

Westwood Football Booster Meeting Monday, March 30, 2009

Chris Freeman called the meeting to order at 6:32 p.m. and opened with our motto:
“Do the Right Thing.”

Covered the bracelets again that all the players have been wearing that say:
“Pride – Integrity – Sacrifice - Teamwork” “P.I.S.T.”

Chris Freeman stated the minutes of the 2/23/09 meeting were posted on the website for viewing. Corry Johnson made a motion to accept the minutes as written, and Wayne Conrad seconded. Minutes accepted.

Treasurer’s Report – Barbara Buchan

Barbara Buchan made this month’s report available at the meeting, and handed out a few copies to those who expressed an interest.

Memberships

Westwood Booster Club Membership has never been any higher than 35%, and we have a goal to get at least 75% of the players’ parents to participate this upcoming season. We need to continue to get the word out to sign up for the Yahoo group, promote the Football website, let people know that we will be able to pay dues online, sign up for the golf tournament, sign up for Tatango text messages, etc..

There will be a membership drive at the April 22nd Parent Meeting, as this will be our first contact with the 8th grade parents.

Golf Tournament Fund Raiser

The golf tournament has been moved to Balcones Country Club, which will enable FBC to better develop community support and to support our neighborhood golf course. If enough teams sign up, the FBC would be able to make more money than at Star Ranch. Our goal is to have 36 teams, or 144 golfers, and if we meet that goal, we would triple any previous years’ proceeds.

Al Onderick will set up a link on the Warrior Football website to direct to the link in the golf tournament brochure (membership).

More Fund Raising Opportunities are:

Saturday, May 23rd – Westwood is hosting the 7 on 7 tournament all day at the Palace, and FBC will receive proceeds from the concession stand. Volunteers are needed!

Schedule for Spring and Summer (posted on the website):

4/22/09 – Parent Meeting –Fieldhouse – Mandatory @ 6:30 pm

This meeting will be for all incoming and returning football player parents, and will include meeting the coaching staff, program overview, Warrior gear sales, the summer program, etc. Booster club memberships will be 10% off, beginning at this meeting and for the next 48 hours.

4/27/09 – Spring Football Starts

5/2/09 – Practice and Spring Tailgate Picnic

5/15/09 – Golf Tournament

5/21/09 – Warrior Spring Game

5/23/09 – Warrior 7x7 Game – at the Palace, all day Saturday, need concession help

6/8/09 – 7/23/09 Summer Camp , break during camp will fall on 7/3 – 7/12

8/3/09 – Freshmen report to Camp

8/9/09 – Mom’s Clinic

8/10/09 – Football Begins

8/21/09 – Brenham Scrimmage @ the Palace

8/28/09 – “The Streak Ends Here!” Westwood vs. Lake Travis

Communication

Since the last meeting, Tatango has been set up and members can get text updates sent directly to their cell phones by registering on the Warrior Football website. Still need communication liaisons for classes of 2010, 2012 and 2013.

“In the Wood Shed “ with Coach Wood

The athletes are just finishing up another phase of off-season, and will begin the next phase on April 6th. Spring training will start on April 27th at 7:15 a.m. That week, the schedule will be Tues/Wed, from 3-5:00, no practice on Thurs/Fri, then practice and tailgate on Saturday. By believing not only that we can compete, but we can win, we strengthen the program because we’ve changed our attitudes. The linemen are going to have linemen challenges. Coach Wood would like to see more parents attend practices and see firsthand the intensity of the players and coaches.

Our guest speaker tonight is Coach Luke, a triple threat (track, baseball and football) in his playing days. Coach Luke will give a presentation on our off-season program and athlete nutritional plan.

Coach Luke

Coach Luke has a solid strength and conditioning background, with many resources at the college and professional levels. The weight room is the center, or the “equalizer” of being an athlete. Our football program is better than it has been in years past. Coach Luke’s philosophy is to strengthen and condition the athletes to improve overall athleticism and to be injury free. Proper technique is taught to be key. A short couple of years squatting 300 pounds was a “big deal”, and now that’s been increased to 400 pounds.

There are five phases of the off-season consisting of weight-lifting, alternating between weight-lifting and agility/endurance, football plays/drills outside, spring training, etc..

Testing is done in five areas: strength, speed, agility, explosion and condition. The testing is done four times a year, in November at the end of football season, February, April and August.

Workout cards are kept so that players and coaches can see the progress being made, and are available to parents thru Coach Wood.

Meeting adjourned at 7:50 p.m.