



PO Box 645, Nampa, Idaho 83653-0645
www.SpikeUpAthletics.com

SPECIAL MEETING MINUTES

September 20, 2025

10:07 am – 12:45 pm MST

Voting Members Present

Daniel Bates - President

Katie Thayer - Secretary

Linda Fischer – Treasurer

Stephanie Albert – At Large Board Member

Call to Order

Daniel Bates called the meeting to order.

Roll Call

The following individuals were in attendance:

David Armitage

Robert Thayer

Lorenzo Washington

Julie Washington

Discussion/Vote - Prior Meeting Minutes

Daniel Bates requested that the board review the regular meeting minutes from August 18, 2024, for approval. No questions, comments, or adjustments were brought forward. A motion to formally approve the minutes was made.

Motion: Katie Thayer

Second Motion: Linda Fischer

Vote: None opposed

Motion approved

Financial Report

Linda presented the budget and financial report for the period of January through August 2025. Linda reported a total of \$15091.94 of available funds.

Summer season expenses were \$2157.20.

This season the club also had a big purchase of the trailer. The total for the trailer was \$5733.91. Everyone present was super excited to have it and are excited to be able to utilize it during the upcoming years. Daniel brought up the idea of getting it wrapped or some type stickers put on it as a way of advertisement. He may have someone who can help us with it through work contacts. Rob also said he got it cleaned and organized a week ago so will be ready for winter season.

Linda shared financial balances as of 9/20/25, which were:

Business Savings: \$2077.25

Operating Account: \$6362.81

Pool Account: \$2077.25

PayPal Account: \$7159.41 with a reserve of \$1393.00 for uniform deposits.

Rob did bring up that he needed a webbing bag and a shorter handle for the for the girl's weight along with a boy's outdoor weight. The cost for both items was approximately \$500. Dave did not need anything as was okay with Rob getting the above things. Linda motioned to approve the expense. Daniel seconded.

Dave discussed how his meeting went with D1. For 21 athletes at 26 sessions the cost would be \$4725 or \$10 per session. Dave is super excited because of the detailed training the athletes

will be getting to include Olympic lifts, plyometrics, strength and conditioning. Once registration closes, he will let D1 know our final count. Athletes will also get a discounted rate to continue training afterwards. Dave wants to also make sure to let parents know during the meeting that they are paying for D1 regardless if the athlete comes or not. Also want to make sure athletes let coaches know if they are doing any type of lifting at school to avoid injury.

None of the attendees had further questions or concerns with the financials as presented.

Altitude Sports Recovery

Katie briefly spoke about what Altitude offers. The owner, Sean Weatherston, was a triple jumper as Ricks College so track is near and dear to his heart. For his recovery location he offers cold plunge, infrared sauna, compression boots, lasers and assisted stretching. The cost ranges from \$20-100. Katie told the board and attendees that she would reach back out to Sean to see if there could be some type of deal and if he could speak at the Parent Meeting about his services. Lorenzo believes his son participated with Spike Up for a season so he should be somewhat familiar with us.

Coaches and kids van expenses

Linda expressed how she would like the cost of the van expenses to be shared among everyone participating in the meet, "The coaches are traveling to coach all the kids and not just the ones traveling by van". Lorenzo did let us know that we would not need to change bylaws as this is already at the coach's discretion. Everyone agreed that this is a great idea.

Rob and Dave also mentioned that they would like to look into using a charter bus for the Reno and Spokane meets. The cost would not be that much more if the bus was almost full. They both express concern for safety, cost, performance, and liability to Spike Up. Dave has worked with a bus company while coaching for middle school and said he would reach out for quotes.

Recruiting additional coaches

Linker can help with jumps for 2 days during winter. Dave would like to get another sprints coach that way he can split his time between sprints and hurdles. Social media and word of mouth may work best. Lorenzo will look at prior college athlete rosters and will see if we can recruit that way. Will also run an ad on social media.

Pre-Winter Season Planning

Dave discussed Nampa School District Facilitron and In-Kind forms. Coaches need to take pictures of anything they do to better the school facilities. The pictures can then be uploaded. This will help us maintain the rate of \$13 per hour. Dave will also send out the log in and password for above. Dave was also given the TIN to upload.

Tentative practice schedule was discussed. It cannot be finalized until we know for sure what days we will be at D1. As on now its as follows:

Monday: Outdoor at West. 4:30-6:00

Tuesday: D1. 5:30-6:30 for grades 7-10. 6:30-7:30 for grades 11-12 and Throwers.

Wednesday: Outdoor at West. 4:30-6:00

Thursday: Plyos at Sage Valley. 7:00-8:00

Friday: Outdoor at West. 4:30-6:00

Saturday: D1. 11:00-12:00 for grades 7-10. 12:00-1:00 for grades 11-12 and Throwers.

Dave let the board know about the meets for the winter. He wasn't sure if Stacy Dragula would be having one. If so, everyone agreed that if an athlete wanted to participate it would be on their own doing, Spike Up could register them. The tentative Competition schedule is:

Holiday Invite in Reno. December 27-28. Middle School can attend.

Spokane High School Invite in Spokane. January 23-25.

Association Meet in Pocatello. February 7. Middle School can attend.

Simplot Games in Pocatello. February 19-21.

Now that we have dates Stephanie will start looking at Hotels and getting them booked. Will also get pricing for vans. Lorenzo recommended reserving hotels and vans ASAP. He said he usually booked Holiday Inns due to breakfast and having meeting spaces.

For travel uniforms Katie is going to reach out to Ashleigh at Rival to get more information on how to order, pants without a band and finalize pricing. Will also reach out to BSN and Idaho Shirt company to get pricing.

Other Important Business

Nothing new or relevant business brought to the table by the board.

Lorenzo spoke about Fundraising and mailing lists.

For fundraising he had the suggestion of doing a golf scramble and scavenger hunt. Everyone thought a scavenger hunt would be fun for the athletes and their friends. The golf tournament is time consuming and generally take 6-9 months to plan out and is labor/planning intensive. It

however can make a good profit. Would need help from parents, athletes, and community members to run holes, sell tickets and try to get prizes.

Lorenzo did some research on the cost of mailing, and it could range from \$.14-.60 for nonprofit pricing, that does not include the price of printing was. Julie said bulk mailing can be a pain. This would be a way to reach lots of people and can use it as a fundraiser along with getting out name out. So would need to weigh that with the cost of the mailing. Stephanie was going to get some information from a family member who does this type of thing.

As far as the above the board was going to think about the above items Lorenzo spoke about.

Meeting Adjourned

Meeting adjourned at 12:45 pm by Linda. Stephanie seconded it.