

August 8, 2013 Booster Meeting

In Attendance: Lisa J. Christian Hart, Charlotte Kirk, Melinda Kirk, Mike Bossert, Lisa Silvestri, Sheresa Nelson, Angie Young, LaShonda Crouch, Deborah Miller, Valerie Morrison, Mo Batts, Earnest Edwards, Debi Kesner, Angie Alstatt, Elizabeth Miller, Chris Serafini, Gaby Dawson, Tasha Mirilovich, Wesley Woods, Kim Webb

Tasha opened the meeting.

Sheresa Nelson introduced Jocey Cowen from UK (nutritionist). Talking about “power pack meals” on game day.

Rep from Tweens Nutritionist Fitness Coalition. Access to nutritional foods and physical activities in the tweens group. Discussed ideas for pre-game meals for the team. The main goals are to help avoid hunger during event, stabilizing blood sugar levels, hydrating, have a relative empty stomach during game time, to avoid GI stress.

Needs to be high in starch, modest amounts of protein. Avoid fats, oils and sugar foods and caffeine drinks.

Day Before: Whole wheat pastas, breads, potatoes, low fat soups, fruits, diluted fruit juices, low-fat milk. Avoid: candy, sugar, tea, honey, fried foods, fruit flavored drinks. NO FAST FOODS!!

Was given a menu from the nutritionist.

Tasha stated that the boys loved having the big meal on Thursday and the smaller meal on Friday. But they would love to have a granola bar, fruit for a snack during half time.

Jocey talked about Introducing “Better Bites” into the concession stands. Left a sample menu for the concession stand items for healthier menu items for the concessions. Left us an items list that can be bought at SAMs Club in bulk.

Angie Alstatt stated that she would be willing to help purchase the snacks if the budget runs out.

Sheresa asked about alternative for peanut butter. : Hummus, Sun Butters, Leaner Lunch Meats. What is the best pick up for half-time: Fruit, low fat yougart, granola bars, protein bars.

Jocey stated that giving up Soda would help the athlete. Gatorade are better without the high fructose corn syrup.

Discussed Player Meals for the remainder of the season.

Last Thursday was a huge success. Appreciation of the parents who helped.

Coach Shaw discussed his ideas on player meals. Having an opportunity to earn the opportunity to eat on Thursday night as a group. He says having the whole team eat every Thursday would minimize the power of the opportunity. He wants to use this as an opportunity to encourage the Freshman & JV. This is why he wants the Varsity to eat on Thursday evening only. And that the JV/Freshman can have a meal on Monday evening or Power Pack.

September 16th Freshman/JV game is going to be moved. Next year they will have a pre-season before the Freshman/JV Season. They set it up so that the JV/Freshman start playing later because of injuries so if there are varsity injuries they have the opportunity to get them trained and incorporate others in the Freshman/JV team. He is planning on adding additional games before the 16th.

This week Fazolis will be providing the Thursday evening meal. Ernie stated that he loved the Family meal last Thursday. Maybe have another time where we do that again during the season. Coach Shaw says that this opens the window to communicate with parents that are not normally involved. Fazolis \$3.40/person + 1.45 salad. Includes breadsticks. Half/Half \$3.80/person for 100 people. Decided to do the salads from Sams.

Budget for Snacks & Meals:
PLAYER SNACKS \$2300
Player meals \$4000

Lashonda/Elizabeth Miller are the people doing the power pack for Monday/Friday. IF we do 2 more family meals, then we can save \$. Have the whole team for Family meals on the weeks that we have home games. Hoping this will draw a larger crowd of parents.

Coach Shaw said we need to be careful not to spoil the boys. Spoiled athletes become lazy. Try not to create bad habits for them. Because they need to make good habits for them. Possibly Monday Power bags bigger than the power bags on Friday. Need to teach them how to take care of their bodies. 2 sandwiches on Friday is enough.

LaShonda stated that if the Coaches know their name it makes the kid feel special. Food is not exactly the deal. We now have a Freshman/JV staff that cares the team and love what they do. They are very engaged with the kids.

LaShonda – spent \$150 for last week's power pack and used the extra for snacks during half time. Will be sending an email stating that if you want to help donate to the power pack then that would help. Ernie said that she could have a Pasta Cook Off for the team for the dads. Coach Shaw stated that he wouldn't mind grilling for the boys during a family night.

Delegating Responsibility – Tasha mentioned she is a control freak but now knows that she cannot do it all. Kim asked that someone step up and shadow her for the Fundraising because this is her last year and we need to have someone in place that can hit the ground running after this season. We have to get other parents involved to help the core group.

What can we do to get others involved? If you have a problem and you don't want to communicate to Tasha call Coach Shaw.

Valerie stated that many parents have multiple parents have multiple kids in multiple sports as a possible reason for not stepping up and helping.

Maybe this "family" night will get people involved. Debbie Miller stated that worker group has grown over the past 5 years. We need to be patient to see the growth. Much discussion on this issue.

Asked to do smaller emails. 1 subject per email.

Angie Alstatt asked that we have bird dogs at the family meals to help find those who are not working. Coach Shaw stated that he will do that so that there is not a Power Struggle. Coach Shaw stated that the parents are going to be hearing more from him.

Booster Meetings every other Tuesday for the next 8 weeks.

Gaby and Charlotte have worked hard to get the concession stands ready.

Charlotte is implementing a waste sheet. She is going to account for everything. Need to know who the items are for. Limiting what is eaten.

We will have name tags for the workers. We need a list for who actually gets "free items" from the concession stand. EX: referees, Coaches, Staff in the Press Box, Chain Gang, etc.

Coach Shaw will take care of handicap parking issue.

We have been approved to have Reserve Parking

Reserve Parking for 8 spots: \$25/game. If not there by 7:30 you have lost your spot.

Valerie will be parking police.

We can do passes. VIP for the sponsorship to get the VIP passes.

Adult/Student passes must pay for each game. Will be hole punched by the game.

Coach Shaw stated that we have to realize that the activity fund and booster funds is that it's "OUR MONEY" The Booster Club was formed to Support the football program. Not two separate entities.

Scrimmage brought in over \$2,000 in gate. General store was \$600

7 Middle School Football Games on Saturday. (3 games this Saturday)

4 players to work and 2 parents.

Friday there is no school

8 am – 9:30 film and something fun. Go home and then be back at 4