

## **NY WSO Executive Board Meeting – Sunday, November 19, 2023**

### Zoom Meeting

The meeting was called to order by WSO President, James McDermott, at 6:03PM

Board members present: James McDermott, Frank Ford, Alyssa Garrison, Sara Soto, Chris Smith, and Frank Mintz

Absent with notice: Jerry Dunne & Joe Rodriguez

#### Agenda:

Review of General Membership Meeting Topics

#### Meeting Minutes:

#### GENERAL BUSINESS

- Introduction to NY WSO Board Discord server
- Quick overview of presentation for General Membership Meeting
- WSO Equipment Update: all equipment has been sold

Meeting is adjourned at 6:45PM.

## **NY WSO General Membership Meeting – Sunday, November 19, 2023**

### Zoom Meeting

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

The full video of this meeting can be found on the New York Weightlifting YouTube page:

[https://www.youtube.com/watch?v=6J6jZf\\_FgAc](https://www.youtube.com/watch?v=6J6jZf_FgAc)

Board members present: James McDermott, Frank Ford, Alyssa Garrison, Sara Soto, and Jerry Dunne

Absent: Frank Mintz & Chris Smith

Absent with notice: Joe Rodriguez

#### Agenda:

Board Introductions

WSO Election

WSO Metrics

North American Open Finals Well Wishes

Scholarship Results: Youth & Junior, Women's Coaching Development

2024 Important Dates and Deadlines

NYS Championships: Recap, Statistics, Volunteers, 2024 Promo

NY WSO Website Updates

Open Discussion and Q&A

## Meeting Minutes:

### BOARD INTRODUCTIONS

- Introduction of NY WSO Board Members, further information on [nywso.com](https://nywso.com)

### WSO ELECTION

- Overview of current WSO elections, including explanation of restart

### WSO METRICS

- Slight dip in membership, but more clubs
- 28 meets held in 2023
- 10 courses held; 8 Level 1s, 2 Level 2s
- Upcoming events @ [nywso.com/events](https://nywso.com/events)

### NORTH AMERICAN OPEN FINALS 2023

- Well-wishes to those competing in Wilmington, NC, on December 7-10

### 2024 IMPORTANT DATES & DEADLINES

- January 1, 2024 – March 31, 2024: Outstanding Athletes nomination period
- May 23, 2023 – May 16, 2024: Youth & Junior Scholarship application period
- January 1, 2024 – January 31, 2024: Coaching Scholarship application period

### NYS CHAMPIONSHIPS

- September 28 & 29, 2024 in Binghamton, NY, at the DoubleTree by Hilton
- Early bird registration begins on May 1, 2024, regular registration begins on July 1, 2024
- Thank you to all the volunteers from 2023!
- 149 athletes competed; 83 women & 66 men
- Recap of athlete awards, team winners, and state & state meet records
- States Stories: Victoria Ferreira & Milo Janata
- Planning for 2024: goal is for 2 platforms & more athletes, will need much more community support in order to reach this goal
- Feedback survey results overview; hotel-specific feedback has been shared with the DoubleTree staff

### OPEN DISCUSSION AND Q&A

Meeting is adjourned at 8:25PM.