



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 Electronic Meeting
 Wednesday, June 2, 2021

Directors participating in the meeting: Dr. Nicole Dabbs, Dr. Ludmila Cosio-Lima, Dr. Chad Kerksick, Dr. Matt Stock, and Ms. Ashley Jackson.

Directors not present: Dr. Thomas Mahoney and Dr. Colin Wilborn.

Also present at times: *Incoming Board Members (non-voting):* Dr. Kristen Snyman and Dr. Don Melrose; *NSCA Foundation Staff:* Carissa Gump; *NSCA Staff:* Michael Massik, Lee Madden and Christina Templeton.

The meeting of the NSCA Foundation was called to order at 11:02 am Eastern Time (ET) on Wednesday, June 2, 2021 by Dr. Nicole Dabbs, NSCA Foundation President. A quorum was present.

Reports of Officers

President’s Report

- The annual budget was reviewed.

Motion: F-2021-06-02-01 – Approval of the Annual Budget

Proposed by: Dr. Chad Kerksick

Vote: Passed

Seconded by: Dr. Ludmila Cosio-Lima

Adopted motion: To approve the 2021 - 2022 budget.

- Amendments to the bylaws were reviewed.

Motion: F-2021-06-02-02 – Approval of Bylaw Amendments

Proposed by: Dr. Chad Kerksick

Vote: Passed

Seconded by: Ms. Ashley Jackson

Adopted motion: To approve the amended bylaws.

- The Board’s Annual Assessment was reviewed.

Treasurer’s Report

- A brief overview of the financial statement was provided.
- The annual audit has been scheduled.



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Lee Madden left the meeting at 11:19 am ET.

Consent Agenda

The consent agenda was proposed by Dr. Matt Stock, seconded by Dr. Ludmila Cosio-Lima, and was adopted by unanimous consent:

- F-2021-06-02-03 – Minutes Approval
Adopted motion: Approve February 12, 2021 Meeting Minutes.
- F-2021-06-02-04 – Email Vote (Grant Extension)
Adopted motion: (Ratify the vote and approve the minutes to) Approve Gena Gerstner 1 year grant extension request.

Committee Reports

The Coaching Advancement Grant and Assistantship Committee report was presented.

Motion: F-2021-06-02-05 – Approval of all five Policies and Procedure Manuals of the Coaching Advancement Grant and Assistantship Committee

Proposed by: Ms. Ashley Jackson

Vote: Passed

Seconded by: Dr. Chad Kerksick

Adopted motion: To approve the policies and procedures manuals (Assistantship, Coaching Advancement, Eleiko Equipment Grant, Military CSCS Support Grant, and NSCA-CPT Support Grant) of the Coaching Advancement Grant and Assistantship Committee.

The Grants Committee report was presented.

Motion: F-2021-06-02-06 – Approve to increase the number of panel members

Proposed by: Dr. Ludmila Cosio-Lima

Vote: Passed

Seconded by: Dr. Matt Stock

Adopted motion: To approve two extra grant panel members.

Association Report

12:00 pm – Michal Massik joined the meeting.

Michael Massik, NSCA Executive Director provided a brief overview of the activities of the Association to the Board.

12:21 pm – Michael Massik left the meeting.

Committee Reports, continued

The Scholarships Committee report was presented.



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Matt Stock left the meeting at 12:32 pm.

The Investment Committee report was presented.

General Orders

- The annual nominations of Officers were held. The following positions were elected by acclamation:
 - Foundation President – Dr. Nicole Dabbs
 - Foundation Vice President – Dr. Don Melrose
 - Foundation Treasurer – Dr. Ludmila Cosio-Lima
 - Foundation Secretary – Ms. Ashley Jackson

- Annual Board Liaison assignments:
 - Grants Committee Liaison – Dr. Ludmila Cosio-Lima
 - Coaching Advancement Grant and Assistantship Committee Liaison – Ms. Ashley Jackson
 - Scholarships Committee Liaison – Dr. Kristen Snyman
 - Investment Committee Liaison – Dr. Don Melrose

- Strategic Planning is being planned for the fall.

The meeting was adjourned at 12:52 pm ET.