

NY WSO Executive Board Meeting – Sunday, April 21, 2024

Zoom Meeting

The meeting was called to order by WSO President, James McDermott, at 6:00PM

Board members present: James McDermott, Michelle Woogen, Erica Caso, Alyssa Garrison, Joe Rodriguez, Chris Smith

Absent: Frank Ford (with notice), Julia Falamas, Brian DeGennaro (with notice).

Agenda:

New WSO Finances Procedures.

WSO Store Approval (Vote).

States: Athlete Cards Project (Financial Vote).

States: Medals Update & Future Plans.

Meeting Minutes:

New WSO Finances Procedures.

Discussion held regarding new USAW financial procedures: primary change is we will no longer receive rebates. Discussed how to plan for transition.

WSO Store Approval (Vote).

Regarding online store: Discussed whether to make website for profit or not for profit. Agreed to create the online store as a not for profit. No vote needed since it will be not for profit.

States: Athlete Cards Project (Financial Vote).

Athlete cards will designate how many people are allowed in backroom with athletes at the State Championship). James was able to procure 2000+ athlete cards from this year's NAOS1 for free. Ideas were proposed regarding how to best utilize these cards at the State Championship. No financial decisions ready to be made at this time; therefore, no vote needed.

States: Medals Update & Future Plans.

Currently do not have enough medals for the State Championship; will need to order more. Discussion held regarding option of ordering through the same company from before or from a different company. Joe and James will identify how many medals are needed to determine pricing and will share this information with the Board once available.

Meeting adjourned at 7:00PM

NY WSO General Membership Meeting – Sunday, April 21, 2024

Zoom Meeting

The meeting was called to order by WSO President, James McDermott, at 7:02PM

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

<https://youtu.be/HpxngZtj-5I?si=zLN4iopmxWa7jjhz>

Board members present: James McDermott, Michelle Woogen, Erica Caso, Alyssa Garrison, Joe Rodriguez, Chris Smith

Absent: Frank Ford (with notice), Julia Falamas, Brian DeGennaro (with notice).

Agenda:

New Board Listing. One final thank you to Jerry Dunne, Frank Mintz, and Sara Soto.

General WSO Overview:

- **Current Membership Numbers.**

Events Recap:

- **Number of competitions in Q1.**
- **Number of coaching courses in Q1.**
- **National events participation breakdown**
(Number of athletes, medals, post event communication)

2024 Goals:

- **Coaching Scholarships (Accomplished), Winners Listing.**
- **NY WSO Podcast (Accomplished), More Information.**
- **I Love NY (Accomplished), More Information.**
- **WSO Records Revision (Accomplished), New Procedures.**
- **WSO Online Store (Currently In Progress), More Information.**
- **Awards Revision (Accomplished), Announce Changes.**

Outstanding Athlete Winners Announcement.

Coach of the Year Announcement.

NYS Championships:

- **Entry Form is posted.**
- **2 Competition + 10 Warm-Up Platforms.**
- **Sponsorships Success.**
- **Team Award Additions.**
- **Early Bird Registration: May 1st.**

Youth & Junior Scholarships Deadline Approaching

- **Date.**
- **Current Number of Applicants.**

Meeting Minutes:

New Board Listing. One final thank you to Jerry Dunne, Frank Mintz, and Sara Soto.

General WSO Overview:

- Current Membership Numbers.

854 members as of April 21, 2024. 33 active clubs.

If your individual or club membership has lapsed, do not forget to renew!

Events Recap:

- Number of competitions in Q1.

10 weightlifting meets with 284 athletes competing!

- Number of coaching courses in Q1.

3 coaching courses, resulting in 31 new coaches

- National events participation breakdown

(Number of athletes, medals, post event communication)

NAOF: 40 athletes. 14 gold, 9 silver, 15 bronze

NUC: 8 athletes. 2 bronze medals

NAOS1: 58 athletes. 11 gold, 10 silver, 11 bronze. Murder of Crows 4th, Empire Weightlifting 7th

Adaptive NAOS1: 1 athlete. 3 gold medals

National Masters Championships: 22 athletes, 15 gold, 12 silver, 7 bronze. 6 National Champions. Best Overall Female Lifter: Stella Ladao

-Financials.

