WSO PA-WV MEETING

March 13, 2024

Meeting called to order by Michelle Picking, Pres. at 6:35pm

In attendance: Michelle, Abbie Cooper, Alfred Rizk, Tom Duer, Kristen Erikson, Jim Rutter

AGENDA ITEMS:

Social Media –

Abbie Cooper to take over the WSO IG page. She’ll be featuring local gyms, athletes, all business associated with the WSO and any upcoming information or announcements.

Please send her lifts, athletes you’d like to spotlight, coaches, meets, etc

She can be reached at (267)644-7306, IG – abbiecooper,

Email: abcooperr39@gmail.com

NATIONALS WEEK –

* Disbursement of funds will be the same as last year.
* Payment will consist of full funding for highest registration fee (if they qualify for multiple categories)
* Late Registration – they receive the initial early registration fee
* Monetary rewards will also remain the same for medals and records. (I’ll add them at the end for everyone to review)
* Those who participate in both Nationals week and States will receive a waiver for the sign up fees for States

STATES –

* Waiver for fees for any athletes who also do Nationals
* Records – Jim to provide to me by next meeting
* Discussed adding a qualifying total to change the view of it
  + USAW uses 60% of total by open session athletes – is this what we propose to use? Abbie to find out what they use for FL
  + Bringing in intermediate lifters who can’t make QT for Nationals/AOF
  + How do we also include new/1st time lifters?
    - Invoke the 20kg rule so they could make QT?
* Adding a Team Category
  + No bearing on who holds states the following year as it should be solely sponsored and hosted by the WSO
  + 5 person teams
  + Using the same points system USA Weightlifting uses
  + Adding a new team award
    - 1st, 2nd, 3rd
    - Highest participation
* Holding a Showcase session
  + Should it be athletes based on of a % of QT (105% was mentioned)
* Location and Timing
  + Keystones won’t work as they are in July
  + Meet dates already scheduled within WSO are as follows:
    - 8/17/24
    - 9/28/24
    - 12/21/24
  + October 5th or 12th would work
    - Idea about location – Penn State University but 5th is a home game so 12th would be better
  + November 7th is deadline for AOF

Additional Info –

* Scholarships
  + Proposed having something in place for other college students/athletes and/or high school students/athletes to submit criteria determined by the WSO board to qualify for possible L1 coaching. (I’m checking with Alex to find out more about this)
    - Working sessions at local meets
    - Volunteer with States
    - Submit a proposed plan for building a team within their location

NEXT PROPOSED MEETING DATES –

April 17

April 24

Agenda –

States – discussing finalizing location, date, medals, etc

Scholarship information

Potential of funding elite athletes for TEAM USA