

NSSC Agenda - January 3, 2014

In attendance: Kara Luett, Angie Carrera, Sharron Gephart, Michael Harrington, Henry Latham, Dena Rucker, John Kuhl, Brian Fairfield, Joshua Curtis, Adam Elmore, Bill Stratman, Dawn Rheingans,

Call to order at 6:04

Secretary's Report (Sharron)

- Review/Acceptance of January 2014 minutes. Motion made by Kara and seconded by Angie.
- Note, no copies need be made, as these minutes are on the website

Treasurer's Report (Kara)

- Review of recent financial activity. Year-end items are at accountants. CD's made low amounts. All accounts are paid with the exception of Sportstown.
- Balance
- CD status, rollover (if deemed appropriate)
- Scholarship checks if needed?

Registrar's Report (Angie)

- 2 rosters are to Angie to date. Feb 28th is due date to Angie for rosters.

Team Reports (Michael)

- Second session at Rivers Edge. High school boys Red 0-2 and Silver 1-1, High School Girls Upper 2-1, Red Giants are 2-0-2, Boys Wild Dogs 0-2-1, U14B 0-3
- U10 girls have new coach Ashley Hamilton. Angie will get disclosure from Ashley Hamilton. U12 girls need a new coach due to Zach Warm being unable. U12 boys potentially moving to U13.

Old Business (Henry)

- Land Committee – Met and have more direction. Henry has made calls to city council and mayor. Henry will speak with Michael and give mayor more direction on upkeep and etc. to offer mayor. Mayor is interested in parks for the community and this may help us. Early in the stages. We may be looking into Long Grove if necessary. BSA has 19 acres to include parking.
- Coaches' seminar – Michael- we need to change the original date of coaches' seminar. Michael is working with the high school to make arrangements. Michael is working individually with specific teams in need.

New Business (Henry)

- IPSL – Registration-any issues?- Julie Edmonds is going to Illowa due to sub issues. Referees were also an issue with IPSL.

- Illowa Registration – update? If reps cannot attend—U13 and up, Illowa is still looking for everyone to register but at this level Illowa will put coaches in a room and have the coaches basically self-schedule to encourage better flexibility. March 22nd was when the date to meet for U13 and up was scheduled to meet and now is March 15th. at 0900 at the Bettendorf public library. You will still put in your dates of availability and the meeting is to put together the schedule. This pushes up Illowa registration to look into available of complexes. *****4 games is \$65, 6 games is \$75, and 8 games are 95. **Final registration for Illowa for everyone is Feb 22nd.**
- Girls teams without coaches. Henry will reach out to the manager to see if there are ideas.
- Conference- Michael attended. Focus on development. Attended wellness and development courses to work on nutrition and development. Club Model management. Implementing a curriculum for player development. Evolution of the soccer warm up. Diet and Maximizing recovery.
- Tryouts and skills evaluation – handouts – meeting with coaches before. The board will be re-vamping the “tryout” process. The handout will include expectations for coaches, players, and parents. Michael is putting together handouts for new players, please send pictures to Michael to jazz up the handouts.
- Cake auction on Friday- at the North Scott basketball game. Theme is superheroes. Superman and soccer is what Holly Loussaert is looking to work on.
- Josh Curtis is looking at an assist coach for his U10 boy’s team. This person is available in spring. Has played for DeWitt. She will need to complete the paperwork. Amy Schultz (sp).
- Taxes: coaches pay. Some coaches who have multiple teams will have to pay taxes. If you are donating back to the team, Kara can write the check directly to the team.
- Michael- difficult to get licensing. **Augustana is offering an e-license course at the end of Feb. The request is sign up 2 weeks prior to course. The licensing structure has changed and more full featured. Can be found on North Scott soccer’s website. Recommend all coaches and assistants get license, the club will re-imburse the course ½ after proof of completion and remainder after 1 year.** See website for further details. Recommend all to upgrade.

Date of next meeting

- Proposed : Monday March 3, 2014

Adjourn at 6:40.

First Aid training to follow general meeting

Remain calm during any situation. Is anyone else in danger during the situation, survey the area? Never hesitate to call 911. It is never a wrong decision to call. Know where you are when you call 911- know the address or general area, cross streets. Walk through issues to

determine “what is wrong”. Such as “I am dizzy”—why did they hit their head, are they hyperventilating. Protect yourself use personal protection equipment, gloves, and masks. Remember your ABCDE’s: airway, breathing, circulation, deformity, exposure. Don’t be afraid to look at things to find out what is going on.

Bleeding- 2x2’s and 4x4’s work well along with applying direct pressure, elevate. Pressure points. With eye injuries wrap up both eyes. When you cover only 1, the other eye moves around more and actually moves the other also.

Ice- slows bleeding, reduces pain. Vasoconstrictor.

Be cautious with ACE wraps-if applied to tight can act like a tourniquet.

Allergic reactions-such as bee stings. Try to identify what they got into such as peanuts, strawberries, snakes.

Poisonings- try to identify the toxin. Poison control number 800-222-2122

Spinal injuries- try not to move the person if at all possible.

Heat and cold exposures- heat exhaustion sweating has stopped, they are dry, and altered mental status, weakness, uncoordinated, dizzy, lightheaded. Get them into shade, air conditioning, hydration without caffeine. Any loss of consciousness or change in mental status should be checked out.

Splinting- Magazines will work in the event of a need. Fractures- immobilize the joint-use cardboard, baseball bat, sticks.

First aid bags should have Ziploc bags with gloves, triangle bandages, 4 x 4’s, tampons, feminine pads.

Keep the person without food or drink if they are injured.

Nose bleed- pinch nose and lean forward. Don’t lean back they will vomit it