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# New England WSO Board Meeting

Tuesday, 12.20.2022

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## Attendees

- Travis Cooper
- Lauryn Ginsburg
- Kate Greisdorf
- Reneigh Chick
- Stephanie Jefferson
- Amy Richardson
- Ken Toal

## Not in Attendance

- Carla O'Brien

## Reports from Members

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## Agenda

### Communication to Members

1. Social Media
    - a. Instagram - 801-> 1,044, This year 271->1,044
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- b. YouTube - 28->34, This year 0->34, most watched video was WSO Promo with 340 views
- c. TikTok - 16->33, This year 0->33
- d. Website - Will release either Christmas or New Year's Day

## Competitions

1. Westerly Barbell Open - January 8th - Volunteer Sheet Below:
  - a. <https://docs.google.com/spreadsheets/d/1LBM9UpvyjTwASVB3pp03A8YGT6rDFwyeKHBj9QdtWIM/edit#gid=0>
2. Bay State Games - They have proposed CrossFit Five Plus July 15-16
3. WSO Championships - End of September Beginning of October?
4. Meets in other states this year? (VT, NH, ME)

## Other Events

1. Coaches Zoom
2. Hall of Fame/Records Dinner with certificates

## Youth Development and Recruitment

- No Report

## High Performance

- Created a ranking list for men and women for top 10 open lifters with 2 alternates. Want lifters to be aware of these rankings so they have something to shoot for. One of our goals should definitely be high performance.
- Ideas around the New England Elite teams are to have a camp every year to get the top lifters together to train for a long weekend together and build community, and a culture of success.

## Old Business

- N/A

## New Business

- Nominations for new MA rep



## Action Items