

PNW WSO Committee Meeting – 8/10/2025 via Google Meet

Time: 3:00pm – 3:30 PM PST

Attendees: Lauren Hatmaker, Mira Kwon Gracia, Isaac Marron, Chelsea Hopkins, Jenn Sprague, Derek Kress, Celia Montgomery

Absent: Kim Douglas

Old Business:

- Lauren sent meeting minutes for approval by email and requested feedback by Wednesday 8/11 at 10am – these will be forwarded to USA Weightlifting to post in the WSO section of their website.
- 2024 Women's Scholarship recipient, M Bradley, was not able to use during the calendar year and asked to use in August 2025 for USAW Coaching certification. We previously voted on Whatsapp chat and memorialize our vote here to approve use.
- PNW WSO supported coaching education – hosted Emmy Vargas at Crossfit Wilsonville. 22 participants. Well received. Some feedback to consider a specific topic for future to draw specific types of athletes or aspiring coaches. For example, how to program for beginners and intermediate level athletes.

New Business:

- Confirming that WSO records will be tracked, no longer individual states, in keeping with the USA Weightlifting grassroots organizations and to encourage WSO engagement. USA Weightlifting will track and accept updates via WSO council to our region's records at national events in the scoring system going forward.
- PNW WSO records are currently up to date on our spreadsheet as of Nationals Week in June 2025. Mira confirmed that Tom Sroka and other council members she reached out to are tracking records manually. The group expressed surprise that there wasn't a way to have this incorporated into BARS but we will continue to advocate for this feature. Relying on volunteers to manually track records is the current system. 1/Mira asked Lauren to let her know when WSO meets are sanctioned. 2/Mira or Lauren to download results from USA Weightlifting by the WSO regional event. PNW WSO members who compete in other areas than PNW or USAW national events will supply the result information to the meet with their manual records request on the PNW WSO website. 3/Volunteer to

“find and replace” in the master spreadsheet. Add/update records as found with each event manually.

- **WSO Championships 2025 – Council liaison Jenn Sprague reported that the championships are sold out and there is a wait list. The WSO council awarded 4 full scholarships and 7/12 partial scholarships. If at need athletes reach their space on the wait list, the council approved using the remaining partial scholarships. Meet Director asked if council could forward information from his recent email to the entire WSO with requests to use hotel links, sign up to volunteer, and to view the preliminary start list and preliminary schedule. He would also like to ask all coaches to register on BARS so that they can ensure background checks and SafeSport certifications are valid. Council suggested that this be a voluntary reminder this year, since it is being requested less than 2 months prior to the event but we will encourage voluntary participation with expectation to require this in 2026.**

Equipment that was received has been help at Armor Athletics. Committee decided to offer Armor to purchase equipment for \$500 and use that money towards WSO region mission.

- Since the committee met, Armor accepted the offer to purchase the equipment for \$500 and will send a check to USAW to have the monies added to our running balance.
- Mira will provide a full detail of how equipment can be written off in the USAW GL.

WSO Championships:

- Discussed to have the championships same weekend every year to ensure no overlap with national meets
- Discussed possibly retaining a percentage of monies from meet director to help with the WSO's mission
- Discussed coordinating with a power lifting club for Nov 2025
- Email blast to membership to request applications for 2025 and 2026

BUDGET DISCUSSIONS AND REQUESTS:

Coaching Scholarships:

- Currently have 4 applicants that have applied for the 6 total scholarships (4 women and 2 BIPOC)
- Lauren will email WSO membership of the deadline of Feb 28th for these scholarships
- Isaac will put a story on social media to get the word out of scholarships
- Committed voted on and an unanimously agreed to request that these scholarships be a part of the Evergreen budget via USAW

Annual Coaching Seminars:

- PNW WSO is committed to supporting an annual coaching to elevate coaching skills
- Seminar will be coached by a national or international female coach in the area of expertise
- Seminar will be inclusive to all coaches and athletes in WSO
- Cost will cover travel, stay and fee of coach
- Committee voted on and unanimously agreed to request \$3000 via Evergreen budget to host an annual coaching seminar

Website Costs:

- Committee voted on and unanimously agreed to request \$500 via Evergreen budget to pay for annual website fees

Mock Meets:

- PNW WSO is committed to supporting local clubs in hosting mock meets to encourage participation in the sport, and provide lifters, coaches, and technical officials with valuable competition experience.
- Support up to five mock meets in 2025.
- PNW WSO will provide \$250 compensation to the meet director for their time and use of the facility.
- Two USAW memberships will be provided, with recipients to be decided by the meet director.
- To ensure consistency and quality, minimum requirements must be met for hosting a mock meet – see attached document.

- Committee voted on and unanimously agreed to request \$2000 via Evergreen budget to pay for up to 5 annual mock meets

Scholarships for Local Meets:

- PNW WSO is committed to offering hardship scholarships for local meets
- PNW WSO will pay up to 12 scholarships of \$40 each
- There will only be 1 scholarship per person per year
- Up to 3 per quarter total
- PNW WSO will work with USAW HQ on how to best award these scholarships. Possibly a reimbursement to member.
- Committee voted on and unanimously agreed to request \$480 not Evergreen budget

BIPOC Memberships:

- PNW WSO is committed to offering USAW memberships for BIPOC coaches or members
- Up to 4 memberships with a \$150 discount
- Committee voted on and unanimously agreed to request \$600 not Evergreen budget