

# Females in Training



## MINUTES OF ANNUAL GENERAL MEETING

Date: 21 November 2020  
Time: 9:00am  
Venue: EQ Café, 70 Kent Street, Deakin and via Zoom

### 1. ATTENDEES AND APOLOGIES

President, Sue Lyons welcomed attendees to the meeting and advised apologies would be recorded in the minutes.

Attendees at the meeting were:

- Amanda Power
- Andrea McDonald
- Angela Rymer
- Cate Byrne
- Connie Clement
- Donna Whitfield
- Elizabeth Lowe
- Emma Wensing - via Zoom
- Fran Sankey
- Heidi Livermore
- Jane Smith
- Jean Chesson
- Jillian Wisbey
- Josie Picin
- Julianne Quaine
- Krissa O'Neill
- Leeanne Tennant
- Linda Charnock - via Zoom
- Linda Mackey
- MaryAnn Simpson
- Michelle Boyle
- Rae Palmer
- Rae Wells
- Sam Shields
- Sandra Purser
- Sue Lyons
- Therese Holtby
- Virginia Lindenmayer

Apologies were received from

- Alison Pervis
- Andrea Teunissen
- Cath Spratley
- Diane Evans
- Ella Robinson
- Jane Grey
- Marina Buchanan-Grey
- Robyn McClelland

### 2. ITEM 1 - MINUTES OF PREVIOUS ANNUAL GENERAL MEETING

The minutes of the previous Annual General Meeting held on 16 November 2019 were accepted as an accurate record of the meeting.

Moved: Therese Holtby

Seconded: Cate Byrne

In Favour – All

Against – NIL

**Carried**

### 3. ITEM 2 - PRESIDENT'S REPORT

FIT President, Sue Lyons provided an update on Membership numbers and spoke to her report on the activities of FIT over the last twelve months.

Membership numbers were reported as 316 FIT Members as at 30 June 2020, and 247 Members as of 21 November 2020.

Sue spoke of the challenges in 2020 and the efforts of FIT coaches to keep members engaged. The President's Report is Annexure 1.

Sue ended her report by acknowledging the contributions of the 2020 FIT Committee. Special mentions and thank you were made for outgoing FIT Committee members: Andrea McDonald, Adele Wickenden, Therese Holtby and Fran Sankey.

Sue advised she was stepping down as FIT President and said it had been an honour and privilege (and sometimes a challenge) to have been President.

A small gift was presented to Andrea McDonald for her service to FIT as Membership Officer over the past four years.

### 4. ITEM 3 - TREASURER'S REPORT

#### 4.1 – Statement of Accounts

FIT Treasurer, Jean Chesson reported that the audited financial reports had been provided with the agenda papers for members' review. Jean spoke to the Treasurer's report and audited financial report noting FIT was in a strong financial position with a small surplus in 2019-20. The main source of income was from Membership fees, despite being an unusual year – half impacted by COVID-19 and half a normal year.

It was moved that the financial reports were accepted by members.

Moved: Jean Chesson

Seconded: Jane Smith

In Favour – All

Against – NIL

**Carried**

#### 4.2 Appointment of auditors

Jean noted that FIT was required to appoint auditors for the 2019-20 financial year. Robert Bogdanoski, Elucidate Chartered Accountants was the auditor for 2019-20 and the FIT Committee is satisfied with the service provided. The FIT Committee recommended the appointment of Elucidate Chartered Accountants as auditors for the 2020-21 financial year.

It was moved that Robert Bogdanoski, Elucidate Chartered Accountants be appointed as auditors for the 2020-21 financial year.

Moved: Jean Chesson

Seconded: Jane Smith

In Favour – All

Against – NIL

**Carried**

## 5. ITEM 4 - ELECTION OF OFFICE BEARERS AND COMMITTEE MEMBERS

Nominations for FIT Committee positions were received for all positions. Under Article 19 (4) of the FIT Rules 2015, if the number of nominations received is equal to the number of vacancies to be filled, the people nominated are taken to be elected.

As the number of nominations was equal to the number of vacancies, the following positions were declared:

Role	Name
President	Sam Shields
Vice President	Andrea Teunissen
Secretary	Leeanne Tennant
Treasurer	Jean Chesson (continuing)
Coaching Coordinator	Jill Wisbey (continuing)
Communications Officer (General Member)	Heidi Livermore (continuing)
Membership Officer (General Member)	Ella Robinson
Policy and Insurance Officer (General Member)	Robyn McClelland
Coordinator of Volunteers (General Member)	Virginia Lindenmayer (continuing)
General Member	Cath Spratley (continuing)
General Member	Josie Piccin

## 6. ITEM 5 – ELECTION OF COMMITTEE LIFE MEMBERSHIP

Sue Lyons advised that a nominations had been received for FIT Life Membership.

Fran Sankey gave an overview of the contribution the nominee had made to FIT and advised the FIT Committee recommended that MaryAnn Simpson be appointed as a life member of Females in Training. Andrea McDonald as a co-proposer also spoke to the nomination.

