

# NSPO Meeting Minutes

## December 9, 2024 - 6:45PM

Meeting Called to Order: 6:49pm

### Welcome

#### Roll Call:

Krissi Green - Group 1 girls  
Charlie Eng - Boys L3 and L4  
Kelly Matson - L3  
Danielle Johnson - Platinum and Sapphire  
Bri Johnson boys Optionals  
I'm also being Nicole N proxy for girls gold team tonight  
Rachel Fogle girls level 4  
Ferenc Toth  
Valorie Roshia - Girls Optional Group 2  
Ryan Rohloff  
Carrie Thelen

### Competitive Teams

- NSGA Holiday Store & Onesie Orders - Not an exact date, but promised before christmas. They are coming. For both stores, they will not be giving them out to any students. Parents will have to pickup.
- Holiday Practice Schedule - Check out link - switched to daytime hours similar to summer
  - [NSGA Dec Holiday Schedule.pdf](#)
  - Dec 24-25 and Jan 1 - NSGA Closed
  - Jan 2 - Normal Practice times resume
- Coaches Gifts
  - Purchase gift certificates through the SCRIP/Raise Right program for your coaches and staff as holiday gifts. **This GIFT PLAN is COMPLETELY VOLUNTARY!!**
  - **The ORDER FORMS must be turned in by SATURDAY, DECEMBER 21st at the NSGA Office no later than 1 p.m.**
  - **Mark form with a dollar amount for each coach you want to give. Totally fine to do your own thing, and is completely voluntary.**
  - [2024 Coach Holiday Raise Right letter.pdf](#)
  - [2024 Holiday Scrip - Coach Giving List TEAM.pdf](#)
- Boys:
  - December 8th - Boys Kickoff Meet at the Orono Activities Center.
    - All levels competed
    - First time at Orono and teaming up with the MN GymnAct team for equipment. Lots of firsts!
    - NSPO Rep update on first meet at the Orono Activities Center
    - Feedback, venu was fantastic. Only positive things to say.
    - Thanks to parents patience with the gymact equipment

- Girls:
  - Level 3-4, Xcel Silver - NSPO Rep update on competitive season, team progress, events, etc... Prestate partys for level 3 and 4.
  - Question - Any issues with hanging decorations on hotel doors. No names, kept it optional. Just initials.
  - Procedures for washing our team uniforms. Attached are the directions from Dream Big!
    - [DreamBigAthletic Washing Instructions.pdf](#)
    - Please do not add any fabric softeners to the wash. No items should be put through the dryer.
  - November 23-24, 2024 - Turkey Tumble: Westonka High School
    - Level 3-4, Xcel Silver Competed
    - Meet ran smoothly - meet was very successful
    - A HUGE thank you to our parent volunteers! The Turkey Tumble was a huge success and we could not pull it off without them!
  - December 13-15 State Meet (Level 3-4, Xcel Silver) @ MN State Fairgrounds
  - Friday, December 20th - Girls Optional Mock Meet @ NSGA
    - Athletes begin scratch at 4:30. They will go to their 1st event at 5:00pm and begin their warm up and then compete.
    - Ryan has pulled a sanction for this mock meet so it can be used for qualifying to State. The cost of the sanction and the judges fee's will be split among the families that compete in the meet.
  - Saturday, December 21st - Xcel Mock Meet @ NSGA during practice - Same thing as optionals mock meet. Stretch and warmup and compete.
  - Girls Travel Meets
    - January 17-20, 2025 - Windy City Invite: Chicago, IL
      - All Levels compete
      - The meet host has put out a TENTATIVE schedule. This schedule is telling us what day each level will compete. If you are looking at flying, you can base your flights on this:

Friday, 1/17	Saturday, 1/18	Sunday, 1/19	Monday, 1/20
Level 9	Level 3	Level 4	Level 6
Level 10	Level 7	Level 5	
Xcel Gold	Xcel Platinum	Level 8	
Womens Collegiate Meet	Mens Collegiate Meet	Xcel Silver	
		Xcel Diamond	
		Xcel Sapphire	

- All information can be found at: <https://www.windycitygymnastics.com/>
- A group hotel block has been arranged at the Marriott - Magnificent Mile

- Use this link to make your reservation:  
<https://book.passkey.com/e/50928419>
- See this link for information about parking:  
[2024 Special Event Parking Information.pdf](#)
- **Reservation cut off has been extended to Dec. 13th for block discount rate**
- You can choose to stay at the hotel or stay someplace else. Travel to Chicago is on your own.
- This friday is deadline for any level changes. Hopefully final schedule is coming out next week.
- February 14-16, 2025 - Motorcycle Classic: Milwaukee, WI
  - Level 6-10 compete
  - Hotel block will be arranged once we know how many athletes will be attending the competition. You can choose to stay at the hotel or stay someplace else. Travel to Milwaukee is on your own.
- February 28 - March 2, 2025 - Kupets Pink Meet: Savannah, GA
  - Level 6-10 and Xcel Gold-Sapphire compete
  - It is recommended that families book airfare for Thursday Feb. 27th to Monday March 3rd.
  - Here is a link to the meet hosts website:  
<https://www.ckpinkinvitational.com>
- Travel to Savannah and lodging is on your own (make reservations where it works best for you).
  - Options: Hotels, VRBO/Airbnb (If a few families join together, a house can be cheaper than a hotel.)
    - Tybee Island is about a 20 minute drive to the convention center and it's a barrier island.
    - Near the Convention Center

## Volunteer Opportunities

- Gopher Invite (January 10-12, 2025) - Concordia University
  - Sign-ups TBD - this Thursday most likely - sign up one per family.
- Shamrock Shake (March 7-9, 2025) - Concordia University
  - Sign-ups TBD
- Boys Meet - January 31s-Feb2nd - concordia -
- Not worried about having enough volunteer opportunities
- Will offer ITFS for sessions over requirements for those that work over their 4 and 2.
- Pay \$65 per session

## NSGA Slide Show

Reminder to take photos all year and immediately send them to [nsgaslideshow@gmail.com](mailto:nsgaslideshow@gmail.com) of teams, individual and fun group shots

- Include your athlete's name & level in the email

## Fundraisers

- Ongoing
  - Raise Right - Earn ITFs!
    - **Gift cards orders for the holidays, were due December 1st.**
    - Full details are available at the NSGA website <https://northshoregym.org/scrip-program/>
    - Raise Right Order Due Dates
      - Every other Monday by 12:00pm
      - Physical card pick up Thursday after the order date
    - Questions: Theresa Vajgrt [Tvajgrt@northshoregym.org](mailto:Tvajgrt@northshoregym.org)
  - TumbI Trak - [www.tumbltrak.com](http://www.tumbltrak.com)
    - For each purchase made, 10% will go back to the gym to use towards new equipment.
    - Use referral code NORTHSHORE when checking out.

## NSGA Events

- Glow Party - January 24, 7:30-10pm - sign up right after the holidays - during the winter break
- Open Gym:
  - Friday Night 7:45-9pm, ages 5+
  - Preschool - Mondays & Thursdays 11am-12pm

**Next Meeting:** Jan. 13th @ 6:45pm (always the 2nd Monday of the month)

**Open for Questions - Update on new build - no updates yet. Nothing can be disclosed yet. Do not expect to be in until feb of 2026.**

**How do we go about fundraising for all of it. Hired outside marketing team to help. Beam signing, bricks. Various activities around it. Goal is that fundraising will be towards equipment.**

**Meeting Adjourned: 7:15pm**