

Champions of Character
Minutes for Sunday, December 7th
7pm at Rose O'Toole Hall

Officers Present: Colleen Dansart, Dustin Brown, Rebecca Harman, Sam Johnson

Advisor: Chris Miron

Teams Present: Softball, Track and Field, Dance, Women's Soccer, Cross Country,
Men's Volleyball, Women's Golf

Additional Staff: Curt Long

Agenda:

- I. Attendance Booster Ideas
 - a. Past: Speakers-Nutrition, Physical Fitness, Coaches coming in to speak
 - b. Ideas:
 - i. Current coaches coming in to speak about topics may promote team attendance
 - ii. Dietician speaker
 - iii. Have a speaker come in who is within the Clarke/Dubuque community.
- II. CHAMPS t-shirts now available
 - a. Available for \$5 at this meeting
 - b. Advised athletes to promote around campus
- III. CSA grant
 - a. \$2000 grant which has been awarded to CHAMPS for the past 3 years; Due Jan. 25th 2009
 - b. Ideas for this year:
 - i. Music system installed in Weight room and PAC
 - ii. Weight room equipment
 - iii. Refurbish PAC
 - iv. Marquis sign to advertise
 - v. Monitor to advertise events around campus to be put in Kehl Center
 - vi. Ideas also given by Curt Long- suggested to look at a 'wish list' that has been made up over the past few years
 - c. Voted on ideas: chose to propose for a monitor to be put in the Kehl Center for advertising events around campus
 - i. Going green: saves putting flyers around campus
 - ii. Can benefit both Clarke students and fitness pass members
- IV. Service Projects completed
 - a. Dance: went to St. Luke's church downtown to cook a meal for the homeless and less fortunate on Sat. Nov 15th. Cooked and served a pasta meal
- V. Student Athlete of the Month: December
 - a. Nominees: Katie Hemesath (Cross country), Ashley Ihm (Women's Golf), Liz Banke (Softball), Carly Miede (Dance), Paige Kack (Women's soccer), Matt Roth (Men's Volleyball)

- b. Voted **Katie Hemesath** as SAOM for December 2008

VI. Team Updates

- a. Men's Volleyball: Recently had 2 scrimmages and have just finished pre-season practices; will begin regular season in January 2009
- b. Women's soccer: Indoor Tournament coming up
- c. Softball: finished 1st semester workouts; will be prepping for 2nd semester workouts and season when we return from break
- d. Dance: Started performing and cheering at Basketball games; Competed at the Iowa State Dance Competition in Des Moines on Dec. 5th and placed 2nd in the hip-hop division. Will be preparing for performances at games and exhibitions coming up next semester.
- e. Cross Country: Many members are also doing Track and Field so they are prepping for their season.
- f. Track and Field: Just had team and individual pictures, prepping for indoor season beginning in January. First indoor meet will be when we return from break.

Meeting adjourned at 7:35; Next meeting will be January 25th 2009