

7 APR 2022 - Meeting Minutes - University Weightlifting Committee

Start Time: 12PM Mountain

Duration: 53 minutes

Method: Zoom

Present: SS, DG, AN, BL, WH

Absent: None

SS begins meeting by stating that she sent contact sheets for each athlete that competed at the 2022 University National Championships to each regional representative.

Region 2 (Midwest) Update - SS

- SS reached out to her region and didn't get a lot of new interest, but did get a lot of interest from the existing clubs on holding monthly zoom meetings and on holding a regional championship this year. SS notes that region 2 has a good blend of both varsity teams and clubs teams, and are very enthusiastic about their growth.
 - SS notes that (1) new team has been added to region 2 - Concordia University, Nebraska which is a varsity club coached by Freddie Myles
 - SS notes that Freddie Myles was able to create this team as he was a Strength & Conditioning Coach there, and had an in with the athletic director

Region 4 (Southeast) Update - AN

- AN notes that she sent out emails to all of her contact sheet and that their first zoom meeting is scheduled for 4/22.
 - AN states that quite a few members in her region were unaware that this committee existed
- AN states that she's nearing approval for the University Regional Championships (Southeast, Region 2) to be hosted on November 12th at the University of South Florida.
 - AN states that she picked the 11/12 to avoid when Region 3 is planning to host theirs on 11/5
 - AN is waiting to hear the cost for the rental space on campus, and anticipates it to be in the hundreds, not thousands
 - SS notes that as long as its under \$1000, special approval for funding is not required
 - AN notes that she's looped in the USF weightlifting team on potentially being the host club for this event
 - AN inquires if it was decided on whether the registration for University Regional Championships would be held on BARS
 - SS confirms that it will be

Region 5 (Northeast) Update - BL

- BL notes that he has reached out to his contact list, but has not yet received any interest from students in his region
 - BL did include a doodle poll to see who would be interested in hopping on a zoom call with him in the next week or two
- BL states that he does not have a list of contacts for current clubs and inquires if that is something he could have access to

Region 1 (West) Update - WH

- WH notes that he'll be sending his region blast email next week
- WH states that with the Regional Championships likely being only one day, he's confident that WVU could host one, likely for only a couple hundred dollars
- WH shares an encouraging story that this past weekend he had a visit from a sophomore in high school and his mother about lifting at WVU. The lifter has medaled twice at the youth national championships and is also an accomplished wrestler. His mother stated that her son has decided to pursue weightlifting in college instead of wrestling because of the All-American totals he saw from the University National Championships. Even though there may have been more scholarships available for wrestling, the draw of being an All-American, based on totals that he saw as attainable, pushed him more to weightlifting.
- WH states that he's the "weightlifting special interest group chair" for the NSCA and mentioned that it's fairly informal and may be an opportunity to share something from the committee
 - SS notes that this would be a good opportunity to leverage relationships if we can figure out what exactly we would bring to that discussion
 - WH notes that there are several good examples of current strength coaches who coach weightlifting on the side and produce really good lifters. He notes that this is more of the outcome that has been identified as opposed to creating a process to see this implemented elsewhere.
 - SS notes that instead of a presentation, potentially using that time to build relationships and encourage others to follow a similar path
 - WH notes that the conference is this summer and was thinking about presenting a progression for both a weightlifter and non-weightlifter. WH notes that most of the coaches in this special interest group have a decent background in WL, and so the focus shouldn't be on exposure, but more so taking the next step to coaching weightlifters or making that gap seem less daunting.
 - DG inquires on how dependent that situation is on the particular school and the athletic director in charge
 - WH says that it's very case by case, but that the most common thread of success is when one of the staff S&C coaches are the ones doing the actual coaching for the "club" being allowed to train in the weight room
 - SS notes that at Baylor, there is a S&C coach interested in starting a club, and he's had trouble getting approval

- DG notes that at Texas, there are multiple professional swimmers, divers, and T&F athletes who continue to use the weight room, as their collegiate coach might remain their professional coach after graduation. DG states that it also may depend on the level of the athlete being allowed to skirt those set rules, wanting only elite athletes as opposed to novices.
 - WH notes a case at WVU where a rower wants to continue her athletic career as a weightlifter after her eligibility is up, and WH notes that if he were a coach in the weight room, that would be the perfect opportunity to continue her training in the weight room, just now in a new sport. Notes that Christian Carter at JMU has done this successfully.

