

January Board Meeting

24 January 2023 7:00PM / Virtual

ATTENDEES

- Jackie Black, Jaquelin Ong, Jake Stern, Chris Carter, Lola Pollack, Tony Ober, Emily Sturdy

AGENDA

New Business

- All in favor of having Martin Kazmierowski from Montana join the board.
- WSO Championships promotion

NOTES

- All are in favor of having Martin as a representative of Montana.
- Need someone to email C&K, **Virus**, Lifting the Dream, **Onyx**, **Honey Stinger**
 - Jackie is emailing C&K
 - Chris is emailing Lifting the Dream
- Figured out who is bringing what equipment wise
 - Chris is bringing a couple sets of bars (two 15 kgs, two 20 kgs)
 - Jackie Ong is bringing 4 sets of plates 3 sets of 15 and 20 kg bars
 - Jackie Black is bringing 4 sets of plates + competition plates and bars
 - Jake is bringing 2 sets of 15 and 20 kg bars
- Look into lighting options
- Photographer options
- Prize money

- Best lifter (masters, youth, junior, senior) May break up masters and youth depending on how many register
- \$100 or free registration for next year
- Talk to Alex about email blast
- State records and new WSO Records are able to be broken
- Volunteer sign up
- Possibly paying \$5 to refs per session
- \$5 entry fee

ACTION ITEMS

1. **All Board Members** - Headshots and biography
2. **Jackie**- Email Caffeine and Kilos on behalf of WSO for meet
3. **Chris**- Email Lifting the Dream on behalf of WSO for meet
4. **Lola** - social media

NEXT MONTH'S AGENDA

- Curriculum for future seminars
- WSO Championships
- Community Outreach - next email from WSO to Mt. N. WSO athletes to promote competition. Nationals Qualifier

