

CPHS Volleyball 2024 Spring Fling/Booster Meeting Minutes

April 29, 2024 at 6pm at CPHS Field House

Meeting started at 6:04 pm. Welcome by Coach M. Introduction to coaches. New attendees due to attending zone changes. Lots of new people. Introduction to Leadership Council. Council has to apply for a position. Advice for now between tryouts. Callie- show up to strength camp and introduce yourself to the Council to become more comfortable. Builds a tight knit family. Haley- show up everyday. Strength camp introduces you to culture and season. Make sure you communicate when you can't make it to Coach M so she knows what is going on. Put yourself out there. Calista- Be adaptable and bring a good mindset. Mya- be confident and try to get to know everyone. We are a family. CC- folks genuinely love each other and want to have fun. Be there for team camp. It's the first time Coach M gets to see you play. Show up to open gyms. Go to Get Burly.

1. Introductions

a. Coaches

- i. Lori McLaughlin
- ii. Emily Clark
- iii. Emma White
- iv. Kevin Fleming

b. Leadership Council

- i. Seniors
 - Haley Burton
 - Callie Krueger
 - Sofia Peters
- ii. Juniors
 - Mya Cheatum
 - Katelyn Hughes
 - Skylar McFarland
 - Sibley Oster
 - Addison Simon
 - Joy Udoye
 - CeCe Wijaya
- iii. Sophomores
 - Calista Bright
 - Natalie Christ
 - Ava Parente

c. VB Booster Board

- i. President: Haley Hughes
- ii. President Elect: Beth Spearman
- iii. VP Upperclassman: Kim Schwager
- iv. VP Underclassmen: Michelle Walters
- v. Treasurer: Bianca Dubay
- vi. Treasurer Elect: Betsy Escobar
- vii. Secretary: McKensie DeRocher
- viii. Secretary Elect: Katie Oster

2. Approve February 2024 Meeting Minutes - provided via website **Haley called for approval. Katie motions. Beth seconds.**

3. Financial Report -

- a. Current balance as of 4/24 - \$14,789.63.
- b. Equipment or other upcoming purchases:
 - i. No upcoming purchases from Coach M.
 - ii. Media board - Update from Ryan Spearman- we are going to do a 65 inch tv. \$1,500 for the TV. Going above the scoreboard. There are 2 options for screen protector- plastic screen for \$200 or a box (designed with a theme or something Timberwolf style) for \$2,000. TV, box and install will be around \$6,000. Vandy paid around \$12K for their install. We would show Vype video and sponsorships here. Extra fun videos in store potentially with Vype as well. We will replace the old school video table. All indoor sports will benefit- bb, vb and Wrestling contributing. We can't fundraise for this until we get approval from the district. Once we get approval to fundraise, we will go out and try to find one big sponsor to sponsor the whole thing. Bianca asked Dick's for a donation. We also talked about reaching out to a car dealership. If we can't find one big sponsor we will see if multiple will contribute.

4. CPVB Booster

- a. Get to know our new Website! <https://www.cphsvolleyball.com/> (Beth)
- b. Committees Overview -
 - i. Volunteers Contact Haley Hughes or signup on link below
 - https://docs.google.com/spreadsheets/d/1n_HB6BeYgkKlgivWC68Tk7550-Y9uPLcXBjPqm-kb5E/edit?usp=sharing

Beth has been working on revamping our website. Took all information over there a couple weeks ago. This is our new home base for information, communication and store. All will be housed here in one place. Schedule will be posted here as well. Live calendar will be here. Printable schedule button available. Teams page will have all of the photos of teams. Program tryout information is posted now. Team uniform requirements are here as is the BSN team store link. Different programs going on in summer are posted here- all centralized on this site. An events page will be updated. There will be a Booster page for links to sign up and join. Beth is still adding information so keep checking back. An email letting everyone know when things are 100% complete will be sent out. The one pager handed out tonight will be posted here as well.

Volunteer link will be posted on the site as well.

