

# 2019 NSCA NATIONAL CONFERENCE

## National Strength and Conditioning Association Board of Directors – Meeting Minutes Congressional Room, Wardman Marriott, Washington, DC Tuesday, July 9, 2019

**Participating in the meeting:** Dr. N. Travis Triplett, NSCA President; Dr. Ian Jeffreys, Vice President; Dr. Jay Dawes, Secretary-Treasurer; Dr. Bret Contreras; Dr. Margaret Jones; Patrick McHenry, MA; Dr. Michael Miller; Kacie Wallace; and Dr. Colin Wilborn.

**Also present at times during this meeting:** Jill Goodwin (auditor); Micki Cuppett (Special Committee on Accreditation); Jim Lance (legal counsel); NSCA Staff: Michael Massik, Lee Madden, Alonso Montiel, Torrey Smith, Scott Douglas, Keith Cinea, Linda Aaberg, and Christina Klingensmith.

The meeting was called to order at 10:04am Eastern Time (ET). The meeting began without Dr. Margret Jones and Dr. Jay Dawes. A quorum was present.

Jill Goodwin, with Waugh & Goodwin, LLC, presented the independent auditor's report for the fiscal year ending March 31, 2019 to the Board of Directors.

Dr. Margaret Jones joined the meeting at 10:12am.

2019-07-09-01 - Acceptance of the 2018-2019 Audit

Proposed: Dr. Travis Triplett

**Vote:** Passed

Seconded: Patrick McHenry, MA

**Adopted motion:** That the Board of Directors accept the audit for fiscal year ending March 31, 2019 as presented by Waugh & Goodwin, LLC.

2019-07-09-02 - Appointment of auditor for 2019-2020

Proposed: Dr. Travis Triplett

**Vote:** Passed

Seconded: Dr. Colin Wilborn

**Adopted motion:** That the Board of Directors appoint Waugh & Goodwin, LLC as NSCA's auditor for fiscal year ending March 31, 2020.

**Without objection, the follow motions were adopted by unanimous consent:**

2019-07-09-03 - Approval of April 19, 2019 meeting minutes

**Adopted motion:** That the Board of Directors approve the April 19, 2019 Meeting Minutes as presented.

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2019-07-09-04 - Ratify May 2019 email vote and approval of minutes

**Adopted motion:** That the Board of Directors ratify the May email vote and approve the minutes as presented.

2019-07-09-05 - Ratify June 2019 email vote and approval of minutes

**Adopted motion:** That the Board of Directors ratify the June email vote and approve the minutes as presented.

2019-07-09-06 - Approval to the revisions of the NSCA Foundation Bylaws

**Adopted motion:** That the Board of Directors approve the NSCA Foundation Bylaws revisions as recommended by the Foundation Board of Directors.

2019-07-09-07 - Approval to the revisions of the Volunteer Handbook

**Adopted motion:** That the Board of Directors approve the revisions to the Volunteer Handbook.

2019-07-09-08 - Approval of the State and Provincial Director Program Handbook

**Adopted motion:** That the Board of Directors approve the revisions to the State and Provincial Program Handbook as presented.

2019-07-09-09 - Approval of Tony Soika, Certification Committee representative to serve on the Ethics Committee

**Adopted motion:** That the Board of Directors approve Tony Soika as the Certification Committee representative to serve on the Ethics Committee.

2019-07-09-10 - Approval of Jamie Aslin (CSCS Exam Development Sub-Committee) and Kristoffer Mola (Public Member) to serve on the Certification Committee

**Adopted motion:** That the Board of Directors approve Jamie Aslin (CSCS Exam Development Sub-Committee member position) and Kristoffer Mola (Public Member position) to serve on the Certification Committee.

2019-07-09-11 - Approval of Sue Graves to serve on the Research Committee

**Adopted motion:** That the Board of Directors approve Sue Graves to serve on the Research Committee.

## Reports of Committees

2019-07-09-12 - Approval to the revisions of the Board P&P Manual

Proposed: Dr. Margaret Jones

**Vote:** Passed

Seconded: Dr. Michael Miller

**Adopted motion:** That the Board of Directors approve the revisions to the Board of Directors Policies and Procedures Manual.

