



IHSGCA
Meeting Minutes
January 17, 2018

Call to order: 7:08

Attendance: Erik Bostrom, Eric Harima, Frank Novakowski, Bruce Beiersdorf, Steve Foerch, Brandon Tucker

Current Balance: 11,046.51

Fundraising:

- Revolution Brewery - Tentatively Monday, Aug 6, 2018, **Date reserved**
 - Silent auction - please begin collecting items to be used in the silent auction.
- Prior to the conference and sectional meets, 50/50 kits will be created; kits will contain the following:
 - Letter to the AD and principal relaying pertinent information regarding the IHSGCA, the 50/50 raffle, and how the profited funds will be used.
 - Bring it up during the conf preseason meetings. **Job of the Conference Reps**
 - Check for availability
 - Step by step instructions on how to run a 50/50 Raffle, so there is very little for the hosting coach to do.
 - Posters and signage to be displayed at the event.
 - Raffle tickets.
 - Money collection envelope
- Open Gym: USGTC & Gymnastics Shop
 - These open gym opportunities will be available again this season
 - More coaches need to be there to supervise.
 - Dates and times - TBD
 - **Feb 24th and march 30-31st? Any other input on Dates for this please let us know**
 - Thank you Julian!

John Brinkworth Senior All-Star Meet

- **NEW LOCATION NEEDED**
 - Tentatively - Friday, May 18, 2018, 6:00pm
 - Date flexible
 - Does not have to be free but possible perk
 - **Wheaton Warrenville South possibly**

Winter Clinic Debrief:

General Thoughts:

What went well:

- Having to switch tables and talk to/meet new people
- Well structured

- Luke Yanule (guest speaker)
- Rotating smaller groups through drills and skills tutorials
- Additions?

What can be improved upon:

- Attendance during **all** speakers
- Members leaving early
- Adhere to the schedule/time-frame
- Break up the first half of the clinic to avoid information overload.
- Additions?

Ideas for the future clinics:

- Athletico to come and present on injury prevention
- Mike Costa to present on nutrition
- Steve Patton (Fremd teacher/Football coach) present on team building activities.
- Additions?
- **A Yoga Instructor?**
- **Perhaps hand out cards to split groups upon entrance for the purpose of alternating groups, splitting speakers, activities etc. to avoid brain fatigue**
- **Break out sessions?**
- **Strength and conditioning session? Gymnastics plus potential for off season ideas for gymnasts who work out at home or just in a weight room in off season.**

Golf Outing / HOF:

- **2019 Hall of Fame nominations are due BEFORE the Feb 21 meeting.**
- Nominations completed/submitted online
 - <http://www.ihsgca.org/index.php?pageID=15>
- 2018 HOF Banquet
 - Monday, May 14, 2018, 7:00pm
 - Morava Center 110 W Camp McDonald Rd, Prospect Heights
 - Inductees: Howard Rubin and Scott Hagel
 - Coaches awards will be announced before state competition on Saturday
 - Certificates will be handed out at the HOF Banquet
 - Old Orchard Golf Club in Mt. Prospect
 - Golfing is optional; please make every possible attempt to attend the HOF Banquet.
 - **Additional information will be emailed out**

Judges' Clinics:

- **Saturday, Feb. 3, 8:00am-2:00pm @Glenbrook South High School**
 - Food provided
 - Park at the main entrance
 - **Room 240, signs will be posted**
- Materials to Brings: FIG book, Ihsa book, Rules Interp, List of non-diagram A, Judging sheets.
 - Can be found on the IHSOCA website. IHSOCA.org
- Reach out to former graduates to help. Reach out to girls' coaches, assistants, etc.
- **Many judges either stopping or cutting back the meets**
- **Head coaches need to start judging**
- **It is imperative we get more judging for our sport to survive, A.D.'s cannot see meets with unfilled officials. Even if each head coach did 1-2 meets, this would cover much of the gap from those cutting back on meets.**

- **Judge lower level meets to gain experience and confidence**
- **Select a meet near-by, don't be intimidated, this clinic is a great learning opportunity as well as sitting or talking with other coaches/judges**
- **Perhaps develop a flyer for coaches to hand out with their programs at home meets asking for former gymnasts or even parents who would like to judge to give back to the sport**

IHSGCA Meeting Calendar:

Assoc: Wednesday, January 17, 7:00pm @RMHS
 Assoc: Wednesday, February 21, 7:00pm @RMHS
 Assoc: Wednesday, March 21, 7:00pm @RMHS
 Assoc: Wednesday, April 18, 7:00pm @RMHS
 Assoc: Tuesday, May 8, 7:00pm @RMHS
 HOF: Monday, May 14, 7:00pm @Morava Center

IHSGCA Meeting Mini-Clinics

- Following each of the association meetings, mini-clinics will be run by fellow coaches.
 - Please use the following link to sign up to lead a mini-clinic.
 - <https://goo.gl/forms/cyvkrQfxONsGg7OB3>

UIC Remaining Home Meets:

- Sun. Jan. 21, 2018 2:00 pm vs University of Iowa @UIC Pavilion
- Sun. Mar. 4, 2018 2:00 pm vs University of Minnesota @UIC Pavilion
- **Thurs. Apr. 19 - Sat. Apr. 21, 2018 NCAA Championships @UIC Pavilion**
 - Join the Facebook page for the most up to date information on how the IHSGCA is supporting UIC and this prestigious honor hosting the NCAA Championships
 - Search (National Gymnastics Reunion 2018) on Facebook
 - <https://www.facebook.com/groups/244051806131396/about/>
 - Charlie Nelson - UIC
 - 312.498.1948
 - cnelso4@uic.edu
- **Announce at all home meets to encourage parents and gymnasts to attend**
- **Some schools will schedule a bus. Conference Reps bring it up and Conference meeting. Perhaps conferences can share a bus across schools. Schaumburg and several other schools bring bus or vans of gymnasts to UIC every year as a team outing, and it is a great inspirational experience for them.**

The Midwest Open Collegiate Meet

- Saturday, March 3, 2018, Hinsdale South High School

Harper College Setting Up Club Team

- Contact Eric Harima - Gymnastshs@gmail.com - with potential gymnasts at Harper.

For the good of the Membership/Additional Items

- **Take Buses to NCAA**
 - **Association set up buses in key locations?**
- **Possible T-shirts to be worn at the NCAA championships**
 - **Frank- Association to design shirts to be worn at the championships- Brandon 2nd**
- **Blaise- "I motion the IHSGCA fund a luncheon for HOF members including this years inductees and IHSGCA Executive Board approximating 30 people." Price breakdown for luncheon is: Lunch \$21.50 X 30 (\$630), room rental \$50, 36.25% cost for 11.25% tax, 20% gratuity, 5% administrative fee (\$246.50) total \$926.50.**

The plan is to attend luncheon at 2:00PM two hours. Leave for NCAA Finals at UIC 6:00PM. - Steering Committee to discuss

- **Do we want to start casino nights again?**
 - **Ask parents and Alumni to volunteer?**
 - **Can generate \$2000 in one night, easily funding All star, scholarships, etc**
 - **Legwork is done- thank you Frank- would need interested Coaches in helping take a couple hour shift.**

Move to adjourn: 815