

# NHS ATHLETICS BOOSTERS

2023-2024 SCHOOL YEAR WELCOME



## NHSAB Voluntary Donation

Fund your team with more coaching, tournaments, uniforms, equipment and more. IUSD funds some in-season costs including 74 coaches for 25 teams, league officials, and transportation. Everything else is funded by team parent support. We can only spend what the team raises; there is no other funding.

The suggested voluntary donation is based on each team's planned spending. Any amount is welcome, in a lump sum or installment amounts. Donations in excess of the requested amount help fund your team's athletes. **Donations are optional and do not impact an athlete's ability to participate.**

TEAM	SEASON	SUGGESTED VOLUNTARY DONATION
Baseball	Spring	\$700
Basketball – Boys	Winter	\$500
Basketball – Girls	Winter	\$600
Cross Country	Fall	\$300
Football	Fall	\$450
Golf – Girls	Fall	\$400
Golf – Boys	Spring	\$400
Lacrosse – Boys	Spring	\$450
Lacrosse – Girls	Spring	\$450
Pep Squad	All Year	\$1100
Soccer – Boys	Winter	\$450
Soccer – Girls	Winter	\$450
Softball	Spring	\$600
Swimming	Spring	\$400
Tennis – Boys	Spring	\$400
Tennis – Girls	Fall	\$400
Track & Field	Spring	\$300
Volleyball – Boys	Spring	\$400
Volleyball – Girls	Fall	\$300
Water Polo – Boys	Fall	\$400
Water Polo – Girls	Winter	\$400
Wrestling	Winter	\$300

Donations are optional and do not impact an athlete's ability to participate.



**\$400K GOAL**  
for 25 teams

**DONATE ONLINE**

[www.nhs-boosters.com/donate](http://www.nhs-boosters.com/donate)



## NHSAB Contact Information



4515 Portola Pkwy  
Irvine, CA 92620  
[twelvesboosters@gmail.com](mailto:twelvesboosters@gmail.com)  
[www.nhs-boosters.com](http://www.nhs-boosters.com)

501(C)3 NON-PROFIT  
TAX ID 33-0857908



# It's Great to Be A T'Wolf Booster!

## Northwood High School Athletics Booster Club welcomes you!









It is going to be another great academic and athletic year for our favorite student athletes. **We need the help of all NHS athletic families.**

### Irvine Unified School District, under the free school education requirement, provides funding for:

- In-season Pacific Coast League play, including 74 coaches for 24 teams, and advising funding for Pep Squad
- In-season officials, transportation, safety equipment and facilities/maintenance

### Northwood family and friends donate and fundraise to provide \$400,000 of annual funding for everything else a team needs:

- Off-season or extra in-season coaching, the largest expense;
- Tournaments, so there are more opportunities for the athletes to compete;
- Uniforms;
- Equipment (NHS funds \$500 per team annually for equipment); and
- Photography, videography, athlete awards, coaches gifts, team building and other team needs.

IUSD	NORTHWOOD FAMILY & FRIENDS
 Coaches	 Coaches and Tournaments
 Officials	 Uniforms
 Bus	 Balls/Equipment
	 Awards
	 Food

FREE SCHOOL FUNDING	UNFUNDED COSTS: \$400,000
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We are all Boosters! Each team has one vote in Northwood High School Athletic Boosters Club. The Board members train at least one team volunteer to lead the parent-led fundraising. The team may have more than one FTR, in fact, if one FTR is “graduating” at the end of this school year, another underclassman FTR is required to ensure adequate training and fundraising continuity. All FTRs are required to attend annual fundraising, parent meeting, spending and stipend training.

Since 1999, NHSAB has been a valued parent with NHS Athletic Directors and administration to ensure our student athletes have an excellent and funded experience. NHSAB produces monthly financial statements with detailed cash receipts and disbursements. All are welcome to attend our meetings. NHSAB prepares an annual report of compliance for IUSD, NHS and its community. Monies donated to or raised by the team are available for all IUSD permitted team expenses. Each team pays a \$32/athlete/year to the general fund for shared athletic costs and costs of administrating NHSAB.

