

## Board of Directors Meeting Minutes National Conference Paris Hotel, Las Vegas, Nevada Wednesday, July 8, 2009

**CALLED TO ORDER** at 8:00 AM Pacific Daylight Time, on July 8, 2009, by NSCA President, Dr. Lee E. Brown. Participating in the meeting: Vice President Jeffery R. Stout; Secretary/Treasurer Mike Nitka; Members: Karen Ballek, G. Gregory Haff, L. Perry Koziris, John P. McCarthy, Juan Carlos Santana, Diane Vives, Executive Director Robert Jursnick, Deputy/Operations Director Kim Dixon, and Executive Assistant Joni Costa.

## **MOTIONS:**

2009-07-08-00 PASSED

TOPIC: .....Bylaws

PROPOSED BY:.....Lee E. Brown

SECONDED BY:....L. Perry Koziris

PROPOSED MOTION: ...That the Board of Directors approves the recommended changes to the National Strength and Conditioning Association Revised and Restated Bylaws, Effective July 11, 2008.

ADOPTED MOTION:.....That the Board of Directors approves the recommended changes to the National Strength and Conditioning Association Revised and Restated Bylaws, Effective July 11, 2008.

SUPPORTING STATEMENT: National Strength and Conditioning Association Revised and Restated Bylaws, Effective July 8, 2009, attached.

2009-07-08-01 PASSED

TOPIC: ......Minutes Approval: April 24, 2009 Conference Call

PROPOSED BY:....Lee E. Brown

SECONDED BY:.....Juan Carlos Santana

PROPOSED MOTION: ... That the Board of Directors approves the Minutes from the April 24, 2009 Board of Directors

Conference Call Meeting.

ADOPTED MOTION:.....That the Board of Directors approves the Minutes from the April 24, 2009 Board of Directors

Conference Call Meeting.

SUPPORTING STATEMENT: Minutes attached.



2009-07-08-02 PASSED

TOPIC: ......Minutes Approval: June 5, 2009 Conference Call

PROPOSED BY:....Lee E. Brown

SECONDED BY:.....Juan Carlos Santana

PROPOSED MOTION: ... That the Board of Directors approves the Minutes from the June 5, 2009 Board of Directors

Conference Call Meeting.

ADOPTED MOTION:..... That the Board of Directors approves the Minutes from the June 5, 2009 Board of Directors

Conference Call Meeting.

SUPPORTING STATEMENT: Minutes attached.

2009-07-08-03 PASSED

TOPIC: ......Fellow Approval PROPOSED BY: .....Lee E. Brown SECONDED BY: .....Jeff Stout

PROPOSED MOTION: ... That the Board of Directors approves Brent Alvar, PhD, CSCS\*D; Helen Binkley, PhD,

CSCS\*D, NSCA-CPT\*D; Jay Dawes, MS, CSCS\*D; NSCA-CPT,\*D; Patrick Jacobs, PhD, CSCS\*D; Ian Jeffreys, MS, CSCS\*D, NSCA-CPT\*D; John Kordich, MEd, CSCS\*D, NSCA-CPT\*D; Moh Malek, PhD, CSCS\*D, NSCA-CPT\*D; Frank Spaniol, EdD, CSCS\*D as Fellows of the NSCA, as recommended by the Fellow Committee.

ADOPTED MOTION. That the Deard of Direct

ADOPTED MOTION:.....That the Board of Directors approves Brent Alvar, PhD, CSCS, \*D; Helen Binkley, PhD, CSCS, \*D, NSCA-CPT, \*D; Jay Dawes, MS, CSCS, \*D; NSCA-CPT, \*D; Patrick Jacobs, PhD, CSCS, \*D; Ian Jeffreys, MS, CSCS, \*D, NSCA-CPT, \*D; John Kordich, MEd, CSCS, \*D, NSCA-CPT, \*D; Moh Malek, PhD, CSCS, \*D, NSCA-CPT, \*D; Frank Spaniol, EdD, CSCS, \*D as Fellows of the NSCA, as recommended by the Fellow Committee.

SUPPORTING STATEMENT: FNSCA Board Report from Bruce Craig, emailed 6/18/09.

2009-07-08-04 PASSED

TOPIC: .....NSCA Foundation – Board Position Vacancy

PROPOSED BY:.....Jeff Stout
SECONDED BY:.....Karen Ballek

PROPOSED MOTION: ...That the NSCA Board of Directors accepts the recommendation of the NSCAF Board of

Directors that Lee E. Brown be elected to the NSCA Foundation Board.



ADOPTED MOTION:.....That the NSCA Board of Directors accepts the recommendation of the NSCAF Board of Directors that Lee E. Brown be elected to the NSCA Foundation Board.

SUPPORTING STATEMENT: One member is rotating off in July 2009 and this appointment would fill a three year term.

