

CARA Minutes

Date & Time: March 18, 2009 – 10:00 am

Host & Location: City of Loveland, Chilson Center

- I. **Recognition of Host:** Dana welcomed everyone in attendance
- II. **Roll Call: Full Members (21):** Boulder, Brighton, Broomfield, Colorado Springs, Commerce City, Estes Valley, Foothills PRD, Fort Collins, Greeley, Hershey Track, Highlands Ranch Metro district, Hyland Hills, Longmont, Loveland, Northglenn, Parker, South Suburban, Thornton, Wheat Ridge, Windsor

Associate Members (1): Berthoud
- III. **Associate Member Updates:** Brian reported that Berthoud Parks and Recreation is hanging in there – registrations are low.
- IV. **Introduction of Guests:** no guests in attendance
- V. **Approval of Minutes:** Reed (South Suburban) motioned and Greg (Estes Valley) seconded that the minutes be approved as submitted. Motion passed.
- VI **Reports and Discussions:**
 - A. **Adult Sports – Lenore Knox (Boulder):** the committee met last week after the general meeting and discussed how to raise \$420 for the CARA budget. It was decided to possibly hold some tournaments. Boulder is selling their used softballs and donating all the money to CARA. The committee is also going to hold a CEU training at one of the future CARA meetings. The City of Boulder Risk Manager has agreed to do a training – more information to follow.
 - B **Gymnastics – Misty Gowdy (Commerce City):** Laura Rocchio (Foothills) reported that March 9th was a working meeting to place teams into their summer meet schedules – with the exception of a couple of teams, the schedule is set. The league looked at participation numbers by age and level to determine competition categories. There were only a few changes made. The board is currently working on updating league members contact information, creating the meet kit transfer guidelines and putting together the 2009 competitive season information and bills for the mandatory meeting on April 18th at 10:00am in Commerce City. The videos of the compulsory routines have been posted on the www.caragymnastics.com website. The CARA gymnastics league has formed a committee to forge a better communication and working relationship with the judges association. The meetings take place at 11:00am every second Monday of the month prior to the general

committee meeting. The CARA board offered any help or support with judge's issues.

- C. Hershey Track – Marc Rademacher (Ft. Collins):** Marc reported that he went to Omaha for a regional training/meeting for Hershey. Their goals for 2009 include getting 5 new agencies in each state involved in the Hershey Track program. He has posters if anyone needs them to advertise their local meet. The State meet is June 20th in Fort Collins at French Field. This year's theme is "Celebrate Colorado". An invitation has been sent to Governor Ritter to attend.
- D. Tennis – Vicki Holthus (South Suburban):** Reed Davis reported for Vicki that the hosts for 2009 CARA State tennis have been finalized for the week of July 20th – South Suburban, Columbine Knolls, Highlands Ranch and the Arvada Tennis Center will host the Southern division and Longmont, Loveland, Greeley and Superior will host the Northern division. The state finals will be held on July 24th at South Suburban and Columbine Knolls. The next committee meeting is in Golden on April 8th at 10:00am. Other important dates for the 2009 season are:
- Coaches meeting – Saturday, June 6th at 10:00 am – Northern I in Greeley, Northern II in Louisville, Southern in South Suburban and Metro in Golden.
 - State entries are due to the host sites on July 9 – no exceptions. Payment (\$7.00 per participant) is due to CPRA by July 10th.
 - April 15th, after the main body meeting in Highland Ranch – there will be a Quick Start demonstration of match play at approximately 11:30 at the Redstone Tennis Courts. Please come prepared to play and e-mail Vicki at vickih@ssprd.org if you are staying, so they can be prepared.
- E. Track – Reed Davis (South Suburban):** Meet dates are set, June 13 in Aurora at Hinkley HS, June 27 at Windsor HS, July 11 at Denver South HS, July 18 at APEX (NAAC) and the final meet in Longmont at Everly Montgomery on July 25. Specific locations and maps will be posted online at caratrack.com. Meet assignments were changed a tad due to the loss of a couple of agencies and some new meet hosts. Castle Rock and Colorado Sun Track will not be participating this year – Parker is a new agency and will assist with the high jump event. The coaches/coordinators meeting and training is scheduled tentatively for May 27th, hopefully in Brighton. Each agency is required to have at least one representative at the meeting. If you have an idea for a breakout or training session, please forward to Reed asap. Suggested topics so far – CARA Track 101, Handily Handling the Hurdles, Teaching jumps and throws. Please send in your commitment forms and payment to CPRA as soon as possible. Reed handed out a nomination form for the Art Levy Coach of Character award – please see attachment to this e-mail.

