# PR Field Hockey Spring Meeting

# Meeting Minutes

April 26, 2016

1. Call to order

Susan Shepard called to order the PR Field Hockey Spring Coach and Booster meeting at 7:00 pm on April 26, 2016 at the Pine Richland High School LGI room.

1. Roll call

Susan Shepard asked all attendees to sign in and verify parent and player contact information. The following persons were present:

Booster: Susan Shepard (President), Linda Metzmaier (Vice President), Laura Pavlecic (Treasurer)

Coaches: Donna Stephenson (Varsity Coach); Laura Peery (Varsity Assistant Coach), Rachel Mastromarino (JV Coach), Charlie Bronovan (JV Assistant Coach)

Parents: Edward Metzmaier, Elmarie VanDyk, Hekke VanDyk, Susan Cavanaugh, Margee Rottinghaus, AJ Sharron, Chris Sharron, Gary Napotnik, Tonja Flynn, Matt Malcho, Gretchen McNaughton, Gail Kline, Chris Peterman, Carla Mooney, Patty Norris, Ken & Mandy Coup, Candy Loftus, Kimie Chilcoat, Maureen Ticich

Upcoming Seniors: Jackie Shepard, Sammi Pavlecic, Chalinda Schleicher, Brenna Flynn, Kierstin Coup

Upcoming Juniors: Sarah Metzmaier, Molly Rottinghaus, Christy Malcho, Sarah Mooney, Kayley Chilcoat

Upcoming Sophomores: Alora Sharon, Vivian Cavanaugh, Chloe Napotnik, Emily McNaughton, Lauren Peterman, Alaina Barth, Meghan McLoughlin, Marie Nowak, Megan O’Connor, Clare Loftus

Upcoming Freshmen: Alexa Sharon, Ava L. Keegan Kline

Guests: Brad Spencer, Jack Neff (Next Level Sports Training representatives)

1. Booster business
2. Summer Conditioning – Brad Spencer of Next Level Sports Training shared format of summer conditioning program. Progressive program designed and focused on cardio/endurance, strength, speed, flexibility with goal to prevent injury, increase capacity to play and develop core strength and body awareness. Program offered in 1 week increments or 9-week session. Coach Stephenson indicated that scholarships are available and interested parties should reach out to her directly. Coach Stephenson also noted that players conditioning on their own should focus on interval training vs. distance and to avoid road running due to uneven payment and risk of injury. Registration information for summer conditioning will be distributed at a later date.
3. Booster Budget – Susan Shepard presented the proposed 2016-2017 Field Hockey Booster Budget noting that the budget reflected revisions to prior year events, e.g. Season Kickoff Picnic would be a tailgate party on the first day of practice (Thursday, August 18th); End-of-season banquet gifts would be replaced with pre-season gifts that would benefit the girls during the season, etc. Susan Shepard indicated that the budget would be supported with dues, unchanged from 2015-2016, a car wash, spirit wear sales, concessions and the Spring Clinic to which parent help would be needed to chair and support the committees that organize and make the events a success. Susan Shepard asked each family to volunteer for at least one committee and sign up on the committee sheets being circulated. As no questions were raised, a motion to approve the budget was requested. A motion was made and approved by all in favor.
4. Booster Officer – Susan Shepard introduced sitting officers and shared the open Secretary position and Assistant Treasurer position for the 2016-2017 year with the audience. Susan Shepard encouraged the Freshmen and Sophomore parents to join the Boosters so that transition for graduating player parents is easier. Prior to the meeting, Gary Napotnik and Candy Loftus expressed a willingness to become a Booster Officer. A motion was made to elect Gary Napotnik as Secretary and approved by all in favor. A motion was made to elect Candy Loftus as Assistant Treasurer and approved by all in favor.

2016-2017 PR Field Hockey Booster Board

* President – Susan Shepard (2nd Term)
* VP – Linda Metzmaier (2nd Term)
* Treasurer – Laura Pavlecic (2nd Term)
* Asst. Treasurer – Candy Loftus (1st Term)
* Secretary – Gary Napotnik (1st Term)

