



West Booster News



Mankato West All Activities Booster Club

Fall 2010

2010-2011 Officers: Barb Kaus-President, Lisa Haman-Vice President, LeAnn Mages-Secretary, Steve Isakson-Treasurer

A letter from

Barb Kaus, Booster Club President

Welcome to the 2010 – 2011 school year, and with that, the opening of the 2010 – 2011 activities season of your Mankato West Scarlets.

As we close the books on the 2009 – 2010 season, let's take a look at the successes of the Booster Club's efforts. Together, we were able to support over \$33,570 in donations to over 27 requests for funds including; a PA System for the Soccer Fields at Dakota Meadows, Warm-up Jackets for our Girls Hockey Team, Ski Gates for our Ski Team, a Tent for our Cross Country and Track & Field Teams, Helmets for our Football team and new robes for our Choir just to name a few! *WOW* and *Thank YOU* for your outstanding support of our students. We certainly have much to be proud of due to the academic, fine arts and athletic accomplishments of our youth.

Our ability to give back to our students in the form of financial support for their activities is dependent on our continued efforts to support our Mankato West All Activities Booster Club. You can show your support in two very important ways:

1. Join us as we continue to build revenue and support our student's activities through a MEMBERSHIP. Memberships are only \$20 a year per family or individual and while that is a small fee, it goes a long way to ensuring our students have their activity needs met. In addition to the pride you'll feel by being a member of the Mankato West All Activities Booster Club you will have your name displayed in the Club's display case adjacent to the gymnasium concession stand. You may also qualify to be entered into a drawing for a chance to

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Show Your Spirit!

We have a wide variety of clothing and other merchandise available for you to show off your school spirit at events!



Items will be for sale at PAC meetings and all home football games. They are also available on our website,

www.WestBooster.org.

Kick OFF the Season

Join us for the 9th Annual Community Tailgate Pre-Game Party, Celebrating West Football

Friday, September 17, 2010

5:00 p.m - 7:00 p.m.

Mankato West Football Field

Cost: Adults - \$5, Children (10 and under) - \$4

Food and Entertainment for all ages!



**GO
SCARLETS**

Continued from page 1

win an annual Mankato West High School Athletic Event Pass. Memberships received prior to our first home football game on September 17th will qualify for entry into the drawing. Please complete the enclosed membership application TODAY.

2. Volunteer! We are continually in need of reliable and passionate volunteers. If you are interested in general, or have specific events you'd like to help at, please contact Peggy Mueller at 507-469-5248.

Special Thanks to Joan Untiedt for her years of service as our Treasurer and to Cindy Dutcher for her years of service as our Secretary and Membership Coordinator. On behalf of the Booster Club I'd like to thank you both for your dedication to our students and our community through your volunteer efforts on our Board and wish you much success as you retire your positions.

Check us out online at www.WestBooster.org

Go Scarlets!

Barb Kaus

Scarlet Saver Cards

The new Scarlet Saver Cards are ready! For only \$10.00 you will get SUPER deals and discounts from over 100 area businesses. Some that are new to the Scarlet Card this year include: All Seasons Arena, Burger King, Hott Shotts, Indulge, KFC, Kim's Nails & Spa, Old Country Buffet, Pieces, Pita Pit, Smiley Cup, Tune Town. They join a great group of businesses already on the card. Thank you to all participating businesses for their great support of West High School activities. These popular, money saving cards are available from students, the Athletic Office, at the PAC meetings and at home football games. Or, you can send a check along with a stamped self-addressed envelope to West Booster Club, PO Box 1831, North Mankato, MN 56003.

Mankato West Booster Club Donations

July 1, 2009 to June 30, 2010

PA System for Soccer Fields	2,218.55
Alumni Reception	75.60
Coaches' Breakfast	109.20
Install Speakers and Supports at DMS	315.00
Championship Sign for Football Team	885.84
Basket Ball Software for Coaches	179.99
Girls Hockey Warm up Jackets	1,787.50
Bus for Boys Hockey	250.00
Bus for Girls Hockey	250.00
Helmets for Boys Hockey	1,925.00
Tent for CC and Track/Field Teams	2,171.00
Ski Gates for Ski Team	1,313.76
Girls Hockey Banner	280.00
Swim/Dive Team Software	997.50
Triple A Award Plaques	90.00
Water Bottles for BB and Hockey	202.00
All Star Football Sponsorship	100.00
Coach Background Checks	75.00
Minnesota Hockey Sponsorship	100.00
Choir Robes	5,500.00
Tennis Training Machine	1,180.00
Fitness Center Supervision	1,539.50
Football helmets and pads	6,013.19
Gymnastic Team Jackets	703.50
Track/Field timing machine	1,008.38
Award Certificates and Plaques	825.90
Softball Fence	3,474.51
Total	<u>\$33,570.92</u>

Donations Accepted

Are there athletic and/or medical supplies and equipment that you have at home and are considering for your discard pile that could still be of use to us in our athletic training work? The following items can be donated to the West Athletic Training Room.

