

Fall Membership Annual Meeting

October 19, 2006

CSUS Aquatic Center 7:00PM

Club President, Debi Brakebill, called meeting to order at 7:15PM.

Board members in attendance were Debi Brakebill, Liz Connors, Leslie Borasi, Peggy Arrivas, Mary Jo Herman, Charlie Painter, Lorraine Allen, Kathy Lopez, and Lisa Vogelsang. The Aquatic Center staff/coach members present were Bob Whitford, Brian Dulgar, David Hayashi, Vanessa Tavalero, and Melissa Fenner. Several parents and athletes were also in attendance.

Debi welcomed all the parents to the meeting. She advised that the pamphlets that the boosters handed out at the door is a great resource for parents because it contains maps, race day nutrition, information on the coaches, and the Capital Crew website.

Debi handed out the revised By-Laws for 2006 to the parents and explained that we would vote on them tonight. She also stated that the by-laws are available on the Capital Crew website.

Bob Whitford explained the relationship between the Aquatic Center and Capital Crew. He explained that the Aquatic Center was responsible for the equipment that the rowers use and for the coaching staff, and that Capital Crew Boosters are there to support the athletes.

Bob further explained that Bureau of Reclamation owns the water and dam, the State Parks own the land, and ASI owns the building and the equipment. The Aquatic Center staff works for the Sacramento State and the Student Body overseas the Aquatic Center.

Bob stated that the Aquatic Center has the finest training center because of the four miles of water, low wind, and state of the art docks. Sacramento State athletes, Masters (recreation and competitive), Junior rowers, Physical Education classes, and the general public use the facility and the equipment housed in the boat house.

Bob further explained that the Junior Rower Program is open to everyone (inclusive program). The US Rowing Association defines Junior as any athlete under 19 years old for the year or under normal matriculation. He also stated that the program is open primarily to high school students, yet some junior high students have been a part of the program.

Bob explained that the fees to the Aquatic Center help cover lighting, housing, and equipment. He also explained that the Capital Crew Booster is a 501 tax exempt non-profit club. The sole purpose of the CCB is to provide support to the junior athletes through food at the races, financial aid for the athlete's fees, and financial assistance when rowers travel for regattas. He also mentioned the one fund-raiser, the Erg-A-Thon; the CCB does in order to raise money to purchase boats and oars that are cared for by the Aquatic Center staff.

Bob further explains that all the equipment is shared amongst all athletes, and the equipment costs around \$30,000 for a boat along with additional funds for the oars and coxswain box that go with the boat.

Bob stated that if the parents need any assistance by the Aquatic Center staff they can contact himself, Brian Dulgar, or Cindy Dulgar via email through Sacramento State or Capital Crew web site.

Bob closed by asking parents to be careful when picking up their children following the time change because it will be darker at the Aquatic Center. He advised that lighting will go up shortly for the safety of the rowers as they leave from practice. He asked that drivers be courteous to one another, and that no one park on the dam road or leave their car unattended on the dam road. He explained that the Bureau of Reclamation needs access to the dam road at all times and any cars left unattended may have to be towed.

Liz Connors, the Vice President of Activities, spoke to the parents next. She spoke about the end of the year Banquet, where there is an awards ceremony, a dinner, and socialization. She advised that she may need volunteers to assist her in putting it together.

Liz also explained about College Night, which will educate athletes and parents in the process of seeking Universities to row at once they graduate

from high school. The date for College Night has not been determined, yet it will be posted on the Capital Crew web site once it is determined.

Liz talked about Parent's Day and what a success it was last year and how all the parents had so much fun learning how to use the Ergometer and rowing in the boats. She stated that the boosters provide lunch for the parents at this event. The date for this has yet to be determined; however, it will be in the spring season; check the web site for the date of the Second Annual Parent's Day.

Liz informed the parents that the Boosters are sponsoring a Health Night. This will be a new event where parents and athletes alike can come to the Aquatic Center one evening and learn about the nutritional needs for the athletes along with tips for preventing injuries. The date of this event will also will be posted on the web site.

Liz explained that on Race Day it is best to park in the lot if there are only a few crews racing; however, there is overflow parking in the Parks and Recreation lot next door and across Hazel in the hatchery's lot. She stated that parents may want to watch from the finish line where they will find several of the boosters gathered when we have a small regatta. With the larger regattas the boosters and parents often gather at the tent alongside the water under the cotton tree for social and coffee, hot chocolate, or tea.

Liz advised that parents wear comfortable clothes and dress in layers especially as the winter months approach because it can be quite cold in the morning. She showed examples of proper clothes to wear and suggested parents bring a water-proof jacket and chairs. She also advised parents that it is easier to see the boats with binoculars and not to forget the camera because there are plenty of opportunities to photograph their athletes.

Leslie, the Vice President of Fundraising, spoke next about the Erg-A-Thon, which will be held on November 18, 2006 at 7am inside the boat house. She stated that rowers are encouraged to send out donation letters to 10-15 friends and family to elicit donations. She explained that this fund raiser helps the CCB not to nickel and dime the families, and allows friends, grandparents, and the community to support the athletes. The funds from this fundraiser are used to pay for the food for the athletes at every regatta, travel expenses, and new boats. She advised that the notices will go out next Monday. Leslie also suggested that donators inquire with their employers as

to whether or not they have a gift matching program. The alumni also have been contacted to contribute towards this event.

