

MINUTES

Leesville Road Football Families

Date | time August 8, 2016; 7pm

In Attendance

Sign-in sheets in Football Families Binder

Dan Sullivan welcomes attendees, begins agenda.

Budget

Mary Schilder presents the current budget. A copy of which can be found in the Football Families' Binder. She highlighted income from the golf outing, PDP campaign and concessions.

Volunteer / Donation Opportunities

Judy Melvin reminded attendees to look at sign up genius lists that have been sent out and please consider where they are able to help out. She stressed the importance of each family fulfilling their concession duty assignments.

She highlighted some volunteer needs: chain crew, clock operator for JV games and someone to help with stats and spotting for JV and Varsity.

The cost of pre-game meals is being defrayed by a donation from Providence Baptist Church. Total per player has been reduced to \$35 per player for a full season of meals.

Information from Coach Ennis

--Players are to report any injuries to Coach Ennis or one of the adult trainers. She can provide referrals to our team physicians, or the player's family can choose the physician of their choice.

--Any injury or illness that results in 5 days of missed practice requires a Dr's note to return to play.

--If a player has a medication that may be needed, Coach Ennis needs to be given that medication to keep on hand for the player.

--One of our medical providers, Triangle Orthopedics has merged and its new name will be Emergency Orthopedics.

--Players need to stay hydrated, get enough sleep and eat a healthy diet. They need to be mindful of hygiene especially during 2 a day practices. They also need to be aware of staph infections and do not share equipment with other players. A strict concussion protocol will be followed for any head injuries.

--Players need to report any equipment problems.

--If parents are interested, they can look into Wake County's medical and dental insurance.

--Wake County Fire Department will be visiting an upcoming practice to rehearse safe treatment of spine injuries.

Coach Wilson Updates

--Coach Wilson has a staff of 15 coaches who are all safety trained. He assured parents that safety is his #1 concern.

--Coach Ennis monitors the temperature at practices and will inform Coach when players need to remove equipment due to the heat.

--Coach Wilson went over the schedule for the week and reminded players and parents to check the calendar online to stay up to date on practices, etc.

--Coach encourages families to attend the upcoming team picnic to take place after the Saturday's scrimmage.

Other

Coach Hess informed all that the new helmets are not to be modified in any way. Helmets and shoulder pads are measured for, but players need to keep check on their equipment to ensure it fits properly. Coach Hess sanitizes the locker room and washes uniforms and needs the players to maintain the locker room in an appropriate manner to allow him to accomplish these tasks. If a player wants to use a mouth guard he has purchased, he needs to bring it to Coach Hess to approve it.

Coach Johns explained the "Heads Up Tackling" training the coaches have gone through so they can teach safe tackling techniques to players.

Dan Sullivan adjourns meeting.

Next Meeting

date will be announced in the near future.