



Breckenridge Sports Boosters Bigger Faster Stronger Planning Meeting

Tuesday, December 11, 2007

Attendees: Mark Gregory, Amanda Willman, Royce Humm, Kip Meeker, Lacie Cooper, Mark Gulliver, Chad Doyle, Matt Chovanec, Sebastian SanMiguel, Bill Rohn, Jeff Jennette, Karen Stoneman, Kelly Packard, Cindi Wollenweber and Jayne Doyle.

Currently some students are doing lifts, agility and dot drills. Log books have not been kept historically, however, have begun recently. Within four weeks students are gaining increase in weights. Planning to recruit 8th grade girls as they finish volleyball season. Desire to set a standard time to be available in the weight room.

Planning to concentrate on agilities in January on Tuesday and Thursday in the community ed. Gym. Mark Gregory and Wade Slavic will be there.

Bullock Creek Football coach performs agility drills. 10-15 minutes three times a week. Monday and Wednesday concentrate on upper body, Tuesday and Thursday concentrate on lower body. A full drill is completed in 30-40 minutes.

Currently Matt Chovanec has some of the Sophomore through Senior students. He posts daily drills for students to complete. On game days, athletes are asked to go lite, only enough to stretch muscles, nothing extreme. Also teaching them safety techniques.

There is currently one computer with the BFS software loaded. It is believed it will be made available for the weight room. Plans to utilize as soon as they can.

Also recommended that 3 people be certified. At least one male and one female for high school and middle school. Suggested Matt Chovanec and Amanda Willman. Other names suggested: Mark Gregory and Kip Meeker. Need to get more female leaders involved so female students and athletes are not intimidated.

Concerns / Discussion:

- Limited number of keys to weight room. Unsure of who has keys.
- No certified trainer(s) available in Breckenridge.
- Not enough space for off-season sports to practice.
- Meet the teams night: increase promotion and improve pre-planning. Timing was bad for the Fall night.

Jeff Jennette shared project research that was being completed to have a "community center" type facility brought to Breckenridge. Mr. Jennette will be taking 2-3 school vans to Webberville on Thursday, December 20 at 4:30 PM to tour the facility they have built, as well as, learn how their fitness program operates. **Those interested in attending, please contact Mr. Jennette as soon as possible as seats are limited.**

Mark Gulliver and Bill Rohn have volunteered to research a "pole barn" type facility that will allow off-season sports an indoor location to practice. (Baseball will need minimum 80 foot – 40x80) This type of facility would benefit more immediately while the "community center" project was underway.

After discussion of alternatives to BFS - bringing in a motivational speaker like Darwin Hamm, Joe Dumars, Luther Ellis, etc. The cost would be fairly close to the BFS Clinic. Therefore, those in attendance voted to have a full seminar (Coaches meeting, Be An 11 and BFS including certification opportunity) at Breckenridge. Karen Stoneman will contact BFS to schedule dates. Choices are January 25 & 26 or March 28 and 29. (Matt Chovanec shared after the meeting he would not be able to attend the March seminar)

Web pages have been developed on HuskieSports.net for BFS and for Coaches, Be sure to visit these locations often as updates will be made as we receive them.

- Bigger Faster Stronger which includes a link to the BFS website. http://HuskieSports.net/Sport_Coach.html
- Breckenridge Coaches, which will house each sport account information and fundraiser information. http://HuskieSports.net/About_BFS.html

We will send a follow up meeting invitation to you in 2008. If you have any questions or comments in the meantime, you may contact any of the Sports Boosters Officers. Our next SB meeting will be held on Wednesday, January 9, 2008 at 6:30 PM in the High School Conference Room. All are welcome to attend.

Breckenridge Sports Boosters (BSB) Officers

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| President: Karen Stoneman | Trustee: Teresa Bushre |
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