

PA/WV WSO Committee Meeting

Date April 23, 2025

Attendees:

- Scott González
- Alfred Rizk
- Tim Griesser
- Angela Weidman
- Regis Becker
- Emma Hannan

Absent:

- Michelle Picking
- Abbie Cooper
- Fred Dorman

Minutes

WSO Championships - Financials

Registration	+ \$4383.86
Pittsburgh Barbell (Host)	- \$1,500.00
Volunteer Food + Drinks	- \$183.19
Loaders	- \$120.00
Travel + Lodging	- \$462.99
Consumable	- \$80.52
Total	+ \$2,037.16

WSO Championships

- Meet ran smoothly
- Personalized medals were a big hit
- Should we have qualifying totals?
 - Not sure if this is allowed, but also keeping it open to everyone allows large participation.

- 17 new WSO records set

Potential Meets

- We could look at hosting a PA/WV Elite competition that is separate from WSO Championships
 - Perhaps the PWRBLD meet
- Youth only meet like Ohio & Michigan are doing?
- Lift off / max lift type competition

Social Media

- Gretchen has been doing a great job managing Instagram

Newsletter

- Regis proposed having a newsletter 2-3 times per year
- President's letter, club/athlete/coach interview, etc.
- Looking into hiring someone to produce a layout that we can reuse ourselves

Coaching Scholarships

- 5 women's scholarships and 5 BIPOC scholarships are available for L1 and L2 certification
- <https://forms.gle/FN4RHD8rCNkn3wX18>
- Currently no deadline. Will assess the number of applications that come in quickly and set a deadline if necessary.

Action Items

none