

# PA/WV WSO Board Meeting

Date November 15, 2024

## Attendees:

- Regis Becker
- Kristen Erickson
- Tom Duer
- Alfred Rizk
- Scott González
- Michelle Picking

## Absent:

- Jim Rutter
- Abbie Cooper
- Fred Dorman

## Minutes

### Finance

- Opening balance: \$27,816.78
- Budget allocation: \$5,000
- Current balance as of October 1: \$32,816.78
- Nationals Week athlete funding
  - 17 athletes received funding, for a total of \$5,565
  - 11 athletes earned a total of 36 medals
  - Highest funded athlete was Ryan McDonald at \$895
- Given the USAW allocation amount, our current athlete funding is not sustainable
  - As an exercise, Scott calculated what the athlete funding would have been if all 1440 junior athletes had competed at WSO Championships (including Miranda Ulrey who was competing at Junior Pan Ams the same weekend as Junior Nationals)
    - Nationals Week funding would have increased to \$8,660
    - American records funding would have been \$1,500
  - We will need to decrease our athlete funding or find ways to bring in additional money to offset the cost. See below for WSO Program Ideas
- How can athletes earn funding in 2025 since there was no 2024 WSO Championships?
  - One option is to run the 2025 WSO Championships in April or May and use it for athlete funding in 2025 and 2026.

## Membership

- Current members: 829
- Gender
  - Male: 481 (58.0%)
    - Male Coach: 174 (21.0%; 64.2% of coaches; 36.2% of males)
  - Female: 348 (42.0%)
    - Female Coach: 97 (11.7%; 35.8% of coaches; 27.9% of females)
- BIPOC: 37 (4.5%)
  - BIPOC Coach: 1 (0.1%; 0.4% of coaches; 2.7% of BIPOC)
- LGBTQIA+: 41 (4.9%)
  - LGBTQIA+ Coach: 15 (1.8%; 5.5% of coaches; 36.6% of LGBTQIA+)
- Military: 45 (5.4%)
  - Military Coach: 15 (1.8%; 5.5% of coaches; 33.3% of military)
- Disability: 13 (1.6%)
  - Disability Coach: 7 (0.8%; 2.6% of coaches; 53.8% of disability)
- Instructor: 0 (0.0%)
  - NOTE: All instructors seem to be set to pending, so this is not an accurate count as we do have active instructors in the WSO.
- Coach: 271 (32.7%)
  - Sr. International: 2 (0.2%; 0.7% of coaches)
  - International: 3 (0.4%; 1.1% of coaches)
  - National: 16 (1.9%; 5.9% of coaches)
  - Level 2: 37 (4.5%; 13.7% of coaches)
  - Level 1: 213 (25.7%; 78.6% of coaches)
- Technical Official: 127 (15.3%)
  - IWF Category 1: 1 (0.1%; 0.8% of TOs)
  - IWF Category 2: 0 (0.0%; 0.0% of TOs)
  - National: 6 (0.7%; 4.7% of TOs)
  - Local: 120 (14.5%; 94.5% of TOs)

## WSO Championships

- If we run 2025 championships in April or May, we can use it to fund athletes in 2025 and 2026.
  - Needs to be early enough to allow a full training cycle before Nationals Week, but also not right on top of NAOS1.
  - Dates to be aware of
    - February 27 - March 2 NAOS1
    - April 5-6 USAW Masters Nationals
    - April 19-20 (Easter)
    - April 26-27 USAMW Nationals
    - June 21-29 Nationals Week

- Alfred proposed York Barbell in April
  - Need to find out if 1440 is running the Hall of Fame Classic in May. Don't want to run WSO Championships in the same venue as another big meet only one month apart.
  - Would need to provide bars and plates
- Bidding Process for Clubs to Host
  - Responses by end of year
  - Square footage
    - How many spectators?
    - Do you have chairs on site?
  - Number of barbell and plates sets
    - Do you have a competition set?
  - Do you have a competition platform?
  - How many warm up platforms?
  - How many bathrooms?
    - Can you handle 150 athletes plus spectators over two days?
    - Can you have dedicated athlete bathrooms?
  - Food options
  - Hotel options
  - Parking capacity
  - Which of the following dates are you able to host?
    - April 5-6 (USAW Masters Nationals)
    - April 12-13
    - April 19-20 (Easter)
    - April 26-27 (USAMW Nationals)
  - Pictures of venue
  - What time would we be able to start setup?
- How do we get clubs interested in participating?
  - Higher quality meet
  - Good venue
  - Prizes?
- \$5 spectator fee?

## WSO Records

- We need to maintain a publicly accessible list of all records.
- Where are the current records?
  - Jim has them

## WSO Program Ideas

- Fred: Any update from Florida WSO?

- Bimonthly outreach/fundraising events
  - Some events can be free, some can have a registration fee.
    - Perhaps \$50 registration, with a split between the WSO and the coaches/athletes running the events
  - Coach-based events
    - Online seminars and Q&As with international coaches from the WSO
    - In person seminars and workshops
  - Athlete-based events
    - High performance athletes run a seminar/training session
  - Annual Gala
    - Catered dinner
    - Present on membership overview
    - Honor international athletes and coaches
    - Raffle
      - Find sponsors to donate prizes
      - Could be run as a door prize to increase attendance or as a separate purchased raffle ticket
  - Smaller hangouts/parties/social events around the WSO
    - Could split the income with the host club and the WSO
  - Seminar/Q&A on how to run a successful meet
  - Could pair some of these events with meets since people will already be together
- Weightlifting clinics at public gyms/sports performance training centers/high schools
  - Try to increase our membership
  - A coach and a few athletes go out and do a small presentation on weightlifting and USAW
  - Promote the local clubs and upcoming meets in the area
  - Demo some movements and perform basic coaching for attendees

## WSO Equipment

- What equipment do we have and where is it currently located?
  - 1 Full Uesaka set with Tom Duer
  - 2 Full Eleiko sets at Philadelphia Barbell
- Any update on a storage unit or trailer?

## Action Items

- ☐ Scott to finalize WSO Championship hosting questionnaire and send to board for approval
- ☐ Scott to ask JP about regulations around compensation for a club hosting WSO Championships

- ☐ Kristen to find out if there is any additional WSO equipment at Philadelphia Barbell
- ☐ Kristen to get records from Jim
- ☐ Fred to talk to Danny Camargo about how Florida WSO grew to be so successful