

Board Meeting
Cougar Aquatics
March 15, 2023

In attendance: David Leonard, Kirsten Frichette, Jacob Hogg, Darcell Myers, Russ Whitaker, Hongyan Sheng, Kayla Thomas, and Behnoosh Armani

Absent: Jennifer Ellsworth, Dave Jones, Matt Leach, Heather Sandberg

Minutes edited by DJL for additional detail and information to ensure communication and transparency

1. Approval of January Minutes – Unanimous approval
2. Update from Russ
 - a. Winter Meets
 - i. Ostensibly done with short course.
 1. Most points ever by team at champs
 - ii. Nick is going to JR zones with two athletes.
 - iii. Russ and Ben to Senior Zones with several athletes
 - b. Spring Break - Optional week during spring break. More information to follow in terms of time as it may be in morning or afternoon.
 - c. Long Course schedule (see below for specifics): Out to parents by Monday (already sent to parents March 17)
 - i. Meet schedule: Fazzari, Mission Viejo, Tri City Open, Boise, Summer Solstice, Moses Lake, Boise, Champs, Zones, Jrs.
 - d. Summer Schedule (see below for specifics) – As we don't have access to Gibb pool this summer (down for repairs), we will need to practice at Reaney. While not ideal, this allows athletes to get use to swimming outside, dealing with sometimes cold temperatures, and enjoy time at a different pool. Our access to pool is limited by the many programs at Reaney over the summer. We appreciate the flexibility in this regard (remember it is only about 6 weeks)
 - i. Information on Boise team trip will come after Spring break. We will need to price hotel and vans for travel and let everyone who has expressed interest the potential cost.
 - e. Other matters
 - i. Nick was elevated to assistant head coach; when Russ is out, he's acting head coach.

- ii. Several Coaches will attend Swimposium (Spokane April 15-16) Russ, Nick, and Ben, and Evan
- iii. Discussion of Dryland certificate for Corinne. ASCA conference for Ben (September 2023)
 - 1. Vote for Corinne for cert – Approved.
 - 2. Vote for Nick for training – Approved.

3. Budget

- a. Still waiting on word regarding 501(c)3; Darcell will reach out to account to work through some outstanding issues [Since meeting, Darcell has spoken with someone with IRS, who required additional information; working through process and continue to hope for completed process)
- b. Bill for property tax (less than 5 dollars) – DJL will call to seek explanation for this charge from
- c. In relatively good shape although important to continue to be mindful of costs given summer travel, given unexpected costs (such as summer lane space), changes to athlete swim plans (for example, change in summer pool availability will likely impact numbers, which effects revenue) , and given desire to have reserve at end of year (if club has not secured 501c(3) will need to figure out whether there will be tax liability. Important to also continue to bring in money through swim-a-thon, through spring football cleanups, and continuing to grow club.
- d. Russ mentions possibility of fall meet at Gibb – money raised there will be used to hire safety guards for the meets.
- e. Revenues – Projected revenues for year (updated as of March 22, 2023)

Dues and Family Registration	\$68981.11 (this was updated given information about few athletes)
Football	\$18,950
Cougar Classic	\$4,588
B Champs	10,457.02 (this amount is higher than what was reported at meeting. The club didn't

	have to cover facility fees, because IES covers)
Travel Fees (thru Champs)	\$2430
Concessions (this is money generated rather than profit from all meets at Gibb)	\$1,137
T-shirts (earned 15% of t-shirts sales at B Champs)	\$1,165
Total	\$108, 080.93

4. Meet Recaps

- a. Make sure gym is reserved for family gathering.
- b. No need to use racquetball courts.
- c. Hire full-time custodian for week given amount of trash and other challenges.
- d. Hire security to serve as meet marshals.
- e. Lots of praise for athletes, particularly Nelly and Codi, for assisting with B Champs and keeping the meet on time. Support of athletes and several families appreciated!

5. Fundraising

- a. Spring Football Cleanup is scheduled for April 22; We have not received request or contract; Russ believes paid \$450 last year (DJL hopes it is more). We will need family participation.
- b. Fall Football – Will talk to WSU in coming weeks in terms of specifics of next year, renegotiating the specifics of contract. Russ suggests asking for bonus in for sold out games.
- c. Swim-a-thon
 - i. Lengthy discussion of how to approach given lack that club has not heard from IRS regarding 501(c)3 – as of today, anyone who donates to club cannot deduct donation from taxes (if we secure before December 2023, people who donate will be able to deduct). This

uncertainty makes it harder to solicit donations, especially from businesses and for those who might be willing to give larger amounts.

- ii. The Board feels it's important to proceed with swim-a-thon. Given above, the Board decided to proceed with Swim-a-thon but to do so without a required amount. In other words, all athletes should participate and do best to raise as much money as possible.

- iii. Key information

- 1. Meeting April 17 at 5 PM to pass out materials, to discuss strategies and ideas for soliciting donors, and otherwise prepare.
- 2. Swim-a-thon will take place May 22 and 23 (as well as throughout that week in practice for those who aren't there those days)
- 3. Goal for the entire club is \$10,000.
- 4. Individual goals for swim groups will remain the same (as originally noted in fundraising document). There will be no surcharge if athletes don't reach these goals. In other words, it is a goal, and we encourage all to work hard to reach that goal. Athletes are encouraged to work hard to help raise for club.
- 5. Incentives
 - a. If club reaches 10,000, all club coaches will swim 200 laps. Discussion of possibility of summer bowling party if club reaches \$15,000 (Board will solidify this and all items prior to meeting on April 17)
 - b. Any athlete who doubles amount stated for swim group can "pie" their coach after practice on a day yet to be determined.
 - c. For every 10 dollars raised, athletes will receive 1 raffle ticket. Prizes include tech suit (first prize); parka (2nd prize), and TYR backpack (3rd prize); other donations and prizes possible (this will be finalized prior to April 17 meeting)

- d. Letters will be sent out to families who did not participate in 4 football cleanups during fall (remember there is a 100 surcharge for each game under threshold) in coming week. Families will be given the option of either paying owed amount or raising that amount as part of swim-a-thon. For these families, we hope they will not only raise this amount but go beyond that to reach original goal for respective swim group.

