

Minutes for Metropolitan LWC General Committee Meeting on January 8th, 2017

Attendance: Sara Soto, Jerry Dunne, Alex Russo, Mihalis Alisandratos, Chris Smith, Steve Tria, Tina Cheng, Kurt Roderick, Jeff Scott, Joe Triolo, Blanco, Heather Farmer, George Sirdiroglou, Joey Swidler, Jane Orgel, Mark Vales, Willie Xu, Jenn Nelson, Artie Drechsler, Katie McDevitt, Nicholas Novak, Julia Falamas, J.P. Nicoletta

Meeting Called to Order at 2:39pm

Chris Smith opens meeting with a discussion regarding new IWF regulations: Bodyweight Rule, and Weight classes.

Chris Smith then initiated a discussion reviewing the final meets of the 2016 calendar year. A discussion was initiated regarding the enhancement of the Metropolitan Championships

Stemming from an incident from the Holiday Open, Jane Orgel brought up question about a lifter weighing in on a scale not used for the session that lifter lifted in and in a different location from the other athletes in that session.

On this issue JP Nicoletta motions that: There must be two LWC referees in every weigh-in. In addition, any athlete lifting in a LWC meet must: weigh-in during same weigh-in period, must weigh-in in the same location, and on the same official scale as every other athlete lifting in that specific session. Jerry Dunne seconds the motion. The motion will be decided during the next executive board meeting.

Jeff Scott gives the current financial report. The report is attached to this document.

Chris Smith introduces the new Athletes Representative and Club Representative. Sara Soto was elected as the new Athletes representative and Steve Tria was elected as the new Club Representative.

Blanco makes a motion to use LWC funds for awards for the Metropolitan Championships. His motion was not seconded. It was decided to table discussion on this issue for an executive board meeting.

Chris Smith introduces the 2017 schedule. This will be also be on the Metropolitan LWC website and a Metropolitan LWC google calendar.

The 2017 Schedule:

- January 14th - Intrepid Open, Ryan Hansen, Warwick NY
- February 19th - Impervious Open, JP Nicoletta, Riverhead
- March 12th - The Metropolitan Open, Chris Smith, Garden City
- April 2nd - New York City Open, Artie Drechsler, Garden City
- May TBA - Larry Mintz Memorial, Chris Smith, Garden City
- June 10th - Toss Daddy Open, Chris Smith, Athletes Warehouse
- July 8th & 9th - Crow Hill Open, Kurt Roderick, Crow Hill Crossfit
- July 29th (30th rain date) - Jerry Dunne Red Light Open, Jeff Scott
- August 26th & 27th - Brooklyn Barbell Open, Joey Swidler, Brooklyn Barbell Club
- September 24th - Rudy Sablo Memorial, Chris Smith, Garden City
- October 14th & 15th - Met Championships, Joe Triolo, TBA

- November 4th - War of Westchester, John Gladstone, Athletes Warehouse
- December 17th - The Holiday Open, Chris Smith, Garden City

This schedule is also attached to the bottom of this document.

Next Chris Smith initiates the selection of the 2016 Metropolitan LWC awards. Before voting commenced there was a discussion on criteria for athletes to qualify for Metropolitan LWC awards.

- Senior Male Outstanding Lifter
 - Eligible Nominations (Voting): Roger Gesswein(2), Dean Otsuka(13), Frankie Murray(7), George Sidirolou(1), James Corsitto(0), John Shishido(1)
 - Result: Dean Otsuka wins.
- Senior Female Outstanding Lifter
 - Eligible Nominations (Voting): Heather Farmer (17), Rhiannon Reynolds (), Ashley Gold ()
 - Result: Heather Farmer wins.
- Junior Male Outstanding Lifter
 - Eligible Nominations (Voting): John Aguinaldo(10), David Urovish(8), Mihalís Alisandratos(1)
 - Result: John Aguinaldo wins
- Junior Female Outstanding Lifter
 - Eligible Nominations (Voting): Sosara Ma,
 - Result: Sosara Ma
- Master Male Outstanding Lifter
 - Eligible Nominations (Voting): Dan Boland(7), Jerry Dunne(5), Mark Ongeyberg(6)
 - Result: Dan Boland wins
- Master Female Outstanding Lifter
 - Eligible Nominations (Voting): Sara Soto(3), Stella Ladao(12), Amy Fliss(2), Elizabeth Wipft(3)
 - Result: Stella Ladao wins
- Male Most Improved Lifter
 - Eligible Nominations (Voting): Larry Mintz(0), Andrew Smith(1), David Urovish(14), Mihalís Alisandratos(), Dean Otsuka(), George Sidirolou(), Khalil Harrison()
 - Result: David Urovish wins
- Female Most Improved Lifter
 - Eligible Nominations (Voting): Sosara Ma(2), Katie McDevitt(8), Lauren Salz(1), Judy Zhou(4)
 - Result: Katie McDevitt wins.

This meeting was called to close at 5:20 PM.

Submitted by,

Alex Russo, Secretary

Attachment 1: Financial report presented by Jeff Scott

Metropolitan LWC (06) Financial Report January 8, 2017

To whom it may concern:

The funds of the Metropolitan LWC (06) are as of December 31, 2016 distributed as follows:

Chase account balance:

\$ 7,669.56

Petty Cash account balance:

\$82.22

Total funds:

\$ 7,751.78

Deposits: \$ 1,510.00 was received.

Withdrawals: \$ 280.00 was withdrawn of which \$ 270.00 was spent on awards with \$ 10.00 transferred to petty cash.

Jeff Scott

USAW # 143701

Attachment 2: 2017 Meet Schedule - Submitted by Steve Tria

2017 Meet Schedule for Metropolitan LWC

Date	Meet	Location	Meet Director
January 14 th	Intrepid Open	Intrepid Strength and Conditioning Warwick, NY	Ryan Hansen
February 19 th	Impervious Open	CrossFit Impervious Riverhead, NY	JP Nicoletta
March 12 th	Metropolitan Open	Professional Physical Therapy Garden City, NY	Chris Smith
April – TBD	New York City Open	Professional Physical Therapy Garden City, NY	Artie Drechsler
May – TBD	Larry Mintz Memorial	Professional Physical Therapy Garden City, NY	Chris Smith
June 10 th	Toss Daddy Open	Athletes Warehouse Pleasantville, NY	Chris Smith
July 8 th /9 th	Crow Hill Open	Crow Hill CrossFit Brooklyn, NY	Kurt Roderick
July 29 th (30 th rain date)	Jerry Dunne Red Light Open	Sloatsburg, NY	Jeff Scott
August 26 th /27 th	Brooklyn Barbell Open	Brooklyn Barbell Club Brooklyn, NY	Joey Swidler
September 24 th	Rudy Sablo Memorial	Professional Physical Therapy Garden City, NY	Chris Smith
October 14 th /15 th	Metropolitan Championship	TENTATIVE: Brooklyn Barbell Club Brooklyn, NY	Joe Triolo
November 4 th	War of Westchester	Athletes Warehouse Pleasantville, NY	John Gladstone
December 17 th	Holiday Open	Professional Physical Therapy Garden City, NY	Chris Smith