



**Board of Directors
Meeting Minutes**
Wednesday, January 7, 2015
8:00am-5pm
Hyatt Keeneland Conference Room

This meeting was called to order at 8:00 a.m. Eastern Time on Wednesday, January 7, 2015 by NSCA President, Dr. Steve Fleck.

Participating in the meeting were: Dr. Steve Fleck, NSCA President, Dr. Todd Miller, Vice-President, Dr. Colin Wilborn, Secretary-Treasurer, Dr. Brent Alvar, Dr. Greg Haff, President-Elect, Dr. David Joyner, Patrick McHenry, Dr. Michael G. Miller, Dr. Brad Schoenfeld, and Dr. David Szymanski.

Also participating in the meeting were Michael Embree, Executive Director, Levi Boren, Sr. Director of Certification & Education, Scott Douglas, Sr. Director of Business Development & Membership, Lee Madden, Sr. Director of Finance & Administrative Services, Virginia Meier, Director of Conferences, Beth Rampelberg, Director of Marketing, Wayde Rivinius, Sr. Director of IT, Carwyn Sharp, Chief Science Officer, and Brenda McQuay, Executive Assistant.

Resolutions:

2015-01-07-01

PASSED UNANIMOUSLY

TOPIC: Approval of October 14, 2014 Meeting Minutes
Motion Proposed By: Patrick McHenry
Motion Seconded By: Dr. David Szymanski
Proposed Motion:..... That the Board of Directors approves the minutes from the October 14, 2014 Conference Call Meeting as presented.
Adopted Resolution: That the Board of Directors approves the minutes from the October 14, 2014 Conference Call Meeting as presented.
Staff Support:..... Brenda McQuay



2015-01-07-02

PASSED UNANIMOUSLY

TOPIC: Approval of Diversity Committee New Members
Motion Proposed By: Dr. Brad Schoenfeld
Motion Seconded By: Dr. Todd Miller
Proposed Motion:..... That the Board of Directors approves the following changes to the Diversity Committee membership:
 New Members: Patrea Aeschliman, Jason White and Mauricio Elizondo. Three past members were removed: Ashley McGruder, NiCole Keith, Edwin Jones.

Adopted Resolution: That the Board of Directors approves the following changes to the Diversity Committee membership:
 New Members: Patrea Aeschliman, Jason White and Mauricio Elizondo. Three past members were removed: Ashley McGruder, NiCole Keith, Edwin Jones.

Staff Support:..... Scott Douglas

2015-01-07-03

PASSED UNANIMOUSLY

TOPIC: Approval of NSCA New Position Statements
Motion Proposed By: Dr. Brad Schoenfeld
Motion Seconded By: Patrick McHenry
Proposed Motion:..... That the Board of Directors charge the Research Committee with the development of the following Position Statements:
 1. Strength and Conditioning for older adults/elderly - including speed and power training.
 2. Nutrition needs of athletes - including hydration and supplementation.
 3. Screening/Evaluation, Testing/Assessment, Monitoring.
 4. Long-Term Athletic Development - including the role(s) of periodization.
 5. The Role of the Olympic Weightlifting Movements in Sport Performance - importance and relative safety.

Adopted Resolution: That the Board of Directors charge the Research Committee with the development of the following Position Statements:
 1. Strength and Conditioning fo older adults/elderly - including speed and power training.
 2. Nutrition needs of athletes - including hydration and supplementation.



3. Screening/Evaluation, Testing/Assessment, Monitoring.
4. Long-Term Athletic Development - including the role(s) of periodization.
5. The Role of the Olympic Weightlifting Movements in Sport Performance - importance and relative safety.

Staff Support:..... Carwyn Sharp, Chief Science Officer

2015-01-07-04

PASSED UNANIMOUSLY

TOPIC: NSCA Position Statement Review Process Modification

Motion Proposed By: Dr. Brad Schoenfeld

Motion Seconded By: Dr. David Szymanski

Proposed Motion:.....

Adopted Resolution: That the Board of Directors approves changing the current review process for the development of NSCA Position Statements from the following 3 steps:

1. First review by a Review Task Force after the draft document is completed by the Writing Task Force,
2. Then after any necessary changes by the Writing Task Force, NSCA Board of Directors reviews the Position Statement when it is submitted for review and approval, and lastly
3. Third review as part of the subsequent submission to the Journal of Strength & Conditioning Research (JSCR) for publication.