2009-07-08-05 PASSED

TOPIC: ......Whistle Blower Policy

PROPOSED BY:....Lee E. Brown

SECONDED BY:.....Juan Carlos Santana

PROPOSED MOTION: ... That the Board of Directors approves the National Strength & Conditioning Association

Whistleblower Policy.

ADOPTED MOTION:..... That the Board of Directors approves the National Strength & Conditioning Association

Whistleblower Policy.

SUPPORTING STATEMENT: Draft of National Strength & Conditioning Association Whistleblower Policy, attached.

2009-07-08-06 PASSED

TOPIC: ......Wells Fargo Investment Accounts Appointment of New Signers

PROPOSED BY:.....Mike Nitka

SECONDED BY:.....Juan Carlos Santana

PROPOSED MOTION: ...That the Board of Directors appoints new signers for the Wells Fargo Investment Accounts, to

be: Robert Jursnick, Kim Ginter, and Lee Madden.

ADOPTED MOTION:.....That the Board of Directors appoints new signers for the Wells Fargo Investment Accounts, to

be: Robert Jursnick, Kim Ginter, and Lee Madden.

SUPPORTING STATEMENT: Resolution to Appoint Signers for the Wells Fargo Investment Account document, attached.

2009-07-08-07 PASSED

TOPIC: ......Application Date Changes to Personal Trainer Advanced Recognition Program

PROPOSED BY:.....Diane Vives

SECONDED BY:.....Greg Haff

PROPOSED MOTION: ... That the NSCA Board of Directors approves the change to the current application deadlines for

the PT-AR to October 1, and March 1 of each year.

ADOPTED MOTION:.....That the NSCA Board of Directors approves the change to the current application deadlines for

the PT-AR to October 1, and March 1 of each year.



SUPPORTING STATEMENT: Currently the PT-AR application periods coincide with the NSCA's CSCS and CPT reporting periods, which occur every three years. Thus, as it stands, the next opportunity to apply for the PT-AR after December 31, 2008 will be December 31, 2011.

2009-07-08-08 PASSED

TOPIC: ......Membership / Certification

PROPOSED BY:....Lee E. Brown

SECONDED BY:.....Juan Carlos Santana

PROPOSED MOTION: ... That the Board of Directors charges the Executive Director to investigate the feasibility of

including a portioned recertification fee as a part of the annual membership fee for certified members. That this feasibility study be completed and presented to the Board of Directors not letter than Department 1, 2000 and if approved implemented not letter than Language 1, 2010.

later than December 1, 2009 and, if approved, implemented not later than January 1, 2010.

ADOPTED MOTION:..... That the Board of Directors charges the Executive Director to investigate the feasibility of

including a portioned recertification fee as a part of the annual membership fee for certified members. That this feasibility study be completed and presented to the Board of Directors not

later than December 1, 2009 and, if approved, implemented not later than January 1, 2010.

SUPPORTING STATEMENT: To include the recertification fee, portioned over the three year recertification cycle, in the annual membership fee would allow certified members to renew their certification without paying the addition recertification fee as long as they maintain their membership for the entire cycle. The value added would be to encourage member acquisition and retention.

2009-07-08-09 PASSED

TOPIC: ......Artificial turf at NSCA World Headquarters

PROPOSED BY:....Lee E. Brown

SECONDED BY:.....Mike Nitka

PROPOSED MOTION: ... That the Board of Directors charges the Executive Director to replace the turf at the NSCA

Headquarters. The Executive Director is authorized to spend no more than \$200,000 on this

project.

ADOPTED MOTION:.....That the Board of Directors charges the Executive Director to replace the turf at the NSCA

Headquarters. The Executive Director is authorized to spend no more than \$200,000 on this

project.



SUPPORTING STATEMENT: Due to the bankruptcy of the sponsor of the current turf it is imperative that the NSCA takes steps to replace the turf. Sponsorship dept is making every effort to obtain warranty service from the supplier and at the same time is soliciting potential sponsors.

2009-07-08-10 PASSED

TOPIC: ......NSCA Lincoln, Nebraska Building Sale Proceeds

PROPOSED BY:....Lee E. Brown

SECONDED BY:.....Jeff Stout

PROPOSED MOTION: ... That the Board of Directors direct the Executive Director to transfer fifty percent of the net

proceeds from the sale of the NSCA owned building in Lincoln to the NCSA Foundation within

one week of receiving said funds.

ADOPTED MOTION:.....That the Board of Directors direct the Executive Director to transfer fifty percent of the net

proceeds from the sale of the NSCA owned building in Lincoln to the NCSA Foundation within

one week of receiving said funds.

SUPPORTING STATEMENT: It is imperative that as the NSCA remains financially successful that the NSCA Foundation

be funded to the fullest extent possible. The mission is the foundation is to fund the research

and grant activities of the NSCA.

