
BOARD OF DIRECTORS MEETING MINUTES

SATURDAY, JULY 10, 2021

Meeting location: Room Europe 1, Walt Disney World Dolphin Resort, Orlando, FL and Zoom

Members participating in this meeting: Dr. Brent Alvar, Mr. Darnell Clark (Zoom), Dr. Helen Binkley, Dr. Paul Comfort (Zoom), Dr. Sally Paulson, Mr. Robert Alejo, Mr. Robert Linkul, and Dr. Brandon Roberts.

Member absent: Ms. Kacie Wallace.

Also present at times: *Legal Counsel:* Tom James (Zoom); *NSCA Staff:* Michael Massik, Lee Madden, Keith Cinea (Zoom), and Christina Templeton (Zoom).

The meeting of the NSCA Board of Directors was called to order at 9:03 am Eastern Time (ET) on Saturday, July 10, 2021 by Dr. Brent Alvar, NSCA President. A quorum was present.

MOTIONS

- **2021-07-10-01** – Appointment of Board Vice President
Proposed by: Dr. Brent Alvar Vote: Passed
Seconded by: Dr. Sally Paulson
Adopted Motion: That the Board of Directors appoint Robert Alejo as the Vice President of the Board of Directors.
- **2021-07-10-02** – Transition of the Strength of America Award to NSCA Academy Program
Proposed by: Dr. Brent Alvar Vote: Passed
Seconded by: Dr. Helen Binkley
Adopted Motion: That the Board of Directors charge the Executive Director with beginning the transition of Strength of America Award recipients to the NSCA Academy Program and rescind the Strength of America Award upon the official launch.

DISCUSSION ITEMS

- The results of Strategic Planning were discussed.
- Board Liaisons to Committees were assigned.
- Board Liaisons reported on committee meetings they attended during National Conference.

Keith Cinea joined the meeting.

Tom James joined the meeting.



EXECUTIVE SESSION

The Board enter executive session to be given a brief legal update.

- Executive Session was called at 10:27 am ET by Dr. Brent Alvar, seconded by Mr. Robert Alejo - unanimously approved. Legal Counsel Tom James and NSCA Staff Michael Massik, Keith Cinea, Lee Madden, and Christina Templeton were approved to attend.

Tom James and Keith Cinea left the meeting.

- Returned to regular session at 10:40 am ET by Dr. Brent Alvar, seconded by Dr. Helen Binkley – unanimously approved.

Final announcements were made.

The meeting was adjourned July 10, 2021 at 10:42 am ET.