To the following 2 steps:

1. The NSCA Board of Directors reviews the Position Statement after it has been completed by the Writing Task Force and is submitted for review and approval, and
2. As part of the subsequent submission to the Journal of Strength & Conditioning Research (JSCR) for publication.

Staff Support:..... Carwyn Sharp, Chief Science Officer

2015-01-07-05

PASSED UNANIMOUSLY

TOPIC: Approval of NSCA Budget 2015-2016

Motion Proposed By: Dr. Brent Alvar

Motion Seconded By: Dr. Todd Miller

Proposed Motion:..... That the Board of Directors approves the NSCA Budget 2015-2016 as presented.

Adopted Resolution: That the Board of Directors approves the NSCA Budget 2015-2016



as presented.

Staff Support:..... Lee Madden, Sr. Director of Finance and Administrative Services

Strategic Plan Review & Discussion

Michael Embree, NSCA Executive Director, lead a discussion to inform the Board of the progress that has been made in relationship to the NSCA Strategic Plan. An operational plan is under development with annual objectives and tactics which will drive future work of the organization.

Discussion Items

1. Bylaw Change – quarterly meetings – Dr. Brent Alvar
 - Dr. Alvar does not believe a bylaw change is necessary with regard to conducting quarterly meetings.
 - The Board is free to continue to conduct quarterly meetings as needed without creating a bylaw mandate.
 - Continue with quarterly meetings until such time as the Board wishes to discontinue.
2. Career Awards Discussion: - Dr. Steve Fleck
 - Boyd Epley Award for Lifetime Achievement
Coach Gerard Martin was unanimously chosen by the Board of Directors to be the recipient for this award.
 - Alvin Roy Award for Career Achievement
Dr. Richard Berger was chosen by the Board of Directors by a vote of 8 to 1 to be the recipient of this award.
 - NSCA Impact Award
Dr. Keijo Hakkinen was unanimously chosen by the Board of Directors to be the recipient for this award.
3. Position Statement Review Process – Dr. Greg Haff
 - See Motion 2015-07-01-04 above that was the result of this discussion.

Motion was made to go into Executive Session at 11:30 a.m. Eastern Time by Dr. Todd Miller seconded by Dr. Colin Wilborn.

Dr. Fleck returned the group to regular session at 1:33p.m.

4. Web Page for Committee Communication/Information – Dr. Michael J. Miller
 - The website is being evaluated for improvements and this will be taken into consideration as those improvements move forward.



5. Sponsorship – Patrick McHenry
 - Boyd explained how the Sponsorships process works and how they are also very individualized.
 - All questions answered. No further action.
6. Budget – Questions, Discussion & Next Steps
 - A few questions were asked of Lee Madden with regard to the budget.
 - Dr. Fleck then moved the discussion into Executive Session at 2:30 p.m.
 - The discussion moved back into regular session at 2:50 p.m.
 - See Motion 2015-01-07-05 to pass the budget.

Items from Previous National Conference Agenda Not Discussed

1. NCAA Division I Certification Campaign Update – Scott Douglas
 - Scott Douglas, Sr. Director of Marketing and Business Development, provided slides illustrating the update. It was noted that communications have significantly improved and we are engaged in the NCAA Division monthly newsletter.
 - No action required.
2. Jerry Martin Scholarship Fund Update – Lee Madden
 - Lee Madden, Sr. Director of Finance and Administrative Services, provided an update.
 - Fund agreement has been signed.
 - Have not collected fund yet. Although there are future plans in place for proceeds from a clinic to contribute to this fund.
 - Dr. Fleck would like to have further discussion with regard to allocating some funds from the NSCA President's Discretionary fund to go into this fund.

Follow-up Reports

1. Membership Loyalty Program – Scott D.
 - Scott Douglas provided an update.
 - A suggestion was made for discount to be offered with an option for the member to donate their discount to the Foundation if preferred.
 - Explore what would be a reasonable number and beneficial to both the member and Foundation.
2. Catalogue NSCA videos into modules to be incorporated into college curriculums – Levi Boren
 - Levi Boren, Sr. Director of Certification and Education provided a written and verbal update.
 - No further action at this time.



3. Global Strat Update
Terrance Barkan of GlobalStrat joined the board meeting via WebEx and provided a progress update.

Dr. Fleck adjourned the meeting at 5:00 p.m. Eastern Time.