

Mountain North WSO

March Board Meeting

17 March 2022 / 1:00 PM / Virtual

ATTENDEES

- Joey Hoiescu, Emily Sturdy, Lacey Kraft, Jackie Black, Jake Stern, Chris Carter, Lola Pollack, Tony Ober

AGENDA

Your Why

- The New Board members introduced themselves and why they're here.
 - Lacey - grow weightlifting in Montana, kids have been successful, but adults have been challenging
 - Jake - grow weightlifting and what's Mountain North to have the best experience possible in the country
 - Lola - grow weightlifting and improve meets
 - Chris - make people physically, mentally and spiritually stronger. Share that experience with everyone in the WSO
 - Emily - grow the sport in Wyoming especially for adults
 - Jackie - Share her passion with a wider audience
 - Tony - So Idaho doesn't get lost in the WSO shuffle and grow weightlifting in ID
 - Joey - I am here to make the Mountain North WSO the most dominant in the country.

WSO Championships

Q1 2023 - Confirmed by Board

- Joey - Yay

- Chris - Yay
- Lola - Yay
- Jake - Yay
- Jackie - Yay
- Jaq - Absent
- Emily - Yay
- Lacey - Yay
- Tony - Yay

NOTES

- **Ideas for growth:**
 - **Tony** - Student can start weightlifting as a club sport
 - Grow Montana & Wyoming
 - Retention has been the biggest issues
 - Montana & Wyoming - find connections within the Universities who
 - U of Montana - Missoula
 - Montana State - Billings, Havre
 - Rocky Mountain College - Billings
 - Carroll College - Helena
 - Montana Tech - Butte
 - U of Wyoming - Laramie
 - All the community colleges

ACTION ITEMS

Joey - confirm with USAW that Q1 2023 WSO is good to go;

Jackie - reach out to university program directors to gather info on their programs

Lacey - reach out to network for connections to Universities

Emily - reach out to network for connections to Universities, copy "how to start a weightlifting program" from USAW website and paste into google doc.

Tony - reach out to network for connections to Universities

NEXT MONTH'S AGENDA

- Finalize WSO Championship Details
- Create white papers to pitch universities on starting new programs
 - Create pitch to show benefits of weightlifting to the University
 - How does this benefit the university?