

PA/WV WSO Board Meeting

Date: December 11, 2024

Attendees:

- Scott González
- Abbie Cooper
- Regis Becker
- Tom Duer
- Kristen Erickson
- Fred Dorman

Absent:

- Alfred Rizk
- Jim Rutter
- Michelle Picking

Minutes

Membership

- Current members: 811 (↓18)
- Gender
 - Male: 470 (58.0%) (↓11)
 - Male Coach: 173 (21.3%; 65.3% of coaches; 36.8% of males)
 - Female: 341 (42.0%) (↓7)
 - Female Coach: 92 (11.3%; 34.7% of coaches; 27.0% of females)
- BIPOC: 36 (4.4%) (↓1)
 - BIPOC Coach: 1 (0.1%; 0.4% of coaches; 2.8% of BIPOC)
- LGBTQIA+: 38 (4.7%) (↓3)
 - LGBTQIA+ Coach: 15 (1.8%; 5.7% of coaches; 39.5% of LGBTQIA+)
- Military: 45 (5.5%) (=)
 - Military Coach: 15 (1.8%; 5.7% of coaches; 33.3% of military)
- Disability: 13 (1.6%) (=)
 - Disability Coach: 7 (0.9%; 2.6% of coaches; 53.8% of disability)
- Instructor: 0 (0.0%) (=)
- Coach: 265 (32.7%) (↓6)
 - Sr. International: 2 (0.2%; 0.8% of coaches)
 - International: 3 (0.4%; 1.1% of coaches)
 - National: 16 (2.0%; 6.0% of coaches)
 - Level 2: 37 (4.6%; 14.0% of coaches)

- Level 1: 207 (25.5%; 78.1% of coaches)
- Technical Official: 130 (16.0%) (↑3)
 - IWF Category 1: 1 (0.1%; 0.8% of TOs)
 - IWF Category 2: 0 (0.0%; 0.0% of TOs)
 - National: 6 (0.7%; 4.6% of TOs)
 - Local: 123 (15.2%; 94.6% of TOs)

WSO Championships

- No bids so far.
- Scott talked to Kyle Fields about the Hall of Fame Classic and 1440 does not plan to run their meet this year.
 - Kyle asked about combining the meets, but we do not want WSO Championships associated with any other meets.
 - Scott suggested that Kyle submit a bid to host at York Barbell, but did not receive a submission.
- Regis will talk to Pittsburgh Barbell about submitting a bid.

WSO Records

- Scott compiled all records dating back to August 2018, when the current weight classes went into effect.
 - https://docs.google.com/spreadsheets/d/e/2PACX-1vRTjP_cLvF4waPg_pWqd94_gjnbmmuS_Y87l1fVQbTMauXVWjvCI17SOTVGd4ZNwthlhHpFCHxu4OVj1/pubhtml
- New weight classes will go into effect in June.
 - Do we want to define standards?
 - Yes, let's pick a percentage of national records and calculate standards using Q-points.
 - Scott will determine average Q-points across open national records and provide sample standards based on various percentages. The board will review and choose a percentage to use.

Instagram

- Scott has increased followers from 37 to 257 by following accounts in our WSO.
- Scott has been sharing posts to try to gain some traction, but so far very little movement on getting accounts to tag us in their posts.
- Is Abbie still interested in managing the account?
 - Yes
- Let's run giveaways to engage the membership

- Gift cards
- Entry fees for national events
- Entry fee for WSO Championships

Mailing Lists

- Full membership mailing list
 - We should send monthly or quarterly updates to the membership.
 - The full membership mailing list should only be accessible to the board.
- Club owners mailing list
 - Enable all club owners to communicate with each other.

Membership Questionnaire

- Do we have a set of questions we'd like to ask our members?
 - Ask each club owner to submit a blurb about their club
 - What kind of information would you like to hear from the WSO?
 - What would you like to see done to make weightlifting better?

Action Items

- ☐ Scott to create sample WSO record standards
- ☐ Scott to find out about purchasing gift cards
- ☐ Scott to create club owners mailing list