- 6. Team Building

- a. National swimmers will have breakfast after practice ("Breakfast club"). This will not be a club sponsored activity, but we would like to encourage athletes (and some parents) to go after AM practice (this will not take place during summer)

- b. End of year event will place at the end of long course; details still need to be figured out; Kirsten and David will discuss possibility of bowling team celebration sometime in April or May
- c. Kirsten has suggested a Riggins rafting trip for athletes and families as team building. This would take place in August during “break.” She will send survey gauging interest.

Future Matters and Summer Board activities (not presented at meeting but will be part of future agendas and future club activities)

- a. Future matters
 - i. Update financial policy.
 - 1. Late payment and non-payment
 - 2. Clarify credit card only policy.
 - 3. Lane Space – working with PAC; potential of Vandals joining Cougs for weights.
 - 4. Athlete forum with WSU athletes – swimming thru disappointment; swimming through plateaus; parent forum on help athletes with these challenges (another on food and nutrition)
 - 5. Newsletter – Missed a couple months. Need more help in this regard. Plan for April
 - 6. Safe Sport certification for all board members
 - 7. Safe sport seminar for parents and for athletes
 - 8. Development of big brother/big sister program; more interaction between cubs and seniors, across groups; more team events (more help from parents in this regard)
 - 9. Summer projects
 - a. Team Recognition
 - b. Working through handbook
 - c. Using data from this year to update budget document because while good, much isn’t included there, which has led to 1) difficulty predicting because so much isn’t accounted for – too general in a lot of places; and 2) costs being assumed by board. For example, envelopes, stamps, printing materials for board members.
 - d. Print out key emails saved electronically on email so that all key emails, documents, etc. are in binder.

Summer Schedule Beginning June 19th, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National/College	6am to 8am at Reaney Pool No PM Practice	6am to 8am at Reaney Pool 5pm to 6pm Weights	6am to 8am at Reaney Pool 5pm to 7pm swim in SMITH	6am to 8am at Reaney Pool 5pm to 6pm Weights	7am to 9am at Reaney Pool No PM Practice	8am to 11am Long Course in Lewiston at Orchards Pool
Senior	6am to 8am at Reaney Pool	6am to 8am at Reaney Pool	6am to 8am at Reaney Pool	6am to 8am at Reaney Pool	7am to 9am at Reaney Pool	
Cougs	8am to 10am at Reaney Pool	8am to 10am at Reaney Pool	8am to 10am at Reaney Pool	8am to 10am at Reaney Pool	8am to 10am at Reaney Pool	
Junior Cougs	8am to 10am at Reaney Pool	8am to 10am at Reaney Pool		8am to 10am at Reaney Pool	8am to 10am at Reaney Pool	
Cubs	8am to 10am at Reaney Pool		8am to 10am at Reaney Pool		8am to 10am at Reaney Pool	

Summer Meet Schedule & Coaches

Mission Viejo Pro Series	May 17-20	Mission Viejo, CA	Coach Russ
➤ <i>Must qualify for – time standards on USA Swimming website</i>			
Fazzari Pizza Open	May 19-21	Lewiston, ID	Coach Nick
Tri City Open**	June 2-4	Pasco, WA	Coach Sam
➤ <i>Dependent on number of entries – we may not send a coach to this meet.</i>			
Boise Invite	June 23-25	Boise, ID	Coach Russ & Nick
➤ <i>11 & Over athletes only – see meet packet for more info</i>			
Summer Solstice	June 30-July 2	Spokane, WA	Coach Sam
Sizzlin Summer	July 7-9	Moses Lake, WA	Coach Russ or Coach Ben
Sectionals	July 12-15	Boise, ID	Coach Russ
➤ <i>Must qualify for – time standards on USA Swimming website</i>			
IES LC Champs	July 21-23	Pasco, WA	ALL COACHES
➤ <i>Must qualify for – USA Swimming Motivational “B” time standard. Optional for any Sectional, Sr. Zone, or Junior National Swimmer. All other qualifiers are expected to attend</i>			
IES Sr. Zones	July 24-30	Fresno, CA	IES Staff with IES All-Stars
➤ <i>Must qualify for – time standards on USA Swimming website. Athletes travel with the Inland Empire ALL-Star Team</i>			
Summer Junior Nationals	July 31-August 4	Irvine, CA	Coach Russ
➤ <i>Must qualify for – time standards on USA Swimming website</i>			
IES Age Group Zones	August 2-5	Boise, ID	IES Staff with IES All-Stars
➤ <i>Must qualify for – USA Swimming Motivational “AAA” time. Athletes travel and compete with the Inland Empire ALL-Star Team</i>			

Summer Long Course Practices

We are still finalizing practice times to participate in Long Course Practices in Lewiston at the Orchards Pool this summer to allow for LC training. Tentatively we are planning on the following days to practice from 8am to 11am. These practices are open to Cougs & above due to coaching limitations. Once these dates are confirmed we will follow up with all of you.

Athletes and families will be responsible for providing transportation to Lewiston if they choose to participate in practices. We highly recommend carpooling with parents or our Senior level athletes that are able to drive. Coaches are not able to transport athletes due to MAAPP and Insurance policies.

May 27th

June 3rd

June 10th

June 17th

July 8th

July 29th (Junior National and Age Group Zone athletes only)