

1885 BOB JOHNSON DRIVE  
COLORADO SPRINGS, CO 80906  
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[NSCA.COM/FOUNDATION](http://NSCA.COM/FOUNDATION)

## Foundation Board of Directors Meeting Minutes National Strength and Conditioning Association Foundation Hybrid Meeting Saturday, June 3, 2023

**Directors participating in the meeting:** Dr. Don Melrose, Dr. Nicole Dabbs, Dr. Ludmila Cosio-Lima, Kevin Farley, and Dr. Kristen Snyman (Zoom).

**Directors not in attendance:** Dr. Jay Dawes and Ashley Jackson.

**Also present at times:** *NSCA Foundation Guests:* Jeff Gott, Geoff Elison, Scott Caulfield, and Dr. David Heikkinen; *NSCA Foundation Staff:* Carissa Gump; *NSCA Staff:* Michael Massik, Lee Madden, and Christina Templeton (Zoom).

The meeting of the NSCA Foundation was called to order at 8:07 am Mountain Time (MT) on Saturday, June 3, 2023 by Dr. Don Melrose, NSCA Foundation President. A quorum was present.

### Reports of Officers

- The President provided the results of the annual assessment and planned NSCA Foundation sessions at the National Conference.
- The Board was provided and reviewed the end of year financials.
- Michael Massik provided an association update.

### Consent Agenda

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

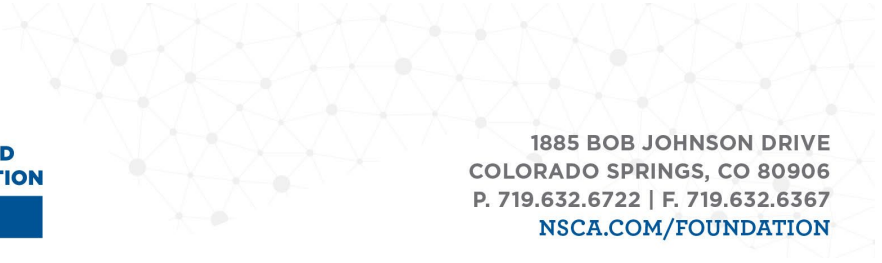
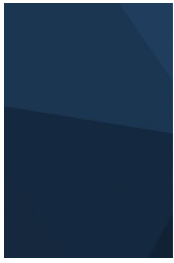
- *F-2023-06-03-01 – January 13, 2023 Meeting Minutes*  
**Adopted motion:** Approve January 13, 2023 Meeting Minutes.

### Committee Reports

- Carissa Gump, on behalf of Ashley Jackson, presented the Coaching Advancement & Assistantship Committee report.
- Dr. Ludmila Cosio-Lima presented the Grants Committee report.
- Dr. Kristen Snyman presented the Scholarships Committee report.
  - Potential new scholarships were discussed.

### General Orders and Committee Reports, continued

- DEI Consultant phases, areas of improvement, and inclusivity were discussed.
- Adding non-voting student positions to committees was discussed, as well as ways to involve students with Foundation tasks.



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- Dr. Don Melrose invited Jeff Gott and Geoff Eliason with Integrity Wealth Investment to present the Investment Committee report.
- An overview of past grants statistics will be presented at the National Conference as an abstract.
- Alternative revenue streams were discussed.
- The Board Application and Process was discussed. Succession Planning concerning the president position to maintain continuity was discussed.

*Motion: F-2023-06-03-02 – Amend the Board of Directors Policies and Procedures*

Proposed by: Dr. Don Melrose

Vote: Passed

Seconded by: Ashley Jackson

**Adopted motion:** To add an ex-officio year to the President, if needed, to the Policies and Procedures.

*Motion: F-2023-06-03-03 – Officers on the Board of Directors*

Proposed by: Kevin Farley

Vote: Passed

Seconded by: Dr. Ludmila Cosio-Lima

**Adopted motion:** To elect the slate of officers.

President – Dr. Don Melrose

Vice President – Scott Caulfield

Secretary – Dr. Kristen Snyman

Treasurer – Dr. Ludmila Cosio-Lima

*Motion: F-2023-06-03-04 – Board Liaisons*

Proposed by: Kevin Farley

Vote: Passed

Seconded by: Dr. Ludmila Cosio-Lima

**Adopted motion:** To appoint the slate of Board Liaisons.

Scholarship Committee – Dr. Kristen Snyman

Grant Committee – Dr. Ludmila Cosio-Lima

Investment Committee – Kevin Farley

Coaching Advancement & Assistantship Committee – Scott Caulfield

Dr. Don Melrose motioned to adjourn the meeting to tomorrow. It was seconded by Dr. Ludmila Cosio-Lima and adopted. The meeting was adjourned at 4:13 pm ET.