



## Hamden Heronettes Parent Meeting Minutes

Hamden HS, Room C107

Monday, September 17, 2018

**Nancy Restivo**  
*Board President*

**Trish Lewandoski**  
*1st Vice President*

**Jessica Kogut**  
*2nd Vice President*

**Lynn Sette**  
**Anna Brock**  
*Co-Treasurers*

**Alisa Berger**  
*Secretary*

**Joanne Hiscocks**  
*Publicity*

- I. Call to Order – 5:38pm
- II. Approval of Meeting Minutes
- III. President Report
  - a. Welcome/ Introductions
    - i. Went around and 14 parents, head coach and manager all introduced themselves
  - b. Review parent contact info
  - c. Policies and procedures handbook
    - i. Handbook will be emailed out when it is updated. The current version is on the website
  - d. Mailboxes
    - i. We are working on having the mailboxes (this is actually a file folder) brought to C109 each Monday. Handouts are put in mailboxes (esp. items that can't be sent electronically – e.g. items in regards specific fundraisers), including notes that the girls will write to each other once the season gets going
  - e. Pool Update
    - i. Hamden High pool – We have no idea when it will be ready. If you live in Hamden, it may be worth reaching out to your town council member to find out the status of the pool and encourage them to hurry up.
      1. The pool in the hs has nothing to do with the HS and is not funded by the school or the Board of Ed. The pool is part of town rec and is not run or controlled or funded by the school, but funded by town rec.
    - ii. East Haven pool – We are VERY hopeful that it will be available for us to use as of 10/1. Our back-up pool (West Haven) is no longer available, so we no longer have a back-up plan.
      1. Mia is still pursuing Southern's pool
  - f. Carpooling
    - i. We would have a few meeting spots, e.g. Woodbridge meest someplace, North Hamden/Wallingford/Meriden/Cheshire etc meet at Rt 40 connector and carpool together to east haven.
      1. We will try to make up miss practices once the competitive season starts.
      2. If you're interested in carpooling, we can try to make these groups happen
  - g. Committee signups – We need parent support to....
    - i. Apparel – Anna chooses items that are required (team shirt, jacket, bathing suit, backpack, swim cap, as well as a black swimsuit, white caps, clear goggles, nose clips, black leggings, black flip flops etc).

You will receive a detailed list of these items and where to purchase them. The price of the club suit keeps going up and Anna is interested in having a custom club suit made, so we need a parent to look into pricing and options for this.

- ii. Social Coordinator – Create social opportunities for the girls outside of swimming. E.g. pumpkin painting, stuff a bus, paint night, Christmas caroling. Saturdays are now open for us to do something on this day.
- iii. 50 year celebration committee. In 2020 the Heronettes will be 50 years old. We need to start thinking about how we want to recognize this milestone, contact old members etc
- iv. Hospitality – This is about meets
- v. Marketing – Supporting Joanne with her efforts to spread the word about the Heronettes
- vi. Website and Social Media
- vii. Meet coordinator – Mia is in charge of this committee
- viii. Refreshments – Food at meets, holiday party etc. Mia can support, but its organizing the sign-ups for food for events.
- ix. Scoring – scoring at meets
- x. Suit closet – There is a closet full of past competition suits. This committee helps with organizing and find suits for the season.
- xi. Water Show – Will co-chair with Cheryl Nadzam , who was the chair last season. This is a spring big event for fundraising and getting the word out. We hope to do the Water Show at East Haven pool.
- h. Parent meeting dates -- Next one Nov 5, 2018
  - i. Always on Monday – the schedule will be sent out with the meeting minutes
  - ii. Always freezing in the meeting room – all year round – come prepared
- i. Swim Across the Sound
  - i. Fundraiser for individual swimmers. Typically happens on Saturday and is then followed by a party. The idea is that the team, as a whole, swims the distance of the Long Island Sound. Anna gives each swimmer a target number of laps to swim in an hour in order to achieve this goal. This is a pledge driven swim fundraiser (like a book-a-thon). The money raised for the first 20 laps go to the team and the rest of the money goes into the swimmer’s account. This will probably happen on a Tuesday or Thursday evening.
    - 1. We need to rethink the timing of this event - should we book the party slot (4-6pm on a Sunday and then get a party room?)
    - 2. Lisa DiCaprio volunteered to look into finding a pool/party room for this event – 90 min pool time and 60 min party room. Anna will give Lisa some dates, ideally for November.
- j. Figure meet/ Holiday party
  - i. This will happen in January. We will look into timing and scheduling.
  - ii. Synchro sister – older/experienced swimmer paired with a younger/less experienced swimmer

