

The 2007 Youth SIG Meeting Minutes
2007 NSCA National Conference & Exhibition
Thursday, July 12, 2007
12:00-1:30pm
Henry Room, Atlanta Hilton Hotel
Atlanta, Georgia

Meeting called to order at 12:07pm.

1. Review of activities in 2006-2007 highlighted, including: electing Executive Council members, participated in Executive Council monthly conference calls, continued to post on the Youth SIG Forum, provided input on the newly updated Youth SIG website, and planned and structured the three pre-conference sessions held at the National Conference on Wednesday, July 12, 2007.
2. The pre-conference sessions were reviewed and reflected upon, including recommendations for future sessions. Informal feedback received during the conference indicates that the three pre-conference sessions were very well received. Topics for future sessions may include the role of recovery, programs for non-certified groups interested in working with youth, and tips for personal trainers. Among the ideas generated for 2007-2008 were:
 - a. Define our partnerships with the President's Council and NASPE. What are our next steps? Can we link our information on their website, in their materials, etc.?
 - b. Create NSCA Youth SIG Programs That Work, a compendium of programs from different states and from NSCA members that are grounded in science, evidence-based, and conducted before, during, and/or after school that can be used for safe, effective youth programming.
 - c. Delineate sponsorship opportunities for the Youth SIG with Dick Irwin, NSCA Sponsorship Director. Correlate sponsorship opportunities with products and/or programs from the Youth SIG. Create the product and/or program Action Plan to implement the product. Decide most efficient delivery system for product/program (web-based instruction modules, categorical resource guide, general conference session, and/or combination of the above) Talk to Jay Dawes, NSCA Education Director to discuss the product/program following the educational model the EAS/NSCA Nutrition Modules that soon will be available. Discuss other educational opportunities, both within NSCA and to support organizations. Product ideas include:
 - One-hour seminar that is "soup-to-nuts."
 - Training program for teachers, coaches, parents, personal trainers, etc. that work with youth.
 - Guide for specific modalities for youth market, i.e., Fitness Anywhere, Medicine Balls, Weight Machines, etc.
 - Lesson plans for teachers, administrators for use in schools for physical education.

Among current potential sponsors are:

- Life Time Fitness
- Life Fitness
- EAS
- CytoSport
- Fitness Anywhere
- Velocity

Fitness Anywhere attended the Youth SIG annual meeting and invited attendees to visit their exhibit hall booth immediately after the meeting where Youth SIG Executive Council member, Whitney Moore, led a demonstration on how their product works.

4. Include the aforementioned ideas in Board liaison Carlos Santana's Hour of Hope Program that was introduced at the pre-conference session. The Hour of Hope program asks NSCA members to volunteer one hour of time every week to work with the youth in their community. Carlos provided five different programs to use: weight training machines, free weights and dumbbells, no equipment, SAQ, and nutrition.
5. Action Plan for 2007-2008: The Executive Council of the Youth SIG is asking all Youth SIG members to provide input on the recommendations made at this annual meeting via email to rihoward@phila.k12.pa.us so that we can agree as a SIG on the best method to get evidence-based solutions to the many groups of people that work with youth.

Meeting adjourned at 1:17pm.