5. Sand Bash Update: Thank you for all the volunteers and donations. It was a fun, successful night. \$1,203.71 was raised for the Roberts family Education Fund. Fundraiser we do every year for the Roberts family.
6. Fundraising
 - a. Hit the Pavement Due May 6, 2024 - Email sent out with detailed information. (Mandatory)
 - b. Spring Football Game May 16, 2024 - Merch will be sold. Come by!
 - i. We need a volunteer to run merch table Handel's is coming. We get a portion of the proceeds. Will have a table to sell merch as well. Can anyone do this May 16th in the evening? This is a Thursday. There will be JV vs. Varsity game. If interested in helping, please let Haley know.
 - c. Car Wash Fundraiser May 19, 2024 - 12-3pm Acrotex parking lot
 - i. Sign up to volunteer, wear sand bash shirt If available doing 1 hour slots. Noon-3.

Goal is \$16,000. Currently at \$3,500. We can't wait until August. Trying to get what we can now. Elise or Marie can help you out. There is a spreadsheet that went out for girls that hit the pavement. Please update as you go!

7. Volleyball Program Overview

- a. Important Forms must be COMPLETED by Tryouts - Links will be on website and sent via email
 - i. Tryout Registration form complete by July 18, 2024
<https://forms.gle/rdEyn127ZF3ByxZS8>
 - ii. Rank One Online Forms Under Student-Athlete Forms:
<https://leanderisd.rankone.com/New/NewInstructionsPage.aspx>
 - Physical - DATED May 1st or after
 - Sway Balance Test *this is done at school by trainer/coaches
 - UIL Forms Packet
 - Emergency Card
 - Medication Consent Form

Use current LISD physical form. Blue form. You can also download online as of May 1. These can't be dated earlier than May 1, 2024. May 1 and forward is when it goes valid. SWAY test-concussion test- will be conducted 5/1-5/10. Middle school athletes are doing this in May at their schools. Try to get everything done during May. When summer is here, it's crazy busy so try and get this done in May. Have to have Rank One and physical in before tryouts. Once you have the physical done, make a copy or take a photo. Scan it and download it to Rank One if you can. These have to be done every year.

- b. **Strength & Conditioning Camp - cost \$175** - <https://www.leanderisd.org/summersportscamps/>
Camp meets every Monday - Thursday, begins June 3, 2024, 8:30 AM-10:30 AM. No camp the week of July 1-5 as camp is closed for July 4th weekend. Registration opens May 1. Please let Coach M know when you aren't going to S&C. They want to understand why people aren't going- they know we also have summer camps, clinics, vacation, etc. No open gyms in the month of June. Open gyms will start in July. Will be after strength and conditioning camp. Will likely be 1 or 2 hours of open gym. Coaches are working on schedule. They hope to have all July open gym dates finalized before we are out of school.
- c. Family Vacations to be complete by July 17th.
- d. **July 17th: Yancy Get Burly Leadership Training \$150:** For everyone who has interest in trying out for the team 9-12 grade. July 17th 9AM-9PM meet at Milburn Park. Pack plenty of water (hydration backpack is recommended), snacks and sack lunch. Dinner will be provided. Pick up will be at CPHS. <https://www.getburly.com/cedar-park-girls-high-school-volleyball.html>

This will be year 3 for this program at CPHS. Provided sports performance coaching for 15 years for various CPHS programming. Mental and physical conditioning. Program will take these girls places more mentally and physically defeated than they have ever felt before- and that is the purpose of the program. Sit around a fire pit and share their non negotiables and things that are on their heart. Start with a small fire. Each girl shares and then places a stick in the fire- the fire starts to grow and grow. This creates a bond for the girls. Create massive belief in yourself. Learn about ABC concept. Learn about non debatables. Will learn about the power of developing a pause button. Champions decide to dominate the day. It will be a rollercoaster ride of mental and physical conditioning. Will be one of the hardest things they will ever do.