2009-07-08-11 PASSED

TOPIC: .....Volunteer Handbook Revision

PROPOSED BY:.....John McCarthy

SECONDED BY:.....Greg Haff

PROPOSED MOTION: ... That the Volunteer Handbook be amended as stated in the document dated July 8, 2009.

ADOPTED MOTION:.....That the Volunteer Handbook be amended as stated in the document dated July 8, 2009.

SUPPORTING STATEMENT: Revised Volunteer Handbook, Dated July 8, 2009, attached.

2009-07-08-12 PASSED

TOPIC: ......SIG Guidelines Revision

PROPOSED BY:.....John McCarthy

SECONDED BY:.....Mike Nitka

PROPOSED MOTION: ... That the SIG Guidelines be amended as stated in the document dated July 8, 2009.

ADOPTED MOTION:.....That the SIG Guidelines be amended as stated in the document dated July 8, 2009.

SUPPORTING STATEMENT: Revised SIG Guidelines, dated July 8, 2009, attached.



2009-07-08-13 PASSED

TOPIC: ......Strength & Conditioning Professional Standards & Guidelines Paper Revision

PROPOSED BY: .....L. Perry Koziris

SECONDED BY:.....John McCarthy

PROPOSED MOTION: ... That the NSCA Board of Directors approves the updated version of the Strength &

Conditioning Professional Standards & Guidelines paper, dated 07/08/09.

ADOPTED MOTION:.....That the NSCA Board of Directors approves the updated version of the Strength &

Conditioning Professional Standards & Guidelines paper, dated 07/08/09.

SUPPORTING STATEMENT: The purpose of the NSCA Strength & Conditioning Professional Standards & Guidelines project was to help identify areas of liability exposure, increase safety and decrease the likelihood of injuries that might lead to legal claims and suits, and ultimately improve the standard of care being offered. This document was intended to be neither rigid nor static. This document was

created in May of 2001 and is in need of update to remain current with the rapidly evolving strength and conditioning profession.

2009-07-08-14 PASSED AS AMENDED

TOPIC: ......NSCA Hall of Fame Guidelines Recommendations

PROPOSED BY: .....Lee E. Brown

SECONDED BY:....L. Perry Koziris

PROPOSED MOTION: ... That the Board of Directors approves the NSCA Hall of Fame Guidelines, dated July 8, 2009,

for the creation of the NSCA Hall of Fame.

ADOPTED MOTION:.....That the Board of Directors approves the NSCA Hall of Fame Guidelines, dated July 8, 2009,

for the creation of the NSCA Hall of Fame, as amended and dated July 8, 2009.

SUPPORTING STATEMENT: NSCA Hall of Fame Guidelines, dated July 8, 2009, attached.

2009-07-08-15 PASSED

TOPIC: .....Fellow Review Committee Guidelines Recommendations

PROPOSED BY:....Lee E. Brown

SECONDED BY:.....Juan Carlos Santana

PROPOSED MOTION: ...That the Board of Directors approves the changes to the Fellowship Application recommended

by the Fellowship Review Committee.



ADOPTED MOTION:.....That the board of Directors approves the changes to the Fellowship Application recommended by the Fellowship Review Committee with the changes made by the Board of Directors.

SUPPORTING STATEMENT: NSCA Fellowship Guidelines, dated July 8, 2009, attached.

2009-07-08-16 PASSED

TOPIC: .....Lincoln Retirement Account

PROPOSED BY: .....Lee E. Brown SECONDED BY: .....L. Perry Koziris

PROPOSED MOTION: ... That the Board of Directors directs the Executive Director to close the Lincoln, Nebraska

retirement account.

ADOPTED MOTION:.....That the Board of Directors directs the Executive Director to close the Lincoln, Nebraska

retirement account.

SUPPORTING STATEMENT:

2009-07-08-17 PASSED

TOPIC: ......Accounting: Audit PROPOSED BY: .....Lee E. Brown

SECONDED BY:.....L. Perry Koziris

PROPOSED MOTION: ... That the Board of Directors accepts the audit as presented by Ken Waugh.

ADOPTED MOTION:.....That the Board of Directors accepts the audit as presented by Ken Waugh.

SUPPORTING STATEMENT:

2009-07-08-18 PASSED

TOPIC: ......Addition to Headquarters Building

PROPOSED BY:....Lee E. Brown

SECONDED BY:.....L. Perry Koziris

PROPOSED MOTION: ... That the Board of Directors directs the Deputy Executive Director to acquire RFPs (Request for

Proposals) for the addition to the National Headquarters building.

ADOPTED MOTION:.....That the Board of Directors directs the Deputy Executive Director to acquire RFPs (Request for

Proposals) for the addition to the National Headquarters building.

SUPPORTING STATEMENT: That the Board of Directors directs the Deputy Executive Director to acquire RFPs

(Request for Proposals) for the addition to the National Headquarters building.



3:30PM - Meeting Adjourned

FINAL MINUTES, APPROVED OCTOBER 7, 2009