

## Hamden Heronettes Parent Meeting

Hamden HS, Room C109

Saturday, October 5, 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 – 10:10am

- Present: Nancy, Patty, Anna B, Matthew B, Jessica, Lynn, Cheryl, Mia, Cassie, Rose, Susan, Mei-ling and Alisha

### II. President Report

- Welcome everyone introduced themselves. We have one new swimmer, Lia, joining the team
- Handbook – Nancy has updated the handbook and the updated copy will be emailed out before the next parent meeting.
- Safesport – policy is still in process and will be added to the handbook once complete
- Pool – Heronettes are happy to be back in the Hamden pool
- Upcoming Events- Corn Maze will be at Lyman Orchards on 10/13 at 1:30pm. Please note time change. Sleeping Giant Letterboxing Event will be on 11/3 in the afternoon. More details will be sent out soon
- Standing Committees – a sign up sheet was passed around. Please contact Nancy if you would like to join a committee. We need help with the following committees: Hospitality, Scoring, Watershow, Refreshments, Suit Closet and Social Activities

### III. Head Coach Report

- Timeliness – Coaches ask all swimmers get to practice on time and be ready to practice (suits on, hair up, etc)
- Parent Supervision – if you are the last parent out and there is still a swimmer waiting for ride please wait the swimmer. Coaches are not responsible for swimmers once they are out of the pool.
- Home Stretching – it is very important that all swimmers stretch at home. Please encourage your swimmer to do so and fill out practice sheet.
- Swimmer's Meet Appearance – please note no jewelry is allowed at meets, this includes new piercings so please plan ahead. Also, hair needs to be long enough for a bun and no nail polish.
- Intermediate Practice – Saturdays practice will now end at 12:30pm

### IV. Team Manager Report

- Meet schedule - distributed and attached. Intermediate events are the shaded rows
- Levels Meet – scheduled for October 26th and October 2 th . Will offer testing for levels one through three. Parents are asked to volunteer to help during the testing. Please notify Coaches if your swimmer will be testing.
- Safesport – All parents are asked to complete the Safesport training. Once you have completed the 90 minute online training please e-mail Patty the final certificate.

Information on the program and how to access the site is attached. Please note parents are not allowed on the pool deck at a meet until this training has been completed.

- Swimmer Physicals – Swimmer physicals need to be given to Patty every 18 months. Patty will notify parents when physical forms for their swimmer are due.
- 50th Anniversary – celebration will take place on October 18, 2020 at the New Haven Country Club.
- New Intro Class – new class will start on Monday, October 7th and will be held on Monday and Wednesdays from 6:15 to 7:15.
- Synchro Sisters – were announced at practice by Anna

V. Fundraising Report

- Fundraising calendar - distributed and attached
- Double Good Popcorn and Jo Coffee fundraisers were distributed and are due back on November 9<sup>th</sup>
- Swim-a-thon – will be held on November 9th - more info will be coming out shortly
- Please sign up for the iGive – instructions attached
- Scrip – sign up instructions attached

VI. Treasurer's Report

- Profit and Loss Statement – last year's statement was distributed. We ended the year with a -\$12,195.51 for income which is better than was projected. This year we are starting the year off with \$19,663.26 in cash.
- Budget – will be finalized soon

VII. Marketing & Publicity Report

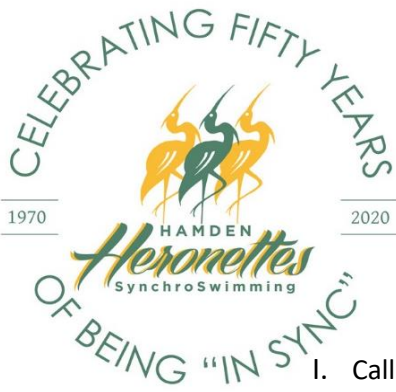
- Intro Class – please post attached fliers in your community and "Share" from the HHC website to social media platforms.

VIII. New Business

- Watershow Raffle Baskets – Cassie requested any raffle basket items and containers be given to her as soon as you have them throughout the year. Now is a great time to pick up summer items on clearance.
- We plan to use the "mailboxes" again this year. Lynn and Mia will work on getting that setup. Please remind your swimmer to check them after every practice for important information.

IX. Adjournment – 11:35am

**Next meeting: Saturday, November 9<sup>th</sup> (please note date change)**



## Hamden Heronettes Parent Meeting

Hamden HS, Room C109  
Saturday, November 9, 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 – 10:09am

### II. Approval of minutes from 10/5/19 meeting

- Nancy moved to approve, Alisa seconded. 6 ays, 4 abstentions. Passed

### III. President Report

- Handbook – we are working on updating the Handbook, currently working on safe-sport policy
- Updated Device policy – No devices of any sort that have recording capability are allowed in the locker room. There is a three tiered consequence: 1- phone with parents, 2 – no device allowed to any HHC events, 3 – some sort of suspension from the team done at the coach’s discretion. Encourage swimmers to tell adults if they see this happening. If you hear, please let a board member or coach know.
  - Matt – Can we post in the locker room that are devices are not allowed?
  - Nancy – Yes we are working on this. We cannot post, but we have asked Hamden to post
  - Patty – Anna told the girls that devices must stay in backpacks. If a swimmer needs to text a parent, they should just take their backpack out of the bathroom and then
- Pictures for publicity – please take pictures at all events with HHC swimmers. Share pics with Joanne or to the HHC photo account. See Nancy for details if you don’t know how to access. The photos are really useful to support our marketing and publicity efforts and you don’t have to be an amazing photograher for your photos to be useful!