#### IV. Head Coach Report

- a. Swimmer timeliness and preparedness expectations
  - i. Anna emailed out a “quick and dirty” for practices:
    1. Hair up, bring water bottle, yoga blocks and mats, good exercise sneakers, 2 pairs of socks, extra hair elastic, an optional towel.
    2. Be on time
    3. Come to the pool wearing suit under clothes
    4. Use the door that enters into the bleacher area
    5. 2 bathing caps, hair ties, nose clips, goggles, underwear for after practice, extra towels, snacks for longer practices
    6. Stretch at home – we will try to use most of our practice time in the pool, so stretching needs to happen at home.
    7. Land drilling at home – this needs to be on the kids.  
Coaches will send videos home once there is choreography.  
Swimmers needs to be responsible for driving their own improvement.
  - ii. Parents can reach out to coaches for specific feedback about what the swimmer should be working on
- b. Parent timeliness and preparedness expectations
  - i. Pick up on-time.
  - ii. If you are the last parent out and there is still a swimmer waiting for a parent, please wait with the swimmer.
- c. AG competition season starts in January. Intermediate competition season starts in March. Both groups end competition season in June. Swimmers will need to remove all jewelry and have their hair in a high bun for competition. Please time short haircuts and ear piercings taking this into account.
  - i. We will get a detailed schedule for competitions as soon as it is available.
  - ii. We may co-host a meet with New Canaan Aquianas. It is hard for NCA to get their pool, so we may need to co-host with them at their pool. More info will be forthcoming.
- d. Grade Level Training – Grade Levels are part of the long term athlete development plan. It determines a progressive pathway to excellence. Please see attached document for more details. Age Group swimmers should pass Level 2 and Intermediates can take the Level 1 test, but they are not expected to pass it.

#### V. Team Manager Report

- a. Very tentative meet scheduled – attached
  - i. No specific dates – highlighted lines are for Intermediate swimmers
- b. Revised schedule – Sunday practices will end at 6:45pm for Intermediates. Swimmers can stay if they’d like.
- c. Swimmers need to sign the form to register for USA Synchro. Patty will get in touch with swimmers who have unsigned forms.
- d. All people need to submit updated physical forms

#### VI. Treasurer Report

- a. 2018/2019 budget review –





## Hamden Heronettes Parent Meeting

Hamden HS, Teachers Lounge

Monday, November 5, 2018

**Nancy Restivo**  
*Board President*

**Trish Lewandoski**  
*1st Vice President*

**Jessica Kogut**  
*2nd Vice President*

**Lynn Sette**  
**Anna Brock**  
*Co-Treasurers*

**Alisa Berger**  
*Secretary*

**Joanne Hiscocks**  
*Publicity*

- I. Call to Order: 5:41pm
  - a. Present: Patty, Nancy, Mia, Cassie, Lulu's mom, Anna B, Jess, Heather, Tammy, Alisa, Mei-Ling, Sangchoon, Trish, Susan
- II. Approval of Meeting Minutes from September 17, 2018
  - a. Moved by Nancy to approve the minutes as is, seconded by Heather. Passed unanimously.
- III. President Report
  - a. Parent volunteers needed
    - i. 50<sup>th</sup> year celebration in 2020
    - ii. Marketing – this is a board position
    - iii. Refreshments: water show and holiday party
  - b. Safe Sports Committee
    - i. All parents should please take the certification course. Information will be emailed out at a later date. Parents who have not yet taken the online course need to take all three parts. Some parents may need to take a refresher course, though this course is not yet available. Information about how to take the course will be emailed out. Email Patty at [pasaes@sbcglobal.net](mailto:pasaes@sbcglobal.net) and let her know you took it
    - ii. Our organization should have specific policy and procedures related to safe sport. Looking for committee members to work on this with Patty.
  - c. Scrip – Thanks Scrip-ing Day is 11/20 . November 15<sup>th</sup> deadline for order of plastic gift cards.
  - d. Many of the swimmers are in theater productions. It would be so nice to support each other's daughters. Parents should share the dates and email the team. Ashley on Sunday, 11/11 at the Hamden veteran's memorial will be singing. Kira is in Leader of the Pack at the Shubert this coming weekend.
  - e. Do not order team practice suits as we are looking to change our suit.
- IV. Team Manager Report
  - a. Revised meet schedule – distributed
    - i. Anna M pulled off the levels testing in 1 week! Amazing job. 9 girls (5 Hamden Swimmers – all passed Level 1) tested.
    - ii. Figure meet will be on Thursday, January 10 at practice. Black bathing suit and white bathing cap.



