

**Gridiron Meeting Minutes**  
**April 2<sup>nd</sup>, 2019**

***In attendance:***

**Officers:** Heather Goldberg, Pat Harris, Karen Martens, Karen Hartje

**FHS:** Coach Brown, Mike Freitag, Jonathan Hubbard

**Attendees:** Terrence Burkett, Tricia Burkett, Steve Cloyd, Hillman Coppernall, Tim Dertz, Paul Hartje, Kristine Karcher, Jim Kuchenreuther, Greg Nackel, Sherrie Nackel, Gina Palasz, Krissy Rathkamp, Pete Rathkamp, Rachel Pollard, Jennifer Stamm,

**Meeting Began:** 7:05 pm

***Welcome and Introductions*** – Heather Goldberg

***Meeting Minutes Approval*** –

- Taken and submitted by Gina Palasz for March 2019 meeting
- Copy provided via Gridiron Website
- No raised questions/comments regarding minutes
- Motion to Approve:
  - Pete Rathkamp
- Seconded without dissent:
  - Jim Kuchenreuther

***FHS Athletic Trainers:*** Mike Freitag & Jonathan Hubbard

- Nutrition
  - Supplements/Protein:
    - In season 90-120g protein per day
    - Recommend starting with diet first
    - Verify labels if using supplements as they may not be FDA regulated
    - WIAA does not condone or promote the use of supplements
    - Recommend reviewing the WIAA website to verify products to ensure no banned substances are present
    - Potential for suspension IF a product contains a banned substance and WIAA testing
    - Dairy has high amount of protein
    - Looking for lean body mass 8oz skim milk = ~ 8g protein
    - 1 oz meat = 8g protein
    - Example Subway ~ 40g protein in footlong sub with meat & cheese
    - Protein bars: easy to carry, in between classes
    - Gatorade products WIAA okay
  - Supplements/Creatine:
    - discouraged but not banned
    - no current research of use in high school athletes and long term side effects

- If not maximizing through diet and not training at maximum, supplements do not fill deficit
- Being 1% dehydration can decrease muscle function by 10-12%
  - Weather impacts dehydration levels, need continued intake even when cold
- Mike Freitag will look at addition of vending machine in weight room
- Trainer email addresses:
  - Mike Freitag:
  - Jonathan Hubbard
- Sleep important:
  - Eat at 0700 eat & drink, then go back to bed if needed
  - Eat at latest noon for 3pm practice
  - 3-4H needed for protein to be used
  - 2-3H needed for simple carbohydrates
- Coach Brown addition:
  - Suggestion: Fistful of protein of food before get to school
  - Suggestion: Carriers of water bottles
    - Kimberly: proponent of carrying water bottles throughout day, need bottles during lifting as no breaks given
  - Within 45min of workout having protein/carb intake

***Budget Review and Approval*** – Pat Harris

- Copies of current financial report including actual & budget provided
- Current budget approved 06/04/2018
- As of date of meeting:
  - Current cash in bank: \$35,639.32
  - Current Profit for YTD: \$15,462
- Anticipated expenses:
  - Coach conference/clinic costs
  - Huddle subscription
  - Uniforms \$35,840 (-\$4,500 school contribution) = \$31,340
- Anticipated end of year (06/30/2019)
  - Balance ~ \$33,000
- Proposed 2019-2020 Budget
  - Verification with Coach Brown with equipment costs
  - Discussed operating expenses annually
    - ~\$20,000 for field expenses
    - ~\$20,000 for supportive expenses
  - Look to approve May 2019

***Golf Outing Update*** – Rachel Pollard

- Check from Brentwood Animal Hospital
- Need assistance/volunteers for live auction
  - Lists from last year present for flow of contact
- Link sent out from GridIron
- Pete Rathkamp: contacts for Youth & Junior to send information

- Potential for approximately 1400 contacts to be provided information

**2019 Events/Coordinator Updates & Volunteer Needs** – Heather Goldberg & Coordinators

- Attendees encourage to volunteer/participate, recommended speaking to board member or coordinator regarding open positions.
- Many filled for 2019 Season. The following are current known positions for 2019 Football season Bolded identify needs.
- Alumni Football Program: Ben Hempel
- Banners – Fran Schaaf & Jennifer Trinko
- **Banquet (JV & Varsity)** – Krissy Rathkamp
  - Gina Palasz
  - **Need another volunteer, junior parent?**
- Banquet (Freshmen) – Kate Mangan
- Calendar Raffles –
  - Team Liaisons
- Camp Cookout – Jenny Shohoney
- Charity Night - Scott Smith
- **Cheer Liaison** – Need: **TBD**
- Clothing Sales –Heidi Miller, Nicole Slawson, Jenny Stauber
- Dance Liaison – Jenny Stauber
- **Football Display Board (located in school)** – Need: **TBD**
- Gold Cards – Karen Martens
- Golf Event – Rachel Pollard
  - Need additional volunteers
- **Homecoming** – TBD
  - **Need: Typically senior parent(s)**
- Monthly Meeting Communication by President – Heather Goldberg
- Parent Night - Madeline Kleczka
- Pasta Nights & Subs for JV & Varsity – Tammy Jessup (presented by Karen Hartje)
  - Cafeteria reserved for pasta nights, location reserved for subs
  - Looking at vendors, anticipate cost by May meeting
    - Proposition to look for vendors outside of Franklin
    - Approved by members in attendance unanimously
  - Budget need pending
- **Photos** – Karen Hartje & Tricia Burkett
  - **Need Freshman game coverage**
- Scholarships – Hilman Copernall
  - Need current Freshman, Sophomore or Junior parents for reading
    - Readers will receive an electronic copy
    - Currently 28 seniors (typically ½ class submits)
  - Flyer is at the High School
  - 4/26 @ midnight submission deadline
  - Typically 1-1 ½ pages
  - Scholarship presentation 5/29
  - Winners needed by 5/21
  - Will need Coordinator for 2019-2020

