

AAS PARENT MEETING MINUTES

02-07-2015 / KINO POOL

Attendance:

Christine LaBounty, Katie LaBounty, Julie Johnson, Marylou & Brian Zimmerman, Shannon Guarneri, Dena Kudis, Joanna Spain, Dicksie Sitz, Luce Filiatrault,, Kumiko Simmons, Yumiko Potts, Tanya Dumont, Joe Hansen

1. BUTTER BRAIDS Fundraiser: Christine had 2 handouts one for orders and another with program details – both are available from Katie / they are in the office.

Main points: Fundraiser runs 02/07/2015 thru 02/21/2015

Delivery 03/14/2015 : Saturday approx. 10am

Fundraiser Purpose: New Sound Equipment

Individual Goal: 10

The Butter Braids sell for \$12 each – the team gets \$5.00 each which will be split 50/50 with AAS and the swimmer's general account.

As always AAS appreciates your fundraising support and, if you have any other fundraising ideas Please let us know. There will be a Cookie Dough program from the same company as Butter Braids later in the spring.

2. Here are the guidelines for a new Recruiting Incentive Program that the Board designed and passed at their last meeting:

Any AAS swimmer who recruits a “new swimmer” that joins AAS for at least 60 days will receive a \$25 credit to their Coaching Account. This can be through our “Try Syncho” program, GroupOn, or any summer program!

The future of our team as with all synchronized swimming teams hinges on continually recruiting new swimmers! It is really a year-round effort that benefits from any contribution – if you know of a good “community board” , if you have connections with any newspaper or area magazines/flyers, if you have a great picture or idea for the website, or like to design posters, if you have any ideas for how to reach new girls Brownies, Girl Scouts, charter schools that are looking for athletic programs because they do not offer them – or any gathering that promotes activities – summer camps/clinics – any way we can reach parents who may be searching for activity for their daughters ...Please Let us Know - all of it Helps!

3. Bryan Simmons is completing a new flyer that will detail our Try-Synchro Program which will include dates in March thru May. Summer programs will be announced later. This information will also be available on the website.
4. The tentative date for this year's Water Show is on the evening of Friday May 01. We are waiting for the City of Mesa to approve our request – if there is any change we will make an announcement.

5.

The Arizona Synchro Association has assigned Scottsdale Synchro & AAS to host the concessions booth at the Cactus Classic Meet – February 20, 21 & 22. Christine and a contact from Scottsdale will confirm the menu and make the necessary purchases – IMPORTANT: watch for volunteer requests to take shifts at the concession booth as well as help with set-up and take-down ... and, anything else Christine might need help with! Remember: concession profits are split between the Arizona teams at the end of the year – so a great concessions booth means more \$\$ for us ☺

6.

ORANGE BLOSSOM MEET –RIVERSIDE, CA

March 27,28 & 29

Meet Announcement will be available soon –

As we know things today – the 13 and above team will be at the meet as a chaperoned team – Chaperone volunteers should contact Coach Katie. Driving arrangements have not been determined – last year some of the older swimmers went together and others traveled with their parents ... depending on vehicle size and work schedules ... but, once there the older swimmers join their team and chaperones.

For the younger swimmers this will be a Family Meet. Parents of the younger swimmers are being contacted regarding whether or not they will attend this meet. Obviously Scarlett needs a minimum number of girls to take – she is sending an email and asking for response by the end of the week.

Marylou has blocked a set of rooms at the Hampton Inn (where we stayed last year), and will be providing all the information needed for parents to make their reservations.

Another note on the subject of meets: Dicksie asked about getting meet scores – Katie is giving this information to Brian Zimmerman and he will make it available on our website.

7.

Brian Zimmerman presented his latest design changes to our website:

Azaquastars.org

Ultimately AAS wants everything we do and need to be available on the website.

We want the website to be a reliable & helpful tool for AAS families and also super informative and exciting to anyone researching synchronized swimming. Some pages are still being “fine-tuned” & updated ... but, what is up and running is Paypal as an option for monthly AAS & AASPA payments! When we have Volunteer requirements – those sign-up sheets will be on the site. At the bottom of the homepage there is a new “Parent Page” tab. The team calendar is also available with a feature that can link to your smart phone – to enable this contact Brian! Our Facebook link is there. Soon we want to add information about our fundraisers, Try-Synchro, and the Water Show!

8.

Notes from our Head Coach:

- *Reviewed upcoming meet information –

- *New Rule: Swimmers are Not to Loiter in the Office – the Office is basically off limits unless the girls have specific purpose to be there – ie. getting mats ...

- *Reminder: Please contact coaches when swimmer has limitations from injury or illness.

On an ongoing basis some swimmers have been liberally offering excuses for not participating fully during practice. Keeping safety at the forefront – and our swimmers getting the most out of their practice time coaches need parent confirmation regarding any swimmer illness or injury limitation. – Thank you

- *Workout Routines for Home are being finalized by the coaching staff for each age group. We talked about swimmers being held accountable for this responsibility ...

Check Sheet – something online via website ... details to come.

There are UTube workouts that Coach Katie likes – Fitnessblender...

30 Day Challenges are popular now – another idea. Also possible videos on website-more to come ... this is work in process ...

- *Coach Katie gets meet results – sometimes in packets/like the last meet – sometimes online ... future procedure will be to forward to Brian to scan onto website

- *swimmers are to have Black AAS swim caps for meets – Katie will email for parents who need caps – then let Joanna know and she will bring to pool ...

\$5 for one cap, \$12 for three caps

- *question was asked if small program suits would be ready by Cactus – Coach Katie has tried many times to contact suit lady ... no reply but originally she said “maybe” ☺

- *Team Suits for older girls will be blinged next weekend during practice – Joanna to email older girls parents asking those unable to attend to contact Christine – that way we will know which swimmers will need someone else besides parent to bling their suit. Between Shannon & Christine – they are going to build / have husbands build 7 suit stretchers ☺

9. Tip from Julie regarding new suits ---

...to set color and slow down chlorine fade...

Do this Before Any Blinging:

Soak new suits in solution of white vinegar and water for 10 minutes, then rinse!