

Lafayette Football Booster Meeting

March 13, 2018

- Meeting called to order by Dana Bradford @ 06:33pm
- Board members present: Dana (President), Kacey (VP), Shelli (Assistant), Tom (Treasurer), Shanell (Secretary), Noreen (concessions), Jenn (Web/social media), Shirla, Sandy, and Melissa (class reps).

Athlete Nutrition

- Coach Ruckel, our strength and conditioning coach spoke about proper nutrition and weight lifting goals/schedules for our sons.
- He spoke about the different weight clubs, (800 and 1000 club)
- Importance of eating a breakfast full of **carbs**, (oatmeal, omelet, toast, and apples, veggies, etc.).
- importance of eating a pre-work out meal full of **protein**, (peanut butter sandwich, nuts, cheese, etc..). Dana suggested that the coach inform the athletes of lunch options that will satisfy the protein requirements., and it will hopefully be put in the newsletter as well.
- Importance of eating an after workout meal/snack, chocolate milk is a great source, carbs and protein (P3 snacks were also suggested).
- Coach spoke about supplements. Whey protein is good no more than 20-30 grams post workout, coach highly recommended Casein protein over whey protein by Beverly International and can be purchased at several health food stores in town, it is time released and works on the body while you are sleeping.
- Coach highly **discouraged** the use of creatine supplements, our body makes this naturally.
- Nutrition ratio: protein 40%, carbs 30% and fats 30% daily suggestions. It is also suggested that to maintain body weight you need half your body weight in grams of protein. Example: Your weight is 180lbs you need 90 grams of protein a day to maintain your weight.
- Coach also spoke about player cards. These cards will be a summary of your child's numbers: bench press, squat, 40 yard, vertical, wing span, a head shot and so forth. These cards make recruiting smooth, effortless and they are quickly accessed.
- Have questions?? Text/call/email Coach Ruckel:
859-329-9067 danielruckel@gmail.com

Fundraisers

- Mulch fundraiser is in effect, we are in need of help for our March 24th mulch delivery date. Please email Dana Bradford dbradford718@gmail.com or Annie Jacobs annie.bcg@gmail.com to get signed up to volunteer. We need to know if the parent or player can volunteer, the time frame etc. Please reach out to donate tools, shovels,

wheelbarrows, trucks etc. We do need food donations for our boys during mulch madness delivery days and Noreen will work on a food donation list.

- Spring flowers is a current fundraiser. If you don't have an order form, let your class rep know. We are asking each athlete to sell **10** flowers, price ranges from \$10-\$20 and potted tomatoes are an option!
- Spirit night @ Chipotle April 15, 2018 from 4pm-8pm. Please share this event on your social media, if we get \$300 in sales we profit 50%!!!!
- YETTE camp is approaching. Camp starts in June 2018 for incoming 1st-8th graders. We will send out food donation requests to feed our campers in the near future.

Treasurer report

- We are about 25% of reaching our mulch goal this year.

Question??

- No questions
- If you do have questions/ideas please feel free to contact any board member, we look forward to hearing from our Lafayette parents, children, family and community.

- **Motion to adjourn by Dana Bradford @07:34/2nd by Susanne Buchanan.**