



Athletic Booster Meeting Minutes

January 8, 2019

6:30pm in the Lee-Davis Library

Meeting opened 6:35

Welcome by President

Guest Speaker- Vinny Belviso-Personal Trainer with Freedom Fit Gym- Getting in shape without the gym

- They have programs for young athletes and adults work with clients from 11-90 years old.
- Cardio if not your thing- use walking the dog or only listening to your favorite podcast when doing cardio.
- Resistance training- all workouts should contain a squat, hinge, push, pull, lunge single leg work, core (Hips to shoulders all the way around your mid-section), lift something heavy and move.
- Work on multi joint exercises first then single joint exercises
- Glute bridges, lunges, squats, curls, Dead bugs
- Use rule of half when first back- cut everything in half for the first few weeks so you are not discouraged. Always leave feeling good
- Master the basics
- Set realistic and specific goals that are attainable

Minutes of the previous meeting held on December 12, 2019 - Approved

Treasurer's report – balance is \$154,303.01- Bingo and Booster should be up to date. There are a few outstanding invoices that Wendy is working on getting paid Wendy will be sending breakdown of Boys basket ball accounts to Tripp.

Other Reports –

- **Sponsor- No new sponsors**
- **Membership- no changes**
- **Concession- All volunteers are helping and no issues.**
- **Bingo**
 - Bingo Nights: Teams are showing up fairly well
 - Bingo funds back to the teams will be reduced beginning on 2/1/2020 due to the reduction of revenue that the Bingo is bringing in.
- **Fundraising**
 - Shoe Fundraiser – Dawn will be sending out information on this shortly
 - Golf Tournament- April 17-
 - Need each team to donate a prize with a minimum of \$100 value Prizes should be turned in by March 25th
 - Teams should also provide a \$25 gift card- Gift Cards due by March 25th
 - \$100 Hole Sponsorships are encouraged- Signs will be placed on the hole for sponsors,

- If teams do not participate with providing the sponsor and gift card, they will be charged \$250 out of account- as approved by the Athletic Director
- Will have 50/50; Mulligan, contests on par 3 holes
- Registration will begin at 12:00 day of
- Registration date 4/1
- Will receive Hot Dog at registration
- Beer will be \$3.50
- Shotgun start at 1
- Targeting 28-30 teams

- **Teams-**

- Basketball Boys is doing well summer camp,
- Track lots of state qualifying times
- Upcoming events
- Fundraisers
- Volunteer hours logged by team

- **Athletic Director**

- December busy-Wrestling and basketball tournaments both successful
- January is quieter month, VMI for track this weekend
- Jan 24 Hall of Fame banquet
- Hall of fame would like \$500 Table sponsorship
- Paul Doss is Girls Soccer coach
- Assistant positions are still open and will start 2/24
- Parent meeting will be held the week before

Old Business –

- **No Team Requests for the month of December**

New business:

- Hall of Fame would like to have a \$500 Table sponsorship- Motion to approve by Dawn Parent and seconded by Wendy Mills to approve

Final remarks by President and any others

Meeting adjourned