### IV. Team Manager Report

- From Anna:
  - Practices are mandatory for the 2 weeks before competition.
  - Stretching is super important.
  - As soon as swimmers start working on routines, they need to land drill at home
- Safesport – We need parents to be Safesport certified so that we can all be on deck during the June meet we are hosting.
  - Nancy: We need EVERYONE’s help for the June meet. Please keep that weekend free.
  - Patty: There is a committee working on scheduling the meet. We are expecting that intermediates may be swimming on Sunday. We need lots of help.
- Swimmer physicals – If you have a new physical, please send to Patty. Attached to the email with the minutes that will be sent out is a list of who is required.
- Silver Clinic – Registration has closed. We have three swimmers going on Saturday with a new coach, Samantha. If you have great interest and you forgot to register get back to Patty, she can try to get your child in.

- There may be another training meet in Owego in December. We will share as soon as we have any news. This is for older age group swimmers.
- Food Drive – NOVEMBER – was listed incorrectly in the email. We will be following last year's model. Swimmers will bring food to the pop-up donation center and hang out there collecting donations. We will follow the event with dinner. Swimmers should wear parka's if they have them. Let Patty know if your swimmer is planning on attending.
  - Girls can get community hours for this. Bring the form to Patty. Girls who also volunteer to work at a meet where they are not swimming can get volunteer hours for that time.
- Attached to the minutes email will be the synchro sister gift exchange form. Please have your swimmer fill it out and give it to their synchro sister

#### V. Fundraising Report

- Fundraisers closing today!
  - If you can help today, it's a great way to support swimming across the sound.
  - Coffee Jo and Popcorn ending today
- Apple fundraising starts today and is due Nov 30<sup>th</sup> and apples will be delivered on the 14<sup>th</sup> and will be good until Christmas
- November 21<sup>st</sup> is Thankscripting day with big deals for e-cards or reloadable cards
- November 17<sup>th</sup> there will be a plastic cards through Scrip going in, so get orders in by then!

#### VI. Treasurer's Report

- Registration checks being deposited this week
- Billing happening this Friday - November 15<sup>th</sup> bill (3 bills), but you have until January to catch up. Reach out to Lynn if you need to make a plan for payment.

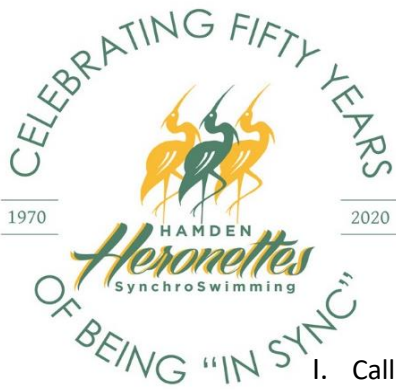
#### VII. Old Business

#### VIII. New Business

- Apparel
  - Orders for new HHC team suits has gone.
  - We have sizing kits for the team jackets, t-shirts and tank tops.
  - AG jackets are ordered by the team, everything else will be ordered
  - Anna will open the online store soon. Parents order everything online except for AG team jackets. There is also fun stuff (blankets and sweatshirts) on this site.
  - Parkas and backpacks are ordered through swim outlet and you can order those at any time.

#### IX. Adjournment – 10:46am.

**Next meeting: Saturday, December 7<sup>th</sup>.**



## Hamden Heronettes Parent Meeting

Hamden HS, Room C109  
Saturday, December 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*

### I. Call to Order – 10:16am

- Present: Alisa Berger, Cheryl Nadzam, Mei-Ling Yang, Patty Simell, Rose Oblena, Tammy Alex, Waikam Cheng, Nancy Restivo, Trish Lewandoski, Bill White, Lynn Sette. Anna B and Antoinette Schiano (arrived after call to order)