IX. Old Business

X. New Business

a. Apparel Report –

- i. Team practice suits – will be custom made this year. Working on choosing a vendor.
- ii. Trying on Intermediate team jackets tonight. Let Anna M know if you want to purchase one and if so, what size. This will then
- iii. GTM store is for heronettes clothing
- iv. Swimoutlet backpack, towels and parka
- v. Also need black bathingsuit, black shorts etc
- vi. Complete information will be sent out soon
- vii. Get to websites for GTM and swimoutlet through the Heronettes webpage at [www.HamdenHeronettes.org](http://www.HamdenHeronettes.org) and you will be taken right to the Heronette page on those websites.

XI. Adjournment: 7:01

Next meeting: Monday, December 3, 2018



## Hamden Heronettes Parent Meeting

Hamden HS, Room C107

Monday, December 3, 2018

**Nancy Restivo**  
*Board President*

**Trish Lewandoski**  
*1st Vice President*

**Jessica Kogut**  
*2nd Vice President*

**Lynn Sette**  
**Anna Brock**  
*Co-Treasurers*

**Alisa Berger**  
*Secretary*

**Joanne Hiscocks**  
*Publicity*

- I. Call to Order – 5:41pm
  - a. In attendance – Alisa Berger, Mei-Ling Yang, Claudia Tjia, Nancy Restivo, Trish Lewandoski, Patty Simell, Antoinette Schiana, Jessica Kogut, Lynn Sette, Susan White, Cheryl Nadzam, Anna Brock
  
- II. Approval of Meeting Minutes from November 5, 2018
  - a. Correction by Nancy – under parent volunteers needed – it’s not a marketing position, it’s a social media position that is not a board position. Take over Facebook, Instagram etc.
  - b. Delete “this will then” from apparel report
  - c. Nancy – moved to approve with changes, Cheryl seconds, passes unanimously
  
- III. President Report
  - Payment Policy - It is the policy of the Hamden Heronettes Parent Association that all swimmers pay tuition and any assessed fees according to the payment schedule. Any payments that are more than 30 days past due may result in the swimmer being suspended from practice, competition and/or events. Past due balances have a 7 day grace period to be paid in full or for arrangements for an acceptable payment schedule to be made with the Board.
  - a. Team Parents – We need a team parent for each of the 4 teams. The team parents responsibility:
    - i. Team bag – making sure the bag is maintained and fully supplied (make up, hair nets, knox, bobbly pins). The bag comes stocked. Team parent needs to keep the bag stocked and then purchase any replacement items. All purchases are reimbursed by the team. Ensuring that the bag gets to every meet as well as competition suits. Also involves washing the suits after every competition.
    - ii. Toni has volunteered to be the older intermediate, Mei Ling will do 13-15 age group, Nancy will do the older age group team. Need a team parent for the younger intermediate team.
  - b. Next plastic Scrip Order by December 15
  
- IV. Team Manager Report
  - a. Revised meet schedule – will be sent out with the minutes. Region 8 championships in May is now the 17-19<sup>th</sup> (not just 18-19). Now it is in Owego. East Zone Invitational will hopefully be in Wheaton, MA.



- b. Tentative water show dates: weekend of June 14-16, most likely Friday and Saturday night. We will be renting the Hamden Hall pool on Skiff Street. Ideally, Friday 5-9 and Saturday 6-10pm, with the show being from 7-9pm
  - c. Upcoming events: holiday caroling and Figure Meet & Holiday Party
    - i. This Saturday 3:30-5pm at Whitney Center in the North Building lobby. Please park on the road. Girls should dress up as festive as possible.
      - 1. If you are going and can take photos with an actual camera, that would be great. Please send them to Joanne at [hiscocks@sbcglobal.net](mailto:hiscocks@sbcglobal.net)
    - ii. Figure Meet – Flier attached – Figure meet on Thursday 1/10 and party will be on Saturday, 1/12. Practice will go until 7:30pm for all swimmers. All students should be in uniform for **both** the meet and the party. Mia will be sending out a sign-up genius for food for the party and supplies for the meet. The location of the party is still tbd.
  - d. Synchro sisters – Swimmers give gifts to their synchro sister. A survey will be sent out electronically that swimmers should fill out by 12/17 to give their synchro sister some guidelines. Attached is a list of the sister pairings.
  - e. No piercing, short hair or tattoos (neither permanent nor henna!
  - f. Congratulations to Amber for passing her Level 3s.
- V. Fundraising Report – January 14<sup>th</sup> – Chipotle Night. Will probably be a team dinner there around 4:30pm.
- VI. Publicity Report – Intro to Synchro Flier is attached. Please email the flier around or print out the versions with the tabs on the bottom and hang them wherever you go (Starbucks, Diners, etc). There will also be a Facebook post going up tomorrow – please share it.
- VII. Treasurer Report - You all got bills to date emailed to you yesterday. Billing includes 3 out of 4 installments for team, half of the smalls routine fee, and the \$25 assessment for the swim-a-thon. Balance is due January 15, 2019. That is 45 days. Please pay by then or speak with Lynn to make arrangements. Silver clinic was not billed, but will be included in the next bill.
- VIII. Program Reports as needed
- IX. Old Business
- X. New Business
- XI. Adjournment – 6:37pm

