

15 MAY 2022 - Meeting Minutes - Texas-Oklahoma WSO

Start Time: 7PM Central

Duration: 60 minutes

Method: Zoom

Present: DG, BS, BR, DW, RH, AW

Absent: LP, CL, JV

DG opens by referencing a previous WSO rule that a quorum was reached at 7 and that was the minimum number needed to hold a vote at an in-person meeting. DG notes that LP stated earlier in the week that he would be unable to attend and inquired on whether he could receive a zoom recording to listen to the full dialogue on a matter, and then vote accordingly. DG notes that this can be referenced later in the meeting if needed.

WSO Championships

DG states that we either need to hold one this year or give cause to USAW on why we did not
Consideration for current state wide events include the Texas State Championships in January (MLK weekend) and the Oklahoma State Championships at the end of July (likely moving to May in 2023)

DG states that looking at his own calendar, he had identified the first weekend in October as one of the only viable options for 2022

BS notes that he has a local event generally scheduled around this time and is inquiring on whether the WSO championships is meant to take away from local events or local events are expected to work around the WSO championships

DG states the intent is obviously not to take away from local events, but there are only so many weekends in the year to make this event happen

DG opens the floor for general thoughts on the matter and viability of hosting this year

BR asks if any places had been considered

DG states that is totally opened but was looking at likely Central Texas or North Texas for ease of access from Oklahoma

RH asks if we should pay attention to the football schedule in the fall and how that might impact our weekend and placement

DG notes that the timing of a large football game isn't necessarily critical, as the Texas State Championships happens in the heart of the NFL playoffs every year, but hosting an event in Waco on the weekend of a home Baylor game might present a large issue.

AW offers up whether we should spread out the large meets on four month increments, having the Texas State Championships in January, the Oklahoma State Championships in May, and then proposes the WSO Championships in September?

DG notes that yes that is the general idea, to space them out, but also the schedules of the people running them has to be taken into consideration and DG notes his schedule in September likely would not permit for that event to happen

DG states that he could potentially look at the second weekend in October instead

BR notes that she may be in Peru that weekend for Junior Pan Ams

RH asks whether we should consider moving to September to give an alternative for people not wanting to travel to Canada for AO2

Discussion follows from AW, BR, and DG about the merits of hosting it one to two weeks prior to AO2 as a tune-up meet for those choosing to go

DG notes the Ibero-American Championships is slated to be held during the first weekend in September, which multiple board members will be involved in

BS notes that in the coming years, costs for going to Canada may be more closely scrutinized and we could offer an alternative option around that time

BR suggests Labor Day weekend as the regularly held weekend for the event

DG notes that it likely would not work this year, but that could be an easily identifiable weekend for everyone to expect the WSO championships to be held on in the future

DG notes that much of this is dependent on the availability of venues at this point, and also giving everyone enough time to plan for it, which is why October was suggested instead of August or September

BS notes that what we do for this year may be different than down the road as we have more ample time to plan and learn from this year

DG agrees that whatever we choose to do this year might not necessarily be the blueprint for moving forward, but we do need to do something proactive and put on a quality event, as it is a requirement of the WSO

BS notes that we could look at Fitness Conventions that are regularly looking for different sort of competitions to be a part of

DG notes that there is one going on in Austin on Labor Day weekend, but a local club has already slotted in for that event

Potential Venues

DG opens the floor for general ideas on venues that may work

BS suggests the Bell County Expo Center in Belton

DG mentions a convention center in San Marcos that is attached to a hotel right off I-35

BS and DG also mention the Marriott in Pflugerville where the 2020 State Championships were held

DG also suggests the Hilton at the Austin Airport as another option

Concept

DG alludes to a discussion from a previous meeting where the concept of using the WSO championships as a team oriented meet was introduced

DG proposes making a small team competition with 5 members and inviting all clubs in Texas and Oklahoma to bring that number

BR suggests an early registration where this would open up 5 slots to each team that has a registered club through BARS and give every club ample slots to fill out the meet

DG inquires if anyone knows how that might work through BARS, and if it would be possible to have an invitational type event and not simply a free-for-all at registration

DG notes that we should attempt to avoid creating an event that is simply redundant with the Texas State Championships

RH notes that this can be accomplished by the type of event experience, and not having one with the same look, feel as that other event

BR suggests potentially getting in on a fitness expo,

RH says, that or recreate the environment somewhere else

DG suggest that another area to look at would be creating some sort of mixed-gender format, as that seems to be an area the sport is headed

AW suggests having a "small co-ed" team be comprised of six members, 3 males and 3 females

DG says that would likely be the plan, and then have an aggregate sinclair total determine the winner

AW suggests having randomized teams, after registration is closed, shuffling the entries and picking teams at random

BR suggests that we would likely lose interest from many teams if their team is to be immediately split up

DG agrees, stating that the randomized concept could certainly be employed at an event, but the driving force behind this event in having as many teams as possible bring their own club, is lost if their team is immediately broken up

AW inquires on the viability of holding the event at a unique location, such as the Star in Dallas, or the Dallas Farmer's market

BR suggests the Shrine in San Antonio

DG says that a meet has been held there before, and could be a possibility if the desire is to hold an outdoor meet

Final thoughts on WSO Champs - BS suggests employing the concept of 1A, 2A, 6A, etc for a competition, based on the size of a club

BS suggest looking into BARS and seeing if we can evaluate the size of teams and create a competition based on that

Texas State Records

DG mentions that the inability of being able to generate custom reports in BARS has disrupted the ability to easily keep records, inquires what the process has been in the meantime

BR says that he's simply combed through results and looked for those he knew; and then others have reached out to inform him of new records set at AO1 and Masters Nationals

Working Groups

- DG mentions that the ten working groups were approved at the last meeting and their definitions were approved by email vote following the last meeting
 - DG sent out emails to all those who ran for a WSO position and asked if they had particular interest in a certain working group
- DG suggests that carrying out these working groups would best be done as dependent on the group: zoom meeting for some, email correspondence for others, round table for others
 - The intent is really to connect people and bring conversations forward
- Each WSO meeting would present an opportunity for each working group to address what was happening in their area, what progress has been made, what obstacles they are facing, etc.

