

Minutes IL WSO Board Meeting January 08 ,2023, 5pm CST

Attendees	Present
Gwen Chamberlin	Y
Dave Ester	Y
Brian Lahr	Y
Tim Piper	Y
Alex Arquilla	Y
Corinne Grotenhuis	Y
Laura Landers Pettit	Y
Elliot Ganet	Y
Casey Knuth	Y

Agenda

1. Call to Order / Role Call
2. Statistics Summary – January 2022 – December 2022

	Total	New since Jan 2022	New Coach	New Youth/Jr	New Senior	New Master
Members	696	105	57	9	22	10
		Total	New since Jan 2022			
Clubs		23	3			

3. Storage of WSO Equipment for 2023
[South Loop Strength & Conditioning has offered to store the WSO Equipment for 2023](#)
4. 2023 Illinois State Championship Host Selection
[Bloomington Normal Barbell Proposal](#)
[And SLSC for 2024](#)
5. Financial
6. Any Other business?
7. Date / Time of next meeting?

Minutes

1. Storage of WSO Equipment for 2023 -
South Loop Strength & Conditioning has proposed to store the equipment for 2023.
Vote: Unanimously approved.
2. 2023 Illinois State Championship Host Selection -
See attached bid from Bloomington Normal Barbell.
Vote: Unanimously approved. (Brian Lahr abstained)
3. 2023 Illinois State Media:
Proposed: Will IL WSO pay for a media company to take pictures of the competitors (as we have done in past years)? And in previous years, bids were solicited from only Illinois media

companies. Should we open the bidding up to non-Illinois media companies?

Vote: Both Unanimously approved.

4. 2024 Illinois State Championship Host Selection -
See attached for proposal from South Loop Strength & Conditioning for 2024 or a backup location for 2023.
The BOD likes their proposal; however, we will wait until after they host their first meet January 28 2023 to discuss further. Their proposal will be discussed further in future meetings.
5. Financial – Financial statements as of September 2022 from USAW for the IL WSO account have been loaded to the WSO Website. This is the most recent information USAW has available.
6. The next meeting will be Sunday February 12 2023, at 5pm.

[IL WSO Website](#)

2023 Illinois State Weightlifting Championships
Host Proposal By [Brian Lahr](#), USAW National
Coach

1. The dates of April 29th and 30th are best for our facility to host the 2023 Illinois State Weightlifting Championships.
2. I have run multiple successful 60+ participant competitions including the 2019 Illinois State Weightlifting Championships.
3. My facility offers a 4000 sq/ft open room for a 1 platform competition and a separate 2000 sq/ft room with 8 warm up platforms.
4. I will arrange pick up of equipment before the competition and drop off to the WSO storage facility within two weeks of the meets conclusion.
5. All warmup platforms are equipped with Eleiko equipment.
6. I will apply for a USAW sanction and registration will be via the USAW BARS system.
7. I agree to follow the recommendations of the IL WSO Board regarding scheduling.
8. We will provide Medals to Open athletes per IWF protocol, for Masters age groups by SMHF and for Youth / Junior athletes by Sinclair.
9. Proposed entry fee is \$50 for Youth and Juniors \$75 for Open and Masters but open to the WSO Board's recommendations.
10. I will open a new bank account separate from my business and personal accounts to hold the meet funds and tie this account to the entry registration in BARS.
11. I understand the refund policy in the event of a cancellation.
12. I have already contracted experienced help to run the table and technical/digital department. I will also set up a spreadsheet for volunteer loaders and referees, offering payment to anyone who helps single sessions.
13. Full refund (minus the BARS fees) up to 1 week prior to the event.

We will maintain a waitlist on a first come, first serve basis. Once the meet is full, the first person to contact us will be #1 on the waitlist and so on. We will select from the top of that list to fill any withdrawals.

We plan to award the top 3 finishers in all Open divisions per IWF protocol, for Masters age groups by SMHF and for Youth / Junior athletes by Sinclair with medals. Trophies will be awarded to the Best Lifters in each category with the lifter (male or female) with the highest Sinclair or SMHF (whichever the WSO Board decides) being presented with the "The Clyde Emrich Illinois State Championship Best Lifter Award".
Free entry to spectators

Limit one coach per athlete in the warm-up room

14. I suggest no qualifying totals and have it open to all USAW registered IL residents.

15. I will promote the meet on social media and ask for any help available from the WSO More specifically the WSO and IL Weightlifting Community FB pages.

16. I have worked with the same company in the past and like their work but have loved the awards coming from some of the most recent meets and would like information on new companies. I would like the WSO to provide input and ultimately purchase the awards for the competition.

17. Again, I propose that the lifter (male or female) with the highest Sinclair or SMHF (whichever the WSO Board decides) being presented with the "The Clyde Emrich Illinois State Championship Best Lifter Award".

18. The meet will be run in accordance with all governmental public health regulations in place at the time of the meet.

19. The meet will be run in accordance with the Sanctioned Events Requirements & Rules,

20. I understand that the IL WSO will not override the meet directors' decisions in any aspect of the meet, unless the IL WSO determines there is an issue that must be addressed for the safety of the participants.

Request to Host the 2023 or 2024 Illinois State Weightlifting Championship Meet

Kris Mackewicz
Taylor Perry
Todd Nief

January 2023

1 Statement of Purpose

We at South Loop Strength and Conditioning are requesting consideration for hosting the 2024 Illinois State Weightlifting Championships. We are also open to being a backup option for hosting the event in 2023. Our facility has plenty of space to accommodate athletes and spectators. We have previously hosted several large scale CrossFit competitions, and we will be hosting our first weightlifting meet (The Chicago Winter Classic) in January 2023.

2 Location

Our facility is located at 645 South Clark Street in the heart of the South Loop neighborhood in downtown Chicago. We are close to several "L" train stops and a Metra train stop for ease of access.

3 Facility

The facility is approximately 7700 square feet, divided into a main floor (~5000), side room (~2000), and loft (~700). The warm-up, competition, and spectator areas will all be on the main floor, while we will have vendors set up in the side room, as well as a lounge area for volunteers in the loft. The facility has 3 gender neutral restrooms.



2



3

4 Nearby Amenities

There are several hotel options within a mile of our location. We are partnering with a nearby Travel Lodge for The Chicago Winter Classic to provide accommodations to the athletes and spectators. There are also several dining options nearby. There are a handful of parking lots within a few blocks of the gym, in addition to some metered street parking.

5 Meet Format

The meet will run as a one-platform two day meet. The details about the meet format are as follows:

I.

There are 7 spaces available for warm up on traditional platforms as well as additional space on hard rubber matting for up to 6 more stations.

II.

There will be 4-5 sessions per day that can accommodate between 100-120 lifters.

III

IWF certified Eleiko weights would be borrowed from the WSO to use for competition. We would also be using the competition platform provided by the WSO. Adequate kilo weights, including change plates, will be provided for all warm up platforms.

IV

Medals will be provided to all 1st-3rd place finishes. Trophies will be provided for best female and male lifters in the youth, junior, open, and masters divisions. There will also be an award for best team.

V

All USAW/IWF rules and weight classes are observed at our meets.

6 Timeline

We plan to host the meet sometime in the early summer, around the end of June/beginning of July.