

BOARD OF DIRECTORS IN-PERSON AND ZOOM MEETING MINUTES – JANUARY 5, 2022

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

Also present at times: *NSCA Staff in-person:* Michael Massik, Lee Madden, Scott Douglas, Jonathan Sagapolutele, *NSCA Staff Zoom:* Keith Cinea, Becky Milot-Bradford, and Christina Templeton. *Legal Counsel (Zoom):* Tom James.

The meeting of the NSCA Board of Directors was called to order at 1:04 pm Central Time (CT) on Wednesday, January 5, 2022 by Dr. Brent Alvar, NSCA President in Pearl 1 of the Marriott Rivercenter in San Antonio, TX. Began without Clark. A quorum was present.

CONSENT AGENDA

The following motions were adopted by unanimous consent:

- 2022-01-05-01 Approval of the October 26, 2021 Zoom Meeting Minutes
 Adopted Motion: That the Board of Directors approve the October 26, 2021 Board of Directors Meeting Minutes as presented.
- 2022-01-05-02 Ratify the vote and approve the minutes: December Email Votes
 Adopted Motion: That the Board of Directors ratify the votes and approve the minutes of the December 2021 email votes
- 2022-01-05-03 Approval of the revision to the Assistant College Strength and Conditioning Coach of the Year Award
 - **Adopted Motion**: That the Board of Directors approve the revision to the Assistant College Strength and Conditioning Coach of the Year award as recommended by the Task Force and approved by the Awards and Honors Committee.
- 2022-01-05-04 Approval of the revision to the College Strength and Conditioning Coach of the Year Award Adopted Motion: That the Board of Directors approve the revision to the College Strength and Conditioning Coach of the Year award as recommended by the Task Force and approved by the Awards and Honors Committee.
- 2022-01-05-05 Approval of the revision to the Professional Strength and Conditioning Coach of the Year Award Adopted Motion: That the Board of Directors approve the revision to the Professional Strength and Conditioning Coach of the Year award as recommended by the Task Force and approved by the Awards and Honors Committee.

REPORTS OF OFFICERS

President's Report

• The Board's annual self-assessment was discussed.

Treasurer's Report

- A brief financial update was provided.
- The Board will be sent the 990 to review upon it's completion.

REPORTS OF COMMITTEES

Diversity, Equity, and Inclusion Committee

A follow-up report on the progress of the Leadership and Diversity Program was presented.

Mr. Darnell Clark joined the meeting.

MOTIONS

• 2022-01-05-06 – Approval of the Application to Form Faith, Spirituality, and Wellness Special Interest Group (SIG)

Proposed by: Dr. Paul Comfort

Vote: Referred back to Committee

Seconded by: Dr. Sally Paulson

Proposed Motion: That the Board of Directors approve the application to form an NSCA Faith, Spirituality, and Wellness Special Interest Group (SIG) based on the procedure for approving SIGs and as recommended by the Membership Committee.

2022-01-05-07 – Motion to refer to Committee

Proposed by: Dr. Brent Alvar Vote: Passed unanimously

Seconded by: Mr. Bob Alejo

Adopted Motion: That the Board of Directors refer the application to form the Faith, Spirituality, and Wellness SIG back to the Membership Committee for clarification of scope, intended purpose, and processes.

DISCUSSION ITEMS

Removal of the Mission Statement from the Bylaws and be reviewed periodically with strategic planning was discussed.

EXECUTIVE SESSION

All staff, with the exception of Michael Massik, Keith Cinea, Lee Madden, and Christina Templeton left the meeting at 2:10 pm CT. Executive Session called at 2:10 pm CT by Dr. Brent Alvar, seconded by Dr. Paul Comfort - unanimously approved.

- Tom James, NSCA legal counsel joined the meeting for a brief legal update at 2:12 pm CT.
- Tom James and Keith Cinea left the meeting at 2:29 pm CT.
- Ms. Kacie Wallace left the meeting.

The Executive Session continued to discuss Career Awards.

• Returned to regular session at 3:01 pm CT by Dr. Brent Alvar, seconded by Dr. Sally Paulson – unanimously approved.

DISCUSSION ITEMS, CONTINUED

NSCA Codes, Policies, and Procedures were discussed.

• 2022-01-05-08 – Approval of the revisions to the NSCA Codes, Policies, and Procedures

Proposed by: Dr. Brent Alvar Vote: Passed

Seconded by: Mr. Darnell Clark

Adopted Motion: That the Board of Directors approve the revisions to the NSCA Codes, Policies, and Procedures.

The meeting was adjourned at 3:39 pm CT.