

RMMHA BOARD MEETING MINUTES – February 12th, 2024

VIRTUAL

7:30PM - 9:30PM

Present: Sarah, Nick D, Amelia, Peter, Sabriena,

Angela, Jordan, Devon, Tom

Regrets: Dale, Brad, Derek, Nick DP

Meeting Start : 7:34PM

Item	Item Description
	Land Acknowledgement - Nick D
1	Motion to start the meeting - Nick D - second - Amelia - passed
2	Motion to approve meeting minutes of January 29, 2024 - Nick D - second - Angela - passed

New Business

Item	Motions and E-motions:
3	Motion to approve payables in the amount of \$45,695.65 - Nick D - second - Angela - passed <ul style="list-style-type: none">- Tournament team volunteer cheques HTH- Ref cheques- Donations- Giants night 50/50- Summer Skates- U18A2 Gift basket refund- U13A1 Trellis draw 25/75- Grad game - hoodies/refs- GSL- Development- Ice Coordinator- PFGS - goalie development
5	Motion to approve moving forward with the Sport Psychology Session on March 7, 2024 in the amount of \$1,000 + GST - Angela - second - Sarah - passed from e-motion Feb 13th, 2024

Item	Round Table:
5	<p>Ice Schedule Update - Nick D</p> <ul style="list-style-type: none"> - 'C' regular season went longer, no PCAHA break, Winter Roundup Tournament, Rustlers Cup has given us an ice shortage - 19 conflicts still remain as of now - Practice ice and home ice times with no games scheduled to be taken away to schedule conflicts - Looking at renting ice at other facilities - Email going out to membership tonight
6	<p>Sport Psychology session for Coaches, Managers and Assistant Coaches - Angela</p> <ul style="list-style-type: none"> - Better to schedule for the beginning of the season? - Budget the cost into next year's budget - Angela to send out emotion <p>Date: Thursday, March 7, 2024 Time: 7 – 8: 30 pm Target Audience: Coaches Cost: \$1000 + GST</p> <p>Session Outline:</p> <ul style="list-style-type: none"> ● Overview – What is mental health? ● The relationship between mental health and sport performance. Why is it important? ● How can we help to promote well-being in athletes as coaches? - Ages & stages ● Assessing mental health ● When and how to refer for additional support ● Resources ● Group Q & A
7	<p>Review the Rustlers Shop from MVP Sports - Angela</p> <ul style="list-style-type: none"> ● https://rustlers2024.itemorder.com/shop/home/ - Pending quote from the hockey shop as well - Apparel committee to look into next steps - Ask if Devon wants to join committee

Meeting End: 8:53PM

Item	Item Description
8	Motion to end the meeting - Nick D - second - Angela - passed