NSCA NATIONAL STRENGTH AND CONDITIONING ASSOCIATION



BOARD OF DIRECTORS MEETING MINUTES WEDNESDAY, JANUARY 3, 2024

Meeting location: Southern Hemisphere V, The Swan and Dolphin Resort, 1200 Epcot Resorts Blvd, Lake Buena Vista, FL and Zoom

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

Also present at times: *Guests by Zoom:* Committee Members: Dr. Monica Taylor (Diversity Equity, and Inclusion Chair) and Dr. Derek Kingsley (Membership); Senger Design Group: Ms. Cindy Senger, Mr. Chris Senger, Ms. Beth Vincent, Ms. Kate McNamara, and Ms. Allison Bremmer; *NSCA Foundation Staff In-person:* Carissa Gump; *NSCA Staff In-person:* Michael Massik, Lee Madden, Jonathan Sagapolutele, Mary-Clare Brennan, Scott Douglas, and Keith Cinea; *NSCA Staff by Zoom:* Alonso Monteil, Linda Aaberg, and Christina Templeton.

The meeting of the NSCA Board of Directors was called to order at 8:34 AM Eastern Time (ET) on Wednesday, January 3, 2024, by Dr. Brent Alvar, NSCA President. A quorum was present.

INVITED STAFF REPORT

The Certification Director, Jonathan Sagapolutele presented a recertification effort report to the Board.

CONSENT AGENDA

The following motion was adopted by unanimous consent:

» 2024-01-03-01 – Approval of the October 6, 2023 Board of Directors Meeting Minutes Adopted Motion: That the Board of Directors approve the October 6, 2023 Board of Directors Meeting Minutes as presented.

REPORTS OF OFFICERS AND COMMITTEES

- » The President presented the Board's annual self-assessment and international Board representation travel report.
- » The Treasurer and CFO provided a brief financial update, announced the budget for 2024-2025 fiscal year is being prepared, and new accounting software is being investigated.
- » The following committee updates were given:

- » Women's Committee Board Liaison Dr. Jaynie Bjornaraa and staff liaison Mary-Clare Brennan presented an update to the Board.
- » Diversity, Equity, and Inclusion Committee Committee Chair Dr. Monica Taylor and staff liaison Scott Douglas presented an update to the Board.
- » Membership Committee Committee Member Dr. Derek Kingsley and staff liaison Scott Douglas presented an update to the Board.

OTHER REPORTS

» Ms. Cindy Senger of Senger Design Group and staff provided an overview of some of the building design updates NSCA Headquarters is undergoing.

REPORTS OF COMMITTEES, CONTINUED

» Brief updates by Board Liaisons were provided for the Nomination, Awards and Honors, and Fellowship Review Committees.

MOTIONS

- 2024-01-03-02 Approval of the revisions to the Education Committee Guidelines
 Proposed by: Dr. Duncan French
 Vote: Passed Unanimously
 Seconded by: Dr. Brandon Roberts
 Adopted Motion: That the Board of Directors approve the revisions to the Education Committee Guidelines.
- 2024-01-03-03 Approval of the revisions to the Research Committee Policies and Procedures Proposed by: Dr. Brandon Roberts
 Vote: Passed Unanimously
 Seconded by: Dr. Jay Dawes
 Adopted Motion: That the Board of Directory approve the revisions to the Bosparch Committee

Adopted Motion: That the Board of Directors approve the revisions to the Research Committee Policies and Procedures.

DISCUSSION ITEMS

- » A notice of a Bylaws amendment concerning remote communications was proposed. The Board agreed that it should be considered and will be placed on the Spring agenda.
- » A verbal update was provided on the Council on Accreditation of Strength and Conditioning Education (CASCE) activities. Feedback will be provided to the CASCE Board for their consideration.
- » The upcoming 50th NSCA National Conference Anniversary (2027) was discussed, and ideas were solicited.
- » An informational update was provided to the Board on Certified Special Population Specialists[®] (CSPS[®]) certification. The Board will wait for recommendations from the Certification Committee.
- » Developing a standard expectation for internships was discussed.
- » Developing an international committee was discussed and will be placed on the National Conference agenda.
- » Creating an Education Recognition Program (ERP) for the Certified Performance and Sport Scientist[®] (CPSS[®]) was discussed.
- » Creating speaker progression guidelines was discussed.



EXECUTIVE SESSION

Dr. Brent Alvar motioned to go into Executive Session at 1:48 PM ET. Dr. Jay Dawes seconded the motion and was unanimously approved. Michael Massik, Lee Madden, and Christina Templeton were approved by the Board to stay for the career awards discussion. The Board motioned to return to regular session at 2:09 PM ET by Dr. Brent Alvar. It was seconded by Dr. Jaynie Bjornaraa and unanimously approved.

Announcements were made and the meeting was adjourned January 3, 2024, at 2:10 PM ET.