The status of the five-year review of the NSCA Bylaws was discussed and current edits reviewed.

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Without objection, motion 2019-07-09-13 was postponed to Saturday, July 13, 2019 Board meeting or to the next conference call of the Board.

The recommendation provided by the Nomination Committee regarding amending motion 2009-01-09-00.2 was discussed. Further discussion was postponed to Wednesday, July 10, 2019.

Jay Dawes joined the meeting at 12:30pm.

Micki Cuppett presented the progress of accreditation and follow-up documents from the Special Committee on Accreditation meeting held June 4-5, 2019 at the NSCA Headquarters.

## **Executive Session**

Executive session was called at 1:30pm by Travis Triplett and seconded by Jay Dawes for a legal update. Motion passed. All staff with the exception of Michael Massik and Keith Cinea left the meeting room. Jim Lance, NSCA legal counsel, joined by conference call. The conference call ended and regular session was called at 2:26pm by Travis Triplett and seconded by Margaret Jones. Motion passed.

Award Discussion Items:

- The Board discussed trials and improvements of the annual awards.
- Progress on Board directed tasks by the Awards and Honors Committee was discussed.

Kacie Wallace left the meeting at 3:15pm.

2019-07-09-14 - Approval of the Revisions to the General Awards Criteria

Proposed: Dr. Travis Triplett

**Vote:** Passed

Seconded: Patrick McHenry, MA

**Adopted motion:** That the Board of Directors approves the revisions to the General Awards Criteria as recommended by the Awards and Honors Committee.

2019-07-09-15 - Approval of the revisions to the Coaching Awards Policies and Procedures and Criteria Sheets

Proposed: Patrick McHenry, MA

**Vote:** Passed as amended

Seconded: Dr. Colin Wilborn

**Adopted motion:** That the Board of Directors approves the revisions to the College Strength and Conditioning Coach of the Year, Assistant College Strength and Conditioning Coach of the Year, Professional Strength and Conditioning Coach of the Year, and High School Strength and Conditioning Coach of the Year policies and procedures and criteria sheets as amended.

*Approved amendment* (Margaret Jones): Points must be attained in a minimum of two categories in the criteria sheets.

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2019-07-09-16 - Approval of the revisions to the Personal Trainer of the Year Policies and Procedures and Criteria Sheet

Proposed: Dr. Bret Contreras

**Vote:** Passed

Seconded: Dr. Margaret Jones

**Adopted motion:** That the Board of Directors approves the revisions to the Personal Trainer of the Year policies and procedures and criteria sheet as presented.

2019-07-09-17 - Approval of the revisions to the Sports Medicine and Rehabilitation Specialist of the Year Policies and Procedures and Criteria Sheet

Proposed: Dr. Michael Miller

**Vote:** Passed

Seconded: Dr. Patrick McHenry

**Adopted motion:** That the Board of Directors approves the revisions to the Sports Medicine and Rehabilitation Specialist of the Year policies and procedures and criteria sheet as presented.

2019-07-09-18 - Approval of the revisions to the Educator of the Year Award Policies and Procedures and Criteria Sheet

Proposed: Dr. Colin Wilborn

**Vote:** Passed

Seconded: Dr. Michael Miller

**Adopted motion:** That the Board of Directors approves the revisions to the Educator of the Year policies and procedures and criteria sheet as presented.

2019-07-09-19 - Approval of the revisions to the Research Committee Awards Criteria Sheet and Policies and Procedures

Proposed: Dr. Colin Wilborn

**Vote:** Passed

Seconded: Dr. Michael Miller

**Adopted motion:** That the Board of Directors approves the revisions to the Terry J. Housh Young Investigator of the Year, William J. Kraemer Outstanding Sport Scientist of the Year, NSCA Nutritional Research Achievement Award, criteria sheet and amendment to the Research Committee Policies and Procedures as presented.

Meeting was adjourn at 4:20pm ET by Dr. Travis Triplett and seconded by Dr. Michael Miller.  
Motion Passed.