

PRTD CLUB Meeting
1/7/2019
Next meeting: February 4, 2018

All board members in attendance

Rick, Trina, Kurt, Mark, Jodi, Cindy

Call to order

Approval of previous minutes

Coach Malinowski: Strength Training/Wide Receiver Coach

- January schedule – open gym starting Monday, Tuesday and Thursdays rest of January and is optional, day after Super Bowl, February 3rd – Monday, Tuesday, Thursdays will mandatory – Wednesday and Friday's for the 9th graders
- April/May, 2019 - Mon., Tues, Thurs all players will be on a 4 quarter format – 1st Qrt is month of Feb Coach Mal will have players mastering movement with lifting, squats, bench press, focusing on lifting technique- whole month high repetition's low weights for month, start to increase weight as players progress and do rep testing, 3rd Qrt lower rep higher weight 3 sets of three at 85% of max this will help players get ready for the annual Power Meet, 4th qrt – get them outside to get ready for spring ball
- Lifting rotation, Monday lower body, Tuesday, upper body, Thursday, lower body (look at leaflet), everyday 10 min warm up period, 3 minutes of jump rope, pushups, to get heart rate up, every 15mins they switch activities, encourage your son to bring water, and to always tell coaching staff if they need a break to get water.
- Rules in record keeping – SHOES ON! There will be about 70 players in the weight room at one time, always need shoes for safety reasons
- Coaches use Train Heroic to keep records of player performance – can run reports on players to manage progress, helps players maintain their own personal record, 500 seats available only use about 100, very important benefit to the program, Mal and Coach K have admin rights to train heroic, training fee is always free, coach subscription is where PRTD Club would be charged, players will be assigned to a team, would like this to be adopted by the Athletic Director and used by other programs here at PR.
 - Other teams/sports are using weight equipment, they should help with maintenance of the weight room. Would like to address the AD about other sport teams sharing in this maintenance. Crew team uses it the most, Track uses it when the weather is bad, girls/boys lacrosse sometimes, wrestlers sometimes
 - Need two three days of clean-up of equipment – wiping down equipment, but need to do this more often – NEED cleaning supplies for weight room – Can we ask the AD to help fund this need
- Coach Malinowski's Weight room wish list/needs: slam balls, heavier kettle bells, bar bells, sleds may need to be added this season – Coach Mal estimates this to cost about \$2,500 – Coach Mal likes the company we bought bar bells off of last year

- Requesting T-Shirts for the off season – would be nice to look uniform, but kids need a few to alternate to be washed
- Mirror on wall is broke, needs fixed
- Places to go for training – Coach Mal recommends – Brian at Elite, James at Oxford Athletic Club really great space for the kids, and Amy and Molly at RAW

Approval of the minutes – minutes approved

Treasurer Report – Kurt

- Jan-Dec 2018 – PNC 7643.56, 500 pay pal acct
- All bills invoices paid to date
- 140,000 of income last year
- 133,000 in expenses –
- Bills from 2017 were about 40,000 of these funds....extra bills came along as the year started
- Expenses coming up: Train heroic, \$2,500 weight room equipment, t-shirts for players

Fundraising:

- Sent thank you notes, emails, and monogrammed footballs as a thank you
- Hoping for commitment again, plus look at new sponsorship
- Goal is to minimize the cost to the parents as much as we can
- Asked for suggestions/ did everyone like the fundraising format last year....
 - February TD Club will provide a budget proposal
 - Suggestions welcomed for February meeting
 - Will give budget proposal with and without corporate funding

Rick introduced Jamie Shaver regarding Rocky Bleier fundraiser (Character Development Fundraiser)

Message: Don't give in when you want to give up

Seating capacity at the HS Auditorium

District approval

Jamie would like to have this presented at the Jan. Banquet

VP Report - Trina Boyd

- Upcoming scholarships – Seniors Chris O'Neil out by end of month for committee to review submissions
- Graf – senior answer questions, winner will be announced at banquet
- Amy Winkour - \$500 – coaches pick and will be announced at banquet

Concessions – Megan

- 110 Hershey bars – left over Beth Bolin – could use for concessions or Gala

Communications: Jodi

- More Banquet info going out tomorrow

President Report - Rick

- Thanked all board members for all their work during the 2018 season

- Team parents did a fantastic job
- Over 75% registration
- Over 75% volunteer help
- Concessions and 50/50 need all the help we can get this season
- **Lettermen jacket fitting January 10th – important to try on because these are non-returnable**
 - Your son must have played 10 quarters to letter
- During the banquet you will have an opportunity to order the following (these will be displayed)
 - WPIAL Ring, patch to purchase in shape of keystone WPIAL patch will match last year's patch, can be sewn on sleeve. Photo book, a video will be running throughout the night from Montague's photos of the season,

Rick shared pricing and photos of Ring options –

- Parent suggested we get a size of ring that the boys could wear if they want to
- Everyone gave input on the options but some expressed a smaller size and more affordable
- Asking Zolnier to send another option with some changes and possibly smaller ring
- Chris Cafardi, who designed last year's rings said you can take the free ring orders and apply it to the overall final payment to lower the cost of the ring, he added that he would like to see a connection between the past two rings with this year's ring

Plan your vacations – go on calendar on website pramsfootball.com and plan your vacation around time off *July 29th – August 4th off, for example....check out Coaches calendar for weight training schedule, and more.....

Voted on new board

New board for 2018

President – Rick Rechenberg

Vice President -- Trina Boyd

Treasure – Kurt Schweiger

Fundraising – Mark Mill

Concessions – Yvonne Balouris

Communications Secretary – Kristin Hasley

Recording Secretary – Megan Westerhoff