

Conquest Health & Fitness Foundation Board Meeting  
Minutes  
Wednesday, March 19, 2014  
Eagle Eye Golf Course

I. Welcome

- a. The meeting was called to order at 11:45 am.
- b. Andre welcomed the group and expressed his sincere gratitude for everyone's time

II. Introductions

- a. Andre had everyone do self introductions
- b. Roster of individuals is included with minutes
- c. Individuals not in attendance Mohamed Elnabtity, MD and Laura Kirk.

III. The Basics

a. Mission

- i. Conquest health and Fitness Foundation's mission is to improve the lives of people in the community by promoting a healthy lifestyle through health and fitness.
- ii. The foundation aims to build and promote programs that encourage healthy eating, active communities, and preventative health measures through testing and screening.
- iii. Andre encouraged the group to contact him if they had comments or concerns

b. Bylaws

- i. Bylaws are still in the preliminary stages.
- ii. Coss volunteered to send a couple of examples to Andre
- iii. Andre also stated he had a couple of examples to review.
- iv. The bylaws will be ready for board approval at the June board meeting
- v. Sara Sackrider suggested that the foundation have an attorney, not affiliated with the foundation, to review the by laws
- vi. Alex Coss recommended an individual for Andre to contact.

c. Budget

- i. There was not a budget presented.
- ii. Andre informed the group that he has to open a bank account for the foundation.
- iii. Andre will be donating personal funds to use for start up costs for the foundation.

#### IV. Funding

##### a. Grant Programs

- i. Kim Neir has been helping Andre research and applying for grants.
- ii. Andre has always met with Playmakers Foundation and is hopeful to partnership with them to go after some grants together.
- iii. Kim has started a calendar to track the grants that are available and their application deadlines.
- iv. Program development is needed in order to apply for funds for the foundation.
- v. Kim also reported that she has reached out to the WK Kellogg Foundation for funding.

##### b. Annual Fundraiser

- i. There was a great discussion around having an annual fundraiser.
  1. Annual Bowling Event (Chris Paul)
  2. Battle of the Bands
  3. Talent Show
  4. Lip Sync Contest
  5. All Star Game
  6. 5k Run
  7. Field Day/Fitness Challenge
  8. Family Cross-fit Games
  9. Expand on the Conquest Health & Fitness Grand Opening
  10. Golf program
- ii. Important items to remember when planning fundraiser
  1. Stay in front of public
  2. First event might not make money but just bring awareness to the foundation
  3. Involve kids in the planning
  4. Maybe have student sit on board of directors.
  5. Get the "right" people involved
  6. May need a fundraising committee
  7. Connect with public
  8. Use several avenues of communication

#### V. Marketing

##### a. Website

- i. Currently there is not a website. It will be the role of the interns to create a website for the foundation.

##### b. Role of Interns

- i. Kim has posted an intern job description at MSU in Career Services.
- ii. Haller suggested also posting the job description with the Student Athlete Support System (SASS).
- iii. The contact for SASS is Angela LaMonte.
- iv. Interns will be used to do preliminary research on grant funding.

## VI. Meeting Dates

- a. All meetings will run from at 11:30 am – 1:00 pm/Location (TBD)
- b. Wednesday, June 4, 2014
- c. Wednesday, September 24, 2014
- d. Wednesday, December 3, 2014
- e. Wednesday, February 15, 2015

## VII. Miscellaneous

- a. Andre briefly mentioned that he would be contacting individuals to hold positions on the board
- b. The foundation will have a 501C3 tax exempt status
  - i. The most common type of tax-exempt nonprofit organization falls under category 501(c)(3)
  - ii. A 501c3 nonprofit organization is exempt from federal income tax if its activities have the following purposes: charitable, religious, educational, scientific, literary, testing for public safety, fostering amateur sports competition, or preventing cruelty to children or animals.
  - iii. Committee members did inquire about a vehicle of communication for the board to communicate.
  - iv. They expressed concerns that there was a long span of time from now until the next meeting.
  - v. Andre explained the board of directors would be used in an advisory capacity and wanted to make good use of everyone's time.
  - vi. Interns will be used for the majority of the work.

## VIII. Meeting adjourned at 1:10 p.m.

# 2014 Conquest Health & Fitness Foundation Board of Directors

## \*Not present at March 19 meeting

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