- Senior Night – Krissy Rathkamp
- Senior Poster – Pete Rathkamp
- **Team Bonding – TBD**
- **Team Liaison, Varsity – TBD**
- **Team Liaison, JV – TBD**
- Team Liaison – Freshman: Greg Johnson
- Video Taping Games: Students, Coach Brown confirms
- Website / Facebook / Twitter – Pete Rathkamp
- Yard Signs – Karen & Paul Hartje
- Youth/Junior Night – NA (work with Youth/Junior boards)

**Coach Updates** – Coach Brown

- **Current Juniors/Next year Seniors: may have coaches come in from outside**
  - **If younger athlete, may be pointed out but rules of recruiting**
- **Excited about additional sport right now**
  - **Continue to get in lifts/week, recommend 2-3 lifts per week**
  - **7x less chance for injury if year-round lifting**
  - **Remind sons to get into weight-room**
  - **Can provide parents with how many lift per week athlete is doing if requested**
  - **Implementation of techniques from clinic, will start to do more techniques when weather improves**
- **Waiting on interviews for teaching positions for further updates on coaches**
  - **Potential for new applicant**
- **FPS hired new Tech Ed teacher**
  - **Has coached in past**
  - **Reached out to Coach Brown for current opening**
- **Coaches will be meeting at Coach Brown's house**
- **06/11/2019 Tuesday (change from 6/13/2019):**
  - **First contact date**
  - **Sets tone from summer**
- **July camp:**
  - **Homestead will come last day**
- **Summer camps:**
  - **If athlete interested in attending camp, reach out to Coach Brown**
- **6 coaches attended the state clinic:**
  - **Coach Brown unable to attend due to family commitments**
  - **School funded**
  - **Attended by 1 of the newly hired coaches**
- **Steve Schweitzer:**
  - **Thank you for the support**
  - **Raised \$41,000**
  - **Needs kidney transplant, currently in rehab facility**
- **Opportunities for 7 on 7**
  - **Athletes will be asked to attending, not expected**
- **Open for questions:**
  - **6/11: one of 5 summer contact days**

- **Weight room hours: gold block every day except Monday**
  - **Daily after school**
- **Fall Sports Meeting: Potentially pushed back to June**
- **Have current 8<sup>th</sup> grade students attend next Gridiron meeting**
- 07/20/2019 @ 1700, UW-Oshkosh: Wisconsin All Star Game
  - 4 players nominated, Schwartz, Plewa, Beudry & Gannon
  - Coach Plewa nominated
- 07/22-07/25-2019: Anticipated camp dates at FHS
  - Discussions currently being held with Homestead, however anticipated to be at FHS this year
- 08/06/2019: Anticipated practice start date
- 2019 Varsity Schedule:
  - 08/23/2019 Fond du Lac Away
  - 08/30/2019 Appleton North Home
  - 09/06/2019 Racine Case Home
  - 09/13/2019 Racine Park Away
  - 09/20/2019 Indian Trail Home (? Homecoming)
  - 09/27/2019 Kenosha Bradford Home (? Homecoming)
  - 10/04/2019 Kenosha Tremper Away
  - 10/11/2019 Racine Horlick Home (Senior Night)
  - 10/18/2019 Oak Creek Away
- Uniforms:
  - New uniform purchase this year per cycle
  - Players assisted with choices, may consider numbers on shoulders to assist with identifying player
  - Desires 80 home & 80 away
    - Each would include jersey, pant, lettering & shoulder numbers
    - In past have purchase 75 each (150 total). The additional 5 (10) would allow for more players to suit up for varsity games
    - If 80 (160) are purchased, company would provide clothing to outfit 12 coaches
  - Unknown definitive school contribution
    - Anticipate Coach to reach out to Athletic Director Jordan Hein
  - Current quote if 80 each are purchased with lettering & shoulder number would be approximately \$35,840
  - Seniors would continue to be provided opportunity to purchase jersey (80% purchase jersey)
  - Discussion was held regarding uniforms with the following suggestions:
    - Multiple attendees verbalized support regarding adding the numbers to the shoulders of the uniforms
    - Multiple attendees verbalized the “kids deserve” the uniforms and correlated the cost to the fundraising abilities

#### Future Dates:

- May 7<sup>th</sup>, 7pm: Gridiron Meeting (changed per Coach Brown, will need to update)
- May 13<sup>th</sup>, 6:30pm-8:30pm Fall Sports Meeting

- June 4<sup>th</sup>, 7pm: Gridiron Meeting
- June 11<sup>th</sup>: (Time TBA) First Contact Day
- July (TBD): Gridiron Meeting at Hideaway
- July 20<sup>th</sup>: Golf Outing, Muskego Lakes Country Club
- July 22-25: Football Camp & FHS
- August 6<sup>th</sup>: Anticipated start of practice
- August 6<sup>th</sup>, 7pm: Gridiron Meeting
- August 23<sup>rd</sup>: First Varsity game at Fond du Lac
- September 3<sup>rd</sup>, 7pm: Gridiron Meeting
- October 1<sup>st</sup>, 7pm: Gridiron Meeting
- November 5<sup>th</sup>, 7pm: Gridiron Meeting

Meeting Adjourned at: 7:58 p.m.

***Next Meeting – May 7<sup>th</sup>, 7pm at the FHS Library***

Respectfully Submitted,

Karen Hartje, Secretary