

NY WSO Board Meeting – Sunday, July 12, 2026.

Zoom Meeting

The meeting was called to order by WSO President James McDermott at 7:05 PM.

Board Members Present: Frank Ford, Jerry Dunne, Alyssa Garrison, James McDermott, Chris Smith, Michelle Woogen, Brian DeGennaro, Erica Caso, and Jemel Kaiser.

Agenda

General:

1. Welcome Jemel Kaiser.
2. Financial Report.
3. Youth & Junior Scholarships.
4. Q2 Newsletter.
5. WSO Awards.
6. Upcoming Weight Class Changes.
7. WSO Records (Vote).

NYS Championships:

1. 2028 Venue Update.
2. Equipment List.
3. Volunteers.
4. Recent Purchases.
5. Hotel Updates.
6. Livestream.
7. Awards Update.
8. Sponsors.

Meeting Minutes

[General Topics]

Welcome Jemel: James welcomed Jemel Kaiser to the committee. Jemel was announced as the Hudson Valley WSO Representative in June, taking over the position from Joe Rodriguez who stepped down in April.

Financial Report: James shared a spreadsheet sent by USA Weightlifting that outlined our current financial position. As of July 12, 2026 the WSO has an available balance of \$16,908.61.

Youth and Junior Scholarships: James informed the committee that all 10 scholarship winners were successfully reimbursed their entry fees for the 2026 National Youth or Junior Championships.

Q2 Newsletter: A newsletter recapping the events from April, May, and June will be sent out to the membership soon. It will also be posted to the website blog for those unable to receive emails, but want to stay in the loop.

WSO Awards: James has received the Outstanding Athlete and Coach of the Year awards from the printing company. Errors from the company from a previous order have been corrected at no additional cost to the WSO. WSO awards will be presented at the NYS Championships during the recipients lifting session or when time allows.

Upcoming Weight Class Changes: On Saturday, August 1st the new weight class changes announced by the International Weightlifting Federation on November 3rd, 2025 will go into effect.

New weight classes:

- Senior & Junior (*and Masters when applied to USAW and the WSO*):
 - Men: 60 kg, 65 kg, 70 kg, 75 kg, 85 kg, 95 kg, 110 kg, 110+ kg.
 - Women: 49 kg, 53 kg, 57 kg, 61 kg, 69 kg, 77 kg, 86 kg, 86+ kg.
- Youth:
 - Men: 55 kg, 60 kg, 65 kg, 70 kg, 75 kg, 85 kg, 95 kg, 95+ kg.
 - Women: 45 kg, 49 kg, 53 kg, 57 kg, 61 kg, 69 kg, 77 kg, 77+ kg.

Retired weight classes:

- Senior & Junior (*and Masters when applied to USAW and the WSO*):
 - Men: 71 kg, 79 kg, 88 kg, 94 kg.
 - Women: 48 kg, 58 kg, 63 kg.
- Youth:
 - Men: 56 kg, 71 kg, 79 kg, 88 kg, 94 kg, 94+ kg.

- Women: 44 kg, 48 kg, 58 kg, 63 kg.

WSO Records: After discussion on WSO records, James motioned adopt the procedures used after last year's weight class changes after June 1st, 2025. Proposed procedures:

Archiving Records

Archive the current state and state meet records for retiring weight classes on nywso.com. New weight classes and their record standards will be posted to the website.

Establishing New Standards

Use current state records as a starting point for comparable weight classes. The exact record, with no reduction, will provide the new standard.

Example: If the current men's 71 kg snatch record is 127 kg, the record standard for the new 70 kg class will be 127 kg.

Seconded: Jerry Dunne.

Results: All in favor – motion passes.

[NYS Championships Topics]

2028 Event Location & Venue: James confirmed that USA Weightlifting has paid the deposit and signed the contract to secure the venue location for the 2028 NYS Championships.

In that year, the event will be held on Saturday, September 30th & Sunday, October 1st in Poughkeepsie, NY at Gold's Gym LaGrange.

Equipment List: The committee worked on filling in the equipment list and determining who will bring what items. Plans to fill the gaps and suggested individuals were also discussed.

Volunteers: James has reached out to last year's volunteer group and has many commitments for 2026. He'll be posting a public call for help in the Q2 Newsletter and future communications with the WSO membership.

Recent Purchases: Competition platform barbells and team award banners have arrived in Binghamton. Frank Ford has them safe in storage.

Hotel Updates: The DoubleTree by Hilton Binghamton has recently completed their room renovation project. All attendees staying at the hotel will enjoy rooms with new carpet, furniture, paint, and remodeled bathrooms. No changes will be made to the ballroom, atrium, or other rooms used for the event before September. We won't see those changes until 2027.

Livestream: With Joe Rodriguez having moved to Florida, there is currently no one in charge of running the livestream. The committee discussed potentially not having one this year and some volunteers who could potentially help. James has reached out to one of the individuals and will report back to the committee the status of the livestream.

Awards Update: Best Lifter trophies and replacement medals have all arrived and are currently stored in Binghamton. We again have 100 gold, 50 silver, and 50 bronze medals available. The awards company has attached new lanyards to the replacement medals and provided more so last year's medals can be updated.

Sponsors: James reported that he has a meeting with LifeAid on Monday and has been in talks with other companies. Discussion was had on other companies to reach out to.

Meeting adjourned at 7:55 PM.