It was moved that the proposal to award Life Membership to **MaryAnn Simpson** be accepted by members.

In Favour – All

Against – NIL

**Carried**

MaryAnn formally accepted the nomination for Life Membership and was presented with a certificate of Life Membership.

## 7. ITEM 6 - OTHER BUSINESS

Fran Sankey spoke to the following items:

### **Christmas Party 2020**

Old Parliament House Senate Rose Gardens, Sunday 13 December 2020. Expressions of interest for catering purpose will be in NewsFlash.

### **Volunteer Awards**

Reminder to nominate FIT members for Volunteer awards. These will be presented at Christmas Party.

### **Merchandise**

FIT merchandise available for sale after AGM.

### **FIT 25<sup>th</sup> Anniversary - 2021**

In 2021 FIT will be celebrating its silver jubilee – 25<sup>th</sup> Anniversary. Keep an eye out for special events throughout the year.

### **Thank you to Sue Lyons, outgoing President**

On behalf of FIT, Fran thanked Sue for her contribution to FIT over the past three years as President, as Vice President for two years prior to that and General Member for one year prior to that, acknowledging her leadership, kindness and calm approach.

A small gift was presented to Sue for her service to FIT over the past six years.

Meeting closed 9:33 am

### PRESIDENTS REPORT - FIT AGM 2020

The year 2020 has been challenging. We started the year with bushfires followed by hailstorms and in March the COVID-19 pandemic impacted on all aspects of life in Australia and globally.

The FIT Committee was kept busy in the lead up to Christmas 2019 welcoming two new Life Members, Beth Peedom and Emma Wensing, organising FIT Christmas events and planning a triathlon workshop for FIT coaches and triathletes. Multiple States of Emergency around NSW and ACT were declared between January and March 2020 as a result of bush fires and the subsequent impact on air quality. FIT cancelled a number of training sessions and kept members up to date with alerts on air quality and organising breakfast meetings if training was cancelled.

#### COVID-19 PANDEMIC IMPACT

In mid-March 2020 the COVID-19 pandemic impacted on all aspects of life in Australia and globally. Social distancing rules were introduced in Australia and for the first time since its inception over 25 years ago FIT cancelled ALL coached and un-coached activities.

This raised significant challenges for the FIT Committee and coaches. How do we keep FIT alive and relevant, assist our members to retain an active lifestyle in times of social distancing and support social interaction and communication to assist with wellbeing of our members?

Thanks to FITs wonderful team of communication experts, coaches and helpers a range of innovative strategies and programs were introduced and commenced running early in April including:

- FIT NewsFlash continued to meet the challenge of keeping members in touch and up to date with on line and virtual training programs. FIT members were encouraged to continue training individually or in pairs and there was a regular column in FITFlash and FIT Facebook featuring stories of how members were coping and training during social distancing. FIT NewsFlash and Facebook has been an excellent guide for keeping members up to date and introducing new programs.
- Online and Virtual Training Programs

FIT Coaches took up the challenge to find ways to provide training programs within the social distancing environment enabling members to access a range of innovative programs including:

- Online Cycling, Strength & Flexibility and Yoga sessions; and
- Virtual Programs included a 14k run program, MA - RA - TH - ON training and event;
- FIT triathlon support group established to provide support, information sessions and regular triathlon challenges plus opportunities to enter virtual races.

This meant that on most days of the week FIT members could participate in a training program in the comfort of their home or run in their local area. On behalf of all FIT members we congratulate and thank our coaching team.

### FIT SAFE RETURN TO TRAINING ADVISORY GROUP

As social distancing guidelines changed the Committee needed to decide how we would safely commence face to face training? The FIT Safe Return to Training Advisory Group was established to plan our return to regular training programs. The group developed the FIT COVID-19 Information and Risk Management Plan, a live, working document that is updated as required and provides information on how Females in Training, Inc. (FIT) will safely return to training in the triathlon disciplines (swimming, cycling, running) and associated activities.

The emphasis of FIT training is to utilise a common sense approach to focus on participants attending the activity as close as practical to the start of any training and leave as soon as possible after the end of the session (Get in, train and get out philosophy), to minimise contact times.

Although recording of attendance is no longer mandated by the ACT Government, FIT will continue to record attendance for the safety and convenience of its members and the wider community.

It is anticipated that social distancing and safe behaviour guidelines will be required for some time and the FIT COVID-19 Information and Risk Management Plan will continue to guide FITs training programs in 2021.

In conclusion, this past year has been one of challenge and innovation and has demonstrated FITs ability to respond to change. I would like to take this opportunity to say thank you to the FIT Committee, Coaches and volunteers for their enthusiasm and commitment to FIT over the past year.

I will be stepping down as FIT President at this AGM. It has been both an honour and a privilege (and sometimes a challenge) to have been President and to have worked with such a great team of Committee members, coaches and FIT members for the past three years.

Sue Lyons