

TN-KY WSO

Minutes of Meeting February 18, 2024

Present: Jenny Lutkins (President), Avery Johnson, Chris Garvey, Lavetta Tevis, Melissa Kamphake, Riley Williams, Ryan Flood

Guest: None

1. Welcome

The president called the meeting to order at 3pm. She welcomed the WSO board members to the third WSO meeting of 2024.

2. Declaration of Conflicts of Interest for this agenda.

Jenny Lutkins (President)

- A. Vote on WSO Championship Bid
- B. Talk about awarding scholarships
- 3. Ideas for other events / programs

I. WSO Board Meeting and Training Recap

A. The WSO board members shared potential bids

B. They also discussed the low member participation and considered sending a Slack message to remind everyone to join the meeting and participate in the voting process

C. The WSO board members reviewed and compared two venue bids, Nashville Weightlifting Club and Trevecca Community Church for an upcoming weightlifting meet.

D. The WSO discussed important factors in determining what venue would offer the best experience

- 1. Space
- 2. Equipment availability
- 3. Overall experience for athletes and attendee before making a decision to award the championship “possibly” to Nashville Weightlifting Club
 - 4. Past experiences at both venues
 - 5. Parking
 - 6. Restrooms (adding potential porta potty’s)

II. Planning for WSO Championships and Scholarships

A. Promote the event (via social media)

- B. Determine what medals will be awarded at the event
- C. Offering Scholarships for coaching and youth athletes
- D. Organizing a weightlifting camp in possibly Kentucky or Tennessee, possible guests Wes Kitts and Olivia Reeves

III. Planning the Camp

- A. Discuss the financial aspects of the camp
- B. Potential venue
- C. Logistics of organizing the camp
- D. Delegate tasks (involving the event planner in the planning process)

IV. Planning Events and Initiatives

- A. Brainstorming ways to promote weightlifting
- B. Organizing camps
- C. Reviving the Coaches' Mastermind Group
- D. Selling equipment and gear (share posts on social media)
- E. Adding a poll on Instagram to gauge interest training camps with a famous weightlifter

V. Action Items

- A. TN/KY WSO will notify Osmond and Jennifer about the decision on the venue bids
- B. WSO board member Ryan Claudy Flood will notify Osmond and Jennifer about the decision to go with Nashville Weightlifting Club and inform him about the next steps
- C. TN/KY WSO will coordinate with Alex to set up the WSO Championships in BARS and start promoting it
- D. Obtain the scholarship details from Alex and discuss it with the group
- E. Melissa Kamphake will explore the possibility of organizing a training camp with famous weightlifters
- F. Ryan Claudy Flood will work on re-establishing the coaches mastermind group
- G. Avery Johnson and Riley Williams will post about selling equipment and gear on social media
- H. Lavetta Tevis will prepare the AI readout for the meeting minutes
- I. Avery Johnson will create a poll on Instagram to gauge interest in a training camp with famous weightlifter

