



DMV WEIGHTLIFTING

Meeting Minutes

January 22, 2024

Present: Abby Richards, Bianca Macias, Brian Leung, Heather Krause, John Weeks, Kelly Nichols, Liz Korchnak, Steve Yanda

Absent: None

Agenda:

1. Introduction of the new Board
2. Discussion of Ideas
3. WSO Championships
4. Other Business

Order: Meeting was called to order at 7:04 p.m.

Minutes:

1. Introduction of the new Board

Each of the Board members introduced themselves:

- Brian Leung, CHFP Weightlifting
- Kelly Nichols, BASA Weightlifting
- Abby Richards, Fourteen Forty Collective
- Steve Yanda, Philadelphia Barbell Club
- Heather Krause, CHFP Weightlifting
- John Weeks, Tough Temple Weightlifting
- Liz Korchnak, CHFP Weightlifting
- Bianca Macias, DC Weightlifting

2. Discussion of Ideas

The Board discussed ideas and priorities for the upcoming year. There was open discussion and brainstorming primarily focused around the championships and increasing awareness and education of the existence of the DMV WSO. Some specific ideas discussed were as follows:

- Member engagement
- Scholarships and Funding: Exploring establishing DMV-area diversity and access scholarships.



DMV WEIGHTLIFTING

- Transparency and Communication: The Board should prioritize communication about the existence of the WSO, its purpose, contact information, posting of meeting minutes, websites, etc. It should also increase communication between the Board and the club directors in particular to ensure club directors know Board initiatives are being prioritized. There was also discussion of creating various DMV-focused email listservs for volunteers, meet directors, etc.
- Delaware: There aren't many sanctioned clubs in the state of Delaware and the Board would like to engage Delaware members, including exploring the possibility of hosting a meet in Delaware or lending support to possible meet organizers (e.g., CrossFit Killshot). If not a meet, the Board could also try to host a "Try Weightlifting" day.
- Virginia: The Board also noted that, with the entire Board being based in the DC metro area, there needed to be a concerted effort to engage and collaborate with the Virginia Beach and Richmond areas while working with the existing competition schedules already established in those areas.
- Records: The Board intends to establish new records for the DMV WSO using BARS data beginning 2020 through present.

The Board acknowledged that the priority for the upcoming year should first be establishing a genuine WSO championship and second, to identify areas to have a meaningful impact without an outsized effort.

3. WSO Championships

With the WSO Championships being the highest priority of the year, the Board discussed ideal timing. The Board agreed that hosting the Championships in late fall / early winter would avoid an already-established meet schedule across the DMV. Pending a club willing to run the meet, the WSO Championships will be held as a last chance qualifier or tune-up meet prior to the North American Open Finals, the regular registration deadline for which is November 7, 2024.

The Board discussed and encouraged spending some of its budget to purchase DMV Weightlifting signage to be used as marketing for local meets, as well as purchasing WSO Championship medals and other championship signage to increase the production value of the event.



DMV WEIGHTLIFTING

4. Other Business

The Board will update the DMVweightlifting.org website with current information. The Board decided not to create original educational content on its Instagram handle (@dmvweightlifting) as there are sufficient resources elsewhere already.

The next meeting of the Board will be February 19, 2024 at 8:00 p.m. virtually.