



LESI Camps Meeting

7:30pm, Thursday, June 29, 2023

Zoom ([Recording Here](#))

MINUTES

1. Beginning of Meeting

- a. **Call to Order**
- b. **Roll Call: Jelani Watkins, Amanda Boswell, Misty Caudill, Jeff Armstrong, Anna Fialko**

2. Discussion Items

- a. Welcome to First Camps Meeting
 - i. Questions: When/How?
 - ii. Challenges: July timing between all upcoming champs meets; We don't want to start off in a non-sustainable way or a way that isn't that
- b. Proposals
 - i. LESD Hawken Site
 - 1. Can be used for one hours in the mornings
 - ii. *Utilizing In-Person or **Virtual Webinar** Mental Health & Nutrition*
 - 1. Amanda would be interested in planning a mental health (Masters in Sports Psychology)
 - 2. Include the voices from athlete leaders and alum from the area
 - 3. This could begin later in the Fall, planning during the "August off-season," shooting for a mid-September launch
 - 4. Connect ideas to a series per topic (3 Part series on nutrition, focusing on different aspects of diet, exercise, balance, etc.)
- c. Action Steps
 - i. We need to look for possible clinicians and note items to be included in upcoming meetings and the future online webinar
 - ii. Connect with interested athlete reps (Jelani can mention in next LESI BOD meeting)
 - iii. Plan on monthly meetings with communication throughout the month (30 minutes to 1 hour)

3. Next Meeting: 7:30-8:30pm, July 20, 2023 (May be pushed to 7/25; Communication to follow)

4. End Meeting: 8:02pm