### II. Approval of minutes from 11/9/19 meeting

- Nancy moves, Trish seconded. 6 ayes, 5 abstentions

### III. President Report

- Pool Update – The pool filter is having issues and the heat exchanges is not working so there is no heat in the pool or the room. The filter may have been picked, but the heat exchange has not and it was not part of the renovation. Call, post on Facebook, tweet at Hamden Mayor Lang so he gets involved and pushes the repair along. Making the complaints public might get us a better response.
  - East Haven is our only option at the moment because of availability and cost. Most pools are 2-3x more expensive than East Haven. The only time East Haven has available is 5-7pm (days stay the same) and Saturday will be from 1-5:30 (or adjusted hours within that based on your current schedule – e.g. if you swim from 10-12:30 on Saturdays you would swim from 2-4:30pm). The coaches completely understand the Saturday afternoons may be challenging for some and will be understanding. Please keep the coaches aware of your availability. Hopefully this will only be for a short time.
- Committee volunteers – We still need chair of hospitality committee (setting up and overseeing the coaches hospitality suite), refreshments (selling food) and merchandising (gift bags, tshirts etc). Cheryl and Mia oversee the meet, the committee chairs oversee the specific component and then everyone helps out during the meet.
  - Hospitality is Lynn, Toni and Tammy
  - Refreshments is Trish and Alisa
  - Merchandising is Waikam, Alisa and Cheryl
- Locker room monitors – Lots of Intermediate girls are getting distracted in the locker rooms. We think it would be helpful to have a parent in the locker room pushing them along, keeping them on task and help keeping in check. Parents should remember SafeSport best practices. We will send an email out to Intermediate parents to ask for sign ups.
  - Tammy – Monday end of practice
- Handbook – Was sent out by email. Please read it with your swimmer. Print out page 3, have both you and your swimmer sign it and return to a board member by 1/4/20
- Team parents – Meets start in January. You are in charge of the team bag and make sure it stocked with bobbi pins, hairnets, knox and make up remover. And team suits.
  - Intermediate – Trish and a co is needed

- AG 13-15 – Cheryl and Alisa
- AG Combo and 16-19 duets– Toni, Lynn and Mia

#### IV. Team Manager Report

- Holiday caroling 12/14 – Flier distributed will do singing and a team lunch from 11-12:30pm and then go right over to the East Haven pool
- Figure meet, holiday party & synchro sister gift exchange – 1/4/20 – Distributed. Thinking meet from 1-5:30 and the holiday party at Maddy’s house. Meet starts at 3. Have the parent meeting at 1pm. Anna B will check with the East Haven library. The location and date may change based on the pool situation. Patty will check with coaches.
- CT/Metro Invitational – 1/26 – No meet announcement. We are supposed to host this meet but we do not have a pool. New Canaan is willing to host but can’t on 1/26 would have to be on Sunday, 2/2. We need to tell New Canaan by 12/20.
- 13/15 Age Group Championship 2/8-9 – Andover MA. Only the 13-15 team and Lanie’s solo.
- East Zone Jr/Sr Championship – AG Combo and Duets – 3/6-8, New Canaan (All of AG but Elle, Lydia and Maddy)
- Invitational 3/13-15 – East Zone Invitational – Norton, MA. Intermediate only.
- Watershow date – Coaches want April, but we are going back to them on Monday and are trying to move to May. We need a theme: Heronettes 50 (use Hawaii 5 0 theme song for intro), 1950s (bc we are 50 years old) or 1970s (when we were founded).

#### V. Fundraising Report

- Scrip plas order being placed on 12/8
- Coffee Jo – team earnd \$187.50 – Coffee is in. Jess will distribute next week.
- Team earnings: Popcorn - \$409.25, Apples - \$305, Swim-a-thon - \$500
- As soon as she has other delivery dates Jess will let everyone know ASAP

#### VI. Treasurer’s Report – Registration checks have been deposited.

- Folders in back hallway. You can leave a check in the red folder – DO NOT LEAVE CASH IN THIS FOLDER. Any cash goes directly to Lynn or Anna B. All swimmers also have folders in the back – please check them on a regular basis.

#### VII. Marketing & Publicity Report

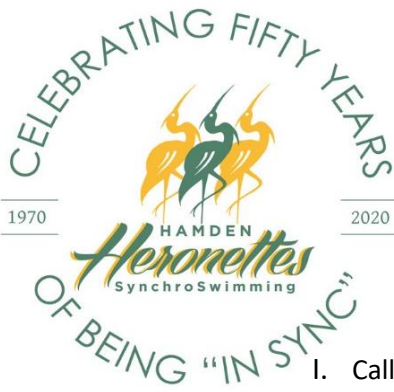
- Flyers – please post!
- Pics and more pics!

#### VIII. Old Business

#### IX. New Business

#### X. Adjournment - 11:40am

**Next meeting: Saturday, January 4, 2020**



## Hamden Heronettes Parent Meeting

Hamden HS, Room C107

Saturday, January 4, 2020

**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 – 10:06

- In attendance: Trish, Joanne, Patty, Cassie, Jess, Mia, Nancy, Alisa, Susan, Matt, Anna B, Alisha, Aislynn, Mei Lin, Tammy, Lynn, Toni, Cheryl

### II. Approval of December 7, 2019 Meeting Minutes

- Nancy moves to approve, Trish seconds. Passed with 6 ayes and 6 abstentions.

