



KYSA General Board Meeting – MEETING MINUTES

March 12, 2025

6:30 PM

KYSA Training Facility - 130/140 Pier Mac Way, Kelowna

Chair: Jon McClenaghan				Minutes:			
Board Members:						Staff	
	Jon McClenaghan		Stefane Morin		Carlos Pucci		Luis Solarte
	Adil Rajwani		Jason Tucker		Doug Chambers		Cindi Kukler (absent)
	Amanda Scott		Andy Hill		Nick Fane		
	Nicole Watson		Carolina Restrepo		Sean McKiernan		
	Oliver Anstice		Steve Neetz				

	Agenda Items & Discussion	
1.	Review of Agenda	
2.	Call To Order at 6:39 PM	
	Approval of February 12, 2025 Meeting Minutes Minor adjustment needed to chair report regarding "Poaching" - amend to a "Select" Heading.	1. 1.Amanda to amend and resubmit minutes to the Drive 2. Motion to approve by Carlos, 2nd by Carolina
	Business Arising:	Action
	- Administration - will be covered under "Administrator" report - Facility Updates - Sprinkler head covers have arrived in Kelowna - Netting to protect the hot water tank is here. - Installation will need to be sorted out - Jason has a lead on getting us a lift - Kids are excited to get outside - Wall in the boardroom has been put up - One part of a wall has been splintering (kicking the ball at it)- plexiglass? - Volunteers have been assisting with cleanup - a cleaner should not be required if everyone helps a bit	1. Stefane to talk to Andy on how to get netting sorted out

5.	Directors Reports	Action
5.1	Chair (Jon) ● Cindy a huge asset to have on the board ○ Has toured the Facility ○ Super excited to join us ○ She is also an administrator for TOYSL - okay with the board if she does both ○ Had a great idea about a micro-program while she ran WYSA (3-4 year olds) and a paid mentorship program with older players ● OUFc discussion ○ They would like to cancel the training programs but clubs support unlimited promotion of players ○ Vote to come up at the next COYSA meeting ○ Concerns that grassroots players are paying less and playing at a higher level. ● KYSA ○ Duties are so much at the administrative and chair levels - need more paid positions down the road ○ Our fees are low - select fees will have to go up in the future ○ TOYSL schedule still not complete and not ready to distribute - should be ready soon	
5.2	Vice-Chair (Adil) Absent at the time of Director's Reports	
5.3	Administrator (Cindy) ● Sends her regrets for not attending - unwell ● Message from Cindi on her progress as reported by Jon ○ Everything is getting caught up - doing a cleanup ○ 929 registered - push made a big difference. Numbers are coming up ○ Training sessions coming up for Cindi to learn TeamLinkt ○ Fields have been confirmed ○ Sage has been cancelled ○ Has set us up with a free non-profit <i>Canva</i> account ■ Design software ■ Pro-level ■ Multi-user access for online use, sponsorship, posters ○ Fields with COYSA have been finalized ○ Teams have been sorted out ○ Will be working with RYSA and Lake Country to support the grassroots teams ○ 36 grassroots coaches needed ~ especially younger ages (Stephane did a social media post on this today) ■ Can older kids assist with this?	1. Anyone who needs anything for social media, posters, etc. can send to Cindi and she will use the <i>Canva</i> account