Aluminum crutches
 Air Casts or used ankle braces
 Arm Slings
 Forearm or finger splints
 Knee Immobilizers or Braces
 Gently used sleeves: calf or thigh
 Towels

All items can be delivered to the Athletic Training Room (ATR) during ATR hours. If in doubt bring your item in and let the athletic trainer make the decision.

Thank you,

Randy Palmer, ATC

DATES TO REMEMBER

FALL HIGH SCHOOL PAC MEETING

WEDNESDAY, AUGUST 11

6:30 P.M.

Mankato West Auditorium

FIRST DAY OF PRACTICE FOR ALL HIGH SCHOOL

FALL SPORTS

MONDAY, AUGUST 16

FALL DMMS PAC MEETING

MONDAY, AUGUST 23

6:30 P.M.

DMMS Gymnasium

FIRST DAY OF PRACTICE FOR ALL DMMS FALL SPORTS

MONDAY, AUGUST 30



ALSO REMEMBER TO...

ATTEND THE COMMUNITY PRE-GAME TAILGATE PARTY

SEPTEMBER 17, 2010

5:00 P.M. – 7:00 P.M.

Mankato West Football Field

Buy a Scarlet Saver Card

\$10.00

GREAT DEALS FROM AREA BUSINESSES

Available from students and at home football games

BECOME A BOOSTER CLUB MEMBER

\$20.00 PER INDIVIDUAL OR FAMILY

SUPPORT WEST ACTIVITIES

Be eligible to win a WHS Athletic Event Pass!

VOLUNTEER

CONTACT PEGGY MUELLER

507-469-5248

From the Trainer

Dear Athletes, Parents, and Coaches,

I invite you to visit the Athletic Training Web Page of Mankato West High School at your convenience. What I have put together on that page thus far is a work that is in its infancy and is continuing to grow as useful ideas spring to mind.

You may access the site by selecting the Mankato West High School Home Page, <http://www.mankatowest.org>. Once there, choose the menu under Athletics and scroll down to the "Athletic Training" link.

The Athletic Training Web Page was created for: 1) providing information on a multitude of topics in athletic training and sports medicine to athletes, parents, coaches, and visiting teams; 2) promoting health care professions in general and the professions of athletic training and sports medicine in particular; and 3) enabling athletes, parents, coaches and administrators the means of giving the feedback necessary to assure continued improvement in the quality of care we provide.

Highlights of the web site include:

1. A separate link for athletes, parents, coaches and visiting teams to topics of special interest to them.
2. Links to information regarding athletic training as a profession.
3. Contact links to athletic training organizations and regulatory agencies.
4. Contact links for those that support athletic training at West, such as the West Booster Club, the Orthopaedic and Fracture Clinic and the Athletic Training Education Program at Minnesota State University-Mankato.
5. A link to a photo gallery we are starting called the "Rehabilitation Hall of Fame". Here we intend to feature pictures of athletes who have successfully returned to participation following recovery from a significant athletic injury.
6. Information regarding a high school athletic training student assistant program newly developed here at West.
7. Sections such as Athletic Training Humor, Athletic Training in the Media and a photo gallery, which stimulate casual interest in the role we perform here at West.
8. Links such as Athletic Training Feedback and means of contacting us. How are we doing and how can we improve upon the service we are giving?

As previously mentioned, this site is in its early development. Any ideas or suggestions for improvement of this site are welcome. Thank you.

Randy Palmer, ATC
Head Athletic Trainer
Mankato West High School

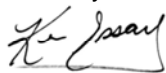
Reflections of the "New AD"

As I look forward to the start of the 2010-11 school year, I find myself reflecting upon the remarkable adventure I had during my first year as Mankato West's Activities Director. I will never forget the first few weeks of well-wishers stopping me in the halls or dropping into the office to shake my hand and meet the "New AD". Such an outpouring of welcome and support was an incredibly wonderful way to start out the year.

