

## **Athletic Boosters Meeting Minutes 6/3/24**

In attendance: Lauren Tourgee, Kelly Guerschuny, Carolyn Drury, Debbie McCreedy, Heather Sullivan, Julie Albert, Tina Flood, Christine Giglio, Danny Erickson, Maria Carr, Jenny Giannocopoulos, Christine Schiavo

### **Athletic Training and Strength and Conditioning Presentation-Adam Hughes and Kristen Aguiar**

How can we enhance the program for the kids? Used to be 60 kids a day, every day, boys and girls. Then Covid stopped things, and the program hasn't quite recovered yet. Trying to rebuild. There is a connection between strength and conditioning and visits to the AT. The goal is to stay injury free so the athletes can play all year. Engagement is 100 athletes out of 500 athletes in the school that use the program. 85% of the population of athletes utilizing it is freshmen. Juniors and seniors trickle off, how can we flip that?

The science behind S&C physical, emotional, mindset. Different cycles between in season and out of season workouts. Intensity is the same but volume is what fluctuates depending on in season/out of season. Meeting them where they are and growing from there. Benefits: injury prevention, physical development, performance focus, mental health and mindset.

Coach Hughes logs visits and lets coaches know. Goal of PLT4M is to use it even outside of school. Can take them anywhere. When they track their workouts they can see their growth as they go as long as they are accurately tracking.

Kristen: Goals are to limit time loss from your sport, reduce trips to er, speed up recovery time. Since Covid they have switched concussion testing, and it can be done at home electronically. This year they got the recovery boots, always trying to add something every year. Hypervolt massage guns, purchased by Boosters.

How do we get coaches more involved with using Strength and Conditioning?

The goal for summer will be three days a week, 7-10:30 or 3-11. One hour and 20 minute session. They polled the kids to find out what works for them and that is how the summer schedule for this year was created. Also polled the coaches to see what they would like to engage more.

Talk about this to your kids/other parents, etc.

### **Treasurer's Report - Kelly Guerschuny**

Next year going to a 65% split for fundraising dollars.

## **Athletic Director Report - Danny Erickson**

Requests from AD:

- Requesting continuation of HUDL \$13,400 for next year. Includes any sport who wants to film. Turf/gym is easiest because cameras are there. Every other sport can still use HUDL. They are encouraged to do so by Danny. Anything we film can now you out on HUDL TV, games are all live streamed.
- S&C will be transferred to athletic budget so won't be asking Boosters
- PCA (Positive Coaching Alliance) we are not continuing this so no money is being asked from Danny.
- Requesting continuation of \$100. per varsity coach for professional development.
- 2024-2025 pay up to six different events for conferences for coaches or student leaders to pay for lunches.
- Would like to purchase apparel for our coaches.

For your information:

SportsYou is an app we will be using to improve communication. When you make a team you and your parents are invited to join the team. This will allow coaches to communicate with athletes and parents without having to use text on personal phones. Coaches will be trained on how to use them.

9/24/24 is our Student/Parent Athletic Night

Interviews will be held next week for Girls Basketball.

Girls Hockey coach posted.

AD Athletic Director position posted

New lights going down at Memorial Field, capital project was approved. They will be put in sometime next year. (they are 14 years old!)

Scoreboards in the gymnasium are being replaced this summer (they are older than our gym!) Gibson lights and drainage have been approved as well.

## **Board Members 2024-2025 school year**

Here are the people who have agreed to add their names to the ballot for the board positions next year.

- **President - Lauren Tourgee\***
- **Vice Presidents - Debbie McCready & Maria Carr**
- **Treasurer - Kelly Guerschuny**
- **Secretary - Christine Giglio**

**\*Lauren Tourgee has agreed to stay on for one more year as we look to fill the role of President. We are actively looking for someone to shadow her this year and take over the role of President for next year. Please email Lauren Tourgee at [cantonhighboosters@gmail.com](mailto:cantonhighboosters@gmail.com) if you are interested in taking on this role or want to learn more about it.**

**Electronic ballot to be sent out for voting.**

**Thank you to all and have a great summer!**