- F. Youth Volleyball – Rich Valdez (Aurora):** Rich sent the following report – The CARA volleyball schedule is currently being proofed by hosting agencies. We should be able to begin registering for tournaments by April 30th. Rich will e-mail all participating agencies when the schedule is available.
- G. Youth In-Line Hockey – Becky Richmond (Golden):** The Spring season scheduling meeting is March 24th in Golden. Participating agencies are Golden, Lakewood, Englewood, South Suburban, Aurora, Broomfield and Longmont. How are agencies doing for participation? Longmont is up 2 teams from last fall. Parker is down in High School teams, about the same in elementary and middle school teams. Broomfield has one elementary team, South Suburban has one team.
- H. Youth Sports – Bobby Warner (Windsor):** The committee will meet in April. We are still working on the logistics of survey monkey and will keep you posted. Sessions for CRPA Conference are due April 30. The volunteer coach of the year application is on the CPRA website.
- I. PP&K – Mike Sexton (Pueblo):** no report
- J. NSC – Kristen Trbovich (Castle Rock):** The state competition is March 28th at 1:00pm the Auraria Events Center at Metro State College. The kids and their families will get tickets to the Nuggets vs. Warriors game after the competition at 7:00pm at the Pepsi Center.
- K. RSC – Jill Nunes (Highlands Ranch Metro District):** The commitment form can be downloaded from the CPRA website and needs to be turned in by April 3.
- L. Fundraising – Marc Rademacher (Ft. Collins):** The committee would like to host a wiffle ball tournament, modeled after the one that Northglenn hosts (selling beer). Marc will get with them to see how that process works.
- M. Financial Report – Jill Nunes (HRMD):** Jill reminded everyone that all monies need to be submitted to CPRA. Jill does not need copies, as she gets a monthly report (that is available at each meeting) from CPRA.
- N. CPRA Update – Bobby Warner (Windsor):** Conference is September 22-25.
- O. Website – Marc Rademacher (Ft. Collins):** the website is up-to-date, but needs more information – please send any adult tournament flyers to Marc so the information can be put on the website. There was discussion about letting CPRA take over the carasports and caratrack websites. The domain fee for both websites is \$150/year and paid until the end of 2009.

To have our website similar to the CPRA website would cost \$2,500. It was decided to address the issue at the end of the year.

VII. Unfinished Business: none

VIII. New Business:

A. CARA Service awards were handed out

IX. Discussion Items:

A. Handling disruptive behavior

Sportsmanship is an issue with both parents and adult and youth participants. Mike with Northglenn mentioned that expectations are so different with adults and wondered if we could get on the same page. We should be letting surrounding agencies know about players that are no longer allowed to participate. There was discussion.

Suggestions for dealing with youth and their parents -

- Have good coaches put on a clinic with an emphasis on sportsmanship and skill building
- Turn off scoreboards when the score differential is more than 20 points
- Don't use scoreboards
- Game over if there is a 50 point spread
- Have supervisor at games to monitor and enforce bad behavior
- Give parent technical fouls
- Have silent Saturday – neither coaches nor spectators can talk during the game
- Time out for disruptive kids – have to meet with director and sign a behavioral contract before they can play again

Suggestions for dealing with adult participants –

- Ejected player can not play for the whole week if they play multiple nights
- Ejection – game over
- Fine player and team before game can continue
- Fines - \$10 for first technical/ejection, then double thereafter
\$25 each technical/ejection
\$50 fine for ejection and no trespassing for 14 days
Umpire 3-man for 1 night

B. Scholarships

South Suburban – need to apply and show need.

Boulder – apply with proof of low income, 50% off registration fee

Loveland – apply with proof (when \$ is gone, no more scholarships)

Foothills – apply with proof, up to 50% off registration fee – good for 3 months, twice a year

Colo Springs – apply, 50% off – when registering, they can choose to donate to the helping hand fund for scholarships

Longmont – apply with letter of need, \$100 per calendar year

C. Creative programming ideas – discussion and sharing

- Broomball
- Dodgeball
- Jump Rope
- TRYathlon
- HS Volleyball
- Fitnastics
- preschool Gym Jam
- after school sports camps - outdoors
- Kickball
- Wiffle ball
- Outdoor 3v3 BB league
- HS Basketball
- MS Indoor soccer
- Dropin gymnastics (5&under)
- Skills camps & clinics

X. Announcements and Door Prizes:

Played charades and gave away prizes

XI Next Meeting: April 15 – 10:00am – Highlands Ranch Metro District

XII. Adjournment:

Brandon (Foothills) motioned and Reed (South Suburban) seconded that the meeting be adjourned. Motion passed. Meeting adjourned at 11:45am

Respectfully submitted,

René Kingsley