Next meeting: Monday, January 7, 2019



## Hamden Heronettes Parent Meeting

Hamden High School, Room C109

Monday, January 7, 2019

Nancy Restivo  
Board President

Trish Lewandoski  
1st Vice President

Jessica Kogut  
2nd Vice President

Lynn Sette  
Anna Brock  
Co-Treasurers

Alisa Berger  
Secretary

Joanne Hiscocks  
Publicity

**In Attendance:** Cassie Sherry, Mia vonBeeden, Jessica Kogut, Anna Brock, Joanne Hiscocks, Michelle Wojenski, Cheryl Nadzam, Patty Simell, Mei-Ling Yang, Heather Shubert, Nancy Restivo, Lynn Sette, Anthony DeCaprio, Aislinn Migliozi, Wai Kam Chen-Nunez, Anna Montgomery (only to deliver Head Coach Report)

### I. Call to order.

The meeting was called to order at 5:46pm by Nancy Restivo

### II. Approval of minutes of December 3, 2018 meeting

- One correction: Joanne Hiscocks name was left off attendance list. Nancy Restivo made the motion to accept the meeting minutes with change. The motion was seconded by Cheryl Nadzam. Minutes approved unanimously.

### III. Reports

#### A. Head Coach Report – Anna Montgomery

- Amber Wojenski was announced as January's Swimmer of the Month
- Practices mandatory two weeks prior to a meet. There are some exceptions, i.e. mandatory school events. Please give coaches advance notice when swimmer will be absent.
- Swimmers NEED to be stretching at home every day. They need to stretch multiple times and hold each stretch for 30 seconds -2 minutes.

#### B. President Report

- Team Parent needed for younger intermediate team. Aislinn Migliozi and Wai Kim Chen-Nunez volunteered to be co-Team Parents.

#### C. Team Manager Report – Patty Simell

- Figure Meet, Thursday, January 10 @ 5:30pm
  - Mia vonBeeden sent a sign-up genius – please sign up to volunteer
  - Awards will be given out at the Holiday Party
  - Swimmers to wear Heronettes attire
  - This is a “practice” meet for new swimmers to understand how figures work
- Holiday Party, January 12 @ 12:30pm
  - Mia vonBedeem sent out a sign-up Genius – please sign up for food
  - Swimmers to wear Heronettes attire
  - Awards Ceremony for Figure Meet will be held
- 13/15 – Jr/Sr. CT Association Meet, January 26, New Canaan, CT
  - Both Age Group Teams only: Combo, Team and 16/17 Duet
  - No concessions so bring food
  - Mia VonBeeden suggested Age Group parents meet to discuss travel and food. Nancy Restivo will send email to parents.
- East Zone 13/15 Age Group Championships, February 9-10, New Canaan
  - 13/15 Age Group Team only
  - Swimming as “Honorary” since not all swimmers are 13 or older
- East Zone Jr/Sr Championships, March 8-10, Buffalo
  - Age Group Combo only
- East Zone Invitational, March 15-17, Wheaton College, MA
  - Intermediates, possibly Age Group Team

- Intro to Synchro class
  - Started January 6. Marisa Coaching.
  - One girl back from the fall. Three new girls from Derby, Milford and Cheshire
- Watershow
  - June 14 & 15 @ 7pm. Rehearsal will be June 13 at East Haven
  - Renting Hamden Hall Pool on Skiff Street
  - No spotlights.
  - We can decorate Friday and leave decorations for Saturday
  - Joanne Hiscocks will put together packet for Program Ads

**D. Secretary Report**

- N/A

**E. 1<sup>st</sup> Vice President of Travel Report**

- Via email: Trish will send info regarding travel for East Zone Invitational Meet

**F. 2<sup>nd</sup> Vice President of Fundraising Report**

- Chipotle Fundraiser Monday, January 14. Team dinner (optional) at 4:30pm before 5:30 practice. Share flier. Invite friends, family, etc. Must present paper or electronic flier for HHC to get credit.
- Coin Drive in March. Munson's candy in April
- Anthony DeCaprio suggested we look into asking Connex Bank in the Hamden Plaza if we can be the "sponsor of the month" for their coin machine. We would receive a % of the amount deposited into the machine. Jessica will investigate.

**G. Treasurer Report**

- Last round of tuition invoices will go out on January 15.
- Pool rental costing \$2000+ per month, which will significantly deplete our funds by the end of the year. Currently have \$30,000 in account
- Not sure when Hamden pool will be fixed. Bids came in over budget.
  - Heather Shubert stated that her daughter Ashlyn would like to write a letter to the town expressing our concern over this. We should also look into going to a Board of Education or Town Council meeting to express our concerns.