USAW will be moving from rebate model to budget model as of 2024.

WSO must spend currently held rebate money including saved scholarship funds and then USAW will give us an annual amount

-Newest IWF Category 1 TO

Congratulations to Kurt Roderick for earning his IWF Cat 1 title.

Reminder to all members: You too can be as cool as Kurt. You can start your journey by becoming a USAW Local Ref and moving up through the ranks. It's not only cool, it's fun to do! More information available at www.nywso.com/technicalofficials.

2024 Goals:

- Coaching Scholarships (Accomplished), Winners Listing.

10 scholarships were awarded this year. Congratulations to Amada Cann, Haley

Maisonet, Jean Laguerre, Jenny Ordon, Jessica Rodriguez, Joelle Von Bischoffshausen, Lucie Gehringer, Sioban Sedney, Staci Stadler, Tanzira Rashid!

- NY WSO Podcast (Accomplished), More Information.

Hosted by Sara Soto and James McDermott. Provides an additional and alternative way to communicate important NY WSO news to our membership; highlight athletes, coaches; and clubs; and promote and recap events.

We are looking for stories to tell! *Do you have one you would love to share??* Contact James at James.AMCD@yahoo.com.

- I Love NY (Accomplished), More Information.

WSO's partnership with www.iloveny.com allows us to post about the State Championships under their Sports and Gaming section.

The hope is to be able to ultimately list local events under that section as well.

Also working with Central NY Tourism on signage for the State Championships.

- WSO Records Revision (Accomplished), New Procedures.

Changed to provide a consistent template for records presentation and to highlight new record breakers while acknowledging previous record holder.

15 applications have been submitted and approved.

21 records in total have been verified and approved since March 25, 2024.

If you think you hold a record from a sanctioned or USAW affiliated event, you can submit an application!

- WSO Online Store (Currently In Progress), More Information.

Coming soon!

This not for profit virtual store provides members apparel at affordable prices and helps promote WSO and State Regions.

- Awards Revision (Accomplished), Announce Changes.

Removed nomination process and now are using annual State Rankings as feeder system.

Removed "Most Improved Award."

Using a points-based system to determine winner in each category rather than opinion.

Outstanding Athlete Winners Announcement.

Congratulations to the following winners!

Marci Baldinger (Junior Woman)

Connor Lacey (Junior Man)

Stella Ladao (Masters Woman)

Robert Santoro (Masters Man)

Lucie Gehringer (Senior Woman)

Dean Otsuka (Senior Man)

Coach of the Year Announcement.

Congratulations to Kurt Roderick (Club: Murder of Crows)!

NYS Championships:

- Entry Form is posted.

- 2 Competition + 10 Warm-Up Platforms.

- Sponsorships Success.

Still seeking a Title Sponsorship.

- Team Award Additions.

Rogue men's and women's Pyrros bars will be gifted with team awards!

- Early Bird Registration:

Begins May 1st and ends June 30th

-Help needed!

We are seeking volunteers to help the State Championships run smoothly. Let us know if you are able and willing to help out with the many positions!

-Location

Have you ever wondered why the State Champs are held in Binghamton? It's centrally located with adequate bus routes from all corners of NYS. Limits distance needed for transporting all the necessary equipment to the location. The hotel itself (e.g., excellent relationship, free ballroom [\$1,000 savings per night], free amenities [the list goes on], athlete amenities [e.g., sauna, hot tub, pool, locker rooms, and fitness center], no outrageous food fees, big space, reduced room rates, free parking).

Thus far no other comparable venue options have been identified throughout the State. However, if any members would like to develop connections with other venues, please feel free to do so; the Board is happy to explore other viable options.

Youth & Junior Scholarships Deadline Approaching

- Date.

APPLICATIONS DUE THURSDAY, MAY 16, 2024

Application can be found at www.nywso.com/athlete-support

- Current Number of Applicants.

Currently have 3 applications. Don't miss out on the deadline to apply!

Open discussion and Q&A

Meeting adjourned at 8:05pm