variance between actual cost, budget and last year.

When agreeing the budget for 2013, the Fitness Committee set a challenging objective of reducing our net overall costs by £6,000 per annum and the financial position at the end of April confirms that we are currently on target to achieve this objective.

It is absolutely essential that we continue to provide appropriate facilities for our members and promote all aspects of the club positively to ensure membership retention and to improve our prospects for attracting new members.

#### **5. Election of Officers**

Allowing for the fact that no nominations or resignations were presented for consideration, the existing Officers were encouraged to continue in their current posts and all agreed.

#### **6. Any Other Business**

A constructive and proactive debate was initiated, which included positive contributions from committee members and those in attendance at the AGM. The following comments and observations were recorded for future review.

- It is acknowledged that positive growth has come from the Fitness Section and this fact is recognised by the General Committee.
- The club is keen to retain both a Spinning and a Creche facility and discussions are ongoing to achieve this objective. (Action AY/IC)
- We need to be mindful of the future growth potential associated with housing development plans for North Ipswich and ensure we are best placed to facilitate this opportunity. (Action TC)
- Some of the resistance kit in the gym is underutilised and should therefore be considered for removal/replacement. (Action DC)

#### **Date of Next Fitness Committee Meeting**

Tuesday 9 July 2013 @ 18.30hrs

#### **Meeting Closed**