Peggy, the Treasurer, spoke about the booster's budget for the upcoming year. She handed out a copy of the forecasted budget for the 2006-2007 seasons. She noted that the Erg-A-Thon fundraiser is the booster's largest source of revenue. After parents had a few minutes to look at the budget, she asked that the budget be approved. All parties involved approved the 2006-2007 Capital Crew Boosters Budget.

The Parent Coordinator, Mary Jo Herman, spoke with the parents next. She thanked all the parents who filled out the questionnaire form their athletes took home, and she stated that she had additional forms in case any of the parents still wanted to volunteer.

Mary Jo explained that a lot of things need to be done to support the rowers on the teams. There are more volunteers needed to help feed the rowers on race day and to help at the finish line for League Races. These two roles can be done in shifts, which will allow parents to focus on their children when they are racing. She stated that parents are always welcomed to stop by the food table at the Aquatic Center and volunteer because it is time consuming to put the peanut butter in their cups and cut bagels and tomatoes. She explained that the athletes don't graze all day, that they need to wait for the coach to release them to eat their breakfast and lunch and volunteers are needed at those times to help disburse food to 132 hungry athletes. She pointed out that Lisa and Kathy are responsible for the Food and Hospitality and provide breakfast and sandwiches and pasta salad for lunch.

Mary Jo informed the parents that during Championships an annual BBQ is held for the parents under the tent at the cotton tree. She stated that it is a great way to meet the other parents. Daphne Harmon and her husband have cooked for the parents even in the rain.

Mary Jo advised that there is a need for volunteers to assist with the web site and yearbook. Currently Debi and Charlie are responsible for the web site, yet they need help with the site and the yearbook both.

Mary Jo also explained that more volunteers are needed for the Board because six of the eight members are leaving after this year because their

athletes are graduating out of the program. This means that all six positions will be open for next season.

Debi spoke and advised all parents that Lori, (who was unable to attend) Logo Wear Chair, is often selling logo wear at the races. Samples of the logo wear and an order form are available on the web site. She also pointed out Lorraine Allen, the Secretary, who was unable to speak because she is currently taking minutes on the meeting.

Charlie Painter, Alumni/Historian, Website Coordinator, and Photographer, spoke about his role with Capital Crew Boosters. He spoke of his daughter and son who did crew during their high school years and into college. He developed a passion for rowing and is licensed at sculling.

Charlie stated as the Alumni/Historian his role is to gather historical facts, organize Alumni Day, maintain Alumni lists, and advise the board as requested. He spoke about the 180 Alumni that he is in contact with and how 2/3 of them still love and support the program. Many of them attend the annual reunion held shortly after Thanksgiving each year at the Aquatic Center; however, it was initially held in his home by his wife and himself.

Charlie pointed out the old news articles on the Capital Crew athletes and alumni. He read a quote from Vanessa Tavalero, the novice men's coach, about how she wouldn't go into coaching. He said that he loves to tease her about the quote.

Charlie also spoke of the Whipple sisters who were Capital Crew athletes that went on to the University of Washington and UC Davis. Both the Whipple sisters were coxswains; Mary went to the Olympics and won a silver medal along with her teammates. She also coached for Capital Crew before moving on to a position at Berkley. Sarah her sister is the women's novice coach at Sacramento State, and she also coaches during the summer at the Aquatic Center's Development Camp.

Charlie pointed out that Dave Hayashi, the Varsity Women's coach, was one of the founders of Capital Crew. He found a yearbook from 1988-1989 in which there were only 3 novice men, 8 novice women, and 0 varsity. The program has grown quite a bit from its early beginnings.

Dave Hayashi, the Varsity Women's coach, spoke next. He thanked everyone for attending the meeting tonight. He talked about how the coaching staff are former Capital Crew rowers. He also stated that Capital Crew is a great program and asked that all parents get involved.

Dave spoke about the Erg-A-Thon and how we need to do well on it because it is the main source of funding for the boosters.

Dave also advised that he and the coaching staff will be more than happy to speak to the parents regarding their rowers, and that he is looking forward to a great season with Capital Crew.

Debi spoke of Dameon, the Varsity Men's coach. She advised that he is currently back in Boston with the men's 8+ for the "Head of the Charles."

Melissa, the Novice Women's coach, said the girls are doing great. She is seeing great progress as they are doing full tide strike. She briefly explained a full tide stride to the parents.

Vanessa, the Novice Men's coach, said the guys are also doing well. She has them in the 8's and they are rowing down past the island. She stated that they are working hard on both the land and the ergometers.

Debi emphasized that the Capital Crew Booster Board meet every third Monday in the same room.

Debi asked for a motion to approve the 2006 By-Laws. The 2006 By-Laws were approved by everyone in attendance.

Debi stated that Lori Rediger, Kathy Taylor, and Claudia Cypher are on the nominating committee that looks for new officers to serve on the board. She asked if anyone wanted to volunteer for the board, yet no one volunteered. She stated that anyone is welcome to join the board at the meetings.

Daphne Harmon stated that anyone can follow the Head of the Charles Regatta in Boston online through video streaming.

Bob suggested that parties interested in following the regatta, Google Head of the Charles. He said that there will be two days of racing for the Junior

and Collegiate teams. He explained that a head race is a staggered race where each boat is competing to have the best race time for their meet.

Debi called the meeting to a close at 9:05PM.