
New England WSO Board Meeting

Thursday, 07.28.2022

Attendees

- Travis Cooper
- Stephanie Jefferson
- Kate Greisdorf

Not in Attendance

- Lauryn Ginsburg
- Amy Richardson
- Ken Toal
- Reneigh Chick
- Carla O'Brien

Reports from Members

- Travis - Bay State Games was a big success. 2 days, ran completely on time first day, second day ran 30 minutes behind, but got all positive feedback.
- Lauryn - volunteer list at Bay State Games was not followed and I had several people complain to me that they drove over an hour to help and were turned away
 - Would like to discuss this more - Travis

Agenda

Communication to Members

1. Social Media
 - a. Instagram - 696->771, Amazing work!
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- b. YouTube - 25->25, should have some content coming out soon, starting with New England WSO Championships promo
- c. TikTok - 11->13, slow still a work in progress
- d. Website - Almost done, just need to finish different masters age categories records.
- e. Email Templates - Started using USA Weightlifting's system for the time being. We sent out an email about the WSO Championships and had 15 people register that day.

Competitions

1. New England WSO Championships - 84->176, got the first IG Stories video that would be great for all of us to post on our stories. Full video to be out Friday July 29th.
2. Others - CJ Strength and Conditioning - Rockport, ME Oct 23?, Arkitect Fitness (no date, waiting for a few international meets to be announced to find the right date.)

Other Events

1. Social at District Athletic Club - August 6th - Need to promote this a lot this week.

Youth Development and Recruitment

- No Report

High Performance

- Created a ranking list for men and women for top 10 open lifters with 2 alternates. Want lifters to be aware of these rankings so they have something to shoot for. One of our goals should definitely be high performance.
- Ideas around the New England Elite teams are to have a camp every year to get the top lifters together to train for a long weekend together and build community, and a culture of success.

Old Business

- N/A



New Business

- N/A

Action Items