

# BOARD OF DIRECTORS ZOOM MEETING MINUTES – APRIL 1, 2025

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

**Member not present:** Dr. Jay Dawes.

**Also present at times:** *NSCA Staff:* Michael Massik, Lee Madden, Scott Douglas, Keith Cinea, Alonso Montiel, Jonathan Sagapolutele, Virginia Meier, Lori Stikeleather, Becky Milot-Bradford, and Christina Templeton.

The meeting of the NSCA Board of Directors was called to order at 11:01 am Mountain Time (MT) on Tuesday, April 1, 2025, by Dr. Ian Jeffreys, NSCA President. A quorum was present. The meeting began without Dr. Shawn Arent.

## CONSENT AGENDA

The following motions were adopted by unanimous consent:

- **2025-04-01-01** – Approval of the January 8, 2025 Meeting Minutes  
**Adopted Motion:** That the Board of Directors approve the January 8, 2025 Board of Directors Meeting Minutes as presented.
- **2025-04-01-02** – Approval to release the names of the career winners from the January 8, 2025 Executive Session and approve the Meeting Minutes  
**Adopted Motion:** That the Board of Directors approve the January 8, 2025 Board of Directors Executive Session Meeting Minutes and permit the names of the Career Award winners to be public.
- **2025-04-01-03** – Ratify the vote and Approve the Minutes (Career Awards)  
**Adopted Motion:** That the Board of Directors ratify the vote and approve the minutes as presented.
- **2025-04-01-04** – Approval of NSCA Foundation Board Members  
**Adopted Motion:** That the Board of Directors approve Alison Tetrick and Sean Collins for a first term as members of the Foundation Board of Directors.
- **2025-04-01-05** – Approval of the Awards and Honors Committee Members  
**Adopted Motion:** That the Board of Directors approve William Hanney and Kenna Smoak-Minnici as Awards and Honors Committee members as well as a second term for Helen Binkley with Lisa Limper as an alternate if needed.
- **2025-04-01-06** – Approval of Certification Committee Member  
**Adopted Motion:** That the Board of Directors approve James Davis as the CSCS member of the Certification Committee.
- **2025-04-01-07** – Approval of College Strength and Conditioning Coaches Professional Development Group Member

**Adopted Motion:** That the Board of Directors approve Allen Hedrick as a College Strength and Conditioning Coaches Professional Development Group member.

- **2025-04-01-08** – Approval of Conference Committee Members

**Adopted Motion:** That the Board of Directors approve Jacob Goodin, Ashley Jones, and Jan Redmond as Conference Committee members, with Tobias Jacobi as an alternate if needed.

- **2025-04-01-09** – Approval of Diversity, Equity, and Inclusion Committee Members

**Adopted Motion:** That the Board of Directors approve Drew Gonzalez as a Diversity, Equity, and Inclusion Committee member as well as second term for Kyle O’Toole, with Jerod Nieder as an alternate if needed.

- **2025-04-01-10** – Approval of Education Committee Members

**Adopted Motion:** That the Board of Directors approve David Hooper as an Education Committee member as well as a second term for Yasuki Sekiguchi, with Jeff Paschall and Tim Werner as alternates if needed.

- **2025-04-01-11** – Approval of High School Strength and Conditioning Coaches Professional Development Group Members

**Adopted Motion:** That the Board of Directors approve a second term for Justin Loudon, Jim Davis, and Andrew Pichardo as High School Strength and Conditioning Coaches Professional Development Group members.

- **2025-04-01-12** – Approval of Membership Committee Members

**Adopted Motion:** That the Board of Directors approve Tom Cormier as a Membership Committee member as well as a second term for David Heikkinen, with Stephen Smith as an alternate if needed.

- **2025-04-01-13** – Approval of Personal Trainers Professional Development Group Members

**Adopted Motion:** That the Board of Directors approve Remy Emeto, Elle Jolie, and John Valentik as Personal Trainers Professional Development Group members.

- **2025-04-01-14** – Approval of Tactical Professional Development Group Members

**Adopted Motion:** That the Board of Directors approve Annemarie Chizewski, Brian Leary, and Brandon Roberts as Tactical Strength and Conditioning Professional Development Group members, with Trent Greener as an alternate if needed.

- **2025-04-01-15** – Approval of Women’s Committee Members

**Adopted Motion:** That the Board of Directors approve Mary Beth George as a Women’s Committee member as well as a second term for Liz Dupree and Sarah Martinez-Sepanski, with Yvette Figueroa as an alternate if needed.

- **2025-04-01-16** – Approval of the Revised NSCA Volunteer Handbook

**Adopted Motion:** That the Board of Directors approves the revisions to the Volunteer Handbook and Reference Manual as presented.

## **REPORTS OF OFFICERS**

### **President’s Report**

- The President reported on events and conferences he attended representing in the NSCA, and meetings held with volunteers.
- Antonio Squillante volunteered to serve on the Board Policy and Procedures Manual subcommittee, to perform the annual review.

### **Treasurer’s Report**

- The 2025-2026 budget is being prepared and will be sent to the Board of Directors following the meeting. There will be a subsequent email vote after the Board of Directors review.

- **2025-04-01-17** – Approval of the Interim Budget

Proposed by: Dr. Ian Jeffreys

Vote: Passed Unanimously

Seconded by: Dr. Duncan French

**Adopted Motion:** That the Board of Directors approve a continuation of the 2024-2025 budgetary spending levels through April 30, 2025.

Dr. Shawn Arent joined the meeting.

## REPORTS OF COMMITTEES

- The Diversity, Equity, and Inclusion Committee met to discuss a new NSCA award and to work on renaming the committee.
- The Fellowship Task Force discussed ways to increase and centralize mentorship, as well as paths to fellowship. Further discussion of NSCA mentorship opportunities will be added to the Board's National Conference meeting.
- An update on the Women's Committee Mentorship application status was provided.

## GENERAL ORDERS

- **2025-04-01-18** – Approval of Research Committee Policies and Procedures

Proposed by: Dr. Shawn Arent

Vote: **REFERRED BACK TO COMMITTEE**

**Proposed Motion:** That the Board of Directors approve the revisions to the Research Committee Policies and Procedures and appendixes as presented.

**Referred back to committee:** The Board has recommended additional changes to Research Committee Policies and Procedures and appendixes before approval. The Board Liaison will reach out to the committee with these changes. The committee is asked to bring the Research Committee Policies and Procedures and appendixes back to the Board for approval at the National Conference meeting.

## DISCUSSION ITEMS

- A brief update on the sport science guide was provided.
- Accreditation challenges and opportunities continue to be discussed.
- The ongoing development of the JSCR Position Statement Guidelines was noted, with full discussion at National.
- Social media platform preferences of PDG/SIGs and communicating successes was discussed.
- An informational update on the strategic plan was provided.
- Boyd Epley Award for NSCA Lifetime Contributions was discussed.

Without objection, the Board entered Executive Session at 12:21 pm MT. Michael Massik, Lee Madden, and Christina Templeton were approved by the Board to stay for the career awards discussion.

The Board motioned to return to regular session at 12:28 pm MT by Dr. Ian Jeffreys. It was seconded by Dr. Shawn Arent and approved.

- A brief update of the NSCA building remodel was provided.

Announcements and brief updates were given for the next Board meeting at the National. The meeting adjourned at 12:35 pm MT.