

Mountain South WSO Board Meeting Minutes 5/22/25 8pm PT on Google Meet

Present: Jodi Stumbo, Natalie Vezina, Joaquin Chavez, Jesse Vezina, Leanda Bevans, Eric Bramwell Amanda Cook

Not Present: Morgan Huppenthal, Ethan Baggaley

Agenda:

1. High School Outreach Initiative
2. AZ State Championships
3. WSO Bids
4. New Business
5. Next Meeting

Meeting started at 8pm PT.

Minutes:

1. High School Outreach Initiative
 - Board member requested initiative be added back to agenda.
 - Member not present at start of meeting to discuss further, item remains tabled at this time.
2. AZ State Championships
 - Amanda provided update to board on complaints received after completion of AZ State Championships
 - Complaints included: TOs possibly not being certified at local level, how awards were presented and limited communication around this, addition of HS Championships
 - Board discussed ways to prevent these issues in the future and provide more support for meet directors running WSO sponsored events.
 - Ideas included: checklist for all meet directors, WSO oversight on managing timeline and size of sessions, addition of more specifics surrounding hosting meets, possible addition of repercussions of specifications aren't followed.
 - Board will continue to discuss.
3. WSO Bids
 - No bids were received to host WSO Championships in the fall during initial bidding period.

- Board decided to reopen bidding May 22-June 22 to see if any interest from WSO clubs.
4. New Business
- Eric submitted proposal for College/University Outreach Program
Mountain South WSO College / University Outreach Program

Purpose of this Initiative:

Grow the USAW Membership in the Mountain South WSO among the Junior/U23/U25 demographic (Age 18-25), specifically students enrolled in a College or University, with the goal to expose as many potential athletes as possible to the sport of Weightlifting, or allow existing members to continue and pursue the sport while in college. The goal is to help establish Weightlifting as a collegiate level club or sport at higher education schools throughout the Mountain South states, as it is currently in some other states in the U.S., developing an awareness of the sport and providing learning and competition opportunities will help with growing participation in this largely untapped demographic, and keeping lifters that started as youth athletes stay active in the sport.

Proposal:

Students, faculty, or coaches wishing to start a University or College Club or Team program may apply for up to a \$1,000 grant from WSO to help start-up a program for its first year.

- The purpose of the funding is to assist with following expenses:
- Help pay club start-up
- Facility fees
- Basic equipment needs
- Promote the Club/Team on-campus
- Sanctioning and running initial competition(s)
- USAW annual club fees
- Help schedule / set up competitions with other college/university clubs or teams
- Other expenses deemed necessary to support a club/team
- An existing collegiate or university club/team, or once a new club has been established for a year, that has shown a growth in membership may continue to apply for up to \$500 each year to help with ongoing club or facility fees, developmental activities, promotion/marketing of

club, meet expenditures.

Applicants are responsible for providing an outline and proposed budget and use of funds. Once approved by the WSO President and/or panel of WSO Representatives, funds will be reimbursed upon submission of receipts or other documentation, along with a narrative on how funds were utilized.

Initiative Metrics:

We can evaluate the success of this program by tracking new or active memberships in the Mountain South WSO resulting from this initiative. It is important to note that a grass roots program like this takes years of consistent effort to take hold and really gain momentum. It is recommended a minimum of three years (2025-2027) be allowed for this program as an initial outreach phase, and at that time can be evaluated and likely allow for support of the next phase of growth.

- Board discussed, revising proposal to include more specific language around who could apply for money (student, faculty advisor, etc.), possibility of supporting already established clubs that are near colleges/universities and already have a high number of college aged athletes. Also possible ways to engage schools to be interested in starting a weightlifting club
- Eric to revise proposal as discussed, will discuss again once revisions received.

5. Next Meeting

- June 26 meeting cancelled due to Nationals Week. WSO bids to be awarded before July meeting. Will either move up July meeting or conduct bid business via email.

Meeting concluded at 9:02pm PT