**H. Marketing & PR Report**

- Posted Chipotle flier on Facebook page. Share on your Facebook page
- Take photos at events, i.e. meets, parties, bonding events. Upload to SnapFish. Account: [hamdenheronettes@gmail.com](mailto:hamdenheronettes@gmail.com) password: turtles or send to Joanne. Newspapers only accept photos from non-phone cameras

**I. Swim Suit Coordinator Report – Joanne Hiscocks**

- All suits that have been ordered are in.
- Decorating will start soon on Mondays from 6:30-7:30 at HHS. If you would like to help please contact Joanne

**IV. New Business**

- We should consider raising the price of the Watershow ticket to \$15.
- End of the Year Banquet will be June 19 at Eli's on Whitney Ave in Hamden.
- Anthony DeCaprio asked that Anna M reopen the apparel Store. She will do so soon.

**V. Old Business**

The meeting was adjourned at 6:46pm

Respectfully submitted by,  
Nancy Restivo

Next parent meeting: February 4, 2019 at 5:30pm



## Hamden Heronettes Parent Meeting

Hamden HS, Room C107

Monday, February 4, 2019

Nancy Restivo  
*Board President*

Trish Lewandoski  
*1st Vice President*

Jessica Kogut  
*2nd Vice President*

Lynn Sette  
Anna Brock  
*Co-Treasurers*

Alisa Berger  
*Secretary*

Joanne Hiscocks  
*Publicity*

- I. Call to Order – 5:39pm
  - In attendance – Jessica, Mia, WaiKam, Anna B, Rose, Heather, Mei-Ling, Michelle, Nancy, Patty, Anthony, Lynn, Toni, Trish, Alisa
- II. Approval of Meeting Minutes from January 7, 2019
  - Alisa moves, Lynn seconds – Meeting minutes passed unanimously
- III. President Report
  - HHS Pool Update – Bids came in to high, they need to change the scope of work and send it out again for rebid. There is a chance that the pool won't be available in the fall. We need to figure out how to raise a LOT of money for access to a pool, as we will deplete our accounts by the end of the year. There is a possibility that East Haven will also not be available as we have no commitment from them beyond this year. If anyone wants to take the lead on grants, big donors to help us raise money for this.
  - Co-Chair of Watershow – Cheryl is looking for a co-chair. We are looking for someone to chair with her and take over the show for next year
- IV. Head Coach Report
  - Practice attendance – we're in the competitive season. Its really hard to practice when someone is not present. Please make sure to come. There is a rule that swimmers attend all practices two weeks in advance of a competition. If you do need to miss a practice within two weeks before a competition, please let Anna know as far in advance as possible.
  - Age Group Sunday practice time – potential change. If we can get into the pool earlier on any given Sunday, we will move the practice to 5-7:30pm. This move will happen on a week to week basis when there are no parties at the pool and assuming all swimmers are available at the earlier time.
  - Stretching reminder – Swimmers must bring their stretching calendar on Mondays and stretch every day.
- V. Team Manager Report
  - February 13/15 Championship – This coming weekend 2/9-11. If your daughter's synchro sisters are swimming (Amber, Jade, Ashley, Ashley, Emily, Laney) please send their supports. Revised schedule was distributed. Team is swimming Saturday at 5pm at the New Canaan Y. Anyone is welcome to attend and support. Girls are swimming "honorary" because there are two girls who are not yet 13. The swimmers can place, and can

move on to honors, but they can't officially place in honors. This is good preparation for future meets.

- March Jr/Sr Championship in Buffalo – Emily, Laney, Ashley, Ashleyn, Tasha and Isabella. Tentative schedule distributed.
- AG Scholar Athletes at March Meet –AG parents need to send report cards to Patty.
- East Zone Invitational in Norton – March 15-17 – All Intermediates and Amber and Jade
- Synchro sister well wishes – It is very important that girls send each other messages of support.

VI. 1<sup>st</sup> VP of Travel –

- Hotel Updates – Holiday Inn Mansfield Foxboro Area, 31 Hampshire st., Mansfield, MA 02048. Phone number 508-339-220. Use the group Code HAM when you make the reservation to receive the discount. Must reserve by 2/18 to get the group rate of \$125/night. There is a 48 hour cancellation policy. You can cancel any time up to 48 hours before arrival without a charge.

VII. 2<sup>nd</sup> VP of Fundraising Report

- Chipotle Night profits - \$173 total raised
- Munson chocolate due March 4<sup>th</sup> – you will have chocolate by Easter
- March will also be the coin drive – competition between the teams to see who can raise the most money from loose change. The winning team's coach has to swim their routine.