SS states that All-American patches have been delivered to the office and will be sent out to athletes later this month.

Region 3 (Southwest) Update - DG

- DG circles back to the WH comment about rowing and states that at Texas, a lot of former rowers have reached out to the weightlifting team and taken up the sport. DG notes that while not anthropometrically ideal for the sport, many of the new weightlifters have been in the 76kg, 81kg, and 87kg weight classes, where we don't see large participation.
 - DG notes that with TAP, rowing may be a sport to target, as most rowers came on to campuses without a varsity sport, were recruited rowing based on their height/strength, and tend to be the type to still looking to be active in sport towards the end of their rowing career

- WH notes that at WVU, the head coach calls rowing a “training sport” which WH notes is very similar to weightlifting in how many hours of training are required and that the two sports match up
- Baylor - potentially able to add them officially later this year. They will attempt to create a joint club with the powerlifting team
- Texas A&M - Galveston - officially took advantage of the Incentive program, new coach will take Level 1 in May
- Oklahoma - DG states that he now has another lead with this school, who can hopefully get people organized enough to create a club
- Arizona State - reached out to a local gym owner who had submitted an NUQ request and laid out the criteria for starting a club. DG notes that the requirements for starting a club at ASU are incredibly simple, requiring only three members to initiate the organization. DG notes that there is likely ample weightlifters at ASU to start a club, who either aren't aware of the requirements to start a club, or that these other weightlifters exist on the same campus.
 - DG inquires on whether it would be possible to extend BARS permissions to committee members for their regions, to be able to see what schools each university athlete is attached to, and be able to better coordinate and facilitate the growth of a club at that particular school
 - SS states that this should be possible and would just need to extend permissions to be able to view the Collegiate Eligibility tab and to all of the states in that particular region
- DG notes that he would like to jump onto a future Region 4 membership meeting, to see the structure and gather ideas for this own region
 - WH seconds this
 - AN says that she will send out an email invite for a future meeting

University Regional Championships - Southwest

- DG states that the University of Texas has received approval to host from Rec Sports, but is still waiting from the Facilities Operations, which may not come down until May
 - Officially planning on November 5th and 6th at the University of Texas, but will talk to Texas State University as a backup

General questions regarding the University Regional Championships

- Registration Fees and Profit Sharing - SS recommends splitting the registration fees between the host club, operating costs, and then a USAW university fund that athletes could potentially pull from for grants, etc
 - SS notes that the host club would receive a portion as they'll most likely be the one carrying the brunt of the set up, strike down, and operating manpower during the event
 - SS notes that she'll be able to offset signage and potentially some facility fees, independent of the money made from registration fees

- The question is posed on whether a member may be allowed to compete in a different regional championship, if they are perhaps closer. (i.e. Louisiana is in Southeast region, but may be easier to get to Texas in the Southwest regional than Florida for the regional championship)
 - SS shares how the WSOs are tackling these events and that they have stated that you must reside in that region to set records
 - DG and SS agree that should also apply here
 - DG notes that opening it up to everyone in any region could create confusion, and also create the potential for athletes to compete in multiple regions
 - SS notes that this is a big decision and should be thought about for a bit before we decide officially
 - WH notes that allowing teams to compete in another region, but not allowing them to win team awards could be an option
 - SS notes that we can look at other sports and see how they organize their regional championships
 - DG states that maintaining a rule of only those in that region are eligible for their regional championship could potentially better legitimize the event for future years, but at the same time, when trying to build this event up, being exclusionary of people wanting to participate, may work against the committees intent of absolute growth
 - Discussion circulates on certain fringe states in Region 4 and whether LA, AR, VA make sense geographically to stay in Region 4