



BFAB Meeting  
May 17th, 2015

### **Jamie Bartlet for Acceleration North**

Sports Performance Training Center

Lexington and 694

Around since 1991

Youth - focus on form and mechanics - how to move correctly - build strength

Train athletes to become more efficient (correct movement)

Teach form of mechanics first (lift needs to generate power with arm action.)

### **Meeting Minutes**

- The monthly board meeting was called to order at 7:23 PM.
- Board Present: David Bolnick, Rob Evans, Dan Spriggs, Greg Mitchell, Jason Hagen, Chad Gillard
- Members Present: Angie Karlson

### **Approval of Minutes**

The minutes from the April 09, 2015 meeting were approved.

### **Old Business**

- MYAS flag program - Rob suggests not using them this year.
- Phone conversation with Irondale/Mounds View - may meet after
- Email address created.
- Flag football - should we expand to 3<sup>rd</sup> grade.
  - Parent feedback from 4<sup>th</sup> grade parents that they may want it too.
  - Want competitive program. Authentic football
  - Can we teach football without equipment?
  - Light numbers at 3<sup>rd</sup> (now 4<sup>th</sup> grade) 14 kids last year
  - Goal is to get kids to love football - this will
  - Proposal:
    - K/1 in-house league
    - 2/3 in-house league - try to get other communities to play - open up to MV, Irondale
    - Work on 4<sup>th</sup> for future years.
  - Motion made
  - Discussion - motion adjusted.
    - K/1 intended for fun
    - 2/3 competitive - focused on football.
      - Others can join - may find other teams to play
      - First two weeks - skills, then split.
    - Work on 4<sup>th</sup> for future years. (tackle)
  - Motion Passed - Now need to generate a ton of interest.



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- Structure of NFL Flag (2<sup>nd</sup>/3<sup>rd</sup>)
  - Rob suggests we start with NFL Flag program.
  - Cool flags and Jerseys
  - Includes insurance

Open to all - Rob to contact MV and Irondale.

Use Structure of NFL Flag Program

Discussion

Safety is top priority - use excess funds from registration to purchase better equipment for when these kids join tackle football.

Budget reflects savings for safe equipment.

Pricing

- K/1 - \$50 (same)
- 2/3 - \$70
- Tackle - \$175

Registration fee -

- Flip so parents play fee.

Discussion on helmets - how much can we allocate for better helmets - are we saving enough.

Meeting was running long, so no board member updates.

**New Business**

- Michelle to run flag - Everybody agrees she did a great job last year. Need someone willing to be present at board meetings.
- Carl Nowlin donation on June 20<sup>th</sup>?
  - Not from football, but think it's a good cause.
- Fundraiser at DQ Monday night!
  - Tess will sell apparel!
- VP is looking into On-site Medic at games.
- Jason to send out fliers/registration setup.

Motion to adjourn at 9:22