

Amherst Tigers Boosters Meeting
December Meeting Minutes
1/9/23

Attendance: Neil Faller, Marnie Belle-Isle, Lisa Roy,
Brooke Newsome, Rob Adams, Amy Knoblock, Jake Kirst, Kellie Pieper



2022-2023 Officers:

President - Neil Faller

Vice President -

Treasurer - Lisa Roy

Secretary - Marnie Belle-Isle

Special Projects - Brooke Newsome

Special Presentation: Kellie Peiper

- Sports Psychologist, works with our teams
 - Wellness topics: maintain healthy lifestyle, nutrition, stress management
 - Mental Performance: Confidence, Self Talk, Goal Setting/Mental Rehearsal, tune out distractions, what does it look like to be a student athlete
 - Clinical Mental Health: Everyone's watching feeling, anxiety, depression, injury

Questions:

- How do we help when your child is upset on the car rides home? Totally normal conversations, respect boundaries, playlists
- Will you meet with winter teams? Can work with teams individually, now looking at the spring
- Focus: How to focus on the field, on the court?

Welcome & Approval of minutes - Marnie Belle-Isle

Minutes acceptance: 1st: Amy Knoblock

2nd: Brooke Newsome

Ad Report - Rob Adams

- Thank you for the snack stand support
- February 12 - Hosting ECIC cheerleading competition 8:00am - 12:00pm Looking for concessions, hospitality room
 - What school hosted last year? Let Rob know what spaces we need to use and what concessions will be offered. Can we charge admission to the competition?
- January 28 - Wrestling ECIC JV Tournament
- Apps for admission into games? Suggested: GoToGames, Go Fan,
- Flags/banners by tennis courts were ripped by the storm - need to be replaced
- JV/Varsity starting March 13 - sign ups coming soon
- Field Hockey winter indoor is starting
- Thank you for your support with the new district project
- First Aid/CPR/AED check up and training for coaches - AED's were just checked by BOCES
- Unified Bowling started today

President's Report - Neil Faller

- Operetta ad - ¼ page ad \$100.00
- Team Grants: none
- Summer Scholarships: students need to complete a form, each student has the opportunity to get \$100 toward their camp, Rob will send email to students regarding this opportunity
- What special projects can the Boosters do to support the athletes/Amherst Community?
 - Can we continue Kellie Pieper's services in the future?
 - Special Projects list for next meeting

Treasurer Report - Lisa Roy

- Current balance: \$18,661.10
- Winter apparel fundraiser: \$1,400

Concessions Update: Brooke Newsome

- Plan for February 12 cheerleading competition
- Schedule is good for now - stand is covered
- Pizza formula has been figured out
- Winter schedule is harder to figure out

New Business:

- Health and Wellness Fair?
- Tennis bench - fundraiser from the tennis community
 - Memorial policy - needs board approval Lisa Roy will follow up with Rob Adams

Next meeting:

Monday, February 6, 2023 at 7:00pm in High School Library/Media Center in person

- 2022-2023 Meeting Dates:
 - September 12
 - October 3
 - November 7
 - December 5
 - January 9th
 - February 6
 - March 6
 - April 10
 - May 1
 - June 5
 - July TBA

Motion to adjourn

1st: Lisa Roy

2nd: Neil Faller