

Pacific Waves Synchronized Swimming
Board Meeting Minutes
May 18, 2022
Virtual via Zoom
Meeting called by Amy Bonte

Board members: Amy Bonte (President), Catrine Kizis (Vice President), Shelly Robinson (Treasurer), Leslie Sims (Secretary), Michelle Spencer (Member at-Large), Lisa Jump (Member at-Large), Natalie Montgomery (Member at-Large)

Call to order by Amy Bonte @ 7:40PM

Roll call: Amy Bonte, Catrine Kizis, Shelly Robinson, Michelle Spencer, Lisa Jump, Lindsey Keen, Natalie Montgomery (7:07PM).

Approval of prior meeting minutes: Michelle moves, Catrine seconds - 5 in favor, 0 opposed.

President Report

Open Board Positions 2022-23

- President
- Secretary
- Member at Large x 2
 - Michelle S. will continue in this position until fall 2024.

(Catrine and Amy will reach out to Laura H., Beth and Candice about board positions)

Current Covid Protocols:

- For continuity, swimmers will notify their coach and Natalie of an illness, exposure or a positive test. Natalie will notify Michelle S. CDC guidelines will be applied, and a follow up email will be made to parents with current isolation, masking and testing requirements. If teams are affected, emails will be sent notifying them when to test.

End of Season Picnic:

- Season picnic/general meeting: June 4th after the Blossom. Families will bring their own meal and chairs and PWSS will provide snacks. Need some pop-up tents and tables. May stay at UPS in a grassy area or a park within 4 miles. Coaches, graduating seniors and volunteers will be honored.

VOTE: Catrine moves to approve Senior gifts (\$300), scrapbook supplies (\$100) and picnic supplies (\$200) for a total of \$600. Shelly seconds the motion. 5 in favor, 0 opposed.

Coaches Report: (Natalie)

- Update: Classic Invitational Debrief
Went well and clubs were happy despite system issues. Approx. 140 athletes attended.
- “Parent Try It Night” Outcome
Fliers and emails went out and social media posts were made, but no parents attended.
- Regionals Outcome
Girls did well despite missing some swimmers. Happy with most placements. Some parking and volunteer difficulty. Meal service for swimmers worked well. Lunch and dinner was ordered and brought to pool/hotel. Swimmer accounts will be billed for these food costs. Shelly will do the same meal service for J.O.’s.
- Fit N Synch vs Recreational Masters
Recreational Masters do not compete but practice and learn the routines. Lessons are 1.5 hours. Fit N Synch are 1 hour with the purpose of exercise while learning the basics of artistic swimming. Do we need both or can they be combined into one? Per Shelly and Catrine – Not billed at the same rate and levels are different, so both are necessary.
- Levels Testing in June
Next Wednesday June 25th at the Community Center 4:30 – 6:30PM. Level 1 testing for Novices. Gretchen and Lindsey will be assessing. Permission has been granted for 2 girls will plank on their forearms due to wrist injuries. Natalie emailed Haito for score entering. Possible levels testing this summer for AG 13-15 during summer conditioning.
- Blossom Meet
Turn in registration by May 21st. Attendance:
Mac is attending with intermediates.
Seattle Synchro is attending.
Seattle Cascade is attending with a tech and free routine.
PWSS Masters along with all PWSS teams.
No figures. 2 novice solos and a novice duet. Seattle concessions will be outside. Daniella asked about hospitality room. Natalie will follow up. PNA reimburses for hospitality room refreshments.
- Summer Conditioning and Summer Camp 2022
It will be held at Marine Hills. Summer conditioning will take place on Tues, Wed, Thurs 11:15 - 1:00 starting on July 12 through August 25. Summer camps (3 day) August 9-11, 16-18, 23-25. Junior swimmers to assist with camp.
- End of the Season Schedule
FWCC will be available on Saturdays from 8-9:30 and possibly Marine Hills 11:15-1:00PM on Tuesdays for Masters. Last day at FWCC is Friday

June 10th. Natalie emailed PHS 2 times and called today. Wants to try for PHS during the 3rd week of June, but she did not get a response. The 4th week of June from 1:30 – 4:30PM will be in the competition pool at KCAC with 4 lanes.

