

4.16.23 NYWSO General Membership Meeting

Board members present: James McDermott, Chris Smith, Joe Rodriguez, Jerry Dunne, Erica Caso, Sara Soto, Frank Ford, Frank Mintz

Meeting started at 7:10pm

Board Members introduced.

NYWSO website displays information about all board members listed at www.nywso.com/about

Financial Report

USA Weightlifting organizing our financials, including athlete support funds. Scholarships are awarded by the board.

- Athlete support fund was \$2,679 as of Dec. 2022
- Total funds \$4,854.17 as of 1/31/23
- Total fixed assets - \$13,912.78 (includes equipment, expected to be updated)
- Hope to have the first quarter 2023 numbers soon

Adjustments/updates to the support funds will be done regularly. There is a pending donation from the 2023 Adirondack Regional Open.

2022 Outstanding Athlete Awards

Senior Men – **Robert Marvald**

Senior Female – **Juliana Riotto**

Junior Male – **Andrew Smith**

Junior Female – **Jasmine Nautel**

Master's Men – **Brett Andrus**

Master's Female – **Joelle von Bischoffshausen**

Most Improved Male – **Juliann Poserio**

Most Improved Female – **Staci Stadler**

2023 Nomination period 1/1/24 – 3/31/24. NYWSO website will have information up later.

1st Quarter Metrics

- **Members:** 1,024
- **Sanctioned Clubs:** 34
- **Meets Held:** 7 (2 ADK, 1 HV, 1 NYC, 1 LI, 2 W)
- **Level 1 Courses Held:** 4 (2 LI, 1 NYC, 1 HV)
- **Level 2 Courses Held:** 1 (NYC)

Athletes in Competition

- **National University Championships:** 6 athletes. 2 bronze medals.
- **North American Open Series I:** 58 athletes. 9 gold, 5 silver, 6 bronze medals.
- **National Masters Championships:** 59 athletes. 47 gold, 28 silver, 19 bronze medals. 10 records.

Katherine Hejmanek (W45 59): 68 kg snatch, 86 kg clean and jerk, and 154 kg total (151 kg total earlier in the competition)

Stella Ladao (W50 59): 60 kg snatch, 79 kg clean and jerk, and 139 kg total.

Mark Solomon (M65 109+): 73 kg snatch, 93 kg clean and jerk, and 166 kg total.

Upcoming Events

Listed at www.nywso.com/events

Competitions

- **Spencer Tsai Memorial Open:** Saturday, April 29th. Brooklyn, NY.
- **Western NY Regional Open:** Saturday, May 6th & Sunday, May 7th. Depew, NY.
- **Dark Side Weightlifting Meet:** Friday, May 19th. Warwick, NY.
- **Central NY Regional Open:** Saturday, May 20th. Johnson City, NY.
- **Murder of Crows Open:** Saturday, June 3rd. Brooklyn, NY.
- **Hudson Valley Regional Open:** Saturday, June 3rd. Poughkeepsie, NY.
- **Adirondack Series II:** Saturday, June 3rd. Round Lake, NY.
- **MOC Super Total Weekend:** Saturday, October 7th. Brooklyn, NY.

New York State Championships

- Saturday, September 30th and Sunday, October 1st.
- DoubleTree by Hilton. Binghamton, NY.
- **Early Bird Registration:** Monday, May 1st to Friday, June 30th.
- **Regular Registration:** Saturday, July 1st to Thursday, August 31st.
- **Team Registration:** Monday, May 1st to Friday, September 1st.

www.nywso.com/new-york-state-championships

Coaching Courses

- **Level 1:** Saturday, April 22nd & Sunday, April 23rd. Johnson City, NY.
- **Level 1:** Saturday, April 29th & Sunday, April 30th. Buffalo, NY.
- **Level 1:** Saturday, May 13th & Sunday, May 14th. Ithaca, NY.
- **Level 2:** Saturday, July 29th. & Sunday, 30th. Brooklyn, NY.

Technical Officials Directory is now on the NYWSO website.

- Provide resource for meet directors looking for volunteers.
- Promote volunteerism within the WSO.
- Recognize the accomplishment of becoming a Technical Official at all levels.
- Provide a resource on how to level up.
- The list will be updated quarterly or by request.

www.nywso.com/technicalofficials

Scholarships for Youth & Junior athletes attending USAW National Championships – deadline to apply is 5/25/23. Listed at www.nywso.com/youthandjuniorscholarship

Coaching Development Scholarships

Tuition for qualified Women and BIPOC coaches to attend Level 1 or 2 Coach Certification courses – deadline is 4/30/23. Listed at www.nywso.com/coachingdevelopmentscholarships

Hall of Fame

Masters Wing has been added to the NYWSO Hall of Fame. More info at www.nywso.com/hall-of-fame-1

Next General Meeting will be on 11/19/23.

Meeting adjourned at 7:46pm.