The question that I kept asking myself throughout that first year was, "What is it that brings me to work each and every day with a smile on my face and a sense of pride in what I am doing"? To see firsthand the team or individual accomplishments that students aspire to achieve both on and off the playing field is definitely rewarding. Witnessing incredible performances on stages, fields, class rooms, arenas or gymnasiums is inspiring. Watching young people mature right before my eyes as they incorporate the skills they have learned and demonstrate these skills to audiences of hundreds maybe thousands. What a thrill! Maybe it's the sheer enjoyment of seeing kids being involved, invested and forming relationships and lifestyles that could last them a lifetime. There is an air of energy that permeates all aspects of this position that I cannot imagine exists elsewhere. Any of the above mentioned experiences would certainly be an answer to my question of what makes my job so enjoyable. But, in the end, the number one answer is.... the people of Mankato West. I am humbled by every handshake, greeting, and offer of assistance. It truly does, "Take a village to raise a child", and there are so many people here at West who contribute to this magic on a daily basis. I am fortunate to be part of "Team West".

In closing, I just want to say "Thank You" to everyone who has helped create this environment of support during year one. Thank you for your countless hours of time, your energy and enthusiasm, and most of all for your efforts in making Mankato West a place where students feel comfortable growing and preparing for a rewarding future. Remember, once a Scarlet, always a Scarlet. I want to thank all of you for a great first year and I'm enthusiastically looking forward to my second year as Mankato West's Activities Director!

Sincerely,



Ken Essay
Activities Director
Mankato West H.S.

Future Scarlets

There is a new group in the Mankato West Booster Club. It is the Elementary Schools Public Relations Committee. Its purpose is to help promote West activities at the elementary schools on the west side.

The committee has been selling "Future Scarlet" t-shirts (\$10.00) and Mankato West Tattoos (25¢) at West activities as well as at elementary school open houses and other events. They have also asked that elementary schools promote West by having students dress in red and white on Fridays and by communicating the schedule of events through school newsletters and announcements. Their next activity is the Tailgate Party at West on September 17. It is sure to be a fun filled night for all ages.

The committee welcomes new members and your thoughts and suggestions. Please contact Paul and Lori Jakes at 387-3221 or Joann Nessler at 386-1653 for more information.



Booster Membership

For the 2009-2010 school year we had over 200 families that were Booster Club members. This included both current and alumni families who supported all West activities through their joining fees and their many hours of volunteering.

*Thank you Members for all you do
for our West students!*

To become a member for the 2010-2011 school year simply fill out the membership form included in this newsletter and mail it in with your \$20 donation. Join us for a fun and rewarding year supporting Mankato West student activities!



Booster Club

BE A PROUD MEMBER OF THE MANKATO WEST ALL ACTIVITIES CLUB

Help support our children, continue great programs, meet other parents and form new friendships.

We can make a difference at Mankato West High School.

Check out the West Booster website for more information:

www.westbooster.org

2010-11 Mankato West Booster Club Membership Form

Yearly Booster Club Membership: \$20 donation/individual or family

Parent's name(s): _____

Phone Numbers: (H) _____ (C) _____

Home Address: _____ City: _____

Email Address: _____

I do not wish to receive the Booster Club Newsletter and other communications via email

Student's Name(s): _____ Grade: _____

_____ Grade: _____

_____ Grade: _____

I would be willing to help/work the following: (Please Check)

Receive one free event pass OR one free pop and choice of pizza, hot dog or pretzel for each time you volunteer.

Concession Stand

Merchandise Sales

Other

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Football | <input type="checkbox"/> Boys Basketball | <input type="checkbox"/> Individual Sport PAC Meetings | <input type="checkbox"/> Miscellaneous Events |
| <input type="checkbox"/> Wrestling | <input type="checkbox"/> Girls Basketball | <input type="checkbox"/> Special Events | <input type="checkbox"/> Web Site/Booster Page |
| <input type="checkbox"/> Soccer | <input type="checkbox"/> Track & Field | <input type="checkbox"/> Tailgate Party | <input type="checkbox"/> Club Officer/Board Member |
| <input type="checkbox"/> Saturday Tournaments | | <input type="checkbox"/> Sell at Sporting Event | <input type="checkbox"/> North Mankato Fun Days Parade |
| <input type="checkbox"/> Conference/Section Meets | | | |

Donation Only

ENCLOSED PLEASE FIND MY (DONATION) \$20.00 MEMBERSHIP FEE

Mail to: Mankato West Boosters P.O. Box 1831 North Mankato, MN 56002-1831

SINGLE SEASON PASS ENTRY FORM

One Season Pass for a Mankato West Booster Member, which can be used for all Mankato West Home Athletic Events, will be given away at the Varsity Home Football game on Friday, September 17, 2010. Need not be present to win – just fill in the following information.

Name: _____ Phone: _____

Mankato West Boosters
PO Box 1831
Mankato MN 56002-1831

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