

Boosters General Meeting Minutes
November 16, 2022 at 8:30am
SHS Faculty Lounge
summitboostersnj.org
shsboosters15@gmail.com

Meeting called to order: 8:33am

Attendees: Elizabeth Fagan, Catherine Liguori, Dan Healy, Michelle Moon, Julie Broderick, Lisa Campbell, Kerry Penque, Camillia Lowry Redmerski, Jodi Devaney, Christopher Moon, Jennifer Shunk

Approval of October 2022 meeting minutes – Kerry Penque motioned to approve, Camillia Lowry Redmerski seconded. The minutes were unanimously approved.

Athletic Director State of the Department Report/Q & A – Dan Healy

- Thank you, Boosters, for approving the indoor tennis time for both boys and girls varsity teams.
- The Fall seasons are primarily finished except for some cross-country kids. There is an intentional break right now between sports. Winter sports are starting practice this Monday 11/21 or the Monday after Thanksgiving.
- Shoutout to the football team for a successful season.
- Boys Cross Country won the whole state championship this season – congratulations!
- Overall, it was a great fall with a record number of students participating in sports and the Unified team participation had record numbers as well.

Guest Speaker - Athletic Trainer Allison Flockhart- Discussion on overuse injuries, specifically shin splints

- Shin splints are very often seen in between sports seasons.
- Also known as tibial stress syndrome, shin splints often occur in athletes who have recently intensified or changed their training routines. The increased activity overworks the muscles, tendons, and bone tissue.
- Most cases can be treated with rest, ice, and other self-care measures. Wearing proper footwear and modifying the exercise routine can help prevent shin splints from recurring.
- Symptoms – pain or tenderness along the shin bone, mild swelling. At first, the pain might stop when you stop exercising. Eventually, the pain can be continuous and might lead to a stress reaction or stress fracture.
- It is most important to start treatment immediately.
- If you're having pain, see the athletic trainers immediately. There is no set treatment course or timeline. Treatment is completely individualized.
- Prevention – slow progression into the next sport, slowly get used to new shoes and slowly start training prior to the start of preseason. You need to stretch, both static and dynamic. Foam rolling is helpful, too. Lower leg strengthening exercises, hydration, and proper nutrition are important as well.

Co-Presidents Report – Julie Broderick/Elizabeth Fagan

- **BIG DATES:**
 - **Athletic Open House:** Virtual, date TBD (Chair: Julie Vlass)
 - **Senior Athlete Celebration:** Tuesday, May 9, 2023 (chair: Katie Darcy)

- Captains Parent Responsibilities – a reminder to please collect photos - both a headshot and an action shot of each senior for each sport that will be used for the senior slideshow.
- Upcoming Fundraisers
 - Vineyard Vines fundraiser - Dec 1 tentative time 10am-1pm
 - Pizza Vita - Dec 1
 - Cases for a Cause - 2/24/23 Elks, 7-10pm. Kate Keenan will chair it, David from Cambridge Wines will do a wine tasting and then sell to the attendees. Whatever is sold, we receive back a percentage of the sales. Kate suggested a theme of college night. Per head entry cost, cash bar, and silent auction
 - Minted – ongoing, use code FUNDRAISESUMMIT so that Minted donates 15% of the proceeds to Boosters and you receive 20% off your order.
 - Amazon Smile – ongoing, search “Summit School Booster Association” and link to your Amazon account to receive 0.5% back on eligible purchases to Boosters.
 - SQR and Tito’s Burrito - details coming soon
- Grants - Boys Tennis Indoor Space (\$217.35) Exec board recommends supporting it in full. Michelle Moon motioned to approve, Lisa Campbell seconded. The motion unanimously passed.

Treasurer’s Report – Michelle Moon

- Budget – as of 10/31 – The donations/patron mailing is at \$19,000. That’s above where we were last year at this time. Fundraising continues due to changes in FNL and the journal.

Hilltop Shop at Mondo – Michelle Moon

- The merchandising committee is doing an amazing job – the online store was a success – items will arrive in time for holiday shopping.
- Check out their new Instagram page – shs_boosters_merch
- Mondo 20% off sale on most items through Thanksgiving

Communications – Lisa Campbell/Camillia Lowry Redmerski

- We will blast about communications during this transition period to winter sports explaining the process to be highlighted on social media and email blasts
- Kim McGovern is taking over Lisa’s position and the transition will begin soon

Boosters Sports Journal – Jodi Devaney

- Team photos have been procured for fall teams and will build out the fall pages next
- After pages are built out will send them out to sales for ads.

Adjournment: 9:49am

Next meeting: Wednesday, January 11, 2023, at 7:30pm

Note: An “active” Boosters Member (able to vote) is defined as: 1) Booster Contributor of at least \$10; and 2) been a Boosters volunteer or attended two Boosters General Meetings in the past 12 months.