



Shakopee Soccer Association
1160 Vierling Drive #124
Shakopee, MN 55379
952-953-7246
www.shakopeesoccerclub.org

General Board Meeting Minutes March 6, 2007

1. The general board meeting of the Shakopee Soccer Association was called to order at approximately 6:39 p.m. at Lion's Park Youth Building by Mark Teslow.

Present: Mark Teslow, Darla Teslow, Todd Feely, Dan Meehan, Michele Monroe, Mickey Willard, Peggy Dokka-Thorson, Tom Bailey @ 7:30

2. **Approval of agenda:**

Motion to approve the amended agenda by Darla, second by Michelle, motion passed.

3. **Approval of minutes:**

Minutes from February 20, 2007 were reviewed, moved to accept the minutes by Todd, second by Dan, motion passed.

4. **Director reports:**

Treasurer:

First summer travel deposit of \$12,700, which included \$208 from the Culvers Fundraiser. Dan Meehan was reimbursed \$814 for equipment purchases. Collected 6 more registrations, miscellaneous checks, and \$300 cash at the SSA Team Meeting. Decided to purchase \$15 Chamber of Commerce Directory listing. Refund was given to 2 players, Jake Meyer of U9 Boys Red and Joe Meyer of U11 Boys Black, due to mom's health situation, except the \$25 Administrative Fee per player.

Coaching Director:

Per Tim Root's e-mail: Our MYSA grant application was sent & received. No word yet on approval. Pre-season practice schedules were distributed. We may get more gym time from Judy Techam. Shari, at the Parks&Rec office, reported that she can't get us a CAD file for the fencs. Mark will follow up with Tim Root.

Still need a coach for U9 Boys White team. One player's parent assisted coach 2 years ago, and may be willing. Todd will contact this parent. Another player's parent is willing to be Team Manager. We lost one and added one player at U9. Currently we have two teams of 8 and one team of 9 at U9. We could have 2 teams, with one team over-rostered, if we can't find a coach for the third team.

Team Manager Meeting is Sunday, March 11 @ 6:30pm in the Log Cabin. Coaches will receive a reminder e-mail.

Email went out to all coaches about E Licenses.

Kevin Brown stated he is not interested in team training. Todd will verify with Kevin first, then consider John Poppen or Simon Whitehead. Todd also received an e-mail from Velocity Sports Performance Training Center in Burnsville offering team training sessions.

Registrar:

Coach for U9 Girls Black will be Brendan Finnigan. Coach for the U16 Boys C2 team quit and will be replaced by John Seipp.



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We currently have the following # of open spots per team:

U9 Boys Red, Gold	4 players	U9 Girls Red, Gold	FULL
U9 Boys Black, Gold	3 players	U9 Girls Black, Gold	FULL
U9 Boys White, Gold	3 players		
U10 Boys, Gold	FULL	U10 Girls, Gold	3 players
U11 Boys Red, C3	3 players	U11 Girls, C3	1 player
U11 Boys Black, C3	2 players		
U12 Boys, C2	FULL	U12 Girls, C3	3 players
U13 Boys, C3	1 player	U13 Girls, C2	1 player
U14 Boys, C2	FULL	U14 Girls, C3	1 player
U16 Boys, C2	5 players		
U17 Boys, C3	5 players	U17 Girls, C3	2 players

Need to know immediately if our teams are registering for our Tournament. We already have a waiting list.

Please respond to the Rec Flyer e-mail if you see any changes that need to be made. This needs to be submitted soon.

Referee Coordinator:

Shakopee's Ref Class is over and graduated 15 referees. Only 4 were from Shakopee, and 2 of those only received a Grade 9 certification, meaning they can only ref up to Age 12.

Fundraising Director & Communication Director:

Summer 2008 and Fall Rec Flyers have been prepared. Dan e-mailed Shakopee Valley News about the OATHS award that never showed up in the paper, and was told they just forgot. Dan talked to Shari about flyers in the schools and was told that individual teachers and volunteers put those flyers in the "Red Folders" and there's nothing anyone can do to make sure it is done consistently.

6a. Old Business: Dave Hauger: Strength & Conditioning Training (happened at this point, but see 6a. in the minutes.

Equipment Coordinator:

Equipment orders were placed. Some have been received, and some are still coming. Pick up equipment at 12:00pm Noon at Dan's house (1928 Anton Way). Todd will send an e-mail to all coaches. Each team will receive:

- 1 set of flags
- Whiteboard for coach
- Pinnies (amount varies = ½ team size)
- 15 discs
- 1 new first aid kit, with 2 extra ice packs (Dan will order 2 more cases)
- 1 Pugg goal set
- 1 Futsal ball for gym practices
- 6 practice balls
- 1 game ball
- 1 mesh ball bag
- 1 goalie jersey
- 1 pair goalie gloves
- 1 new ball pump



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- Optional items: disc holders, large discs, cones, agility ladder (for U16+), coaches duffle bags (start w/ U9), Coerver DVD set.