	■ Send out information on commitment required (hours, sessions required etc.) ? ○ Fields and game times she cannot control - that is Sheryl with COYSA	
5.4	Discipline (Nick) Not present at the time of Director's Report - running a practice	
5.5 A.	Equipment (Oliver) Email of questions from Oliver to Amanda <i>1. Do we want game balls for Select level? Each ball is around \$90 but I can get 30% off. Luis has tried these balls and he said that they were great. \$750.00</i> <i>Yes we want them; however, some teams already have some, so it's been suggested that you email coaches to determine need.</i> <i>2. Do we want to buy shelving for the Ikea cupboards and a set of doors for one to keep locked for supplies? \$600.00</i> <i>Okay to buy shelving. A set of doors is not needed as the door to the room is always kept locked.</i> <i>3. Do we want to buy a storage cupboard for Luis and cleaning equipment? Thinking next to the water fountain. \$250.00</i> <i>Not right at the moment. Table that for now and discuss at a later date</i> <i>4. When does the season start for Select teams?</i> <i>Beginning of April (5th or 6th)</i> <i>5. When does the season start for Grassroots teams? Thinking about equipment handout</i> <i>Middle of April</i> <i>So far we have spent \$2800.00 including supplies for the Lions Den. AMAZING!</i>	1. Amanda will email Oliver back with these answers (has been done)
5.5 B.	Uniforms (Sean) ● Backpacks ○ Approx 300 select players but not all need new backpacks. ○ 4 teams of the youngest two ages are getting backpacks ○ This bulk of backpacks are coming from Ontario - have arrived today and are getting printed with logos and initials	1. Sean will send out a note to coaches tomorrow to let them know that if they have acquired any new players or they have had players drop, to email him

	○ Coach shirts are done ○ Coach hoodies require a slight change to design - not enough stock. Being screened right now ○ Coach jackets are done ○ Hats for coaches? - sweat-resistant , black with pink logo ○ Jason has a contact with <i>BC Sportwears</i> for setting up the online gear store. ■ Great fundraiser for the club ■ Scarf too?	2. Sean will connect with Jason regarding setting up the online store.
5.6	Risk Management (Doug) ● 12 outstanding CRCs	
5.7	COYSA (Stefane and Jason) ● COYSA meeting tomorrow night ● Issues that came up at last month's meeting ○ 6 out of 7 clubs want no limits on call ups ■ Only limit is you can't go from select to grassroots ■ Can go from grassroots to grassroots ■ Select to select ■ Younger to older ○ Roster size limits for select teams ■ Board wants to put that to the clubs ■ Provincially there are roster limits for select ○ U18 Girls - numbers are bad ■ Looking at a U15 + ○ U18 Boys ■ Lake Country pushing for 11 vs 11 ■ KYSA does not have enough to support a team of 11 vs 11 ○ Poaching ■ Evaluations have to be done after BC SPL evaluations ■ Looking at team declarations of January 1 next year - lock in your players January 1 ● Commitment letter to players? ● KYSA looking to lock in their players earlier ○ Super-8 Soccerfest not happening due to lack of fields ■ Lake Country has offered ■ Rutland has their year-end Jamboree - maybe integrate that ● Social Media ○ Discuss at board meetings about upcoming important dates, etc ○ Schedule posts to come out on the weekends about upcoming things ○ Anyone with team pictures can send ○ Noticing an increase in likes on social media posts ● Club participation in the upcoming MS Walk May 24, 2025	1. Stefane to set up a KYSA team online to fundraise for the MS Walk

	○ Hard to organize a club walk ○ Set up a KYSA team on the website to fundraise - okay with the Board to do ○ Good publicity for the club	
5.8	Treasurer (Nicole) ● Accounting is now online ● Now has access to bank account online ● Cash perspective ○ 225K in the bank ○ 40K in cheques to send out ● Rent cheques for the next 10 months have been done ● Jon and Cindi can now get on the bank account ● Look into credit cards for Luis and Cindi ● Lots of costs ○ Approx. 11K for the facility ○ COYSA costs ○ Tournament costs	1. Jon and Cindi to talk with CIBC to get a credit card for Luis and Cindi (with limits)
5.9 A	Sponsorship (Carolina) ● Continuing to contact potential sponsors ● Has been sending out applications on websites ● Looking at some fundraising ideas for the club ○ Seed fundraiser ○ <i>Krispy Kreme</i> ○ Club Bottle Drive ■ Spring ○ Sell hotdogs at an <i>Okanagan Sun</i> home game ○ Jason's <i>Swing for a Cause</i> golf tournament - portion to the club (July 19, 2025) ○ Raffles, etc require a gaming license ○ Aim is to have seasonal fundraisers every year ● Rocky Mountain Fitness have offered a \$4500 discount on equipment ● Keep the facility full ○ Small tournaments 3 vs. 3 ? ○ Mini-leagues for younger ages Sept - Oct ?	1. Steve will assist Carolina in following up with <i>Align Engineering</i> *Addendum March 14, 2025: confirmation received that Align Engineering will sponsor \$2500 to the club 2. Amanda has offered to assist Carolina with a club bottle drive 3. Carolina to look into setting up dates for some fundraisers so communication can go out to club members
5.9 B	Technical (Luis) ● Team numbers - 51 teams ○ 36 grassroots teams ○ 6 developing level teams (U10, U11, U12) ○ 9 select teams (U13 and up) ● Spring Break clinics ○ Was expecting more select level registrations ○ Having to merge boys and girls groups ○ Older boys will be cancelled because of 1 registrant only ○ Next spring break will incorporate grassroots more	