1. Committees – Throughout the year, volunteers will be needed to support the players. Parents were asked to sign-up for committees. See Attachment.
2. Coach Business
3. Spring Clinic – Coach Stephenson reminded players of the Spring Clinic for grade K-8 to be held on Saturday, May 21, 2016 and asked high school players to arrive by 12:15 in order to set-up the drills that they will run during the clinic. Coach Stephenson asked players to promote the clinic in their neighborhoods as registration to date was low.
4. Physicals and Concussion Testing – Coach Stephenson noted that information has not posted as of yet and that information will be emailed once announced. Coach Stephenson pointed out that all physicals must be after June 1, 2016 and that concussion testing is only required for 9th and 11th graders. A complete Sports Packet will be due to the Athletic Officer in early August, date to be announced.
5. Philosophy and Expectations – Coach Stephenson shared the philosophy and expectations of participating on a High School team. Coach Stephenson emphasized that PRFH is not a recreational or club team. The PRFH Varsity squad will field a competitive team with best players starting and getting playing time as their goal is to win. The PRFH Junior Varsity purpose is to develop the squad and noted that playing time is fair which may not mean equal. Coach Stephenson also noted an opportunity for movement between Varsity and Junior Varsity
6. 1000s Club – Coach Stephenson presented the 1000s Club as mandatory as players gain ability to handle the ball with confidence and practice/stick time differentiates hockey players on the field. Forms will be turned in on the first day of tryouts, August 15th.
7. Summer League – Coach Stephenson shared Summer League and Summer Stick Time information. Summer League will run on Thursdays from June 16th thru July 28th from7:00 to 8:45 pm at a cost of $85. Summer Stick Time will be run and communicated by senior outreach to underclassmen.
8. Team Camp – Coach Stephenson recommended that all high school students, including upcoming Freshmen attend the team camp at the University of Maryland which will be held July 24th thru July 27th. Cost is $550.
9. Skoolsports USA Camp – Coach Stephenson discussed the camp to be held at PRHS Stadium on June 25th thru June 26th. The camp cost $125 and will include international instruction.
10. Summer Socials and Team Bonding – Coach Stephenson asked each class to organize a fun summer socials and bonding events. Seniors, Juniors and Sophomores will take the months of June, July and August respectively.
11. Tryouts and Pre-Season – Coach Stephenson reviewed the dates, times and locations of tryouts and pre-season practices. Tryouts will be held the evenings of August 15th, 16th and 17th with Roster Selection on August 17th. Pre-season practices will occur the evening of August 18th, the day of August 19th, the morning of August 20th, and a full day team building workshop will be held on August 22nd.
12. Fall Schedule Preview – Coach Stephenson noted that the fall schedule has not yet been released. Coach Stephenson will work through turf time constraints with the athletic office, noting that some late evening practices will be required and Friday practices will be dedicated to stick time on the turf.
13. Policies –
    1. Communication Coach Stephenson shared the new coach communication policy. There will be no one-to-one communication. If texts are sent, coaches will not respond. Email communications, in both initiation and replies should have both parent and player addresses. PRFH will use Remind App for communication purposes.
    2. Disciplinary - Coach Stephenson also noted that PRFH will follow the disciplinary action imposed at the discretion of the high school principals.
    3. Attendance – Coach Stephenson indicated that players and parents should avoid conflicts in season and noted that everything in season is mandatory. Attendance conflicts should be communicated 2 weeks in advance via email. Coach Stephenson communicated that players will not start next game if they miss a practice, players are to arrive on time and that practices will end on time.
14. Questions

Coach Stephenson noted that the power point presentation would be made available on the Pine Richland Field Hockey website and then opened the floor to questions. Question regarding philosophy on having the girls take the bus home versus being driven home. Coach Stephenson said that she does not feel having the team together for the drive home is important. The girls have a lot on their plates and we travel. Coach Stephenson and Coach Peery did stress that that they are accountable for the players and do require an e-mail the day before and a written form the day of the game, the form must include a creative reason for not taking the bus, may hold a contest for the best reason given! There being no further questions, Coach Stephenson asked Band Member/FH Players and parents to stay after adjournment to discuss attendance and previously delivered email communication.

1. Adjournment

Susan Shepard adjourned the meeting at 8:10.

Minutes submitted by: Linda Metzmaier

**2016-2017 PR Field Hockey Committees**

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| Team Apparel | Lisa DeFoggia and Senior Players |
| Play 4 the Cure | Heidi Weinman  Paul Kimmel  Tom Mooney  Don Kosanovich |
| Senior Night | Marianne Barth  Gretchen McNaughton |
| Banquet | Susan Loskoch  Pam Baratka |
| Away Game Snack | Elmarie vanDyk  Gail Kline |
| Kick-off Picnic | Margee Rottinghaus  Kimee Chilcoat  Amy Dunn |
| Carwash | Elmarie and Hekkie van Dyk  Candy Loftus |
| Spaghetti Dinner | AJ Sharron  Susan Cavanaugh – chair  Rachel Foster  Tina Nowak |
| Concessions | Kathy Kosanovich  Meghan Fettis / Grace Fettis  Chris Peterman |
| Team Jackets | Lisa DeFoggia |
| Team Photographer - V | OPEN |
| Team Photographer - JV | OPEN |