

Boosters General Meeting Agenda

June 7, 2023

summitboostersnj.org

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Meeting called to order: 7:32 pm

Attendees: Elizabeth Fagan, Catherine Liguori, Michelle Moon, Keryn Nomellini, Dan Healy, Camellia Redmerski, Julie Broderick, Kim McGovern, Emily Dolan

Approval of April 2023 General Meeting minutes: Michelle motioned to approve, and Emily seconded. Motion passed unanimously.

Presidents Report – Elizabeth Fagan

- Boosters Boast – what we do for all student athletes
- Thank you note from Mrs. Grimaldi for the Booster's donation for the Awards of Excellence
- Championship Ring decision – New policy starting 8/1/23 – “Boosters will budget \$5,000 total for championship mementos and at the end of the school year the board will divide the funds among the championship teams. Pending a team request, championship teams will be awarded the lesser of \$1,000 for each team or \$50 per athlete. We will cap the amount at \$5,000 total for all championship teams.” This change in policy allows us to budget responsibly while still honoring the high school tradition of championship rings/mementos.
- Two grants submitted this month - both by Coach Martins for girls' volleyball equipment and spring track national's registration fees. Volleyball grant is for training equipment (setter training aids) and will be used for both the girls and boys teams. Amount requested is \$1362.25. Michelle Moon motioned to approve the grant, and Emily Dolan seconded. Motion passed unanimously.
- Spring track grant is for the registration fees for National's at UPenn. Requesting \$1325. Both boys and girls teams will benefit. Catherine Liguori motioned to approve the grant, and Elizabeth Fagan seconded. Motion passed unanimously.

Treasurer's Report – Michelle Moon

- See budget handout. Some highlights: we are over \$23,000 for membership dues, the Journal is now at a \$1700 profit, Amazon Smile continues to bring in small amounts, and merchandise is at \$15,400.
- Athletic banquet net cost of \$2336 was under budget as \$4,500 was budgeted.

Hilltop Shop – Emily Dolan

- Ally Sabol will help with branding and social media. Another parent, Katie Mucci (mom of 6th grader) will help with water bottles, stickers and other lower price point items. Katherine McKeever will help with photography.
- We're looking for a HS intern to help with marketing all the new merchandise on social media- stadium seats, plastic maroon cups and tablecloths, custom eye black and maroon pre-wrap.

Communications – Kim McGovern

- It's starting to get quiet with the conclusion of many spring sports
- We will soon blast out the announcement of fall forms and physicals
- Will send out blasts for Journal ads and Booster's volunteers
- TikTok account coming next year

LCJSMS liaison – Keryn Nomellini

- Will explore how to increase Booster parent involvement at the middle school next year.

Journal – Jody via text

- Jody has 2 people who will help her this summer and also push athlete fan pages now that the site is almost complete. They will help with ad sales, too.
- Brainstormed ideas to streamline the collection of team photos for the Journal. Discussed identifying parents on every team who would be responsible for the collection of all the material. Ideas included captain's parents (but they already have a lot of responsibilities). Another idea was to ask Junior parents. Having specific parent Journal volunteers for every sport would enable Jody and her team to focus on ad sales.

Athletic Director State of the Department and SCIP presentation – Dan Healy

- Presented on the new Physical Education program SCIP – Strength, Conditioning and Injury Prevention Workout
 - The SCIP course is a comprehensive program geared to improve mobility, strength, conditioning, and overall athletic performance. The program will include preventative and corrective exercises to target joints and areas of the body that are prone to injuries during sports, activities, and athletics.
 - During the time in the weight room, students will work on improving their overall strength and conditioning and track their progress through a series of exercises. They will also focus on exercises to help with anterior and posterior chain imbalances which can increase the risks of injuries. Unilateral and bilateral training will be utilized to help balance strength throughout the body. Students will also train movement patterns such as jumping, landing, starting, and stopping that are seen in many sports to help with injury prevention.
 - Students can expect a warmup, followed by complex, core lifts, supplemental exercises, and abs and agility.

Adjournment: Elizabeth Fagan motioned to adjourn the meeting at 8:33 pm and Catherine Liguori seconded. Motion passed unanimously.

Next meeting: TBD

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.