VIII. Publicity Report

- Watershow marketing packets were distributed. All information needed to sell ads is included. Deadline for ads is 4/1/19
- Cover designs are due 3/25.
- The theme for this year is "Splash and All That Jazz"
- Thanks to all who shared posts on Facebook – it leads to exponential growth! Our last post was shared 12 times and so over 1000 people saw it.

IX. Treasurer Report – Final tuition bills went out, if you have questions speak to Lynn.

X. Suit Coordinator – Joanne is at Hamden HS most nights decorating suits. Anyone who wants to participate and help with the decorating, Joanne would love some help!

XI. New Business:

- Yale Synchro Team is having an exhibition event on 2/16 from 2:30-3:30pm. We will have a team bonding event with lunch beforehand and then all go to the exhibition together. Additional information will be forthcoming.

XII. Adjournment – 6:49pm

**Next meeting: Monday, March 4, 2019**



## Hamden Heronettes Parent Meeting

Hamden HS, Room C107

Monday, March 4, 2019

**Nancy Restivo**  
*Board President*

**Trish Lewandoski**  
*1st Vice President*

**Jessica Kogut**  
*2nd Vice President*

**Lynn Sette**  
**Anna Brock**  
*Co-Treasurers*

**Alisa Berger**  
*Secretary*

**Joanne Hiscocks**  
*Publicity*

- I. Call to Order – 5:47pm
  - a. In attendance: Mei-Ling Yang, Heather Shubert, Jessica Kogut, Antoniette schiano, Nancy Restivo, Patty Simell, Rose Oblena, Trish Lewandoski, Waikam Cheng, Anna Brock, Aislinn Migliozi, Joanne Hiscocks, Tammy Alex-Russek, Mia Von Beeden, Susan White, Cassie Sherry, Alisa Berger
- II. Approval of Meeting Minutes from Monday, February 4, 2019
  - a. Moved by Nancy to approve without corrections, seconded by Jess. Passed unanimously
- III. President Report
  - a. Town meeting Thursday, 2/28/19 Nancy, Patty, Tec, Cheryl, Heather, Joanne and Mark as well as the Hamden swimming and diving team. Many parents spoke and there were about 30 people there in support of the pool. There will be another meeting this Friday, 3/8/19, at 6pm to hear the results, Patty will be there. There will not be an opportunity to speak at this meeting. This meeting was about approving an increase of the budget so that they can accept on the bids for the increased scope of work.
- IV. Team Manager Report
  - a. Coach search – Emma and Carly are both graduating and leaving the area, there may be other vacancies as well. We are beginning to advertise at local universities and some other sites (e.g. glass door). Any leads on people or places to post are appreciated.
  - b. March East Zone Meets –
    - i. Age Group combo are off to Buffalo the weekend of 3/8. Anna is attending that meet. The athlete meeting at 12pm on Saturday would be an interesting experience for the girls. All 6 swimmers who are going are scholar athletes.
    - ii. Everyone else is going to Norton, MA the weekend of 3/15. Parents may want to bring “chairs in a bag” as there are not chairs in the gym for parents. Swimmers are not allowed to leave the facility, so parents should not plan on taking them anywhere to eat. Melissa will send out a detailed schedule before the meet. Text Patty at 203-671-4623 if you are running late and to tell her what room you are in.
  - c. Water show – we still need some committee chairs. The decorating committee is full. There is still an expectation that there will be a dress

rehearsal before the event. There will be a “water show” class of approximately 7 swimmers.

- d. SafeSport – USA Synchro really wants parents certified. It is a three part online course. Patty will let us know additional USA Synchro requirements that are coming out at the next meeting, but we know that all coaches will have to be background checked.
  - i. Michelle, needs to take the refresher by 3/7/19, Toni needs to take the refresher by 3/4/19, Mei Ling needs to take the refresher by 1/20/19. The refresher takes about 15 minutes
  - ii. Mia and Heather needs to take the full course again
  - iii. New parents are welcome (encouraged) do it. The full course take about 2 hours. All of the information to take the course will be attached to the email with the minutes.

#### V. Fundraising Report

- a. Munsons – thank you to everyone who handed it in.
- b. Coin Drive – there are jugs for each team. Students bring in change and put in their teams bucket. Whichever team wins has their coach swim their routine
- c. Scrips – plastic order 3/15.
- d. Donation closet – please continue ot use. Reach out to Jess for directions ot the closet

#### VI. Publicity Report

- a. Watershow shout outs and ads go to Cheryl with a check. Or give to Elie or Rose
- b. If you get an ad, write a thank you note from who you received the ad or sponsorship. This helps us maintain a relationship with the organization. Its powerful when the swimmer writes it.
- c. Deadline for the cover art is 3 weeks away
- d. Shout outs forms are attached to the email with the minutes. Checks and shout out forms go to Cheryl
- e. Please send photos from meets to Joanne. They’re great for our instagra,/facebook page and we use them in the program.
- f. We will be posting on Facebook about the coach position – please share it, liking is not sufficient.

