MISSOURI-VALLEY WSO

BOARD MEETING #2

April 10, 2022

6:30pm

Board Members in attendance via Zoom:

Anna Martin

Brad Jonker

Elisha Hess

Bri Hickman

Ethan Harak

Joe Brown

Zach Huse

Missouri Valley Camp updates

 -Mike and Pyrros not coming

 -look for new coach

 -dates/coach TBD

WSO Metrics (growth ideas)

 -female membership down 36% since 2019

 -youth membership down 34% since 2019

 -CrossFit vs Weightlifting Meets (weightlifting / metcons)

 -Weightlifting Team Duals - small invitational meets

 -WSO Coaches meeting after Nationals Week to share and brainstorm growth ideas

Social Media Strategy

 -admins - Zach, Elisha, and Bri

 -YouTube?

 -social media calendar

WSO Championships

 What we need to determine…

-creating a bid process

 -minimum requirements

 -determine % of profit for meet director and WSO

 -national referee requirements

 -local ref requirements

 *-team comp*

 *-format*

State Championships

 -keep it simple how we’ve done them for now and then step up later

2021 Awards

 -change process altogether

 -nominations

Missouri-Valley Athletes lifting for non-MV clubs/coaches

 -to be included in MV records, awards, benefits

For next meeting - May 22:

Awards format changes for 2021 and beyond

Zach - lists

Meeting concluded at 7:45pm