



## Niagara Association Board Meeting

October 17, 2022

The October Board meeting of the Niagara Association was called to order by President Russ Ebbets at 7:32 pm EST. The following Board members were present: Russ Ebbets, Michelle Bogdan, Jacky Mendes, Don Lawrence, Jim Glinksy, Kathy McLymond, Eric Boyce, Mike Neir, Kraig Conner and Rozanne Redlinski. Izeal Bullock joined that meeting at a later time and Fred Covelli was absent.

1. Approval of the minutes:

Kathy McLymond made a motion to accept the minutes of the Board meeting on September 12. Don Lawrence seconded the motion and the motion passed with one abstention.

Kathy made a motion that the minutes of the Special Board Meeting on September 26<sup>th</sup> be approved. Don seconded the motion and it was approved.

2. President's report:

Russ has filed the sanction and club information and is awaiting grand payment from the AEC. The JO council Zoom calls are scheduled for this week.

3. Treasurer's report:

Jacky Mendes remarked that she is making her way through the paperwork. She asked how many years she needs to keep the papers on file. It was recommended that she keep 10 years of papers and was given permission to discard anything older than 10 years. She also asked to the location of the checks.

4. VP reports:

Fred Covelli : Fred was absent so there was no first VP report.

Michelle Bogdan introduced herself and said that she was willing to do any VP tasks that would help the Association. She is interested in helping with grants.

5. LDR:

Eric said that his LDR season was winding down with the last race on November 6<sup>th</sup>. He is working on the schedule for next year with several members of the Board.

Kathy McLymond congratulated Eric on an excellent High Performance presentation.

6. Membership:

Jim Glinksy did not present any membership numbers since his last report was 2 weeks ago. He did say that he was in contact with Dave Shrock and was given permission to attend the

convention specifically for the Association membership meeting. He does not have to attend the entire convention.

7. High Performance:

Don Lawrence stated that the next High Performance Zoom will have Roger Roll as the speaker. He is one of the officers of Checkers running club. Roger will be discussing Strength Training for Runners.

Don also said that he and Russ are developing a set of recruiting zoom videos for parents and coaches that are interested in getting Youth involved in USATF. They will be on various topics such as the steps for registering for a meet, how to form a club, and what to expect at a meet. This will hopefully be a template for other Associations to use for their recruitment needs.

8. Youth:

Izeal joined the meeting at this time to answer questions about the Cross-Country meet on November 6<sup>th</sup>. The meet will be at Watson Woods in Painted Post.

Izeal told the Board that he has reached out to 7 people to find out their interest in serving on the Youth Subcommittee. He contacted some of the people that did not win an "at-large" position in the election.

9. Officials:

Kathy had nothing to report.

Old Business:

Annual Meeting: Rozanne reported that 12 people will be attending the convention representing the Niagara Association. We will be meeting during the convention to share experiences and planning. Rozanne recommended that attendees sign up for the Hall of Fame dinner. Several of the Association members are up for awards and we should be there to show our support.

Please remember that there are a couple items you need to do to get reimbursement for your registration fee. You need to write a short summary of your meetings and an itemized expense list. These will need to be submitted to Rozanne by the 14<sup>th</sup> of December so that the Treasurer can pay us in the 2022 calendar year.

New Business: Mike and Kraig gave the Board a short Bio of themselves. We welcome all new members to the Board.

Secretary: Rozanne Redlinski