### III. President Report

- Collection of signed handbook agreement pages

### IV. Team Manager Report

- Holiday Figure meet – Mia needs a two volunteers – Cassie and Matt volunteered. Food sign up genius went out for this meet and lots of people didn't get it. Need to make sure this doesn't happen in the future.
- CT Association 13/15-Jr-Sr Meet – January 26<sup>th</sup> – all age group swimmers. Doors open at 8am. While only age group is competing, Intermediate parents are expected to come and help out.
- February 8th-9th – EZ 13/15 Championships in Andover, MA. Only 13-15 age group swimmers. Preliminaries swim on Saturday and then those that place swim on Sunday.
- March 6th-8th – EZ Jr-Sr Championships in New Canaan, CT. This is for the 16-19 combo only. Emily/Ashley will swim on Friday night. There is an athlete meeting on Saturday night that all swimmers are expected to attend. Mid day on Saturday the various East Zone awards will be distributed.
- March 13th-15th – EZ Invitational in Norton, MA – This is Intermediates only. Friday night Intermediate solos and Saturday is the long day of everything else. Parents should probably plan to stay over Friday night, but it is up to families if they stay over on Saturday night.
- WATER SHOW DATE - May 15 & 16 – rehearsal is on the 14<sup>th</sup>. The theme will be the 50<sup>th</sup> anniversary. The 50 year logo will be used for the program and the logo. Green and gold color theme. Instead of a coaches routine there will be an alumni routine and this might be integrated into the closing.
- Physicals are over a year old for Gianna D, Ashley, Maddy, Lydia and Amber. Updated physicals must be submitted ASAP.
- SafeSport certification – you may only be allowed on the pool deck if you're certified. Since we only have 20 families we need everyone certified. The refresher takes 5 minutes. Directions to do it will be attached to email with meeting minutes. Wei Kam, Joanne, Anna B, Trish, Nancy, Toni, Cassie, Michelle. Cassie suggested that we send out an email JUST focused on SafeSport and what needs to be done. Patty will send this out. Do not let your certification lapse, because the refresher is MUCH easier.

### V. Fundraising Report – Munsons will be coming out in mid-February for Easter delivery.

#### VI. Travel Report

- Hotels – we have hotels for February AG meet and March Intermediate meet. If Intermediate didn't get the email that Trish sent on 12/31 please let her know. There will be test emails going out to all teams, please respond to Trish without replying all, to confirm that the email address is correct.

#### VII. Treasurer's Report

- Everyone should have received updated invoices this past week. All invoices should be paid in full by Jan 15. Our policy is that people who are not up to date with keeping their account up to date, may not be allowed to swim.
- September through December we have a net income of \$7200 which seems high, but our expenses are heavier in the spring. We expect that this year we will operate as a small loss. Board has decided that this will be a building year so we are working to strengthen the team (i.e. updated choreography).

#### VIII. Marketing & Publicity Report

- Please take pictures. Cameras are better than cell phones, but we'll take anything. Please load photos to snapfish. [www.snapfish.com](http://www.snapfish.com). Email: [hamdenheronettes@gmail.com](mailto:hamdenheronettes@gmail.com) Password: turtles
- Watershow booklets will go out next month.
- Intro class is in local papers and on line in North Haven Courier, the Citizen paper and Cheshire paper
- Intro class starts on Monday, 6:15-7:15pm for 8 classes. Cassie suggested that we tie into the summer Olympics.

#### IX. Old Business

- Intermediate locker room sign-up – Tammy signed up for Monday nights end of practice. We need a practice for the beginning and end of practice. We need a parent for Wed night and Saturday. Aislynn signed up for Monday beginning of practice.

#### X. New Business

- Inventory of storage space – Trish is doing this on Wednesday, 1/8 – She will be starting at 5pm and can use help with this. Please show up if you can help.
- Cassie – Please give her baskets for the watershow. Must be on the large size, or nice buckets, not beach bags which we already have. Please donate new items.
- Cassie: 16-19 combo age group suits came in. They look amazing. Anna is making the 13-15 suits. Intermediate teams are owned by families, AG swimmers rent the suits.
- Jess – We are going to reopen the team store shortly. The half-zips run 1-2 sizes small. The sparkle t-shirt is boxier and wider and you might want to size down. An email will go out when the store opens.
- Mia - We need to start planning the banquet. Mia is going to take the lead on scheduling
- Lots of board positions are opening up next year, please consider stepping up

#### XI. Adjournment – 11:06am

**Next meeting: Saturday, February 1, 2020**



I. Call to Order – 10:18am

In attendance: Nancy, Patty, Joanne, Cassie, Trish, Aislinn, Anthony, Cheryl, Michelle, Tammy, Mia, Antonietta, Alisha, Wai Kim, Anna B, Rose, Matthew, Jessica, Susan and Lynn

II. Approval of January 4, 2020 Minutes

Nancy made the following corrections:

- 1) Attendance - Aislinn's name was misspelled
- 2) Team Manager – Safesport – Clarification – the individuals listed need to take the Safesport refresher program
- 3) Old Business – the word “practice” should be “parent”

Nancy moved to approve the minutes with the above corrections. Cassie seconded. Passed with 16 ayes and 4 abstentions

III. President Report

Special Election – Cassie was unanimously elected to the Board position of Secretary

The revised Concussion Action Plan was distributed as well as a copy of the CDC's Concussion Signs and Symptoms Checklist that the Coaches use. Parents are advised to go to the Head's Up section of the CDC's website for more concussion information.