DG alludes to an email he received from board member DW on his interactions with other high school strength coaches in Oklahoma at a conference

Weightlifting in High School

- DW mentions that he met with other strength coaches and spoke about what it would take to "let" (as the strength coaches put it) their own students participate in weightlifting
- DW reached out to the powerlifting association in Oklahoma, which is run by the football coaches, to inquire about potentially adding an olympic lift to an event to get a little more interest from youth athletes
 - DW Did not receive an email back
- DW mentions that his school participates in the high school throwdown, which consists of squat, bench, and clean
 - There are prizes available such as a Rogue barbell, banner, as well as free USAW membership and shoes for weight class winners
 - DW suggests may doing something similar on a local level with an unsanctioned meet where the winner perhaps gets a USAW membership or a few months with a coach, etc
 - DG mentioned that this is very similar to what USAW has done with the Transitional Athlete Program, and could be employed at the WSO level
 - DG suggests that hosting a power clean competition could be something attractive to high school students/coaches also
 - DW mentions that on the final day of his football summer program, he's going to build out platforms on the field and have everyone perform cleans in front of the whole community
 - DW suggest that potentially hosting an event like this where a local coach has the ability to coach these kids during that day and potentially bring them into the sport as a second sport or off-session training

- BS gives the back story as the former North Texas LWC president, that a local meet was held in North Texas during a record high temperature weekend and that prompted BS to reach out to USAW medical and USAW legal about the measures they might take
 - BS states that medical said a temperature over 95 may be critical
 - BS said that legal was wary of the liability that may be inferred for “approving” a sanction and guaranteeing a certain level of safety
 - BS states that he was attempt to mitigate a personal liability, as the person approving these events, and thus the North Texas LWC created the rule that prohibited meets from happening in non-climate controlled facilities at certain times of year, to remove the personal liability and make it a group decision based on the objective criteria of the date of year and climate control status
- BR mentions that competition that she ran the day before, had an air conditioned warmup room, but a very warm crossfit gym hosted the competition platform. BR inquires where that would fall in.
 - BR mentions that the creation of a google doc could be helpful in having meet directors list what their meet will provide. i.e. air conditioning, wood platform (not taping off a rubber section of a crossfit gym), etc
- DG mentions that BR and himself attended a meet last year that claimed to have air conditioning, but was overwhelmed by the amount of people in the building, that the lack of ventilation and closed space made for a worse environment than some gyms with bay doors and a dozen fans
- DG states the doesn't like the idea of regulating who can and can't host a meet in a certain time frame based on a one-off case, and that that should come down to the consumers decision to lift at a meet that is advertising AC vs one that is not
 - DG also mentions that the one-off case should be addressed directly with that meet director/facility and see if they are willing to address that issue, not regulate the rest of the state that have not had previous problems
 - DG mentions that this is Texas, hot summers should be expected, but limiting the amount of teams/clubs that host their meets in non-climate controlled facilities and rely on that income to pay their athletes travel or their commercial lease would work against our charge to support local weightlifting
- BS states that he's fine with that, he was just mentioning that he wanted to protect his own liability as the person who was approving a meet previously
 - DG mentions that the only criteria that USAW has given on approving meets is that it must be submitted 10 days prior
 - DG states that they also have a Best Practices document that we could create a similar version of where things of this nature are addressed, but not have an outright approval/denial outside of the scope of USAW's approval constraints
 - AW inquires if a Best Practices document is something that could be put up on a WSO website
 - DG states that is exactly the type of document/content we would be looking to put on the WSO website, to encourage new and young clubs to host meets and to provide the tools/document to do so
 - BR suggests sending out an email after the approval of each sanction that encourages them to reach out for any questions they may have and/or directs them to the WSO website for our Best Practices document
 - AW inquires to DG and BS if there is ever an vetting of a new club or team that wants to host a meet or if they are automatically approved
 - DG mentions that before BARS, the submission didnt even have the name of the person submitting the sanction or an email, so reaching out and touching base was not easily done
 - BS states that the only team he reached out was in regards to the rule about climate controlled spaces

in North Texas, but other than that, was always automatically approved

- DG reiterates that the only rule to approve a meet is the day 10 submission rule, so almost every meet is automatically approved
 - DG does mention that there was one meet sanction that was a bit of a head scratcher, and DG and BR both seemed skeptical of it happening and being done well. Both communicated with the meet director beforehand and then went to the meet to ensure it was run adequately

- DG also mentions that we don't want to make people jump through hoops to host meets for the first time, as this is a big way the sport grows, in getting more clubs to host meets and grow organically in their own space. DG states that there should certainly be a follow up process to ensure quality control is maintained, and best practices can be shared with that club
 - DG mentions that these Best Practices are on the USAW website already, but that's not always the most easily navigated website and it would do well to have them specific to the WSO on the WSO website