



Westlake Demons Athletic Boosters Meeting Minutes-December 3, 2015

Motion to start meeting by Sandra Blair and seconded by Sharon Prexta

Approval of Meeting Minutes from November 5, 2015- motion to approve by Roberta Rence and seconded by Beth Malloy

Program: (7:05-7:25 pm)

Featured Speaker: Dominic Ramicone (athletic trainer)

- Relationship with SJMC and Dr. Jeff Roberts from Orthopedic Associates. We can maintain a high level of quality care through this relationship.
- We have developed a concussion protocol through this relationship. The athletic department is taking an active part in concussion protocols.
- Dominic has previous experience with strengthening and conditioning within the weight room. A training program is going to be initiated with the focus on strengthening and conditioning. Will utilize coaches with experiences to enhance this training. The goal is have a 45 minute weight room training followed by 20 minute speed and conditioning session. Focus is on getting students stronger and more athletic to eliminate injuries. Once the injuries do occur, the athletes will heal quicker.
- Another focus for use of the weight room is rehabilitation. This will be a joint effort with UH to keep the athletes in motion.
- Schedules and protocols are being developed. Goal is to get off season teams done by 5 p.m. and in- season athletes afterwards. There is a 0 period at the high school (starts at 7 a.m.) that can be utilized- this is a designated class time that students are taking for a grade. Other athletes are welcome to join in.
- Hours and programs will be published on the Athletic page and WDAB website.
- These training sessions will promote One Demon Nation because the coaches are working with all athletes.
- Coaches are also being instructed by Dominic on proper weight lifting techniques.
- Dominic has ideas for the design of the new weight room. Will also focus on rehabilitation because high schoolers are still growing and the goal is to prevent injuries in these athletes.
- Dominic agreed to come back to a future meeting to give updates on the conditioning and strengthening program.
- WDAB is in charge of raising the money but the AD will be in charge of purchasing the equipment for the weight room.

Athletic Director's Report (7:25 – 7:35 pm)

- Team and Athletic Department Updates
 - Girls Basketball – off to a good start
 - Boys Basketball – off to a rough start



- Hockey – The Head Coach’s Father passed away this past week. Flowers were sent by the athletic department
 - Special ceremony for Colin Teets on Saturday – retiring his number.
- Wrestling – starting this weekend.
- Swimming – Bay relays
- Gymnastics – to start
- Discussion on banquets – coaches will be asked for their opinions. Tony surveyed the other teams in our conference and some have “award” nights.
- New requests for WDAB funding
 - Girls Basketball – no requests in the winter budget.
 - Request is for shooting shirts, \$700.00. Question posed- is the shooting shirt returned at the end of the season? Tony will follow –up with this question and a virtual vote will take place.
- Announcements
 - Updates to the web page, additional links added
 - Kyrie Irving will host his youth basketball camp in Westlake, July 9 and 10.
 - Trophy cases are being worked on.
 - Once completed – trophies will be fixed and cleaned up and placed in these cases.
 - Eight grade orientation on Monday night – agenda was full and we were unable to speak.

OLD Business (7:35-7:50 pm)

- Weight room capital campaign November 7 – February, 2016
 - Letters sent out November 7, 2015
 - Letters will be sent to Westlake businesses
 - Social media has had many updates
 - \$650.00 raised so far, approximately a \$100 average from those who have donated. The hope is that people will start donating \$10- \$15 so others will follow.
 - The anonymous donation of \$40,000 will need to be utilized by December 31, 2015.
 - Utilizing Crowd Rise on social media to obtain contributions.
 - All donations raised through Crowd Rise are doubled via a matching contribution
 - Winter sports programs have a whole page ad and link.
 - No treasurer report available
- Committee reports
 - 50/50 tickets are available.
 - Asking family to send 1 packet of tickets.
 - Team liaison are requested to pass out the packets.
 - Tickets or money are to be returned



- Tickets are \$5.00 a piece or 6 for \$25.00. Packets are 12 tickets
- Deadline for return is January 10, 2016.
- Senior Banners
 - Smoother process this winter. Banners are smaller, cost to athlete are \$25.00. All teams represented. Need parent to be in charge of the banners for those teams who are off campus.
- Browns Booth –
 - Volunteers still needed
- Concession Chair
 - Volunteer spot link
- Programs
 - Completed
- Membership
 - At basketball meet and greet – members were recognized which generated another membership.
- Alumni
 - No report
- Varsity jackets
 - More orders
- Spirit shop
 - December 12, 2015 (Saturday) from 9 till 12.
 - Request to have varsity jackets available to try on at the spirit shop
 - Made \$10,000 in sales for the Holiday shop
- Treasurer report
 - Cash on hand -\$77,000. Spiritwear - \$18,000. Held in reserve - \$22,000.
 - See report
- Open Committee Chairs
 - Volunteer coordinator
 - Scholarship committee
 - Openings for Board Members and committee chairs for 2016-2017

NEW Business (7:50 – 8:00 pm)

- Coordination between committee chairs and officers
- Any additional new business for consideration
 - Holiday Cheer – December 9 from 7 to 11 p.m.
 - None
- Coaches for Cancer presentation/request
 - Request is for \$1000.00 for T-shirts.
 - WDAB logo on the back
 - Virtual vote on supporting this request.



Motion to adjourn by Roberta Rence and seconded by Gina Redinger
Next meeting: January 7, 2016 at 7:00 p.m. At Westlake High School
Guest Speaker: TBD