



Central Bucks West Football

Parent/Player Mandatory Meeting Minutes

July 22, 2019

Start: 7:35 PM

Adjourned: 8:10 PM

1. BOARD MEMBERS PRESENT

1. Rob Rowan, Head Coach
2. Nancy Hickman, Senior Rep
3. Jocelyn Tumolo, Senior Rep
4. Bonnie Kuller, Junior Rep
5. Denise Young, Junior Rep
6. Jen McGuire, Sophomore Rep
7. Vanessa Riggi-Cimino, Sophomore Rep
8. Steph Charran, Freshman Rep
9. Kirsten Cochran, Freshman Rep
10. Lisa Laatsch, Secretary

2. MESSAGE FROM COACH, ROB ROWAN

1. **Coach Rowan welcomed and addressed audience and presented Power Point** – see link next to meeting minutes
2. **Intro of Coaching Staff:**
 - 1) JV/Varsity - Goldrick, West Jr. O'Leary, Geringer, West, Sr.
 - 2) Freshman – Tom Rowan, McGuire, Amsler, Eagles (strength and conditioning)
3. **REMINDER** Physicals due JULY 23rd
4. **Uniform Reveal**, three players came in dressed in new uniforms and coach went over what needs to be purchased from families
 - i. cleats – black with white only outline
 - ii. socks – white mid-shin
 - iii. speed top and white compression if showing
 - iv. black gloves
 - v. black or white mouthpiece
5. **Camp Schedule**
 - i. Starts August 5th
 - ii. Two a day schedule, 6 to 8 am and then 5 to 7 pm, report back to West by 3:45 pm
 - iii. One a day schedule 4 to 7 pm, report back to West by 3:45 pm
 - iv. Saturday, August 10th – 9 to 11:30 am will be JV/Varsity ONLY for practice
 - v. Freshman will be participating in a gold card fundraiser at local Wawa's on August 10th in the morning 9-12
6. **Camp Information**
 - 1) Importance of rest recovery, hydration and nutrition
 - a. encourage minimum of 8 hours of sleep

- b. ice and stretching in between practices will enhance recovery
- c. constant hydration and pee monitoring is critical especially during camp
- d. properly fueling your body with highly nutrient dense foods is a must
- e. you must eat before morning practice

2) Suggestions of nutrition will be posted on website for player and parents to access - see link next to meeting minutes

7. Picture Day

- i. Seniors and and parents of seniors will report at 7:00 PM
- ii. All others report at 8:00 am

8. Program Staples

- i. *Commitment* – definition by coach for 2019 means to him and the team – you start... you finish, regardless of what happens in between
- ii. *Accountability* – if not YOU, then WHO? Holding selves accountable to a standard – reinforced by coaches but players need to hold themselves to that standard
- iii. *Sacrifice* – getting up early, tough workouts, missing time with friends- players make these sacrifices
- iv. *Teamwork* – be a part of something bigger than just YOU- coach also thanked families for their commitment to be part of all of these staples

9. Up to Speed

- i. Fundraising – Gold Cards was a rousing success– close to \$15,000
- ii. Youth camp – many emails were received from parents stating the love of camp by their own children
 - 1) Had about 85 players
- iii. West Deptford Camp
 - 1) Massive success
 - 2) Look to do in the future
- iv. 7 on 7
 - 1) Growing as they go along
 - 2) By the third 7 on 7 – there has been tremendous growth
 - 3) One last event for tomorrow – Peace Valley Park at 2:45 PM

10. Communication

- i. Continue to reach coach at remind or through email regarding questions/concerns
- ii. If you know you are not going to make practice (the player) must message or email me prior to the practice beginning
- iii. Individual performance is always an acceptable conversation to have but playing time or player comparison will not be discussed
- iv. 24 hour rule after a game ... will not talk about the game until 24 hours after to clear all emotions involved with the game

- v. Continue to see calendar and remind for schedule changes
- vi. If you don't have REMIND – look it up on the website

3. Important Game Dates

- 1. Youth night – September 6th
- 2. Sponsorship night – October 4th
- 3. Home Coming – October 11th
- 4. Senior Night – October 25th

4. Reminders

- 1. October 1st – Fundraiser at Chipotle 4 to 8
- 2. Program Ads due 7/31 – encourages all grades to support program and have an ad for your player or business

5. BOARD PRESIDENTS, Nancy Hickman and Jocelyn Tumolo, MESSAGE

- i. Introduced board members
- ii. Explained role of board and how they help team and their “class”
- iii. Open position for treasurer – Nancy mentioned this and for those interested to contact her or Jocelyn
- iv. What the board does to help the team -
 - 1) Fundraising
 - 2) Hudl sideline, coach apparel, player incentives, post game meals, programs
- v. Player Ads
 - 1) Can be specific to player
 - 2) Can just support the team
 - 3) Business ads – talk to Beth McKenna to get an ad in by 7/31
- vi. Flipflop Sales – samples at table
- vii. Yard Signs – support own player or the program
- viii. Picture Day – August 16th
- ix. Chipotle Night – October 1st
- x. Help Welcomed – please connect Nancy Hickman or Jocelyn Tumolo through the Parent Board tab on the website
- xi. Apparel -
 - 1) New logo on table for the first time
 - 2) Discounted apparel for sale at meeting tonight
- xii. Thank you to parents for supporting the program.

Prepared by

Lisa Laatsch

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Secretary