#### VII. Program Reports as needed

- a. Watershow – Cheryl is not here. We’d love a co-chair to work with Cheryl. You are “in training” for taking this over in the future. The co-chairs are basically just responsible for making sure the committee chairs are doing their stuff. The committees are decorating (Mia), Concession Table (Trish), Raffle Baskets (Cassie), Tickets (Anna B), Programs (Joanne). There are also day of the show jobs: chaperones, ticket booth, clean up etc.

- i. Please give items for baskets OR baskets to Cassie and/or Laney starting now.
- ii. There will be a sign up genius that goes out for bringing food, activities the night off, and bringing stuff for the raffle baskets

VIII. Old Business

IX. New Business

X. Adjournment – 6:53pm

Next meeting: Monday, April 1, 2019





## Hamden Heronettes Executive Board Meeting

Hamden HS, Room C107

Monday, April 1, 2019

I. Call to Order – 5:44pm

II. Approval of March 4, 2019 Meeting Minutes

- Nancy moves to approve, Trish seconds. Passed with Joanne abstaining.

III. President Report

- Meet Chair-in-training – There will be significant parent turnover in the next 2-3 years. We need someone to take over after Mia leaves to learn how to be the meet chair.
  - Cheryl Nadzam volunteers
- Watershow co-chair – need someone to co-chair with Cheryl to learn the ropes, so they can take the lead on the watershow next year.
  - Susan White volunteered
- Jim the custodian at Hamden High said they're putting up scaffolding to begin work on the ceiling of the pool area

IV. Team Manager Report

- April Connecticut Association Meet- New Canaan- April 27 & 28 – Tentative schedule distributed. Intermediates will be swimming on Saturday only. AG will be swimming on Sunday, and AG Combo will be swimming Saturday afternoon. This schedule could change. Must be in the top three at this meet in smalls to compete in Owego.
- Region A Championships- Owego, NY- May 17-19 – We do not yet have a schedule for this meet. Must be in the top 3 smalls at this meet to compete in the smalls in PA
- June 7-9 Meet in PA – Tentative schedule distributed. Solos and duets will be on Friday night. It will be determined if AG swimmers will attend this meet after the other qualifying meets.
- Summer Classes – we are considering renting the East Haven pool in the summer. We need pool time and land time to work on levels. We don't have a coach right now to teach a summer intro class, but we are working on finding one.
- Watershow – Started the watershow class last night and have 4 swimmers that will be swimming in the show.
- Photo day – Practice will go until 8pm. Girls should be bring white shirt, black leggings, black flip flops and green jacket.
- Coach ads – We are looking to hire coaches and we have had no success finding anyone with interest. Susan White is bringing a mom tomorrow who swam when she was younger and may be interested.

V. 1<sup>st</sup> Vice President of Travel

- Hotel in Owego – Hotel information was distributed. Hotel is 40 min away from the pool. We have rooms for Friday and Saturday night and they must be reserved by April 19<sup>th</sup>.

VI. 2<sup>nd</sup> Vice President of Fundraising Report

Nancy Restivo  
Board President

Trish Lewandoski  
1st Vice President

Jessica Kogut  
2nd Vice President

Lynn Sette  
Anna Brock  
Co-Treasurers

Alisa Berger  
Secretary

Joanne Hiscocks  
Publicity

- Munson's chocolate – Team made \$599 and the swimmers who sold got a total of \$599 credit. Chocolate will be distributed on Monday. 4/8
- Coin Drive – made \$711
- Scrips are on-going. Donation closet is open

VII. Marketing & Publicity Report

- No artwork came in for the cover. The custodian at Hamden High is a graphic artist and made the flier/ad/program cover. Please make copies and share widely. There will be a facebook post going out soon – please share widely.
- Ads/shout outs are due today. Please send thank you notes for all ads. The industry standard is 48 hours. The team will also send out official thank you notes.

VIII. Swimsuit Coordinator Report

- Any problems with a suit please reach out to Joanne.

IX. Old Business

X. New Business

- Bring in stuff for the watershow raffle baskets. See Cassie's email on 3/28. We need new baskets, totes and NEW items to put in them
- Cheryl is doing the same food for the next meet. Adding Cliff kids bars. Will have a sign up sheet for whomever is eating will be provided (adults and swimmers) and costs will be distributed accordingly.