Tammy suggested parents have a baseline test done such as the King-Devick Concussion Screen Test. She also distributed a concussion handout from the CDC

Banquet Date is set for June 17<sup>th</sup> at Eli's at 6pm.

Team Photos will be taken on Saturday, February 22<sup>nd</sup> at 9:30am. Swimmers should wear their HHC team swimsuits, black leggings, team jacket and team shirt.

IV. Team Manager Report

February Calendar was sent out please review as some practice times have changed.

13/15 AG Championships will take in Andover, MA February 8- 9. The meet schedule was distributed

Publicity Event – Monday, March 2<sup>nd</sup> at 5pm CT Live! Will be at practice filming a segment to be run closer to the Olympics. They will interview a Coach and a swimmer, the host will try to learn synchro and team routines will be filmed. Age group swimmers not scheduled to practice that night are asked to come for the filming.

New Intro Class – starts Monday, February 10. This is the last intro class offered before the Watershow class. Please post fliers online and in your community.

AG Jr./Sr. Championships are March 6 – 8<sup>th</sup> at New Canaan. A tentative meet schedule was distributed. Swimmers are expected to attend the Swimmer Meeting. Scholar athletes are announced at this meet. Patty needs swimmer's report cards by Tuesday, February 11<sup>th</sup>.

June Meet committees need to be made at the next parent meeting.

T-shirt vendor has been found for the June Meet.

Yale's Synchro Meet is on February, 22<sup>nd</sup>. Heronettes will meet at 3:00pm at the Yale gym. The team will go to Yorkside pizza after the meet.

V. Fundraising Report

Munson Fundraiser was distributed. Orders and payment are due back by February 22<sup>nd</sup>. Items will be here in time for Easter.

Coin Drive will be held in March

VI. Travel Report

Intermediates March Meet hotel reservations have been made. Information will be sent out shortly.

VII. Treasurer Report

The last tuition bill will be sent out soon. All tuition payments must be made by the end of February. Email Lynn with any questions.

VIII. Marketing & Publicity Report

Watershow Ad packets were distributed. Swimmer accounts will be credited 50% for all ad revenue the swimmer bring in. Additional information will be sent out including the contract, price list and the Shout Out order form. Questions please contact Susan at [susankeilwhite@gmail.com](mailto:susankeilwhite@gmail.com) or text her at 214-406-7378. A google doc will be shared showing companies contacted. Ads and payment are due to Susan by February 29<sup>th</sup>.

Intro to Synchro fliers are attached. Please post in your community.

IX. Old Business

Watershow committees will be set at the next parent meeting

Cassie requested that raffle basket items be brought in. Examples of items needed are: Sunscreen, Goggles, water bottles, Kids crafts, games, Italian basket items, etc.

Tammy reminded the group to do the Safesport training. She said it was informative and good information to know.

X. Adjournment 11:24am

NEXT MEETING – Saturday, February 29, 2020. \*Please watch for the room number as we will be in a different location.



## HHC Parent Meeting – MINUTES

February 29, 2020

**Nancy Restivo**  
*Board President*

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

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

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

**Cassie Sherry**  
*Secretary*

**Joanne Hiscocks**  
*Publicity*

- I. **Attendance:** Nancy Restivo, Jessica Kogut, Joanne Hiscocks, Sangchoon Jeon, Alisha Dunford, Aislinn Mesliozi, Lisa Decaprio, Patty Simell, Rose Oblena, Waikam Chen, Michelle Wojenski, Toni Schiano, Mia VonBeeden, Anna Brock, Trish Lewandoski, Cassie Sherry, Susann White.
- II. The meeting was called to order at 10:23 am by President Nancy Restivo. Mia called for a motion to approve the January 29, 2020 minutes. Trish seconded. 15 vote ayes. 0 nays. Lisa abstains.
- III. President Report – Nancy Restivo
  - a. Board Positions open for next year
    - i. VP of Travel, President, Secretary and Co-Treasurer Board positions will be open.
  - b. Nominating Committee
    - i. Mia, Trish and Susan White are on the nominating committee.
- IV. Team Manager Report – Patty Simell
  - a. Connecticut LIVE to pool 3/2
    - i. NBC Connecticut produces a show that does Connecticut LIVE who wants to interview the Heronettes for the upcoming Olympics. NBC Connecticut will be coming at 5 pm on 3/2 to interview a coach and swimmers and to have swimmers do a demonstration and film routines. In addition, the newscasters will get into the pool and have our swimmers demonstrate. Swimmer must come to practice in their HHC suit.
  - b. EZ Jr/Sr Championships – March 6, 7, 8
    - i. Still no final schedule from New Canaan.
    - ii. Combo will swim on Sunday. Duets will swim Sunday if they make finals.
  - c. EZ Invitational – March 14, 15
    - i. Tentative schedule. Kylie and Mei Lin will swim on Friday. All others will swim on Saturday.
  - d. Intro class update- watershow class
    - i. Started on 2/10. Had 9 girls in the last class and had 8 of them return for this class. Added 2 more.
    - ii. New watershow class will start on 3/30 and will be 11 classes. Cost will be \$175.
  - e. Watershow
    - i. There is an interest in a parent routine.

