

# Flower Mound High School Football Booster Club (FMHS FBC) EIN

75-2817984

## Meeting Minutes

04/15/2024

### Call to Order, Quorum & Welcome

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*President: Misty Wilson with a 6:02 PM start. 51 in attendance using QR code*

*Board Members Present: Misty Wilson, President| Kristin Magill, VP of Operations| Ashley Wilson, VP of Media| Teri Deiter, VP of Hospitality| Dana Sadler, Treasurer| Dana Love, Secretary*

*Meeting Minutes Approval: First – Jim Baker; Second – Kathy Stockhausen*

### Agenda

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*Coaches Update: Coach Brian Basil*

- Player development including:
  - Off-Season
    - Summer JAC
  - Strength and Conditioning Philosophy
    - Phase 1 in the weight room 4 times a week
    - Three coaches on staff have certification in weight training.
    - Use Plyo work, Yoga and Pilates
  - Speed and Agility Training
  - Injury Prevention
    - Many ACL's occur due to improper deceleration.
  - Character Development and Team Building
    - Focus on 15 characteristics.
    - Cornerstones are team work and discipline.
  - Nutrition, Hydration and Sleep
    - Recipe book is on the website.
    - To gain weight, eat a gram of protein per pound of body weight per day.
    - Consume at least 64 ounces of water a day.
    - Get at least 8 hours of sleep at night.
    - Turn phones off at night while sleeping.
- Helmet orders are due tomorrow – 04/16/24.
  - Coaches will make sure boys are measured accurately.
  - Helmet size will most likely not change from now to beginning of season.
  - Helmets can be worn up to ten years.
- Online store deadline is tomorrow at midnight – 04/16/24.
  - Apparel needs to be school colors.

## Treasurer Report

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*Dana Sadler, Treasurer*

Beginning Balance (as of 02/29/24) \$126,112.00

Ending Balance (as of 03/29/24) - \$124,426.33

Cash in Reserve Bank Account (as of 03/29/24) -  
\$30,000

2024/2025 Budget Approvers: Kathy Stockhausen

Second: Joe Gardener

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## New Business

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*Misty Wilson, President*

- Physical Event Turnout
  - 650 students participated
- May 2<sup>nd</sup> Cookout following practice
- May 7<sup>th</sup> Kona Ice following practice
- May 9<sup>th</sup> Spring Game at 6 PM
- May 13<sup>th</sup> Booster Club Meeting
- Encourage sign up for the booster club.
- Kris Tees will be selling spirit wear and game day shirts.

*Michelle Alkhatib, School Board Place 6*

- Bond Election
  - Prop A: Aquatic Centers need maintenance and repair.
    - Some pumps are 20 years. Repair cost for one pump can be as much as \$250,000 each.
    - Scoreboards are not water polo compliant.
    - If we don't fix the pools, events are canceled that would make revenue.
  - Prop B: Athletics and Recreation
    - Games have been cancelled due to rain.
    - Baseball team changes in the parking lot because facilities aren't large enough for all of them.
  - Prop C: Stadiums
    - Stadium is 20 years old and scoreboards, lighting and tracks need to be updated.
  - Local Taxes: 84% of the M&O is determined by the government. LISD only gets to decide a small portion of where the rest of the funds go. NO CHANGE IN TAXES!
  - Voting: April 22-30 (early vote); May 4<sup>th</sup> (election day)

## Adjournment and Next Meeting

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The next FMHS FBC meeting: May 13th at 6PM

Meeting adjourned at 6:54 pm.

Motion to adjourn: Jim Baker

Second: Shama Brown