

BOARD OF DIRECTORS MEETING MINUTES

WEDNESDAY, JANUARY 4, 2023

Meeting location: Independence Room, The Westin Charlotte, 601 S College St, Charlotte, NC and Zoom

Members participating in this meeting: *In-person:* Dr. Brent Alvar, Dr. Jay Dawes, Dr. Disa Hatfield, Dr. Paul Comfort, Dr. Sally Paulson, and Mr. Robert Alejo; *Zoom:* Mr. Robert Linkul and Dr. Brandon Roberts.

Also present at times: *NSCA Staff In-person:* Michael Massik, Lee Madden, Scott Douglas, and Eric McMahon; *Zoom:* Alonso Montiel and Christina Templeton.

The meeting of the NSCA Board of Directors was called to order at 9:42 am Eastern Time (ET) on Wednesday, January 4, 2023, by Dr. Brent Alvar, NSCA President. A quorum was present.

CONSENT AGENDA

The following motions were adopted by unanimous consent:

- » **2023-01-04-01** – Approval of the October 15, 2022, Board of Directors Meeting Minutes
Adopted Motion: That the Board of Directors approve the October 15, 2022, Board of Directors Meeting Minutes as presented.
- » **2023-01-04-02** – Approval of the Revisions to the Campaign Guidelines
Adopted Motion: That the Board of Directors approve the revisions to NSCA Campaign Guidelines.

REPORTS OF OFFICERS AND COMMITTEES

- » The President presented the Board's annual self-assessment. A follow-up report was given on the Board Strategic Retreat and two ad hoc committee will be formed (leadership and governance) to deliver working documentation of goals.
- » The Treasurer and CFO provided a brief financial update and announced the budget for 2023-2024 fiscal year is being prepared.
- » The following committee updates were given:
 - » The Women's Committee just launched a Mentorship Program. Applications will be accepted for both mentees and mentors through March 1.
 - » Diversity, Equity, and Inclusion Committee Leadership Program update was provided.
 - » The Research Committee is reviewing applications for four open positions.
 - » An overview of discussion items from the Certification Committee Meeting held December 16, 2023 at the NSCA Headquarters was provided.

MOTIONS

- » **2023-01-04-03** – Application to form Educators’ Special Interest Group
Proposed by: Dr. Paul Comfort Vote: Passed
Seconded by: Dr. Jay Dawes
Adopted Motion: That the Board of Directors approve the application for the NSCA Educators’ Special Interest Group (SIG) based on the procedure for approving SIGs and as recommended by the Membership Committee.
- » **2023-01-04-04** – Application to form Football Special Interest Group
Proposed by: Dr. Paul Comfort Vote: Passed
Seconded by: Dr. Sally Paulson
Adopted Motion: That the Board of Directors approve the application for the NSCA Football Special Interest Group (SIG) based on the procedure for approving SIGs and as recommended by the Membership Committee.
- » **2023-01-04-05** – Application to form Health and Wellness Special Interest Group
Proposed by: Dr. Paul Comfort Vote: Passed
Seconded by: Dr. Jay Dawes
Adopted Motion: That the Board of Directors approve the application for the NSCA Health and Wellness Special Interest Group (SIG) based on the procedure for approving SIGs and as recommended by the Membership Committee.
- » **2023-01-04-06** – College Coaches Professional Development Group 2022 Recommendations
Proposed by: Mr. Robert Alejo Vote: Passed
Seconded by: Dr. Paul Comfort
Adopted Motion: That the Board of Directors task the Executive Director to examine the feasibility of implementing the College Coaches Professional Development Group recommendations as presented.
- » **2023-01-04-07** – High School Coaches Professional Development Group 2022 Recommendations
Proposed by: Mr. Robert Alejo Vote: Passed
Seconded by: Dr. Sally Paulson
Adopted Motion: That the Board of Directors task the Executive Director to examine the feasibility of implementing the High School Coaches Professional Development Group recommendations as presented.

DISCUSSION ITEMS

- » The Public Member vacant position was discussed.
- » Procedures for contracts were discussed and will be included into the Executive Director’s contract.
- » Board Liaisons to the Professional Development Groups were assigned:
 - » College Coaches – Mr. Robert Alejo
 - » High School Coaches – Dr. Paul Comfort
 - » Personal Trainers – Mr. Robert Linkul
 - » Tactical – Dr. Jay Dawes

EXECUTIVE SESSION

Dr. Brent Alvar motioned to go into Executive Session at 11:21 am ET. Dr. Sally Paulson seconded the motion and it received unanimously approved. Michael Massik, Lee Madden, and Christina Templeton were approved by the Board to stay for a brief legal update and career awards discussion. The Board motioned to return to regular session at 11:45 am ET by Dr. Brent Alvar. It was seconded by Dr. Jay Dawes and unanimously approved.

Announcements were made and the meeting was adjourned January 4, 2023, at 11:51 am ET.