XI. Adjournment – 6:38pm

Next meeting: Monday, May 6, 2019



## Hamden Heronettes Parent Meeting

Hamden HS, Teacher's Lounge

Monday, May 6, 2019

**Nancy Restivo**  
*Board President*

**Trish Lewandoski**  
*1st Vice President*

**Jessica Kogut**  
*2nd Vice President*

**Lynn Sette**  
**Anna Brock**  
*Co-Treasurers*

**Alisa Berger**  
*Secretary*

**Joanne Hiscocks**  
*Publicity*

### I. Call to Order – 5:55

- In attendance: Heather Shubert, Jessica Kogut, Woukam Cheng, Ayslinn Migliozi, Patty Simell, Antoinette Schiano, Trish Lewandoski, Joanne Hiscocks, Cheryl Nadzam, Susan White, Mei-Ling Yang, Cassie Sherry, Sangchoon Jeon, Lynn Sette, Anna Brock, Nancy Restivo, Michelle W., Alisa, Rose

### II. Approval of April 1, 2019 Meeting Minutes

- Moved: Nancy, seconded Cheryl, Unanimous approval

### III. President Report

- Banquet – June 19<sup>th</sup> @ 6pm. We are asking swimmers to pay for themselves this year due to our current financial situation. \$30 for adults, \$15 for 10 and under. All tickets need to be pre-paid. There will be no paying at the door.
  - An email will be coming out for scholar athlete award. It is for students in grades 7-12. Scan and email to Patty or give to Anna
- Open Board positions – We have two board positions where the two-year term is ending: VP Fundraising and co-treasurer. If anyone is interested in either of those positions you should see Trish, Cheryl or Heather. If you are interested your name will be put on the ballot. The current people in this role are willing to stay on but are also willing to step down in there is interest.
  - VP Fundraiser: Executive board member, run and facilitate all fundraising.
  - Co-Treasurer: Work with Lynn to divide up the roles of the treasurer.
- Hamden Stipend – we finally received the \$4000 stipend from the city of Hamden.

### IV. Head Coach Report

- Practice Readiness – Patty reported for Anna that all swimmers need to be on the pool deck ready to start at 5pm. Please try to come to the pool in the bathing suit (to limit time in the locker room) and arrive on time.

### V. Team Manager Report

- Region A Championships, Owego, NY, May 17-19 – Meet schedule distributed. Intermediates should finish around 3pm, so you can decide whether or not to stay over.
- East Zone Championships, PA, June 7-9 – No information is available yet.
- Watershow – June 9<sup>th</sup>, Cassie will get her hair knoxed as a demo for the Intro class.
  - Cheryl reported: We are working on a decoration committee in B106 of Hamden HS. There will be an email with day and time forthecoming.
  - A sign-up genius is forthecoming in a few weeks with everything we need to do and get. All parents are expected to sign-up and participate supporting this event.
  - We will need people to sign-up to chaperone each team. Chaperones need to stay with the girls, keeping them focused and on task.

- Working on scheduling a dress rehearsal at Hamden Hall
  - Every parent is expected to sell 10 tickets. You need to return payment for tickets or the tickets or your account will be charged for any tickets not-returned.
  - Sign up genius for the raffle baskets will go out shortly. These are the items we need to make cohesive raffle baskets. Items due June 3<sup>rd</sup>.
  - Memorial Day Parade – If you want to march, reach out to Patty. 9am in the front of Hamden HS. Parade is from the HS to the library and the whole parade is about 2 hours. Flier was distributed.
  - Summer Classes for current swimmers – Working on a pool for the summer. Melissa has agreed to coach. Classes will focus on grade level testing. We have had a lot of potential interest in a summer intro class. We are looking into the Cheshire pool for this.
  - Hamden Fest – Sat., June 1<sup>st</sup> 11-4pm on the town green. There will be a team table set up and we need volunteers to support the table. Please reach out to Joanne if you can help. A sign-up genius will be forthcoming from Nancy.
- VI. 1<sup>st</sup> Vice President of Travel
- If you are going to cancel your room in Owego, you have until 24 hours before.
- VII. 2<sup>nd</sup> Vice President of Fundraising Report
- N/A
- VIII. Treasurer Report
- There are some checks that have not been distributed. Final bills for make-up suits etc will be sent out soon.
- IX. Marketing & Publicity Report
- Keep taking photos. Check out snapfish for all of the photos. Feel free to upload any photos you have.
  - If you submitted an ad, please make sure that the thank you note went out so we can continue to cultivate those groups.
- X. Swimsuit Coordinator Report
- N/A
- XI. Old Business
- XII. New Business
- Summer Camps for synchro. Fliers were passed around. If you have questions reach out to Anna.
- XIII. Adjournment – 6:59pm
- XIV. Last meeting