

Minutes

Tuesday, August 17, 2010

Call To Order: 7:15 PM

Attendance: Jessica Dizazzo, Craig Heitson, Sharon Kozey, Dave Lavoie, Keith O'Hara, Allan Rawson, Jeffrey Rawson, Kathie Rawson, Christine Rukstela, Debbie Spinelli, Amy Williams

Absent: Troy Gladu, Tony Russo

1. Welcome: Allan Rawson began the meeting with a brief opening statement. Introductions were made and each attendee provided a personal description of their careers and reasons for interest/involvement at the meeting.
2. Introductions: PLEASE SEE ATTACHED CONTACT LIST FOR ALL MEMBER INFORMATION

Jessica Dizazzo- Our youngest member. Graduate of UConn- has a BS in dietetics and an Associate's degree in hospitality/restaurant management; high interest in diet and nutrition- currently preparing to become a RDE.

Craig Heitson- Contracts Administrator, involved in NE district soccer for decades. Currently a soccer referee and coach. Deeply involved with Stafford soccer program. Advocate for children of all ages.

Sharon Kozey- Enjoys a career as a grant writer. Actively working with children. Former NECONN board member, Eastford town representative. Sharon is a former NECONN soccer coach who has children currently playing in the NECONN soccer program.

Dave Lavoie- CT State Trooper who is also part of the Quality of Life Unit. Works in youth programs. NECONN director, travel team coach and father of four NECONN soccer players.

Keith O'Hara- Professor at Becker College. Involved in multi- generation family publishing company. NECONN travel team coach and father of multiple NECONN soccer players.

Allan Rawson- Founder of Putnam Youth Soccer, one of the founders of NECONN Soccer, past president of NECONN and former member of NECONN board of directors. Former Putnam Middle School Soccer coach. Coached multiple NECONN travel and rec teams. Father of two former NECONN soccer players.

Jeff Rawson- President of Rawson Materials. Member of Putnam Rotary, Vice President of Arc of Quinebaug Valley, QVCC Foundation Board and other volunteer organizations.

Kathie Rawson- Former Transportation Coordinator for the Town of Putnam, an IIN Certified Health Counselor and former math tutor. Mother of two former NECONN soccer players.

Christine Rukstela- Member of NECONN board of directors, NECONN soccer registrar, NECONN travel team coach and mother of two NECONN soccer players.

Debbie Spinelli- Athletic Director for Thompson Public Schools, also a physical education teacher. Current Tourtellotte High School Girls Soccer Coach. Past president of NECONN. Has two daughters who played NECONN soccer.

Amy Williams- Fitness and Strength Trainer, director of Silver Sneakers Program. Multiple national fitness certifications. Works with clients of all ages. Also an IIN Certified Health Counselor.

3. Purpose of Organization: To provide equal opportunity for children of all economic backgrounds to experience professional training and wellness in the areas of health, nutrition, fitness and sports.

4. Naming of Organization: It was suggested a “catchy” acronym be used. The name, The Youth Wellness Academy of Eastern Connecticut, was mentioned. Members were asked to think about a name before the next meeting.

5. Mission Statement: To promote youth wellness through education and instruction in the areas of health, nutrition, fitness and sports.

6. Strategic Planning Consultant: Jeff Rawson had information concerning Tom Reynolds of Reynolds Consulting, LLC, who offered his services at a reduced rate. Keith O’Hara also offered to contact a personal friend of his who is a planning consultant (he may also be available to our group at a reduced cost). The Planning Consultant will help us select/create a name, a Mission Statement, Core Values, Goals and a Vision for the organization. A workshop will be held to help complete these tasks.

7. Election of Officers: To be determined at a later meeting.

8. Formation of Committees: Specific names of potential new committee members will be presented at the next meeting. Assignments to committees will also take place at a later date.

9. Additional Members: We are especially seeking attorneys, accountants and/or other professionals in the business field.

10. Organizing Document: Craig Heuitson will consult his attorney friend to obtain by-laws and other legal information.

11 & 13. By-laws and Filing for 501(c)(3): Allan, Jeff & Kathie Rawson to meet w/non-profit expert Don Sullivan, Principal and CPA from Sullivan & Co (Providence, RI) to file necessary documentation to officially/legally establish our nonprofit status.

12. Budget: Tabled

14. CT Association of Nonprofits: More information needed on the topic.

15. Facilities: Map of River Junction development (Canterbury and Brooklyn property) shown. Star Hill Athletic Facility and the need for an indoor facility discussed. Initial transportation methods were discussed.

16. Funding: The Rawson Family Foundation has \$600,000 available over a 15 year time period. Sharon Kozey discussed the availability of grants and the advantages of partnering with local schools for grant money. Christine Rukstela has a power point presentation prepared that may be used when soliciting corporate and private donations. Holding soccer tournaments as an additional fund raising option was also discussed.

OPEN DISCUSSION: Due to inferior training and a lack of continuity between individuals, the use of parents as coaches will be avoided. Challenger Soccer Group was mentioned as paid trainers. It was noted that all of their instructors are college graduates and physical education teachers. The difficulty of finding volunteers and “winning at any cost” was also discussed.

Star Hill offers a youth program that exposes them to multiple sports.

Jeff Vagell (from Soccertoons) offers workout music that the kids enjoy as part of his soccer fitness program. Will seek more info on this program.

Is there a YMCA connection to our program? Is there a benefit to working together with them to achieve our goals? Allan & Jeff are scheduled to meet with Kevin Washington (CT YMCA director) and Ron Coderre on August 26th to discuss this.

It was agreed that as we begin, the legal and finance committees should get top priority.

17. Meeting Dates: Meetings will be held on the 3rd Tuesday of each month. **Next meeting date is Tuesday, September 21st- 7:00 PM @ the Rawson’s house, 210 Chase Rd in Putnam.**

18. Meeting adjourned at 9:38 PM

Minutes submitted by Kathie Rawson & Christine Rukstela

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