

BOARD OF DIRECTORS MEETING MINUTES

WEDNESDAY, JULY 10, 2024

Meeting location: Ravens Room, Baltimore Marriott Inner Harbor at Camden Yards, Baltimore, MD and Zoom

Members participating in this meeting: Dr. Brent Alvar, Dr. Ian Jeffreys (non-voting), Dr. Jaynie Bjornaraa, Dr. Disa Hatfield, Dr. Jay Dawes, Dr. Brandon Roberts, Mr. Antonio Squillante, Dr. Duncan French, and Mr. Robert Linkul.

Members absent: Ms. Kim Koy.

Also present at times: Board Guests: Colin Wilborn (CASCE Chair); Pan Chun Hao (NSCA Shanghai); Stephan Geisler and Daniela Fond (NSCA Global Chapter Germany); Osamu Hanada, Ichiro Watanabe and Sachie Koido (NSCA Japan); Wanki Lim and Daniel Lim (NSCA Korea); Raymond Wang and Crystal Han (NSCA Global Chapter Singapore); Ismael Parrilla (NSCA Spain); Dr. Jeff Chandler (*SCJ* Editor-in-Chief); Dr. Britt Chandler (*SCJ* Managing Editor) Dr. Nicholas Ratamess (*JSCR* Editor-in-Chief); Justin Loudon (High School Coaches PDG Chair); NSCA Foundation Staff: Carissa Gump; Staff: Michael Massik, Lee Madden, Scott Douglas, Keith Cinea, Linda Aaberg, Greg Nockleby, Jonathan Sagapolutele, and Christina Templeton (Zoom).

The meeting of the NSCA Board of Directors was called to order at 9:02 am Eastern Time (ET) on Wednesday, July 10, 2024, by Dr. Brent Alvar, NSCA President. A quorum was present.

CONSENT AGENDA

The following motions were adopted by unanimous consent:

- » **2024-07-10-01** – Approval of April 03, 2024, Meeting Minutes
Adopted Motion: That the Board of Directors approve the April 3, 2024 Board of Directors Meeting Minutes as presented.
- » **2024-07-10-02** – Ratify the email vote and approve the April 2024 minutes (FNSCA approvals)
Adopted Motion: That the Board of Directors ratify the email vote and approve the April 2024 minutes as presented.
- » **2024-07-10-03** – 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.
- » **2024-07-10-04** – Approval of the revised NSCA State/Provincial Directors' Handbook
Adopted Motion: That the Board of Directors approves the revisions to the State/Provincial Directors Handbook as presented.

MOTION

- » **2024-07-10-05** – Approval of the revisions to the Female Position Paper
Proposed by: Dr. Brandon Roberts Vote: Referred Back to Committee (passed unanimously)
Seconded by: Dr. Jay Dawes
Proposed Motion: That the Board of Directors approve the revisions to the Strength and Conditioning of Female Athletes: Position Statement from the National Strength and Conditioning Association.
ADOPTED MOTION, Referred Back to Committee: That the Board of Directors task the Research Committee to revise the Strength and Conditioning of Female Athletes: Position Statement from the National Strength and Conditioning Association prior to approval.

REPORTS OF OFFICERS

- » The President presented an overview of accomplishment for the past year and continued work on the Strategic Plan. He thanked all members for their support and service during his tenure as President.
- » A brief financial update was given to the Board. Notice was given that the audit is postponed to the Fall meeting. An update on NSCA Headquarters renovation plans was presented.
- » **2024-07-10-06** – Approval of budget variance
Proposed by: Dr. Brent Alvar Vote: Passed unanimously
Seconded by: Mr. Robert Linkul
Adopted Motion: That the Board of Directors approve a budget variance of up to \$6,000,000 for the purpose of NSCA Headquarters renovations.

CASCE REPORT

- » Dr. Colin Wilborn provided a verbal report of the Council on Accreditation of Strength and Conditioning Education (CASCE) activities and meetings. Outreach for volunteers was requested. Challenges were discussed.

REPORTS OF AFFILIATES

- » Updates on the activities of NSCA Shanghai, NSCA Global Chapter Germany, NSCA Japan, NSCA Korea, NSCA Global Chapter Singapore and NSCA Spain were given.
- » NSCA Global Chapter India and NSCA Italy provided written reports.

REPORTS OF EDITORS

- » Dr. Jeff Chandler presented the annual *Strength and Conditioning Journal's* Editor-in-Chief Report to the Board.
- » Dr. Nicholas Ratamess presented the annual *Journal of Strength and Conditioning Research's* Editor-in-Chief Report to the Board.

DISCUSSION ITEMS

- » A proposal to create an Internship Certification was reviewed.
- » **2024-07-10-07** – Internship Guidelines/Manual
Proposed by: Dr. Brent Alvar Vote: Passed unanimously
Adopted Motion: That the Board of Directors charge the Executive Director to work with the Professional Development Groups, NSCA Foundation, and CASCE to develop Internship Guidelines/Manual that is consistent across the associations.



REPORTS OF COMMITTEES

- » Coach Justin Loudon, Chair of the High School Coaches Professional Development Group provided an update on tasks the group has accomplished.
- » Board Liaisons provided informational updates about committee activities.

DISCUSSION ITEMS, CONTINUED

- » Dr. Disa Hatfield and Dr. Jaynie Bjornaraa were assigned to the Ethics Committee to review NSCA Codes, Policies, and Procedures.
- » Developing an international committee was discussed. A strategy meeting will be scheduled in the Fall.
- » The Board had a discussion on the Research Committee position paper rejections.
- » Testing facilities for affiliates was discussed.
- » How NSCA peer awards are processed and awarded was discussed with ideas provided for the Awards and Honors Committee to discuss.

The meeting was adjourned July 10, 2024, at 3:56 pm ET.