

PNW WSO Committee Meeting – 2/16/2025 via Zoom link

Time: 3:00pm – 4:30 PM PST

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

Absent: Celia Huddart

Equipment from Todd Lyons:

- 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