

# PA/WV WSO Committee Meeting

Date: March 12, 2025

## Attendees:

- Regis Becker
- Scott González
- Fred Dorman
- Abbie Cooper

## Absent:

- Michelle Picking
- Alfred Rizk

## Minutes

### WSO Championships

- Current Registrations for WSO Championships
  - Only 22 athletes registered so far
  - PBC has asked if we should reschedule
    - We will keep the meet scheduled as is
- Get U Pitt to fill loader positions
- Team competition
  - Should we do men's & women's teams? Just a coed team?
  - No team competition this year due to low registration
- Sponsors
  - Virus will provide free singlets to all best lifters and a discount code for all athletes
  - Onyx will provide \$75 gift cards for male and female open best lifter and a discount code for all athletes
  - No update on LMNT and Caffeine and Kilos
- Medals
  - Will order 500 medals (250, 150, 100) with standard WSO neck ribbon
  - Will print labels on site with athlete's name and total to place on the back of the medals
- International athlete exemption period
  - 4 weeks
  - Also exempt any athlete attending a USAW mandatory event for NTP

## WSO Committee Members

- We have three open spots (Jim, Tom, Kristen)
- Nominations began this week

## Social Media

- Instagram is our most effective method for communicating with, and engaging, our members. We need to be active.
- To build momentum, we must be proactive in reposting our members, not just sharing what we're tagged in.
- Fred will put Scott in touch with Gretchen Messner to discuss managing our account
  - Will cover travel, lodging, and registration for one national meet per year
    - Reasonable flights and accommodations
    - Capped at \$2,000
  - Scott will put together a set of expectations

## Combined Meet with USA Powerlifting

- Could combine PA State Championships with USAPL State Championships
  - Dates wouldn't work out for us
- Abbie to find out about running a combined meet near the end of the year

## Action Items

- ☐ Scott to order medals
- ☐ Scott to follow up with PBC about U Pitt
- ☐ Fred to contact Caffeine and Kilos and LMNT again
- ☐ Fred to put Scott and Gretchen in touch