Your team's FTR will hold a parent meeting. At this meeting, the team budget, fundraising plan and volunteer needs of the team will be reviewed. The FTR will request a voluntary donation; donations are optional and do not impact an athlete's ability to participate. We hope to see you supporting your student athlete at the games, lending a hand with the team's activities and forging a culture of friendship and fun. And don't miss the end of season banquet, where our student athletes are honored and we thank our coaches. Thank you for your support. It's great to be a T'Wolf!

### For the Good of the Pack!

Jason Maloney  
NHSAB President



## BOOSTERS MISSION:

Our mission is to support each team's parent-led fundraising with training, tools and technology to pay for the costs not funded by IUSD.



# NHS Athletics Booster Leadership 2023-2024

BOARD POSITION	NAME	EMAIL
President	Jason Maloney	jasonmaloney@cox.net
Vice-President	Peggy Odom	buiodom@gmail.com
Vice-President, Fundraising	Daniela Kou	daniela.kou@gmail.com
Treasurer	Mark Ligot	mark.ligot@gmail.com
Secretary	Manny Quintana	msqjazz@gmail.com
Financial Disbursements Secretary	Amy Silva	amysilva@yahoo.com
Co-Athletic Director	Brandon Emery	brandonemery@iusd.org
Co-Athletic Director	Sierra Wang	sierrawang@iusd.org

# NHSAB Meetings 2023-2024

All are welcome!  
Have a skill you can share? Join us!

In person meetings are in Room 1405 in the multipurpose room at the rear of the campus.

Email [twelvesboosters@gmail.com](mailto:twelvesboosters@gmail.com) for meeting details

2022-2023 MEETING DATES	FINANCIAL STATEMENTS	BOARD OF DIRECTORS*	FINANCIAL TEAM REP
Wednesday, September 6, 2023	July and August	6 p.m.	7 p.m.
Wednesday, October 11, 2023	September	6 p.m.	7 p.m.
Wednesday, November 8, 2023	October	6 p.m.	7 p.m.
Tuesday, December 6, 2023	November	6 p.m.	7 p.m.
Wednesday, January 10, 2024	December	6 p.m.	7 p.m.
Wednesday, February 7, 2024	January	6 p.m.	7 p.m.
Wednesday, March 13, 2024	February	6 p.m.	7 p.m.
Wednesday, April 10, 2024	March	6 p.m.	7 p.m.
Thursday, May 9, 2024	April	6 p.m.	7 p.m.
Thursday, June 6, 2024	May	6 p.m.	7 p.m.
To be determined	June wrap up	TBD	