Field Coordinator:

No report.

Volunteer Coordinator:

Mickey has developed a list of all volunteers, and is tracking their hours on a master list.

Rec. Coordinator:

No report.

Tournament Director:

See above in Registrar's Report.

5. Upcoming Events / Calendar Review:

- Saturday, March 10 – Equipment Pickup at Dan's house
- Sunday, March 11 – Team Manager Meeting at Log Cabin (We need a list of coaches & team managers phone/email/cell numbers)
- Next week indoor team practices start
- Correction to the "SSA condensed calendar" handed out at the Team Meeting – State Tournament goes through August 3
- Question: Is Mike Ceola's team officially C2? YES – he left a voicemail on March 3.

6. Old Business:

a. Dave Hauger: Strength & Conditioning Training Website: discoverstrength.com

Dave gave us his background and philosophy:

1. PowerPoint (1hr) to educate the coaches / Science of Exercise. First train the coach, then train the players
2. Wants to help his home town
3. Will get on the field at the start to set up the program
4. Fees = \$40/hour
5. Uses high intensity overload, not high volume, using longer duration and more reps, tracking progress and increasing every time.
6. Uses 1-set principle – push the athlete
7. Train for what they'll do on the field, such as burst with intervals. It's simple, safe, efficient and effective.
8. Use wall vs. weights
9. Use manual resistance (teammate)
10. Teach proper stretching techniques

Proposal:

- Two 1 hour sessions with 3 trainers per team
- 2 times per week is plenty ~ once with the team, once on your own
- 1 ½ hour practices = 1 hour skill training, followed by 30 min. strength training

7. Scholarships:

Record number of scholarships this year ~ approximately 12, which is double last year, but under our budget of one per team. Seem to be going to extended families (a cousin finds out that they can get a scholarship, etc.) We're not getting a lot of documentation. Peggy doesn't feel the system is being abused. Peggy will track these well so we can budget wisely for next year.



8. Review Team Meeting:

- Disorganized and loud for individual team meetings.
- Folders were helpful.
- Meeting took 1 hour (1/2 hour Mark/Todd and 1/2 hour Coaches)
- Reserve the building 1/2 hour in advance for set up (6:00-8:00pm) Require all coaches to be in attendance and arrive 20 minutes early to receive their sign, folder & meet with Mark/Todd
 - Folders included:
 - Individual team meeting agenda
 - Playing Nights (1 per player)
 - Indoor practice schedule (1 per player)
 - Tournament schedule
 - 17 Laws of the Game (1 per player)
 - Player Performance sheet
 - Medical Release Forms (1 per player)
 - SSA Condensed Calendar (1 per player)
- Have a *manned* "Coaches Check In Here" table with a sign - then they go directly to a Coaches Meeting prior to the start time
- Have a *manned* table with extra handbooks and registration packets marked with signs
 - Registration packets included:
 - Registration Form
 - Window Cling
 - Fundraiser Flyer
 - Referee Flyer
 - Handbook (everything tucked inside the handbook)
- Have a *manned* table for people to find out what team their child is on marked with a sign (perhaps in the space outside the room)
- Have the teams sit in order, marked on a map, so we can send people to the right spot easily
- Have SSA pens available for people to fill out medical release forms, and then take home with website & phone number on it
 - Adams Promotional Group dba Buttons on Bristol \$.39/pen + shipping 952-470-5786 7122 Bunker Court • Eden Prairie, MN 55346 fax:952-470-0798 (set up charge? I left a message)
- Have a *manned* table for people to drop off registrations and birth certificates

9. Team Managers Meeting:

Michele will be putting all the information together. Michele will call all coaches to determine who their Team Managers are.

10. Review Park & Rec Brochures

- a. **Summer Camps**
Please get back to Tom T. with comments on his e-mail.
- b. **Fall Rec.**



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Should we lower the cost? What's our break even point? Decided to charge \$70 plus the cost of a jersey if needed. Rec is for 8-12 yr olds (grades 3-6), will make exceptions for 2nd grade.

c. **Tryouts for 2008 Season**

We will go with the dates on our calendar in August & September. Registration will be done at the same time. Collect ½ at registration and the remaining balance will be collected in January 2008. Michele will investigate wording for Dan, and Dan will send a final email to the board.

11. **Adjourn meeting:**

Motion made by Michele, second by Peggy to adjourn at 9:22 p.m., motion passed.

Minutes submitted by:
Darla Teslow
Substitute Secretary