



**Board of Directors**  
**Meeting Minutes**  
 Wednesday, January 6, 2016  
 8:00am-5pm  
 Conference Room 17/18

This meeting was called to order at 8:00 a.m. Central Standard Time on Wednesday, January 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, Dr. David Szymanski, and Dr. David Joyner.

ALSO PRESENT: Michael Massik, Executive Director, Lee Madden, Sr. Director of Finance and Administration, Scott Douglas, Sr. Director of Business Development and Membership, Carwyn Sharp, Chief Science Officer, Wayde Rivinius, Sr. Director of IT, and Natasha Porter, Executive Assistant.

8:00AM.....CALL TO ORDER CENTRAL STANDARD TIME BY NSCA PRESIDENT,  
 DR.G. GREGORY HAFF

**Resolutions:**

2016-01-06-01 PASSED UNANIMOUSLY

**Topic:**..... Approval of October 7, 2015 Meeting Minutes  
**Motion Proposed By:**..... Patrick McHenry  
**Motion Seconded By:** ..... Dr. Todd Miller  
**Proposed Motions:** ..... That the Board of Directors approves the minutes from the October 7, 2015 Meeting Minutes.  
**Adopted Resolution:** ..... That the Board of Directors approves the minutes from the October 7, 2015 Meeting Minutes.  
**Staff Support:**.....Natasha Porter, Executive Assistant



2016-01-06-02

PASSED UNANIMOUSLY

**Topic:**..... Approval of R&E Committee Policies and Procedures – Updating Existing Position Statements

**Motion Proposed By:**..... Dr. Colin Wilborn

**Motion Seconded By:** ..... Dr. David Szymanski

**Proposed Motions:** ..... That the Board of Directors approves the Updated R&E Committee Policies and Procedures Existing Position Statements

**Adopted Resolution:** ..... That the Board of Directors approves the Updated R&E Committee Policies and Procedures Existing Position Statements

**Staff Support:**..... Dr. Carwyn Sharp, Chief Science Officer

2016-01-06-03

PASSED BY A VOTE OF 8, 1 RECUSAL (Dr. Greg Haff) WITH STIPULATIONS

**Topic:**..... Approval of Long-Term Athlete Development Position Statement

**Motion Proposed By:**..... Dr. Colin Wilborn

**Motion Seconded By:** ..... Patrick McHenry

**Proposed Motions:** ..... That the Board of Directors approves the final draft of the Long-Term Athlete Development Position Statement/Consensus Statement

**Adopted Resolution:** ..... 1. While the authors noted in line 96-99 that there is currently a lack of longitudinal well-controlled empirical studies in long-term athletic development, this limitation is clearly noted, and the authors did develop a document which was based on and inclusive of the existing evidence, which is the stipulation for a position statement.  
2. Thus the Board approved with the stipulation that the references to “consensus statement” in the document are replaced with “position statement.”

**Staff Support:**..... Dr. Carwyn Sharp, Chief Science Officer



2016-01-06-04

PASSED UNANIMOUSLY

**Topic:**..... Application to form Bodybuilding and Fitness Competition SIG

**Motion Proposed By:**..... Dr. Todd Miller

**Motion Seconded By:** ..... Dr. Greg Haff

**Proposed Motions:** ..... That the Board of Directors approve the application to form an NSCA Bodybuilding and Fitness Competition SIG based on the procedure for approving SIGs and the recommendations submitted by the Membership Committee

**Adopted Resolution:** ..... The Board of Directors approves the application to form an NSCA Bodybuilding and Fitness Competition SIG based on the procedure for approving SIGs and the recommendations submitted by the Membership Committee

**Staff Support:**..... Scott Douglas, Sr. Director of Membership and Business Development

2016-01-06-05

PASSED UNANIMOUSLY

**Topic:**..... Approval of new Executive Director as Signor for all bank and investment accounts

**Motion Proposed By:**..... Dr. Joel Cramer

**Motion Seconded By:** ..... Dr. Greg Haff

**Proposed Motions:** ..... That the Board of Directors approves the new Executive Director as Signor for all bank and investment accounts

**Adopted Resolution:** ..... The Board of Directors approves the new Executive Director as Signor for all bank and investment accounts

**Staff Support:**..... Lee Madden, Sr. Director of Administration and Financial Services

Dr. Greg Haff adjourned the meeting at 5:10 p.m. Central Standard Time.