	○ Making this an annual event should help with registration in the future ○ Posters helped with registration ● Summer Break camps ○ Make this an annual event too ○ That schedule should come out soon ■ week of July 8, 2025 for 2013-2015 ■ week of July 21, 2025 for 2016-2018 ■ Mostly grassroots ● Keeper practice has been started ● Mayors Cup in Surrey coming up March 15 to March 16, 2025 ○ 2009 boys and 2011 girls attending ○ Put this on our website ● Needing 36 coaches including team managers	
6.	New Business/Open Floor	
	● Presentation from James Greenwood with <i>Innovative Fitness</i> (see attached information sheet) ○ Goal is to collaborate with KYSA athletes to develop a strength, conditioning, movement programs ○ Works with coaches and athletes to develop these programs, assess injuries both on and off the field ○ Long-term goal to ease some of the burden on coaches on assessing injuries, etc. ○ Can start with athletes as young as 9 ○ No cost to the club (\$12.50 per athlete / per month) ○ Can we use his expertise to help build the gym ○ This will help us stand out as a club ○ Trial period with one or two teams first?	1. Jon to follow up with James on how to integrate this and roll this out to the club 2. Propose a free session with a team to see if it works out
7.	Meeting Adjourned at: 8:50 PM	Motion to adjourn voted on by Nicole, 2nd by Carolina
	Next KYSA Board Meeting: April 9, 2025	



Kelowna Youth Soccer Association: S&C and SAQ programs

Our Goal:

To collaborate with KYSA and its coaches to enhance every player's soccer skills and overall athleticism.

We achieve this by integrating players on-field development with structured Speed, Agility, Quickness, and Strength & Conditioning programs.

Why is this important?

With endless information available, it's tough for athletes and coaches to filter out low-quality advice, especially in S&C and SAQ.

As a coach, your priority is developing your players on the pitch—not spending time deciphering conditioning methods or injury management.

We take a different approach, using movement quality as the key performance indicator, not just speed or load.

Our approach is a little different:

We prioritize movement quality over raw speed and power. By building coordination and control first, athletes develop a strong foundation for performance.

Through **Movement-Centric Training**, we ensure quality over quantity—every time!

Delivery of these programs is not as difficult as you might think...

A 4 tier approach, currently being developed with the Kelowna Aquajets swimming , might look something like this...



4. Individual Level: 1+2+3 +
1-on-1 S&C

3. Position Specific: 1 + 2 + Small Group
S&C: 1-on-4

2. Team level: Trainerize online App, on field S,A,Q and
Team S&C

1. Club Level: Self Directed Program delivered through Trainerize to
every player

Let's start with the lowest hanging fruit...

At the Club Level we can program for the entire group / club using our
online programming platform.

This will enable us to prescribe activation, rehabilitation, Strength and
Conditioning programs to all athletes, done on their own before practice, at home
or in the gym.

Furthermore, we can work with Coaches and other trainers to come up with
programming that will be of benefit to their athletes.

This is age and development appropriate, and is focused on enhancing the
quality of movement, establishing a foundation for performance ExRx.

Cost: \$12.50 per month per participant

For more additional information feel free to contact me:

James Greenwood (Owner: Innovative Fitness Kelowna)

Sport Scientist, Clinical Exercise Physiologist, Kinesiologist, Certified Strength &
Conditioning Coach (CSCS)

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