
BOARD OF DIRECTORS MEETING MINUTES

FEBRUARY 6-7, 2026

Meeting location: Broadmoor Room, Penrose House, Colorado Springs, CO

Members participating in this meeting: *In-person:* Dr. Ian Jeffreys, Dr. Duncan French, Dr. Jaynie Bjornaraa, Dr. Disa Hatfield, Dr. Darnell Clark, Dr. Shawn Arent, Ms. Kim Koy, and Dr. Alexis Batrakoulis. *Zoom:* Dr. Antonio Squillante.

Also present at times in-person and by Zoom: *Guest:* Dr. Jay Dawes; *NSCA Foundation Staff:* Carissa Gump; *NSCA Staff:* Michael Massik, Keith Cinea, Scott Douglas, Virginia Meier, Eric McMahon, Jonathan Sagapolutele, Alonso Montiel, and Christina Templeton.

Date: Friday, February 6, 2026

The meeting of the NSCA Board of Directors was called to order at 9:11 AM Mountain Time (MT) on Friday, February 6, 2026, by Dr. Ian Jeffreys, NSCA President. A quorum was present. The meeting began without Dr. Shawn Arent.

CONSENT AGENDA

The following motion was adopted by unanimous consent:

- » **2026-02-06-01** – Approval of October 2, 2025, Board of Directors Meeting Minutes
Adopted Motion: That the Board of Directors approves October 2, 2025, Board of Directors Meeting Minutes as presented.
- » **2026-02-06-02** – Ratify the Email Vote and Approve the Minutes (Reformatting the Female Athlete Position Statement)
Adopted Motion: That the Board of Directors ratify the email vote and approve the minutes as presented.
- » **2026-02-06-03** – Approval of January 13, 2026, Board of Director Meeting Minutes
Adopted Motion: That the Board of Directors approves January 13, 2026, Board of Directors Meeting Minutes as presented.
- » **2026-02-06-04** – Approval of NSCA Foundation Board Members
Adopted Motion: That the Board of Directors approves David Heikkinen for a second term on the Foundation Board of Directors.

REPORTS OF OFFICERS AND COMMITTEES

- **President's Report:**
 - The President gave an overview of international initiatives and conferences.

Date: Saturday, February 7, 2026

The meeting of the NSCA Board of Directors was called to order at 9:05 AM Mountain Time (MT) on Saturday, February 7, 2026, by Dr. Ian Jeffreys, NSCA President. A quorum was present.

Dr. Jay Dawes continued the Task Force update.

- Accreditation was discussed.
- International and affiliates were discussed.
- Communication and marketing were discussed.
- Sponsorships and partnerships were discussed.

The feedback provided by the Board will be organized and actionable items will be created.

Dr. Disa Hatfield and Dr. Duncan French left the meeting at 11:40 AM.

The meeting was adjourned February 7, 2026, at 12:09 PM MT.