



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

Foundation Board of Directors Meeting Minutes National Strength and Conditioning Association Foundation Zoom Conference Call Friday, April 29, 2022

Directors participating in the meeting: Dr. Nicole Dabbs, Dr. Don Melrose, Dr. Kristen Snyman, Dr. Ludmila Cosio-Lima, Ashley Jackson, and Dr. Thomas Mahoney.

Directors not in attendance: Dr. Helen Binkley.

Also present at times: *Guest:* Dr. Steve Swafford, Leadership Outfitters, LLC; *NSCA Foundation Staff:* Carissa Gump; *NSCA Staff:* Lee Madden and Christina Templeton.

The meeting of the NSCA Foundation was called to order at 11:01 am Eastern Time (ET) on Friday, April 29, 2022 by Dr. Nicole Dabbs, NSCA Foundation President. A quorum was present.

Minutes Approval

Motion: F-2022-04-29-01 – February 2, 2022 Minutes Approval

Proposed by: Dr. Tom Mahoney

Vote: Passed

Seconded by: Dr. Don Melrose

Adopted motion: To approve the minutes from our last board meeting.

Reports of Officers

- The President provided a brief update of plans for the Foundation's Strategic Planning and Steve Swafford provided an outline of what to expect.
- Diversity, equity and inclusion consultant will attend the strategic planning meeting.
- The Board reviewed the budget.

Motion: F-2022-04-29-02 – Budget Approval

Proposed by: Dr. Ludmila Cosio-Lima

Vote: Passed

Seconded by: Dr. Tom Mahoney

Adopted motion: To approve the 2022-2023 fiscal budget.

Consent Agenda

The consent agenda was proposed by Ashley Jackson, seconded by Dr. Kristen Snyman, and adopted by unanimous consent:

- *F-2022-04-29-03 – Transfer of Funds*

Adopted motion: Approve Transfer of \$1.5M funds to Investment Account



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

- *F-2022-04-29-04 – Grant Panel & Committee Applicants Email Vote*
Adopted motion: (Ratify the vote and approve the minutes of) Approve Grant Panel & Committee Applicants
- *F-2022-04-29-05 – Grant Panel Applicants Email Vote*
Adopted motion: (Ratify the vote and approve the minutes to) Approve Grant Panel Applicants
- *F-2022-04-29-06 – Volunteer Handbook Email Vote*
Adopted motion: (Ratify the vote and approve the minutes to) Approve Volunteer Handbook

Committee Reports

- Ashley Jackson presented the Coaching Advancement & Assistantship Committee report.
- Dr. Ludmila Cosio-Lima presented the Grants Committee report.
- Dr. Don Melrose presented the Investment Committee report.
- Dr. Kristen Snyman presented the Scholarships Committee report.

General Orders

- The upcoming announcement of a new scholarship was discussed.
- The NSCA-TV Foundation channel was discussed.
- The election of Foundation executive positions and board liaisons will occur at the next meeting of the Board.
- The Public Member position will also be up for appointment. Dr. Mahoney was thanked for his service to the Board.
- The end of year financial report will be emailed to the Board.
- Foundation branding is being updated and will be sent to the Board for feedback.

Dr. Don Melrose motioned to adjourn the meeting. It was seconded by Dr. Tom Mahoney, and adopted. The meeting was adjourned at 11:43 am ET.