- f. SafeSport certifications
  - i. Certifications for many parents are coming due. Please make sure to get the certifications completed.
  
- V. Fundraising Report – Jessica Kogut
  - a. Munson Fundraiser
    - i. Still working on totals.
  - b. Coin Drive
    - i. 3 teams –
      1. Intermediates: Gianna, Lia, Sam Gigi, Mei-Lin, Kylie, Scarlett.
      2. 13/15: Emily, Jade, Elle, Laney, Lydia and Amber.
      3. 16/19: Beatrice, Isa, Ashley, Lulu, Kyra & Tasha.
    - ii. The winning team will have a coach swim a routine. The coach will pick which routine she will swim.
  - c. Scrip
    - i. Scrip order will be placed on Wednesday 3/4.
  - d. Donation Closet
    - i. Reminder that you can donate to the closet. Will send out directions with the minutes.
  - e. Amazon Smile
    - i. Finally part of Amazon Smile! Will send directions for everyone to get connected.
  
- VI. Travel Report – Trish Lewandoski
  - a. May Regional Meet/Hotel (Owego)
    - i. Working on block of hotels for all teams
  - b. June EZ Championship Meet/Hotel (Hamden)
    - i. Working on a schedule for hosting the meet
  - c. JO hotel
    - i. Hotel is set in Gainesville, FL.
  
- VII. Treasurer Report – Nancy Restivo on behalf of Lynn Sette
  - a. Year-to-date numbers and year end projections
    - i. Currently have \$10,000 net income but a lot of expenses are coming up with competition season starting. Projecting to end the year with a \$250 net income.
    - ii. Checking balance is approx. \$19,000
  - b. Statements
    - i. Statements have gone out and if swimmers have not paid swimmers may not swim in competition.
  
- VIII. Marketing & Publicity Report – Joanne Hiscocks
  - a. Have been receiving ads. Thank you notes should go out when ads are placed.
  - b. Thank you for putting up flyers for the Intro to Synchro Class.
  
- IX. New Business
  - a. Watershow committees are needed
    - i. **Waikam volunteered to be co-chair with Susan!!!**
    - ii. Food (Chair – Trish), baskets (Chair Cassie), decorations (Chair Mia) , tickets (Chair Anna B), video, Kim Miller (Chair Patty),
  
- X. Old Business
  - a. The June meet is HUGE. Everyone needs to help. Bring friends.

- a. The June meet is HUGE. Everyone needs to help. Bring friends.
- b. Nancy needs to check in with Cheryl about the t-shirt person for the June meet.
- c. Shout out to Wai-Kim for organizing the Yale Invitational.

XI. Adjournment at 11:16 am.

NEXT MEETING – April 4, 2020.

### **Directions to the HHC Clothing Drive Closet**

#### **From Hamden High School**

- Turn Right out of the parking lot onto Dixwell Avenue.
- Go to the third traffic light and turn Right onto Benham Street (at the Acropolis Diner).
- Take your second Right at the traffic light onto Mix Avenue.
- Go approximately 1 mile and turn Right into Hamden Ridge Complex.
- Follow the driveway to the back of the complex and turn Left to go behind the complex.
- Look for the green pickup truck parked in a driveway in the middle of the building (between units 773 and 775). Facing the building the door to the Right of the truck is where you can leave your donation (it is a small closet).

#### **Here's how to shop AmazonSmile:**

- Visit **smile.amazon.com**.
- **Sign** in with your **Amazon.com** credentials.
- Look up Hamden Heronettes on the search screen (we come up as Heronettes Parent Assoc)
- Select Hamden Heronettes
- Make sure you go to **smile.amazon.com** when you use Amazon so that the Heronettes will get the donation.



