11-17-18 AIC meeting notes

Ideas on Health Awareness

1. Water awareness
2. Good eating habits – veggies, etc
3. Advise other athletes on eating/drinking habits
4. Exercise Station (Fit 5)
5. Challenge other athletes to exercise – with Fit Bands
6. Share fitness ideas with fellow athletes
7. Stress Advice – meeting, sharing choices at games, train coaches on stress mgt, how does this overlap with strong minds?, signage on stress at games
8. Strength training – demo at games
9. Yoga – add to athletes training program
10. Healthy cheers to encourage athletes

Athlete Leader reunion at Summer Games – ideas

1. Target – anyone who has gone through AL workshop in 2017-2019 Summer (Current number 113). Include Board members – all leaders in one space at one time to meet each other.
2. Cookout (hot dogs, picnic food) at SG on Friday evening after competition and before dance
3. Talk about what they have done with training and what they want for future training.
4. Group photo
5. Recap what we have been doing in AIC
6. Ideas on what they would like to see
7. Memory Book idea – what everyone has done (we have a headshot of each athlete who attended a workshop) – Could do a slide presentation with photos
8. 1 – 1 ½ hours
9. After eating, all leaders go on stage at dance to promote AL – all wear their polo shirts
10. Remember accessibility on grass is hard
11. Ask leaders about their view on what is advocacy? Random choosing
12. Flyer with upcoming trainings
13. Excite people to become leaders
14. Update info on each athlete leader (i.e, have a laptop, ipad to update on website backend)
15. Get athletes signed up in FB groups.
16. Working committee – Jonathon, Zechariah, Zachary, Steve, Missy and Jeanne