**TN-KY WSO**

**Minutes of Meeting August 25, 2024**

**Present:** Jenny Lutkins (President), Avery Johnson, Lavetta Tevis, Melissa Kamphake, and Riley Williams

**Guest:** None

1. **Welcome**

The president called the meeting to order at 4pm. She welcomed the WSO board members to

the eighth WSO meeting of 2024.

2. **Declaration of Conflicts of Interest for this agenda.**

**Jenny Lutkins (President)**

**A. Planning the Kentucky State Open**

**B. Discussion on Supporting WL Clubs**

**C. Planning a Clinic with Olivia**

**D. Planning WSO Clinics and Championships**

**E. Discussion on the Decline of WL Clubs in Kentucky**

**F. Planning the WSO Championships**

**I. WSO Board Meeting Recap**

A. The meeting began with brainstorming ideas for organizing the Kentucky State Open

* How to attract more participants from different regions
* How to make the event more affordable for those traveling a distance

B. The meeting continued on to with the discussion of how can clubs get more support and benefits from USA Weightlifting

* Provide scholarships
* Equipment
* Clinics (which would focus on practical activities to benefit both athletes and participants)

C. The meeting continued on with the discussion of how there is decline of weightlifting clubs in Kentucky (particularly in Louisville and Lexington)

* A goal is to retain weightlifters who are primarily interested in Crossfit
* A survey and exit interviews have been considered to gather data and provide better support for the remaining clubs.

E. We concluded with discussions about the upcoming WSO Championships

* Registration links
* Trophies and medals
* Ways of boosting signups
* Gather feedback from clubs that have closed

**II. Planning the Kentucky State Open**

A. The board member (Lavetta Tevis) suggested that we explore the idea of hosting the Kentucky State Open in Northern Kentucky

B. Vee Tevis expressed eagerness to collaborate and seek guidance for hosting the Kentucky State Open

C. The board members discussed potential strategies to attract participants from various regions and ensure the event’s success, showing a strong commitment to making it inclusive and appealing to a wider audience.

**III. Discussion on Supporting WL Clubs**

A. The board member (Melissa Kamphake) discussed the challenges faced by weightlifting clubs, emphasizing the lack of support and benefits from USAW. They proposed ideas to address these issues which included

1. Providing scholarships

2. Equipment support

3. Funding for seminars to promote and grow the sport at the club level

B. The club financials were highlighted, which states the club owners are strained and need more assistance to develop and sustain weightlifting clubs

**IV. Planning a Clinic with Olivia**

A. The board members explore idea of arranging a clinic with Olivia, proposing different locations and methods to reach out to her

B. The board members deliberated on the financial aspects, including covering costs and setting a reasonable fee for participants.

**V.** **Planning WSO Clinics and Championships**

1. The board members deliberated on the idea of hosting weightlifting clinics in Tennessee and Kentucky to boost participation in the WSO championship
2. The challenges of coordination the events were discussed

1. Timing in relation to other weightlifting competition

2. The need to increase interest and attendance in the championship

**VI. Discussion on the Decline of WL Clubs in Kentucky**

1. The board members discussed the decline, especially in Louisville and Lexington Kentucky
2. The board members also discussed the closure of gym owned by Ben and Kat
3. There is a challenge of retaining weightlifters who are primarily interested in CrossFit
4. The group also considered conducting surveys and exit interviews to understand the reasons behind the decline and to provide better support for the remaining clubs

**VII. Planning the WSO Championships**

1. **The board member shares updates on the WSO Championship preparations, such as:**

1. Sending registration links

2. Designing trophies and medals

3. Swag bags (to attract participants)

4. Possibly securing discounted hotel rooms for attendees

5. Brainstormed ways to boost signups and gather feedback from clubs that have closed

**VIII. Action Items**

1. Consider contacting hotels to block rooms form the WSO Championships to entice more participants
2. Work on initial contact with WL superstars and propose a clinic in TN and KY
3. Send an email with the registration link for the WSO Championship to try to get another point of contact
4. Coordinate with Osmond to start the Championship at a later time to accommodate participants who do not want to book hotel rooms
5. Gather data by conducting a survey of clubs that have closed in TN and KY

**Key Questions:**

1. What are the reasons behind the decline of WL clubs in TN and KY?

2. How we boost signups for the WSO Championship?