## HHC Parent Meeting – MINUTES

April 4, 2020

**Nancy Restivo**  
*Board President*

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

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

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

**Cassie Sherry**  
*Secretary*

**Joanne Hiscocks**  
*Publicity*

- I. **Attendance:** Nancy Restivo, Rose Oblena, Anna Montgomery, Patty Simell, Mia VonBeeden, Lynn Sette, Cassie Sherry, Alisha Dunford, Jessica Kogut, Trish Lewandoski, Waikam Chen, Anna Brock, Cheryl Nadzam, Michelle Wojenski, Lisa Decaprio, Mei-Ling Yang, Aislinn Migliozi, Sangchoon Jeon, Susan White, Tammy Alex
- II. The meeting was called to order at 11:22 am by President Nancy Restivo. Nancy called for a motion to approve the February 29, 2020 minutes. Anna seconded. 18 vote ayes. 0 nays.
- III. President Report – Nancy Restivo
  - a. Rest of season- Due to the COVID-19 pandemic, practices have been suspended in the pool but are continuing through Zoom and are on-land based. With 2 ½ months left in the season, USA Artistic Swimming has not made any announcements regarding the rest of the season and what the competitive season may look like.
- IV. Head Coach Report – Anna Montgomery
  - a. Club to continue with online practices through Zoom and are on-land based. Anna has received communication from East Zone organizers asking if HHC would be willing to participate in an event as large as what USA Artistic Swimming is anticipating, which would be to host Junior Olympics/Senior Nationals/Junior Nationals/13-15 Nationals/Senior National Team Trials/13-15 National Team Trials/12U National Team Trials in one big event. Planning, overall, is very much up in the air with the season and with the June meet. There is little direction from USAAS.
  - b. Be mindful of backgrounds on camera for swimmers for 2 reasons.
    - i. Simply so that there isn't anything that could unintentionally offend someone
    - ii. Snapshots of swimmers when online are used for publicity and the team does not want to have anything identifiable for the swimmers if the picture is to come online.
  - c. New protocols for Zoom meetings/practices – will have passwords for all meetings. If Zoom doesn't work for what we need, WebEx may be used. A change may come in the middle of the month if a change will happen.
  - d. Anna will be sending email to swimmers asking about resistance bands. If swimmers need a resistance band, Anna will mail. Not sure if there are enough to go around.
- V. Team Manager Report – Patty Simell
  - a. April practice schedule was emailed.
  - b. Association meet at the end of April will not happen. Regional meet in May is still unknown. Intermediate meet in June has received 18 entries and will have approx. 200 swimmers.
  - c. Watershow will most likely be in the fall due to pool closure.
  - d. Coaches are doing a PHENOMENAL job with Zoom practices.
- VI. Fundraising Report – Jessica Kogut
  - a. Munson Fundraiser – All of the chocolate has been given out. Team raised \$604.85 and swimmers received \$561.08
  - b. Coin Drive – on hold until practices can start back in person.

- c. Great Give – online fundraiser. May 4 & 5. Jessica will send out an email discussing what it is about, how to get involved, how to make contributions.
  
- VII. Travel Report – Trish Lewandoski
  - a. In a holding pattern about Junior Olympics hotel until it can be determined if JOs will happen.
  
- VIII. Treasurer Report – Lynn Sette
  - a. Year-to-date numbers and year end projections show that as of this morning have ~\$22,000 in the checking account. Continuing to pay coaches through June will cost \$12,000. If the June meet does not happen, will need to find additional income.
  - b. Statements will be coming shortly.
  
- IX. Marketing & Publicity Report – Joanne Hiscocks
  - a. Social media catch-up
  - b. Greater Give
  
- X. New Business
  - a. Has there been any consideration to any of the grants through the CARE Act? The ability to participate would be with the Payroll Protection Program and information to participate is being researched. Other avenues for grants include the New Haven Foundation. Susan will look into the New Haven Foundation.
  - b. Emails for board members have changed to Gmail accounts based on the board position. Please be on the lookout for different emails from board members.
  
- XI. Old Business
  - a. Cheryl Nadzam suggested that any small businesses that did ads for the watershow, do a shout-out through social media.
  
- XII. Adjournment at 12:01 pm

NEXT MEETING – May 2, 2020.



## HHC Parent Meeting – MINUTES

May 30, 2020

**Nancy Restivo**  
*Board President*

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

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

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

**Cassie Sherry**  
*Secretary*

**Joanne Hiscocks**  
*Publicity*

- I. **Attendance:** Nancy Restivo, Anna Montgomery, Patty Simell, Mia VonBeeden, Cassie Sherry, Joanne Hiscocks, Trish Lewandoski, Jessica Kogut, Waikam Chen, Anna Brock, Matthew Brock, Cheryl Nadzam, Mei-Ling Yang, Alisha Dunford, Rose Oblena, Susan White, Aislinn Migiozzi, Tammy Alex, Tek Wojenski, Sangchoon and Hye Jeon.

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- II. The meeting was called to order at 11:19 am by President Nancy Restivo. Nancy called for a motion to approve the May 2, 2020 minutes. Cassie provided amended changes to the minutes as follows:
- a. Joanne abstained from approving April's Parent minutes as she was absent from that meeting.
  - b. There was no mention of Cheryl's point of inviting former swimmers from the Intro class to take part in a virtual workout so that will be added.
  - c. It was incorrectly stated that the auto-generated thank-you were in the works. At that parent meeting they had already been done.
  - d. Under publicity & marketing, it was stated that "teams had stopped posting on Instagram." It was requested that it be clarified that \*SOME\* teams have stopped posting, not all. Also it was stated only that zoom meeting pics taken during the previous week's virtual "meet" would be posted but did not state those would be posted for #GreatGive. They were not.

It was motioned by Cassie that the amended minutes be approved. Nancy seconded. 16 vote ayes. 0 nays.

