

## **March 12, 2024 USAOCR BOD Meeting Minutes**

Attendees: Ian Hosek, Stacy Stamm, Jason Stanley, Russ Blatt, Micah Dorfner, Josh Graves

Not Attending: Alexandra Codispoti, Josh Fiore

Guests:

February Meeting Minutes: Approved Unanimously

### **Board Update:**

Shared Drive Update: All done, everything is now in the Shared Drive owned by USAOCR.org

WO/UIPM Meeting Discussion:

- Jason: Good to get communication with USAPM directly. Rob acknowledged that communication wasn't good, he has already connected us to the people in USAPM who can assist us.
- Jason checked in with Ian A about passing off the domain and website to us so that he isn't paying for any of it. Jason agreed to pay for the past domain/website fees since he took over in order for Ian A to pass control to the current BOD. This hasn't happened yet
- Ian H. is concerned about USAPM taking over and us just being a technical committee. Will continue communicating and figuring out what our connection with them will be. Seems like that is one option, or staying independent but as an affiliate with USAPM is another.
- Need to share with them (Ian A and USAPM) what our goals and strategic plan is. They don't seem to understand the direction is for our organization and believe we're going in a different direction than we are.

### **Committee Updates:**

#### **Development:**

- Josh G wants to discuss the direction of coaching certifications and how USAOCR wants to move forward, connected to world obstacle or independently.
  - If doing it through WO, may need to have Alwyn teach the courses as he's the only trained WO coach.
  - We don't have the updated WO training documentation, we used old training methods and updated it with USAOCR documentation for the February course.
  - Josh G. would like to try doing the WO training

- Stacy wants to make sure we don't spend too much time trying to track down WO documentation and having it limit our ability to train coaches and officials.
- Russ has only seen official WO trainings occurring in the Philippines and 2 in England
- Micah: On website we have info for USAOCR and WO training certifications, important to make sure we're clear in communicating what people are getting.
- Josh G needs to get access to WO google drive so he has access to WO Coaching certifications.
- Josh G will look into it more and report back on the limitations and benefits of using WO's training.
- Hosted first certification - 13-14 participants
  - Mostly from Alwyn and Josh G's communities.
  - Waiting for a rough draft of filming.
  - Alwyn's strength principles concept was great, matched with WO's.
  - Other segments need improvement for the next time to be ready for filming.
- How should the Development team be nurturing the current group of coaches and communicating with them to keep them connected?
  - Great to stay connected with everyone and continue to communicate with them
  - Maybe start with coaches newsletter since Micah has had difficulty finding someone to lead a full newsletter
  - Micah is happy with Josh leading the communication plan and supporting as needed
  - Give them a slack channel and access to the general slack channel.
  - Micah recommends first sending them a welcome email explaining the slack addition, weekly/monthly newsletter and how to communicate with us.
- Jason will assist with connecting Josh to the Olympic Training Center to try and schedule a training there.
- National Team Coach/Team Manager
  - 2 Coach and 0 Team Manager applicants right now
  - Due March 15th, Decision by March 30
  - Who should decide:
    - Development committee should be involved
    - However the current committee is biased (almost all have applied, or family of applied).
    - Either the board makes the decision, or we get a volunteer from each committee to join the selection committee
    - Board decided to have a volunteer from each committee who will join the selection committee. Josh will the lead that selection committee in making a decision by March 30

#### **Athletes:**

- Elite 3k: 3 applicants, Elite 15k: 5 applicants, AG 3k: 31 applicants, AG 15: 29 applicants. 100m: 20 applicants. Para: 2 applicants

- Every person who has applied has received an email from Russ. Thanks to Micah for writing the email.
- Already more 100m applicants than available spaces. 7 applicants <16 y.o. In 100m - 3 per category/gender and 5 elites. 30 total due to #s
- Russ is concerned that we still don't have many elite applications.
  - Micah: Likely need to target the Elites directly to get them interested and to apply
  - Ian and Russ will connect about who should be contacted and Ian and Russ will reach out to them directly.

### **Communications:**

- Social posts are going well:
  - Story for team manager and head coach applications, one post soon too
  - Kristina is helping with reminder posts about national team application races
- Media Outreach
  - Reached out to Obstacle Running Adventures and ORM podcasts, they said they're swamped. Obstacle Running Adventures will bring Ian back on if they have space. ORM isn't interested in bringing us on.
  - Micah will reach out to OCR Report to see if they'll talk about it on their live broadcast. Ian will bug Fran.
- Website Update
  - Alex's head shot is up. Making updates as needed
- Race Discounts for members
  - Reached out to to his committee, Julie responded and is interested in assisting
  - Do we want to get those ready to go for 2024, or wait until 2025?
  - Everyone seems pretty overworked and not ready to do that right now
  - Russ is putting together a race director group with 50-70 directors, so they'll be easier to reach out to soon

### **Competitions:**

- 100m
  - Discussing getting our own 100m course or getting one at the olympic training center, since pentathlon OCR section will be very similar to 100m course
  - Ian will be reaching out to USAPM to start that conversation
  - Russ: Suzanne Himka is working on putting one in her gym in CO Springs
  - New England OCR Expo is looking at putting one at their event
- National Championships
  - Savage said no, so the second choice is Phoenix Race.
  - Looking at two venues right now near Chattanooga, TN and Dalton, GA
  - Phoenix Race is reaching out to other race brands to bring in obstacles and staff to create a great race
    - She's having interest however many will have obstacles at OCRWC in Mammoth on October 5th
  - October 12th and Nov 23rd are the best dates right now.

- If both dates are available, will ask community via online surveys which dates they'd prefer
- Yum Kippur is 10/12, T-Giving is right after 11/23

**DEI/Para:**

- Still working through P06 Category as a group and will have update in April

**Finance:**

- Sponsorship: Diana created new packet, working through updates on it and should be ready to send out to sponsors in the next couple weeks
- Budget Template: It's created! Committee chairs, please start filling out your aspirational (but feasible) budget
  - This will help us know how much money we want to aim to raise in 2024
- Uniforms:
  - Reached out to Julie with Legendborne, no response yet.
  - Specifically about AG kit that is currently available, and a separate full elite kit

**Medical:**

- No Update

**Action Items**

**Russ & Josh Fiore:** Send Stacy professional headshots to add to website

**Diana:** Update the strategic plan and send it to Micah to post online.

**Stacy:** Add removing 20% elite athlete committee requirement to April agenda to remove from bylaws.

**Jason:** Share internal strategic plan with Ian A and Rob so they know the goals/direction of USAOCR

**Josh G:** Look into WO coaching certs more and report back on the limitations and benefits of using their training.

**Josh G & Micah:** Connect to write then send welcome email to coaching class participants explaining the slack addition, weekly/monthly newsletter and how to communicate with us and each other.

**Committee chairs:** Reach out and find 1-2 volunteers for the coaches selection committee. Then send them to Josh G (**By Friday**, once they've agreed) and **Josh** will reach out on Friday/Saturday (after applications close). Make sure volunteers understand the tight timeline (decision in 2 weeks) and are ready to respond rapidly to assist.

**Ian and Russ:** Connect about which elite athletes should be contacted about the National team and Ian and Russ will reach out to them directly.

**Micah:** Reach out to OCR Report to see if they'll talk about it on their live broadcast.

**Ian:** Bug Fran about getting on podcast.

**Committee chairs:** Start filling out your aspirational (but feasible) budget in the budget template