

## BOARD OF DIRECTORS MEETING MINUTES SATURDAY, OCTOBER 15, 2022

Meeting location: Hybl Room, U.S. Olympic & Paralympic Museum, Colorado Springs, CO

**Members participating in this meeting:** Dr. Brent Alvar, Dr. Paul Comfort, Dr. Sally Paulson, Mr. Robert Alejo, Mr. Robert Linkul, Dr. Brandon Roberts, Dr. Disa Hatfield, and Dr. Jay Dawes.

Member absent: Ms. Kacie Wallace.

**Also present at times:** Board Guest: Dr. Travis Triplett and Dr. Steve Swafford; NSCA Staff: Michael Massik, Lee Madden, Virginia Meier, Alonso Montiel, Scott Douglas, Jonathan Sagapolutele, and Christina Templeton.

The meeting of the NSCA Board of Directors was called to order at 8:28 am Mountain Time (MT) on Saturday, October 15, 2022 by Dr. Brent Alvar, NSCA President. A quorum was present.

## **CONSENT AGENDA**

The following motions were adopted by unanimous consent:

- » 2022-10-15-01 Approval of the July 6, 2022 Meeting Minutes Adopted Motion: That the Board of Directors approve the July 6, 2022 Board of Directors Meeting Minutes as presented.
- » 2022-10-15-02 Approval of the July 9, 2022 Meeting Minutes Adopted Motion: That the Board of Directors approve the July 9, 2022 Board of Directors Meeting Minutes as presented.
- » 2022-10-15-03 Ratify the email vote and approve the minutes of August Email Votes Adopted Motion: That the Board of Directors ratify the August email vote and approve the minutes as presented.
- » 2022-10-15-04 Ratify the email votes and approve the minutes of September Email Vote Adopted Motion: That the Board of Directors ratify the September email vote and approve the minutes as presented.
- » 2022-10-15-05 Approval of the State/Provincial Director's Handbook Adopted Motion: That the Board of Directors approve the updated 2022 State and Provincial Director (SPD) Program Handbook.

## **MOTIONS**

» 2022-10-15-06 – Approval of the amendments to the Research Committee Policies and Procedures

Proposed by: Dr. Brandon Roberts Vote: Passed

Seconded by: Dr. Jay Dawes

**Adopted Motion:** That the Board of Directors approve the amendments to the Research Committee Policies and Procedures as presented.

**2022-10-15-07** – Approve Personal Trainers Professional Development Group task recommendations

Proposed by: Mr. Robert Linkul Vote: Passed

Seconded by: Dr. Sally Paulson

**Adopted Motion:** That the Board of Directors task the Personal Trainers Professional Development Group with the recommendations as presented.

» 2022-10-15-08 – Approve Tactical Professional Development Group task recommendations

Proposed by: Dr. Jay Dawes Vote: Passed

Seconded by: Dr. Paul Comfort

**Adopted Motion:** That the Board of Directors task the Tactical Professional Development Group with the recommendations as presented.

» 2022-10-15-09 – Approval of NSCA's Weightlifting for Sport Performance Position Statement

Proposed by: Dr. Brandon Roberts Vote: Passed

Seconded by: Dr. Jay Dawes

**Adopted Motion:** That the Board of Directors approve NSCA's *Weightlifting for Sport Performance* position statement.

## **DISCUSSION ITEMS AND ANNOUNCEMENTS**

- » A summary of the CASCE Board meeting held September 23-24, 2023 and marketing for the future was provided.
- » The Personal Trainers Conference and potential changes to the event was discussed.
- » A Board discussed initiatives focused on the NSCA-CPT certification.

The meeting was adjourned October 15, 2022 at 9:59 am MT.