

BOARD MEETING

NEWSLETTER

DANA RUNNING FOUNDATION

COACHES:

- Boys Co-Head Coach:
Coach Dunn
- Boys Co-Head Coach:
Coach Noonan
- Girl Head Coach:
Coach Spina

EXECUTIVE BOARD:

- President: Audra Smith
- Vice President: Chad Nammack
- Secretary: Amy Barranco
- Treasurer: Charis Williams

MEMBERS AT LARGE:

- Michael Hunter
- Britt Ivarsson
- Tanya Markow

DISCUSSION:

COACHES REPORTS:

Coach Noonan: It's been a great summer so far! Training camp is progressing well and we just finished our first 3-mile time trial. We will be taking 8 athletes to Big Bear for a high-altitude training camp from August 5-10. The boys have been making some great progress and are coming together well. We've had 10 incoming freshman participating in the summer camp and it is shaping up to be an interesting season for the Dolphins.

Coach Spina: We have had an impressive number (minimum of 20) of girls out each morning participating in the summer training camp over the last four weeks! The girls have gotten to enjoy parts of San Juan Capistrano, San Clemente, Aliso Viejo, Crystal Cove State Park and Newport for their runs! We are working on living up to our name Dana HILLS, by tackling some of Orange County's hilliest trails each week! We spend each day working on our pre-run warm-ups, and post-run SAM exercises and stretches. The girls now understand the structure we will follow for their season: endurance (base-building), strength, speed and peak! As a team, we have discussed new uniforms and team warm-ups, and the need to fund-raise this year to make those happen! As a group we are looking forward to our upcoming Big Bear Trip, and to starting our competition season!

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DISCUSSION CONT:

TREASURER'S REPORT: Account balance as of August 01, 2024: \$32,986.35. Deposits of \$2,145.72 and disbursements of \$44.76. Deposits are PayPal and Venmo cash outs for summer camp. Disbursements are for website expense. Most summer camp donations have been paid but there are a few that haven't paid. Coaches have been notified.

OLD BUSINESS: Budget: The budget is still being fine tuned, but is coming together nicely. Although prior years budgets were greater, because we had higher account balances, this seasons budget will be more conservative as we have less to work with balance-wise.

NEW BUSINESS: Fundraising: Because we are starting the season with a lesser balance, fundraising will be on the forefront of all newsletters. Years past we had held higher account balances which allow the foundation to cover more costs such as trips, transportation, lodging, team meals, spirit wear, equipment, physical therapy, stretch clinics, etc. and not have to pass some (or all) of these costs onto the athlete. While some questioned why we held a higher balance, this was our reasoning and a very valid one. With additional funds we could not only absorb many of these costs or reduce what athletes would pay, we were able to cover our fixed costs such as insurances, coaches stipends, etc. - costs that are non-negotiable or discretionary. We were also able to keep the donation amount low (the lowest of ALL sports at Dana). With higher balances we were able to provide the opportunity for students to do a sport that they otherwise would not have been able to do due to financial reasons. In short, we could cover that athletes season allowing them to run and be a part of a great program! Donations are voluntary, yes, they have always been voluntary however every penny of every donation helps us fund a season, a program, and a sport for ALL athletes. High school sport non-profit status is an honor and hard to come by. As such, we are very privileged

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DISCUSSION CONT:

NEW BUSINESS CONT:

to be able to retain our non-profit status and carry on the tradition of this amazing program whose focus is to give back to the athletes.

Yearbook: The vendor who provides our annual season yearbook has reached out and will be providing a quote. At which point the green light has been given we will need to identify parents who are willing to take lots of hi-res photos for the yearbook. More on this, and a link, later. As always, our secretary will work with coaches and the vendor on season stats which means that Amy will work closely with Coaches Noonan and Spina to gather times after each meet and record them in the spreadsheet that gets turned into a PDF and placed in the yearbook.

Banquet: Unless anyone has any objections, we will book the Laguna Niguel Recreation Center (again) for this years banquet. This will need to be booked on or before September 1st. Objections must be shared with the president prior to that date. If no objection is voiced before September 1st the center will be booked.

GOOD OF THE FOUNDATION:

Do you have a suggestion for the foundation? If so, reach out to us.

NEXT MONTHLY BOARD NEWSLETTER:

The next monthly board newsletter will be sent out on September 03, 2024.