- III. President Report – Nancy Restivo
- a. Next Season/ Registration – Even though the fall season still has many unknowns, Nancy will be sending out registration packets for next year. Registration will be due by August 15 and is \$400. If put in before August 1 registration fee is reduced to \$300. After August 15 there is a \$25 late fee.
  - b. Practices in June – Coaches offering extra practices until the middle of June. There is no charge for those practices and are part of tuition.
- IV. Team Manager Report – Patty Simell
- a. Intro class online – Intro class swimmers were invited to the online class. 3 joined and enjoyed participating. 2 stayed on for the entire hour.
  - b. Banquet Awards – Will be doing banquet awards, just do not know when.
  - c. Scholar athletes – Open to 7<sup>th</sup> – 12<sup>th</sup> graders. Will be looking at grades from the beginning of the year. If your daughter has received a scholar athlete award from East Zone, do not need to resend information.
  - d. USA Artistic Swimming – Patty will be joining a Zoom meeting on June 3<sup>rd</sup> and will summarize meeting and send information out to families.
- V. Head Coach Report – Anna Montgomery
- a. June Practices - Coaches offering extra practices until the middle of June. There is no charge for those practices and are part of tuition Summer session. Please make sure to sign up.



- WaiKim asked if practices will encompass levels. Practices will depend on who attends practices. Susan asked if coaches can provide exercises specific for swimmers if they have a specific skill they need to work on. Anna said that parents should reach out to coaches if they think they would like to focus on items over the summer.
- b. Summer Practices – Will not have online practices in the month of July. Will see what CIAC recommendations/ guidelines are for socially distant practices. There are a few options for summer but nothing definitive.
- VI. Fundraising Report – Jessica Kogut
- a. The Great Give – 144 donors raised \$6,174.22. Definitely worth our time and it was such a great event. Thank you to all of our families!
  - b. Scrip – Thinking about placing one more plastic order to get through the summer. If you want to have plastic gift cards, she will place an order soon. Also, Scrip is changing how they make deposits. Typically make deposits once a week. Starting in June, there will be only one deposit each month and it will be at the first of the month. Will do a Scrip card order.
- VII. Travel Report – Trish Lewandoski
- a. June hotels – All hotels are canceled for Junior Olympics and June meet.
- VIII. Treasurer Report – Anna Brock for Lynn Sette
- a. Year-to-date numbers – Currently have ~\$32,000 in the checking account. Estimated coach expenses are ~\$8,000 and will end with ~\$24,000 in the checking account. Profit and Loss Statement indicates a season end with a small net gain/ break even. The Great Give provided us with the ability to not have a net loss for the season.
- IX. Marketing & Publicity Report – Joanne Hiscocks
- a. Publicity general & The Great Give – 105 clicks on shortened URL that send them directly to the main Great Give page. 82 clicks were “unique” to show we were reaching those outside of the Hamden Heronettes.
  - b. Social Media - Please provide a social media review, particularly on Facebook, it helps spread the word online. And please remember to share Facebook posts! It would be great if inclusive posts are shared more! One club is having a photo challenge in place of having a banquet. That will be great social media publicity.
  - c. SnapFish – if you have taken pictures, please upload them up to the SnapFish account.
- X. New Business
- a. Nominating Committee – Results of Elections  
Last month the nominating committee presented the slate for positions as follows:
    - i. Nomination for President: Cassie Sherry
    - ii. Nomination for 1<sup>st</sup> VP of Travel: Trish Lewandoski
    - iii. Nomination for Secretary: Cheryl Nadzam
    - iv. Nomination for Co-Treasurer: Waikam Chen

The nominating committee prepared a voting platform using Survey Monkey and parents voted between May 17<sup>th</sup> and May 29<sup>th</sup> (one vote per family). There were no additional nominations made and those slated for the positions as stated above were all elected.

The board for the 2020-2021 season, the HHC board is as follows:

- i. President: Cassie Sherry
- ii. Team Manager: Patty Simell
- iii. Head Coach: Anna Montgomery
- iv. 1<sup>st</sup> VP of Travel: Trish Lewandoski
- v. 1<sup>st</sup> VP of Fundraising: Jessica Kogut

- vi. Secretary: Cheryl Nadzam
- vii. Co-Treasurer: Anna Brock
- viii. Co-Treasurer: Waikam Chen
- ix. Publicity: Joanne Hiscocks
- x. Past President: Nancy Restivo

- b. Coaches – Cheryl and WaiKam want to be able to honor our coaches with a swimmer parade. They will coordinate a parade for the coaches on Saturday, June 6<sup>th</sup>. Kids should gather at 11:00 am. Coaches will line up behind Hamden High. Parents can drive by coaches at 11:15.

XI. Old Business

- a. 50<sup>th</sup> Anniversary celebration on October 18<sup>th</sup>. Stay tuned for more information!

XII. Adjournment at 12:18 pm

NEXT MEETING – SEPTEMBER 2020! Next season!