- Sports psychologist

After regionals the girls exhibited some anxiety. Natalie contacted a sports psychologist - Lori Eaton (Readygolifecoach.com.) Natalie will schedule a zoom before the Blossom for the Juniors and AG 13-15 teams, and then another in person meeting with just the Juniors on Thursday June 23rd at KCAC before or after practice. She charges \$350 per session and also does a 1:1 zoom for \$100 for 45 minutes.

- Wish List

1. Sports psychologist: Shelly will research costs and possibly billing parents or PWSS covering. Natalie to verify how many girls the \$350 covers.
2. Headsets before JO's or wait till next year? We have 2 sets that play music that broke after only a few uses. The ones on the wish list are different and the coach can communicate with the girls while they are swimming. Coaches feel they are beneficial for JO's. We would need 12 sets. Lindsey will research types and costs.
3. New Wireless Microphones needed immediately.

Shelly will project costs by next week to see if we can afford all wish list items now. Natalie feels like Lori Eaton takes priority over the headsets.

VOTE: Natalie moves to approve Lori Eaton for the Juniors and AG13- 15's for 1 zoom session and then 1 in person session for Juniors. Catrine seconds the motion. 5 in favor, 0 opposed.

PNA Rep Report: (Natalie)

- Travel Tacoma granted PNA \$1000 to PNA to be used for the Classic Invitational.
- Fine Design T-shirt sales profit to PNA \$810.90
- Hosting Regionals next season.
- Lacey gave approval to fix the amplifier. Marc Sahai said the system is solid. Natalie will price out new system and upgrades.

Committee/Representative reports:

- Treasurer's report: (Shelly)
 - Coach Checking: \$275.26
 - Checking: \$6,067.77
 - Savings: 12,332.05
 - YTD Income: \$50,201.01
 - YTD Expenses: \$38,158.76
 - Budgeted Total Expenses: \$58,615.00

Need to accept bill.com to receive money for the coach certifications. Shelly will work on it now.

- Fundraising Report: (Amy/Natalie/Shelly)
 - Classic concession stands
 - Gross: \$594.64
 - Expenses: \$135.74
 - Net profit: \$458.90
 - \$473 in restaurant take overs for the year (does not include the last MOD Pizza take over).
 - \$423 Total from Amazon (\$60) and Swim Outlet (\$363).

Concessions 2022-23 Season: Regionals concessions will be split between PWSS and Seattle Synchrony.

- Recruitment Committee Report: (Amy)
 - Summer Camp has historically been a great recruiting tool. 2 children are currently registered.
- Social media/Marketing report: (Amy)
 - Flyers placed at FWCC.
- Merchandise committee report: (Catrine)

New Business: Email should go out to families to bring attention to/celebrate Emily and Lisa and their participation in trials. Lisa was also invited to the camp, and Emily is in the top 35 in the country. Also highlight the Seniors with pictures. Make social media posts about all the team and individual accomplishments. Make note of the AG 13-15 trio that they put together at the last minute at Regionals. Amy, Natalie, Lindsey, Lisa will work on this.

Announcements:

- Photographer for next year: Leslie might know someone. Lisa spoke with Candace Morrow, and her husband is a photographer and takes swim meet photos. Per Lisa, he has the right experience and equipment for shooting pool photos.
- Pearl will sing the National Anthem at the Blossom.
- Lisa will hand off the Instagram account to Lisa and give access to Natalie and Lindsey. It will push out to Facebook automatically.
- Make sure families have their airline tickets to Junior Olympics now as prices are going up. Need to book coaches' flights now.
- Emily's solo is going into the Junior Olympics lottery for a draw if someone doesn't participate.
- All Junior duets qualified for Junior Olympics.
- Prorated fees during June? Novice and 13-15's have only 1 practice. Last year was prorated by 2 practices and they were billed for the Blossom meet and coaching hours. Shelly will bill the Blossom charges on the July invoice this year.

VOTE: Catrine moves to bill for 1 practice in June for Novice and AG13-15 teams. Shelly seconds the motion. 5 in favor, 0 opposed.

Next Meeting:

June 4th: General Membership Meeting (immediately following Blossom Invitational)

June 13th: Board Meeting @ 7:00PM

Adjournment: 8:52PM