

Pacific Waves Synchronized Swimming
Board Meeting Minutes
Virtual via Zoom
October 25, 2021

Meeting called by Amy Bonte

Board members: Amy Bonte (President), Catrine Kizis (Vice President), Shelly Robinson (Treasurer), Leslie Sims (Secretary), Natalie Montgomery (Member at-Large), Julie Sawyer (Member at-Large), Lisa Jump (Member at-Large)

Call to order: 6:32 pm

Roll call: Amy Bonte, Catrine Kizis, Shelly Robinson, Leslie, Natalie Montgomery, Lisa Jump, Michelle Spencer (7:00)

Approval of prior meeting minutes: Lisa moves, Natalie seconds - 5 in favor, 0 opposed

Chairman Report: (Amy)

- Open Position- Member at-large 2 to be appointed by the board for the remainder of the term:
 - Michelle Spencer accepts the nomination
 - Catrine moves to place Michelle as member-at-large for the remainder of Julie's term. Shelly seconds - 5 in favor, 0 opposed
- Parent Volunteers:
 - Recommendations
 - Concessions (1-2) - offer to Jeanette Olsen - Amy or Catrine will reach out
 - Clipboards (Judging Sheets -3-6 people) - Shelly will prep the forms before the meet
Offer to Michelle Spencer for 13-15, Candice and/or Lora Parks for Novice- Shelly will reach out
 - Awards/Medals (1) offer to Laura Hopkins or Andrea, Novice Meet Parent (1-2) offer to Debbie or Beth - Amy will reach out

Coaches Report: (Natalie)

- Convention 2021 Report: Athlete Reps. Lisa Kizis and Claire Bonte
 - Claire - Learned how to take care of their bodies as an athlete, voted to keep level 5 as the qualification for Senior Championships and to keep free and tech separate. Juniors will still combine free and tech scores. West Zone meetings - set the meet schedule which will include the AWD swimmers this year, 12 & U invitational will be combined with 13-15 championships at West Zone, voted people in as members.

- Lisa – really useful for athletes to get high level lessons from psychologists and other professionals related to mental and physical health, what to eat, etc.
- They plan to share back with our team with a focus to work on what you can change – techniques to work past mental blocks, and food choices for hard, light and competition day. They can share small pieces each Saturday. They are also thinking of creating a flyer to send out as a follow up based on their interest.
- Natalie – new scoring system coming out in 2023 with changes related to degree of difficulty. Still much to be decided and voted on by FINA. There is a degree of difficulty chart on the FINA website to look at.
- Natalie - Marketing and how to grow your club. CO club does a Girl Scout day to earn a patch. Club provides pool time and the instructions. We can reach out to Shari Darst in CO for an outline. Seattle goes to the specialized schools and the cultural centers to market.
- Natalie – reach out to King County to request they sponsor a meet or a National Team Camp / Practice.
- Synchro-thon Outcome – Some concerns about the numbers of laps reported by the girls – as result, Natalie did not share prizes this year for number of laps. Prizes will be awarded for top 3 financial earners. Next year we will bring adult counters back to help manage. Shelly will send a reminder that the money needs to be turned in by 10/31 to avoid monthly billing of Synchro-thon fee.
- Team Trials Successful Outcome & Swimmer Update: Kiah and Isabella are leaving the team due to wanting to participate in other activities.
- Coach assignments:
 - Coach Kate is taking a health leave of absence
 - Natalie and Lindsey – Jr’s and 13-15, Leslie – Novice, Janae helping with Novice plus lessons for girls and adults.
- Event Schedule Update-Updated schedule with tentative pools and dates will be posted.
- Levels Testing-
 - Levels 3, 5 & 6 – everyone passed
 - 1 passed level 4
 - 1 passed level 2
 - We will look at scheduling a levels test in the spring for level 2 and possibly for level 1
- Pools Update- FWCC, KCAC – 2 lanes for privates only. Peninsula – still no info. Marine Hills – we are done until spring. FWCC is requiring vaccination information for all swimmers. Cards will not be kept on file just the date of vaccination. PWSS will keep this information not FWCC.
- New Judges -Parent Mini-Sessions – delay for now.

PNA Rep Report: (Natalie) – Natalie is preparing our fees report.

Committee/Representative reports:

- Treasurer’s report: (Shelly)
- Coach Checking: \$174.75

- Checking: \$5,125.62 *
- Savings: \$10,331.01
 - * Still waiting on September bills from pools
- YTD Income: \$10,364.85
- YTD Expenses: \$6,560.84
- Budgeted Total Expenses: \$58,615.00
- Billing and Paypal Update – going really well. This is proving to be a much more efficient and effective way for parents to pay monthly fees. A few members have had to pay the extra fee for submitting incorrectly. Shelly has an email she sends to these families so no further user fees will be incurred.
- Barb Nesbitt Clinic:
 - We do not see a way to finance Barb for this year. The costs per swimmer would be too high. We are interested in doing our own in-house clinic with the support of our juniors in early January.
- Sports Engine
 - Natalie and Shelly talked with the company about contracting for a website and a registration/communication app. QuickBooks for some accounting purposes would still be needed. Shelly needs to re-figure the numbers before she makes a recommendation.
- Fundraising: (Citrine)
 - Synchro-thon Outcome – funds are still coming in.
 - Mod Pizza Takeover: Funds raised amount-\$207.00
 - Evergreen Wreath Sales Update –Wreath orders need to be by October 31. Pick up of wreaths at Apine Farms will be November 22nd at 4:00pm.
 - Future Restaurant Takeover? Natalie will try to schedule with Fondi in Gig Harbor in December on a Sunday; consider doing one every other month.
- Social media/Marketing report: Macy has created a recruitment flyer. Lisa will email it out to the board. The plan is to post it at FWCC and push it out via social media.
- Recruitment Committee Report: See ideas posted in convention report in Coach’s section above.
- Merchandise committee report:
 - Virtual Gear Swap took place via email and was successful. Shelly included purchases on swimmers invoices.
 - Items to be embroidered need to be to Citrine by Tuesday November 30. Swimmers can give items to their coach at practice on Saturday November 27.

New Business: N/A

Announcements: N/A

Next Meeting: Monday, November 15 @ 6:30pm via Zoom

Adjournment: 8:20 pm