

Pacific Waves Synchronized Swimming

Board Meeting Minutes

Date: July 30, 2025

Time: 7:00 PM

Location: Zoom

Meeting Called by: Amy Bonte

1. Call to Order

Time: 7:05 PM

2. Roll Call

Present:

- Amy Bonte
- Natalie Montgomery
- Michelle Spencer
- Shelly Robinson
- Leslie Sims

Board Members:

- Amy Bonte – President
 - Laura Hopkins – Vice President
 - Shelly Robinson – Treasurer
 - Leslie Sims – Secretary
 - Natalie Montgomery – Member at-Large
 - Michelle Spencer – Member at-Large
 - Candice Morrow – Member at-Large
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3. Approval of June Meeting Minutes

- **Motion:** Natalie
- **Seconded:** Michelle

- **Vote:** 4 in favor, 0 opposed
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4. Chairman's Report – Amy Bonte

General Membership Meeting

- Scheduled for **Saturday, September 20 @ 9:30 AM**

Board Positions Update

Open (Beginning September):

- **Treasurer:** Candice is interested
- **Vice President:** Potential candidates – Jess Lawrence
- **Member at-Large #2 (Michelle's seat):** Potential candidates – Reyes, Vanessa, Keri

Remaining Term (1 year):

- President – Amy
- Secretary – Leslie
- Member at-Large #1 – Natalie
- Member at-Large #3 – Candice

Volunteer Roles

- **Sound Team:** Announcer/Music – Justin, Ty, Amy
 - **Figures Assistance:** Need to recruit help at the general meeting – Lisa (Cora's mom)
 - **Awards:** Jess has been learning this role
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5. Coaches Report – Natalie Montgomery

Beginner Camp – Summer 2025

- Online registration going well
- **Olympic View:** 4 swimmers; info email to be sent by the pool
- **Marine Hills:**
 - Session 1: 3 swimmers
 - Session 2: 10 swimmers
 - Session 3: 6 swimmers
 - 13 are new swimmers

Beginner Lessons

- Saturday lessons in August: 2 signed up

Masters Team

- Yuliya coaching Tuesdays and Saturdays; may continue past October

Summer Conditioning

- **Dates:** July 15 – August 21 (Tues/Wed/Thurs)
- Attendance light due to vacations and drivers' ed

Senior Living Center Performance

- **Date:** August 14
- **Swimmers:** Carley, Audrey, Lydia

CrossFit Federal Way-Junior Level Swimmers

- Proposal received for Junior athletes to train on some Saturdays
- Shelly and Natalie to review costs; goal is **no additional fees for families**

EMAIL VOTE: August 23, 2025

VOTE RESULTS: 5 yes, 1 N/A

Proposal Details:

- **Payment:** This will be a *separate line item* paid by the club and *not included* in swimmers' monthly dues. PWSS makes direct payments to CrossFit FW.
- **Who Attends:** Attendance is limited to our Junior swimmers: Emily, Lydia, Carley, Liza, Audrey, Ariana, Pearl, Tiane, Joey, Anna, Marie, and Eleanor. Remote Junior Swimmer Option: If Lucy and Natalie (Oregon) are interested in participating, we could explore the option of having them pay for drop-in sessions, though further clarification may be needed. For reference, Lucy currently pays for a separate workout class through MAC.
- **Attendance Requirement:** Sessions will be mandatory for the Juniors.
- **Schedule & Duration:** Sessions will take place every Saturday from 11:30 AM to 12:30 PM, except when there is a meet or a holiday. The program is planned to begin in October and continue throughout the season.

Meet Planning

- Consider combining with MAC meets
- Propose:
 - **Levels Testing:** October 25–26 at Rogers
 - **Figure Meet:** December 6 or 7 at Tukwila or Redmond
- Encourage juniors to consider becoming STCs or taking judge training
- **Classic Meet:** March 20–22 – Natalie has reached out to University of Puget Sound pool

2025–2026 Coaching Staff

- Job advertisement submitted to National Office – resubmitting monthly
- Will advertise on Instagram with Lindsey's help and other global platforms

Remote Athletes

- Taylor and Susie (formerly Tualatin Hills club) are interested
- Taylor may coach Saturdays and judge; Susie may volunteer
- Discussion to continue; propose 30-min meeting with them to discuss options: Fiscal Sponsor or PWSS South.

Private/Extra Lessons

- Natalie reaching out to Seattle Synchro athletes
- Taylor may offer Friday evening sessions
- Consider comping hotel rooms for Susie and Taylor

Future Meeting Topics:

- Returning PWSS Athletes

6. PNA Representative Report – Natalie Montgomery

- General update provided

7. Committee & Representative Reports

Treasurer's Report – Shelly Robinson

Financials as of July 30, 2025:

- **Coach Checking:** \$256.06

- **Checking:** \$9,801.89
- **Savings:** \$31,105.41
- **YTD Income:** \$83,129.55
- **YTD Expenses:** \$83,702.16
- **Budgeted Total Expenses:** \$83,494.22

Additional Notes:

- Delinquent dues discussed
- Treasurer position (2025–2027) is open

Fundraising Report – Amy Bonte

- **Chair for 2025–2026:** Brenda Rogers

Recruitment/Retention – Leslie Sims

- **Recruitment Chair:** Still seeking candidate

Social Media / Marketing

- **New Banner:** Natalie

Merchandise – Natalie Montgomery

- General update provided

8. New Business

(None reported)

9. Announcements

(None reported)

10. Next Meeting

- Natalie will coordinate a Zoom meeting with Taylor and Susie
- Ideal date: **Monday, August 4**
- Alternate date: Tuesday
- Possible window: **Tomorrow between 4:00 – 5:00 PM**
- **Date/Time:** TBD

11. Adjournment

Time: 8:20 PM