# Financial Team Representatives 2023-2024

TEAM	FINANCIAL TEAM REP	FINANCIAL TEAM REP EMAIL
Baseball	Mary Anne Foo	mafooirvine@gmail.com
Baseball	Seth Grossman	sethgrossman@hotmail.com
Baseball	Matthew Collins Williams	matthew.collins.williams@gmail.com
Basketball – boys	Arezo Abaye	arezo.abaye@gmail.com
Basketball – boys	Tazin Yunis	tazin_yunis@yahoo.com
Basketball – boys	Kristin Mortensen	kristinamort@gmail.com
Basketball – boys	Linh Kamikawa	linhkamikawa@yahoo.com
Basketball – girls	Thuy Vo	davethuyvo@gmail.com
Basketball – girls	Vicky Feeko	vic.feeko@gmail.com
Cross Country	Don Ledgard	DKLedgard@gmail.com
Cross Country	Peggy Odom	buiodom@gmail.com
Football	Melissa Simpson	melinda.mbv@gmail.com
Football	Hersel and Lizette Zahab	herselzahab@yahoo.com
Golf – girls	Coach Halop	zachhalop@iusd.org
Golf – boys	Coach Halop	zachhalop@iusd.org
Lacrosse – boys	Darwin Cheng	DKLHFamily@gmail.com
Lacrosse – girls	Jim Leung	jim@i-panic.com
Lacrosse – girls	Robin Sexton	lecourtjester@aol.com
Lacrosse – girls	Savina Low	savlowt@gmail.com
Pep Squad	Daniela Kou	daniela.kou@gmail.com
Pep Squad	Tracy Hazzard	tracyleighhazzard@gmail.com
Soccer – boys	Randi Outwater	randioutwater@gmail.com
Soccer – girls	Amy Silva	amysilva@yahoo.com
Soccer – girls	Fran Kung	frandot27@yahoo.com
Soccer – girls	Michelle Nguyen	kayssa1@hotmail.com
Softball	Alison Giglio	thegiglios@sbcglobal.net
Softball	Maryanne Wendt	Maryanne.wendt@gmail.com
Swimming	Gabbie Maksymowski	gabriella.maksymowski@yahoo.com
Swimming	Leslie Tan	hftan@hotmail.com
Tennis – boys	Sanjay Dhar	sanjaykddhar@gmail.com
Tennis – girls	Shabira Jaffer	shabira.nhs@gmail.com
Tennis – girls	Abir Zantout	abirzantout@hotmail.com
Tennis – girls	Amelia Anan	Amelia.Anan.arch@gmail.com
Tennis – girls	Jolin Ding	Peimeiding@yahoo.com
Track & Field	Don Ledgard	DKLedgard@gmail.com
Track & Field	Peggy Odom	buiodom@gmail.com
Volleyball – boys	Bhuvana Yerapotini	byerapotini@gmail.com
Volleyball – girls	Shar De La Paz	ltkdpaz@gmail.com
Volleyball – girls	Silvia Jung	silviaejung@gmail.com
Water Polo – boys	Jerry Cheng	Jerrycheng@gmail.com
Water Polo – girls	Manny Quintana	msqjazz@gmail.com
Wrestling	Monty Armstrong	montarm@mac.com



# NORTHWOOD ATHLETICS

## Defend The Den

- 1 Demonstrate Good Sportsmanship
- 2 Cheer Positively
- 3 Respect the Players, Coaches, and the Official's Judgement

Northwood requires all spectators to adhere to all of CIF's Game Management Guidelines. Failure to comply will result in removal from the event..

## NHS ATHLETICS CORE EXPECTATIONS



### As coaches representing NHS Athletics, we will be...

- leaders by example;
- committed to the program and its best interest;
- passionate and inspiring;
- understanding and supportive and the student-athletes;
- teachers from wins and losses;
- willing to create ways for all kids to be successful;
- clear communicators of expectations.



### As parents representing NHS Athletics, we will be...

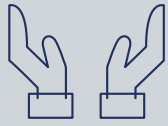
- leaders by example;
- committed to the program and its best interest;
- advocates of the student-athletes and the program;
- selfless in our support (remember that this is about the student-athletes);
- partners in accountability (open, transparent, and constructive in criticism)



### As student-athletes representing NHS Athletics, we will be...

- leaders by example;
- committed to the program and its best interests;
- respectful of others, including the competition, officials, coaches, parents and family members;
- accountable on and off the field;
- a good team player;
- coachable.

# Northwood High School Athletics Booster Club



## LEND A HAND

Many hands make light work! It takes a village! When team families handle the team administration, your time and talents improve the team's sense of community. Plus you let our coaches focus on coaching. There is something you can do! Tell us how you'll help this year.



**FROM THE LIST BELOW, CIRCLE ALL THAT APPLY! If you see an opportunity to help that is not mentioned below, tell us!**

NAME:	MOBILE:	EMAIL:
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### Financial Team Representative:

A team cannot spend its NHSAB money unless a parent volunteer is named and trained to lead your team's fundraising efforts.



### Spirit Wear Coordinator:

Coordinate the sale of team gear with our preferred vendor, Manhattan Stitching. Select items for sale, MS will handle the rest!



### Team Communicator:

Sends team information to parents, alumni and athletes.



### Senior Day Coordinator:

A junior parent hosts senior athletes and their families at a home game.



### Team Webmaster:

Maintains team website.



### Alumni Game Coordinator:

Arranges the alumni scrimmage food and fun.



### Team Photographers:

Captures all the great times we share with our athletes, coaches, family and friends.



