



Board of Directors Meeting Minutes

Wednesday, April 6, 2016

5:30 pm-7:30 pm MST

Phone Conference

This meeting was called to order at 5:32 p.m. Mountain Standard Time on Wednesday, April 6, 2016 by NSCA President, Dr. G. Gregory Haff.

PARTICIPATING IN THE MEETING WERE: NSCA President, Dr. Greg Haff; Vice-President, Dr. Colin Wilborn; Secretary-Treasurer, Dr. Joel Cramer; Dr. Todd Miller; Patrick McHenry; Dr. Michael Miller; Dr. Brad Schoenfeld; and Dr. David Szymanski.

ALSO PRESENT: Michael Massik, Executive Director, Lee Madden, Sr. Director of Finance and Administrative Services; Carwyn Sharp, Chief Science Officer; Nick Clayton, Personal Trainer Program Manager; and Natasha Porter, Executive Assistant.

5:32 PM.....CALL TO ORDER MOUNTAIN STANDARD TIME BY NSCA PRESIDENT,
DR.G. GREGORY HAFF

5:35 PMMOTIONS

Resolutions:

2016-04-06-01 PASSED UNANIMOUSLY

Topic:..... Approval of January 6 & 7, 2016 Meeting Minutes

Motion Proposed By:..... Dr. Greg Haff

Motion Seconded By:Dr. David Szymanski

Proposed Motions: That the Board of Directors approves the minutes from the
January 6 & 7, 2016 Meeting Minutes.

Adopted Resolution:That the Board of Directors approves the minutes from the
January 6 & 7, 2016 Meeting Minutes.

Staff Support:.....Natasha Porter, Executive Assistant

2016-04-06-02 PASSED UNANIMOUSLY

Topic:..... NSCA to endorse the NCAA Mental Health Best Practices
document and publish this endorsement in the Strength and
Conditioning Journal (SCJ).



Motion Proposed By:..... Dr. Joel Cramer
Motion Seconded By:Dr. Todd Miller
Proposed Motions: That the Board of Directors approves the endorsement of the NCAA Mental Health Best Practices document and publish our endorsement in the Strength and Conditioning Journal (SCJ).

Adopted Resolution:That the Board of Directors approves the endorsement of the NCAA Mental Health Best Practices document and publish our endorsement in the Strength and Conditioning Journal (SCJ).
1. Convening a task force of experts from active NSCA members to write a brief summary for the SCJ endorsement of the NCAA’s efforts and how a strength and conditioning professionals might apply these best practices.
2. This committee should also outline our “scope of practice” related to mental health best practices with a focus on a strength coach’s direct line of contact with student athletes.
3. The efforts of Dr. Brian Hainline and Dr. John Parsons should be mentioned in the acknowledgments section.
4. A reasonable goal for submitting this to the SCJ should be determined (a few months).

Staff Support:.....Natasha Porter, Executive Assistant

2016-04-06-03

PASSED UNANIMOUSLY

Topic:..... Approval of the NSCA 2016-2017 Budget
Motion Proposed By:..... Dr. Greg Haff
Motion Seconded By:Patrick McHenry
Proposed Motions: That the Board of Directors approves the 2016-2017 budget as presented.
Adopted Resolution:That the Board of Directors approves the 2016-2017 budget as presented.
Staff Support:.....Lee Madden, Sr. Director of Finance and Administrative Services

Follow-Up Discussion Items:

- I. **Registered Certified Personal Trainer (RCPT) Program – Nick Clayton, Personal Trainer Program Manager**
 - a. This program will largely mirror the existing RSCC program with slight differences in applicant qualifications. **The target launch date for the RCPT is 7/1/2016**, in time to

announce at the National Conference. Given this date there will be no renewal course requirement for 2016 (first renewal course and RCPT reception will occur in 2017).

- b. The applicant qualifications and internal review process has been completed. Steps currently underway include budgeting for FY 2016, webpage development, marketing collateral and back-end (Personify) work for application processing, certificate delivery, and member tracking.
- c. Webpage Development: In addition to creating and linking the RCPT webpage, development requires page copy, imagery, and the electronic application.
- d. Marketing: marketing efforts are in the planning stages but may include banner ads and logo creation, print material, press release and social media.

2. NSCA Brazil Efforts – Dr. Brad Schoenfeld

- a. Dr. Schoenfeld reports that there will be a meeting with Brazil delegates at the 2016 NSCA National Conference.

3. Youth Certificate – Dr. Carwyn Sharp, Chief Science Officer

- a. Youth working group has been assembled and had the first teleconference on March 3rd, 2016
- b. Initial input from the group included:
 - i. Yes a Youth Certificate is a good idea.
 - ii. No consensus on if there should be 1 Youth Certificate for ages 5-18 or if there should be a separate High School strength and conditioning certificate.
 - iii. Unanimous that the foundation should be on establishing healthy movement patterns.
 - I. Movement first, then develop strength, then sport specifics.
 - iv. A background manual should be developed that should be required to be studied first then a test/quiz before registering for the certificate.
 - v. Discussions on target audience, pre-requisites and other components of the certificate continuing via e-mail.
- c. A follow-up teleconference will be scheduled to ask if other resources should be developed to support youth, including high school, coaches.
- d. Final recommendations to the Board will be made after HS and Youth SIG meetings to garner further input from a larger group of stakeholders.

4. Anti-Doping Course – Dr. Carwyn Sharp, Chief Science Officer

- a. Michael Massik, Executive Director, has contacted representatives at the US Anti-Doping Agency.
- b. USADA has provided access to their Coaches Advantage program which includes 5 modules and associated quiz.
- c. USADA is currently discussing how they might be able to assist the NSCA.

5. Evidence-Based Practice (EBP) – Dr. Carwyn Sharp, Chief Science Officer

- a. Dr. Carwyn Sharp has completed ACSM's online/webinar based training course.
- a. Before the July Board meeting it is anticipated he will be working as a volunteer analyst on one of ACSM's position statements.



- b. A full update and recommendations will be made at the July Board meeting.
- 6. Elderly Position Statement – Dr. Carwyn Sharp, Chief Science Officer**
 - a. The R&E Committee has selected potential Lead authors and they have been contacted to ask if they are willing and able to take on this project – Dr.'s Jeff Stout and Joel Cramer.
 - b. Once Lead authors have been confirmed selection of remaining authors will begin
 - c. Writing on the position statement is anticipated to begin in May
- 7. Committee for Board Policy and Procedure Manual – Lee Madden, Sr. Director of Administration and Financial Services**
 - a. Dr. Brad Schoenfeld, Dr. Greg Haff, and Dr. David Szymanski have volunteered to be on the Board Policy and Procedure Manual Committee.

Dr. Greg Haff adjourned the meeting at 6:37 PM Mountain Standard Time.