

# Pacific Waves Synchronized Swimming

## Board Meeting Minutes

February 10, 2024 @ 11:05am

FWCC

Meeting called by Amy Bonte

Board members: Amy Bonte (President), Laura Hopkins (Vice President), Shelly Robinson (Treasurer), Leslie Sims (Secretary), Natalie Montgomery (Member at-Large), Michelle Spencer (Member at-Large), Candice Morrow (Member at-Large)

Call to order: 11:08am

Roll call: Amy Bonte, Shelly Robinson, Laura Hopkins, Leslie Sims, Natalie Montgomery, Michelle Spencer, Candice Morrow

Approval of prior meeting minutes: Laura moves, Shelly seconds, 5 in favor, 0 opposed

Chairman Report (Amy) N/A

Coaches Report: (Natalie)

- 2024 Meets
  - Monte Johnson Outcome – A successful meet for all involved. Practice judges were used. None of the PWSS swimmers received zeros.
  - Winter Invitational Outcome – A PNA organized meet. Swimmers did very well for a beginning of the season meet. Routines were all complete. Due to time constraints, awards were given to club coaches to hand out to swimmers at a their practice. It was proposed that this may need to be held over the course of 2 days. Timers are needed for DTC and STC judges.
  - Cactus Classic Update- Feb 17-18 in Mesa AZ – Natalie will send a packing list to Intermediate and Youth teams.
  - West Zones Update, March 7-10 in Mesa AZ – Entries have been submitted. A team tent will be rented for the duration of this event.
  - Classic Invitational Update, March 22-24 at UPS in Tacoma – a Canadian and a Colorado team are coming. Natalie will send out details as we get closer.
  - Regionals, May 18-19 in Portland, OR- We will share a hotel link so families can book their own rooms. Hilton Garden Inn, Beaverton, OR.
  - J.O.'s, June 29-July 6 in Gresham, OR: Hotel needs to be booked, swimmers need to have passed level 2.
- Conditioning-Nutrition Coach

Gary, a trainer with FWCC is available to provide strength conditioning and nutrition coaching to the juniors after Saturday practices, 2 times per month. Leslie is willing to offer strength, stretching, breathing, and presentation training that is targeted specifically to our novices, intermediates, and youth swimmers, once per month.

VOTE: Laura motions that the club pays \$20 per swimmer per Juniors' session with a maximum of 2 sessions per month from February through June and a \$2600 maximum total cost. Shelly seconds. 5 in favor, 0 opposed.

VOTE: Leslie motions to offer conditioning training for novice, intermediates, and youth swimmers one time per month from March – May with a maximum of \$180 for instructional costs. Laura seconds. 5 in favor, 0 opposed.

The following agenda items will be discussed at the next meeting:

- Beginner Lessons Update
- USAAS Judge Training Update
- Watershow: Date, location, Synchro Dads
- April Levels test

PNA Rep Report: (Natalie)

- We will propose having a sub-committee meeting to discuss ways to improve scoring. This might include buying iPads, a printer, and potentially creating software to digitize scoring.
- PNA Volunteer Shirts (Candice) – discuss at next meeting.

Committee/Representative reports:

Treasurer's report: (Shelly)

Financial Report as of 2/10/24:

- Coach Checking: \$200.00
- Checking: \$15,570.38
- Savings: \$22,043.01
- YTD Income: \$39,655.39
- YTD Expenses: \$28,048.25
- Cost Associated with Conditioning Coach – see above
- Donations/Grants/Matches Update – see below

Fundraising Report: (Shelly/Lora)

- Concessions Outcome-Winter Invitational –\$207 earned.
- Restaurant Takeovers: Our first one raised \$194 and was a good team bonding experience. Our 2<sup>nd</sup> one with PNA was not a success and we will not repeat. We will ask Lora Parks to research the possibility of doing a third one this year as a virtual fundraiser because we have less need for team bonding at this point in the season.
- Synchrothon – We will need to revisit how Synchrothon prizes are awarded next year. This year's prizes were heavily skewed in favor of those swimmers whose families can get dollar matching from an outside source.
- Donations Update – We have received gift cards from Costco \$200 and Target \$700.

Recruitment Committee Report: (Amy)

Social media/Marketing report:

- Team photos and headshots - FWCC – to be discussed at next meeting

Merchandise committee report:

- Gear Swap #2 Outcome: \$90
- Spirit Wear/Team Gear Update (Candice) – a virtual store front is coming soon.

New Business:

- FWCC has closed all locker rooms for significant renovation. As a result, everyone must pass through a changing room to get to the pool which is in violation of SafeSport expectations. Amy will contact the pool to ask about possible remedies.

Announcements: N/A

Next Meeting: Sun March 17, 2024 @ 7:00pm via Zoom

Adjournment: 12:17pm