

# Ohio WSO | MINUTES

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Meeting date | time 9/8/22 8:00 pm | Meeting location Zoom

Meeting called by	Candace Gorby	Attendees
Type of meeting	WSO Business	Candace
Facilitator	Candace Gorby	Subreen
Note taker	Kirstin Boddy	Kirstin
Timekeeper	None	Harlan
		Roy
		John
		Katlin
		Erin

## AGENDA TOPICS

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### Agenda topic Equipment

The equipment is now in Dayton housed with Clean Slate Weightlifting.

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### Agenda topic Financial update

Net assets + 14,805.92

Meet + 1,256.72

- 409.12 Awards and incidentals
- 170.00
- 296.70
- 884.84 Les' System

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14,471.98

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### Agenda topic Stipends

Stipends. No monetary awards for national meets as there are too many now that qualify for national meets. International meets will be supported. Any Non master level athlete that qualifies for an

international meet will receive 20% of travel, lodging and entry fee up to \$3,000. This is for ATHLETE ONLY. The stipend will not cover athlete's coach. Any masters athlete will be awarded \$100 for international level meets held OUTSIDE of the USA. This will be assessed on an annual basis based on OH WSO funds.

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## Agenda topic Topic Operating Procedures/WSO

The new WSO operating procedures are on Slack. They were put out in June.

There will be a change in keeping WSO state records. They will still be kept published. To obtain a state record the record must have been made at a meet in the state of Ohio OR at a national/international meet. This is across the board at all WSOs.

WSO championships: must be yearly, open to all members, only WSO member awards, they have to be housed through BARS and they have to include open, youth and masters awards. Open, high school and University categories are recommended.

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## Agenda topic Topic State Meet Review

Discussed we all overall liked the meet. There were glaring issues. Flow – paper should have been placed over windows in the big rooms attached to weigh in room so that weigh ins could happen in the big room to give space-athletes could be in entry hall and IDs could be easily checked by registration. Not enough volunteers (for example for weight ins there should be 2 TOs in the room to protect the TOs and the athletes).

Move away from bid - Club can apply to run the logistics of the meet but pay scale and duties will be re-evaluated so that the money can be put back into the WSO and used towards the sport of weightlifting in Ohio.

2 platforms from now on

Clone Harlan to deal with technical crap – no but seriously look for someone he could train to help

Saturday Night Lights – session for top 10 males and females in WSO

State Meet Survey – Candace, Kirstin, Katlin

Technical officiating – lacking which leads into a discussion about another WSO sponsored seminar

Referee education – Terry Grow and Joanna Jones could help teach newer local referees. Kirstin discussed friends have approached her and want to help officiating but are AFRAID to. Coaches are not very gracious with the learning curve.

Coaching education

Athlete education – recovery, mobility, breathing, mind training

Use as fundraiser for scholarships, sponsorships, and monetary awards

Meeting ended ~ 9:00 pm.