

**Flower Mound  
XC/Track Booster Club**

**Meeting Minutes for October 1, 2013**

Alicia Waterman (Vice President) called the membership meeting of the FMHSCCTBC to order at 7:07 pm in the absence of Dan Hamstra (President). Quorum was established.

Martin White moved to approve the minutes from the meeting held on September 3, 2013 and there was a second by Lorena Kidd.

**President's Report** – Alicia Waterman:

Membership: We currently do not have an accurate count of memberships but we are estimating around 30 or 50% of the XC team. Scott Sanderson agreed to chair the membership going forward. Membership dues pay for many of the items that our team requires including equipment, uniforms, race fees and transportation. Membership may be paid either by check or online through Flip Dog who provides our spirit wear. A link can be found on the FMHS running web site.

The end of year XC Banquet will be held on November 16<sup>th</sup> at 7pm at the Tour 18 clubhouse. The decision to move the date up to November (previously held in December) was made to reduce conflicts with race dates and holiday events. Invitations will be sent out soon. More information will be sent to athletes and parents regarding dates for RSVP's, Memory Book pages and photo submissions. Look for communications soon.

Flower Mound Invitational was held on Saturday, September 14<sup>th</sup>. A big "Thank You" goes out to all parents & volunteers who helped the race run smoothly. Also, "thank you" to Luke's Locker for providing volunteer T-shirts and sponsorship.

The Nike (out of town meet) will be held on October 5<sup>th</sup>. Help from two or three parents is requested for tent set up around 6:15am. Scott Sanderson volunteered to lead the set up.

**Treasury Report** – Tony Espisito:

Income this month includes entry fees from our home meet of \$1200 as well as income from concessions sales, membership dues and spirit wear sales. Expenses for the month include supplies and trophies for the FMHS Invitational. There is also income and expenses listed for Letter Jackets (wash). Our Sonic fundraiser over the summer raised over \$1000. The current balance in account is \$11,092.63.

Important upcoming dates include:

Nike Meet – October 5  
District Meet October 26 (at 1pm) at Northlake Park - Denton  
Banquet – November 16 (at 7pm)

**Coach's Report** – Andrew Cook:

Thank you to everyone who helped with our home meet. We received several compliments from coaches and fans of XC about how well the meet was run. Boys placed 1<sup>st</sup> and the girls did well despite injuries.

The Colony meet was last weekend which once again proved to be a tough course.

We will be travelling to the Woodlands this weekend for Nike South. This race will be a good test to see where we stand against other teams. The course has been slightly revised but will still be 3 one-mile loops to complete the 5K. It is a good spectator meet and parents are encouraged to attend.

Coach continues to talk to the athletes regarding:

Nutrition – what and when to eat before workouts and races

Warm-ups

Race Plans

Pre-race jitters

Running lines – taking the shortest line possible

Keeping heads and eyes up – be aware of your surroundings

Running with teammates

Being positive – don't quit during a race

Finishing – accelerating at the finish line

Both boys' and girls' teams have a few injuries but the outlook is positive going into District and Regional competitions.

Budget Amendment:

Scott Sanderson moved to increase the line item "Coachs' stipend" by \$250. The motion was seconded by Martin White. These funds will be allocated to coach Write who is working with our athletes in the weight room after school.

The meeting was adjourned at 7:57pm by Alicia Waterman