### Team Meal Coordinators:

Coordinate athlete team dinners the night before home games.



### Team Fundraising Event Leaders:

To fund the team's costs not raised with family and friend donations, many teams host events. Baseball sells Christmas Trees, Cross Country/Track and Field hold invitational meets, Football hosts the golf tournament, Softball hosts a tournament.



### Banquet Coordinators:

Coordinates date, venue, banquet ticket sales, food, decorations, coaches thank you gifts, and supervises all other volunteers to make this celebration amazing!



### Scorekeepers:

Track the score and other stats.



### Announcers/Music:

Build community with game announcing and music.



### Media Guide:

Baseball, Boys Basketball, and Football all use media guide advertising sales to raise funds.



### Team Videographers:

Takes video and combines photography and videography for year-end banquet presentation.

WHAT WOULD YOU LIKE TO VOLUNTEER TO DO?

# T'WOLF

## THANK the coach



Northwood coaches love our kids and the sport. Be sure to acknowledge the hard work that goes into teaching athletes that persistence, patience and practice payoff in competitions and life. Respect the coaches' decisions and judgment. Focus on the athlete's improvements.

## WATCH the games



Do you believe in our kids? Then show up. Show up at their games. Sit on the sidelines and support the your favorite player, teammates, and coaches. Be a good sport.

## OPEN your wallet



Fund your team with more coaching, tournaments, uniforms, equipment, and so much more. IUSD funds coaching, officials and transportation. Everything else is funded by team parent fundraising. We can only spend what we raise; there is no other funding.

## LEND a hand



Many hands make light work! When team families handle the team administration, your time and talent improve the team's sense of community and allow our coaches to focus on coaching. There is something you can do!

## FORGE fun new friendships



When you boost your student athlete and team helping, donating and cheering from the sidelines, new friendships will be forged over the victories and defeats, team dinners, alumni day, senior day, and so much more.

TEAM	SEASON	SUGGESTED VOLUNTARY DONATION	TEAM	SEASON	SUGGESTED VOLUNTARY DONATION	TEAM	SEASON	SUGGESTED VOLUNTARY DONATION
Baseball	Spring	\$700	Lacrosse – Girls	Spring	\$450	Track & Field	Spring	\$300
Basketball – Boys	Winter	\$500	Pep Squad	All Year	\$1100	Volleyball – Boys	Spring	\$400
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Cross Country	Fall	\$300	Soccer – Girls	Winter	\$450	Water Polo – Boys	Fall	\$400
Football	Fall	\$450	Softball	Spring	\$600	Water Polo – Girls	winter	\$400
Golf – Girls	Fall	\$350	Swimming	Spring	\$400	Wrestling	winter	\$300
Golf – Boys	Spring	\$350	Tennis – Boys	Spring	\$400			
Lacrosse – Boys	Spring	\$450	Tennis – Girls	Fall	\$400			

Donations are optional and do not impact an athlete's ability to participate.

## NHS Athletics Booster Club Donation Form

DONOR NAME:	ATHLETE NAME:
DONOR EMAIL:	ATHLETE TEAM(S):
DONATION AMOUNT: \$	GENDER: <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
MY EMPLOYER MATCHES: <input type="checkbox"/> YES <input type="checkbox"/> NO	GRAD YEAR: <input type="checkbox"/> 2023 <input type="checkbox"/> 2024 <input type="checkbox"/> 2025 <input type="checkbox"/> 2026

### Drop off at the front office or mail to:

NHS Athletics Boosters  
4515 Portola Pkwy.  
Irvine, CA 92620

### Donate online:

[www.nhs-boosters.com/donate](http://www.nhs-boosters.com/donate)



Make checks payable to **NHSA Boosters-TEAM NAME**

**THANK YOU FOR YOUR GENEROSITY! For the Good of the Pack!**

NHSAB is a 501c(3) non-profit organization Federal Tax Identification Number 33-0857908. Please consult with your tax professional on the deductibility of your donation.

Questions? [Twelvesboosters@gmail.com](mailto:Twelvesboosters@gmail.com)