



1885 BOB JOHNSON DRIVE
COLORADO SPRINGS, CO 80906
P. 719.632.6722 | F. 719.632.6367
NSCA.COM/FOUNDATION

Foundation Board of Director Meeting Minutes

National Strength and Conditioning Foundation

Annual Meeting

Saturday, April 27, 2019

Directors participating in the meeting: Dr. Matt Stock, Dr. Nicole Dabbs, Dr. Thomas Mahoney, and Korrey Hammond.

Directors participating in the meeting at times by phone: Dr. Brian Schilling and Margaret Jones.

Directors absent: Dr. Chad Kerksick.

Also participating at times in this meeting: Ludmila Cosio-Lima, John Martin, Geoff Eliason, Carissa Gump, Lee Madden, Michael Massik, and Christina Klingensmith.

The meeting of the NSCA Foundation Board of Directors, held at the National Strength and Conditioning Association headquarters was called to order at 8:04 MT on Saturday, April 27, 2019 by Dr. Matt Stock, second by Thomas Mahoney - approved unanimously. A quorum was present.

Approval of Minutes

F-2019-04-27-01, F-2019-04-27-02, and F-2019-04-27-03 passed by unanimous consent.

F-2019-04-27-01 – Approval of January 7, 2019 Meeting Minutes

Adopted Motion: That the Foundation Board of Directors approve the January 7, 2019 meeting minutes.

F-2019-04-27-02 – Ratify and approval of January 7, 2019 email vote and minutes

Adopted Motion: That the Foundation Board of Directors ratify the email vote and approve the January 7, 2019 minutes.

F-2019-04-27-03 – Ratify and approval of February 3, 2019 email vote and minutes

Adopted Motion: That the Foundation Board of Directors ratify the email vote and approve the February 3, 2019 minutes.

Reports of Officers and Support Staff

- President's report
 - Board annual self-assessment was reviewed.
 - Improving Director and committee member recruitment was discussed.
 - Planning to begin for Strategic planning for 2020.
 - Board engagement and the Boards role in fundraising and planned giving was discussed.



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- Financial report
 - Lee Madden provided an end of year preliminary financial report that was reviewed by the Board.
 - The Board reviewed the 2019-2020 budget.

F-2019-04-27-04 – Adding additional funds for the Strategic Planning

Proposed By: Dr. Nicole Dabbs **Vote:** Passed

Seconded By: Korrey Hammond

Adopted Motion: That the budget be amended to include the additional funds for strategic planning.

F-2019-04-27-05 – Approval of the 2019-2020 Budget

Proposed By: Dr. Thomas Mahoney **Vote:** Passed

Seconded By: Dr. Nicole Dabbs

Adopted Motion: That the Foundation Board of Directors approve 2019-2020 budget as amended.

Reports of Committees

- Dr. Nicole Dabbs presented the Coaching Advancement Grants and Assistantship Committee report.
 - The success of adding a second video analysis lift for the Coaching Advancement Grant was discussed. Feedback of a possibly adding a group setting video was provided by the Committee.
 - Eleiko Equipment Grant application was discussed.
 - Solution session and focus groups at NSCA events was discussed.
- Dr. Matt Stock presented the Scholarship Committee report and the motions below were passed.

F-2019-04-27-06 – Approval of Scholarship Policies and Procedures

Proposed By: Korrey Hammond **Vote:** Passed

Seconded By: Dr. Thomas Mahoney

Adopted Motion: That the Foundation Board of Directors approve the NSCAF scholarship policies and procedures.

F-2019-04-27-07– Approval of Vitalyon Foundation Student Support Grant

Proposed By: Dr. Thomas Mahoney **Vote:** Passed

Seconded By: Dr. Nicole Dabbs

Adopted Motion: That the Foundation Board of Directors approve the Vitalyon Foundation Student Support Grant.

- Further discussion postponed until after Investment Committee report.

- John Martin, NSCA Foundation Investment Manager presented the Finance Manager Report and Investment Committee report.

Recess for lunch per agenda.



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General Orders

Annual BOD nominations

The annually nominations of Officers were held.

Nominated slate of candidate:

Foundation President – Dr. Matt Stock

Foundation Vice President – Dr. Nicole Dabbs

Foundation Treasurer – Dr. Chad Kerksick

Foundation Secretary – Dr. Thomas Mahoney

Dr. Thomas Mahoney moved to adopt the slate of candidates, seconded by Korrey Hammond. All approved.

The following Liaisons were assigned beginning at the new term in July:

Grants Committee Liaison – Dr. Ludmila Cosio-Lima

Coaching Advancement Grant and Assistantship Committee Liaison – Dr. Nicole Dabbs

Scholarships Committee Liaison – Dr. Matt Stock

Investment Committee Liaison – Dr. Chad Kerksick

Dr. Matt Stock adjourned the meeting at 4:46pm MT until Sunday, April 28, 8:00am; to be reconvened at the DoubleTree Hotel's Board Room. Seconded by Korrey Hammond. Unanimously approved.



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Foundation Board of Director Meeting Minutes

National Strength and Conditioning Foundation

Annual Meeting, continued

DoubleTree Hotel, Pikes Peak Board Room, Colorado Springs, CO

Sunday, April 28, 2019

Directors participating in the meeting: Dr. Matt Stock, Dr. Nicole Dabbs, Dr. Thomas Mahoney, and Korrey Hammond, Dr. Margaret Jones (by phone).

Directors absent: Dr. Brian Schilling and Dr. Chad Kerksick.

Also participating at times in this meeting: Ludmila Cosio-Lima and Carissa Gump.

The meeting of the NSCA Foundation Board of Directors, held in the Pikes Peak Board Room of the DoubleTree Hotel in Colorado Springs was called to order at 8:04am MT on Sunday, April 28, 2019 by Dr. Matt Stock, second by Thomas Mahoney - approved unanimously. A quorum was present.

- The Board reviewed the strategic plan and the next strategic plan is being planned for 2020.
- The Board reviewed the 2019-2020 calendar. Dates for the 2020 Board Meeting and Grant Panel Meeting to be determined at a future date.

Adjourned

The annual meeting of the Foundation Board of Directors was adjourn on Sunday, April 28, 2019 at 10:02am MT by Dr. Matt Stock. Seconded by Korrey Hammond. Unanimously approved.