

## Mountain South WSO Board Meeting Minutes 11/20/25 8pm PT on Google Meet

Present: Jodi Stumbo, Joaquin Chavez, Eric Bramwell, Jesse Vezina, Natalie Vezina, Amanda Cook

Not Present: Ethan Baggaley

### Agenda:

1. Volunteer of the Year Award
2. 2026 WSO Champs
3. New Business
4. Next Meeting

Meeting started at 8:03pm PT

### Minutes:

1. Volunteer of the Year Award
  - Criteria for award previously sent out to committee via email.
  - Group reviewed and approved criteria with understanding that nominees do not have to meet all criteria but are guidelines for nominating candidates. No time frame for how recently nominees need to have completed. Anyone who has consistently given back to the sport may be nominated for consideration.
  - Plan to open nominations Feb 1-March 1, 2026, with nominations reviewed by committee prior to March meeting. Will decide winner at March 2026 meeting with award being given at WSO Champs in April
  - Approved criteria included at end of these minutes
2. 2026 WSO Champs
  - Discussion on possible awards needed for champs.
  - Amanda to reach out to A-1 for designs on best lifter awards, award for Volunteer of the year, and mock-up on possible new medal design
  - Roughly 160 total medals left over from 2025 champs, group discussed reordering more of the same medals to be able to use vs. new design. Will see what A-1 is able to mock-up and discuss at next meeting.
3. New Business
  - Discussed 2026 scholarships. Plan to open scholarships and run in similar time frame to last year's scholarships. Amanda will confirm dates but tentatively Jan 11-March 1, 2026.
4. Next Meeting

- December meeting canceled
- Next meeting scheduled for January 22, 2026 at 8pm on Google Meet, anticipate addition of newly elected committee members at that time

Meeting concluded at 8:26pm PT.

### **Leanda Bevans Volunteer of the Year Award Criteria**

Celebrating individuals who uplift the weightlifting community through passion, dedication, and grassroots impact.

#### **Core Eligibility**

- Must have volunteered in a weightlifting-related capacity (local club, competition, outreach, education) within the past calendar year.
- Contributions should be driven by community service, not professional obligation.

#### **Grassroots Impact**

- Demonstrated commitment to growing weightlifting at the local level:
  - Organizing or supporting beginner-friendly events, clinics, or workshops.
  - Mentoring new lifters, especially youth, older adults, or underserved populations.
  - Advocating for inclusive access to equipment, coaching, or training spaces.
- Active involvement in building community relationships (e.g., partnerships with schools, senior centers, or local gyms).

#### **Leadership & Support for the Sport**

- Volunteered at competitions (local, regional, national) in roles such as:
  - Loading, judging, announcing, registration, or setup.
- Supported athlete development through coaching assistance, logistics, or emotional encouragement.
- Helped maintain or improve training facilities or equipment.
- Demonstrated creativity in promoting weightlifting (e.g., social media, storytelling, local press).

#### **Spirit of Service**

- Embodies the values of sportsmanship, inclusivity, and community.
- Known for reliability, positivity, and going above and beyond.
- Nominated by peers, athletes, or organizations with testimonials of impact.