

Board of Directors Meeting Minutes

National Strength and Conditioning Association

Zoom Meeting

Tuesday, July 7 2020

Participating in the meeting were: Dr. N. Travis Triplett, NSCA President; Dr. Colin Wilborn, Vice President; Dr. Margaret Jones, Secretary-Treasurer; Dr. Michael Miller; Kacie Wallace; Patrick McHenry, MA; Darnell Clark, MS; Dr. Bret Contreras; and Dr. Helen Binkley.

Also present at times: Michael Massik, Executive Director; Lee Madden; Keith Cinea; Scott Douglas; Becky Milot-Bradford; Eric McMahon; Christina Klingensmith; Jim Lance, Legal Counsel; and Tom James, Legal Counsel.

The meeting was called to order at 1:06 pm Mountain Time on Tuesday, July 7, 2020 by Dr. Travis Triplett, NSCA President. A quorum was present.

The meeting began without Dr. Bret Contreras.

Consent Agenda

The following motions were adopted by general consent:

- **2020-07-07-01** - Approval of the April 24, 2020 Board of Directors Meeting Minutes
Adopted motion: That the Board of Directors approve the April 24, 2020 Meeting Minutes as presented.
- **2020-07-07-02** - Ratify the vote and approval of the minutes of the Executive Council – CARES Act
Adopted motion: That the Board of Directors ratify the vote and approve the April 2020 minutes of the Executive Council.
- **2020-07-07-03** - Ratify the vote and approval of the minutes – Strength of America Award
Adopted motion: That the Board of Directors ratify the vote and approve the June 2020 minutes.
- **2020-07-07-04** - Approval of new Research Committee Members: Timothy Suchomel and Gerald Mangine
Adopted motion: That the Board of Directors approves Timothy Suchomel and Gerald Mangine as new members of the Research Committee.
- **2020-07-07-05** - Approval of the revisions Fellowship Review Committee Guidelines
Adopted motion: That the Board of Directors approve the revisions to the Fellowship Review Committee Guidelines as recommended by the Fellowship Review Committee.
- **2020-07-07-06** - Approval of the revisions to the Fellowship Application
Adopted motion: That the Board of Directors approve the revisions to the Fellowship Application as recommended by the Fellowship Review Committee.
- **2020-07-07-07** - Approval of the Foundation Board Member
Adopted motion: That the Board of Directors approve Ashley Jackson as a member of the NSCA Foundation Board.

Reports of Officers and Committees

Treasurer's Report

- The NSCA's Chief Financial Officer announced the delay of the audit completion due to COVID-19. Every effort will be made to have the audit available at the next meeting of the Board.

Dr. Bret Contreras joined the meeting.

Motions:

2020-07-07-08 – Appointment of auditor for year ending March 31, 2021 audit

Proposed by: Dr. Margaret Jones

Vote: Passed unanimously

Seconded by: Dr. Helen Binkley

Adopted Motion: That the Board of Directors appoint Waugh & Goodwin, LLC as NSCA's auditors for fiscal year ending March 31, 2021.

2020-07-07-09 – Approval of amendments to the 2020-2021 budget

Proposed by: Dr. Margaret Jones

Vote: Passed unanimously

Seconded by: Patrick McHenry, MA

Adopted Motion: That the Board of Directors approve the amendments to the 2020-2021 budget as presented.

Reports of Committees: **Board Manual Ad hoc Committee**

- The ad hoc committee presented recommended changes to the Board of Directors Policies and Procedures Manual.

2020-07-07-10 - Approval of Revisions to the Board of Directors Policies and Procedures Manual

Proposed by: Darnell Clark, MS

Vote: Passed unanimously

Seconded by: Dr. Helen Binkley

Adopted Motion: That the Board of Directors approve the revisions to the Board of Directors Policies and Procedures Manual.

Reports of Committee: **Impact Award Ad hoc Committee**

- The ad hoc committee presented recommended changes to the NSCA's Impact Award and minor changes to the Career Awards.

2020-07-07-11 - Approval of the amendments to the Career Awards

Proposed by: Dr. N. Travis Triplett

Vote: Passed unanimously

Seconded by: Patrick McHenry, MA

Adopted Motion: That the Board of Directors amend the Career Awards as amended.

General Orders

2020-07-07-12 - Application to form Strongman Special Interest Group

Proposed by: Darnell Clark, MS

Vote: Passed unanimously

Seconded by: Dr. Margaret Jones

Adopted Motion: That the Board of Directors approve the application to form an NSCA Strongman Special Interest Group (SIG) based on the procedure for approving SIGs and as recommended by the Membership Committee.

2020-07-07-13 - Olympic Weightlifting Position Statement

Proposed by: Dr. Colin Wilborn

Vote: Passed unanimously

Seconded by: Darnell Clark, MS

Adopted Motion: That the Board of Directors approves the development of a position statement on Olympic Weightlifting as recommended by the Research Committee.

Discussion Items and Follow up Reports

- An update on sport science was presented.
- NSCA emeritus status was discussed.
- Goals of the Diversity and Inclusion Committee were shared with the Board including efforts to create greater diversity in volunteer leadership and throughout the NSCA.
- A delay in having the strategic planning meeting due to COVID-19 was reported.

Executive Session

Tom James and Jim Lance, NSCA legal counsel joined by phone for a legal update. All staff, with the exception of Michael Massik, Keith Cinea, and Lee Madden left the meeting at 3:00 pm.

- Executive Session called at 3:03 pm by Dr. N. Travis Triplett, seconded by Kacie Wallace - unanimously approved.

Legal counsel left the call 3:39 pm.

- Returned to regular session at 3:39 pm by Dr. N. Travis Triplett, seconded by Dr. Helen Binkley – unanimously approved.

Final announcements and recognition of outgoing Board members were made.

The meeting was adjourned at 3:52 pm.