Coach M- this is a great stepping stone to enter into the team camp. Week off before the grind starts on August 5th.

e. **Team Camp July 22-25 1-5pm, \$185**

Venmo to Coach Felipe @Felipe-Coronel by June 25th <https://forms.gle/yFPsYxvVtcMCFmZ56>
Monday-Thursday, 1-5pm. Bring Snacks and plenty of water. Will be hosted at Treehouse Gym (Home of Roots Volleyball) 15407 Long Vista Dr Suite 100, Austin, TX 78728

Glenn high school will be there with us. Listening to insights and inputs from the girls who have been on the program. Go for an hour and 45 minutes then take a 30 minute break then go for another hour and 45 minutes. This is roughly how the 1-5 will work.

f. **July 29-Aug 2**: Week off before tryouts

g. **Try-Outs August 5-8**

i. Monday, August 5

- 12:00 AM Midnight Sprint Test on the football field (EXPLAIN) **Timeline will be posted on the website. You need to be in good shape. The sprint test will be done during the summer time- so it's very hot- so this is why it is done at midnight. Will take about an hour. Parents are welcome.**

- 10AM-1PM Upperclassmen
- 1:30-4:30 Freshmen

ii. Tuesday, August 6: *First Cuts*

- 8-10AM Freshmen
- 10:30-12:30PM Upperclassmen
- 2-5PM Everyone

iii. Wednesday, August 7: *Final Cuts* could change if more time is warranted

- 8-10AM Freshmen
- 10:30-12:30PM Upperclassmen
- 2-5PM Everyone

iv. Thursday, August 8: First official practice

- 7:00 - 9:30 AM Everyone *Issue Equipment*
- 2:00-6PM* times will vary by team* Team pictures **Varsity will have photos done by Vype. Freshman and JV will do casual. White top of their choice and blue jean shorts.**
- **6PM MANDATORY** Parent Meeting at CP Fieldhouse **(for those who made the program)**

h. Scrimmage Aug 9th @ Westwood

i. Scrimmage Aug 10th @ Lake Travis

j. 2024 Schedule- pdf. will be emailed **At Volleypalooza we were able to sell to students and made additional funds this way. All parents are expected to do concessions.**

k. Family Pass - LISD Athletic Department- 4 for \$103 or 6 for \$133 scans/game- link will be sent when updated by LISD in July

l. BSN Player Store

- *Store Closes May 2nd at midnight*
- <https://bsnteamsports.com/shop/esxhLqreRo>

REQUIRED ITEMS include

- ii. Game Day Spandex **Have to be in Nike spandex on game day. Coach M doesn't care which brand you wear during practice.**
- iii. Game Day Socks

- iv. Game Day Knee Pads- **has to be white Nike**
 ** All above will be Nike. All girls need to be in Nike from head to toe
- v. 3 Practice Tops in Green, Gray, and Black
- vi. Game Day Shoes - Only Varsity players are required to purchase the Nike game day shoes. This shoe will be available for everyone, but sub-varsity(JV & Fr.) are not required to wear them. **Remember, these are men's sizing in the BSN shop.**

** I would recommend for all items that they get more than one, probably a couple of each. Practice tops will be worn all year long. Game Day Spandex- a couple, socks- a couple, knee pads- up to you.

8. Volleyball Booster Look Ahead

a. Volleyball Expenses Due at Mandatory Parent Meeting Aug 8th

i. **Booster Membership \$100**

- Includes one Booster shirt, personalized locker magnet and personalized water bottle for player

ii. **Player Shirt Package \$120**

- 2 Game day shirts, 1 play off shirt, 1 cause shirt, 1 sand bash shirt, 1 teacher appreciation shirt for teacher of players choosing

iii. **Player Game Day Meal Package \$250** *could change depending on pricing at each location

- Includes game day meals for your player for EVERY game.
 - Panera
 - CAVA
 - Jersey Mike's
 - Mad Greens

This is a pass thru expense- we don't make any money from this. It will likely end up around \$275. You don't have to do this. But, this is a planned meal so your child will have a meal taken care of- you won't have to worry about getting a meal to them.

9. Open Gym Dates and Times:

- a. April 30th 4:00-5:15 @ **CPMS**
- b. May-July TBD

10. Next Meeting Thursday August 8th at 6PM at CP Fieldhouse ***MANDATORY**