**ALBERTA POWERLIFTING UNION**

Provincial Annual General Meeting – Agenda

**Date:** July 4, 2015 – 6:00p.m. – 9:00p.m.

**Location:** Common Room,Eau Claire Market, Calgary, AB

**Agenda: Meeting did not follow Roberts Rule of Order (not necessary)**

* Roll call/attendance
* President's Address – Prepared by Avi Silverberg **(See Appendix A)**
* Treasurer’s Report – Prepared by James Bartlett **(See Appendix B)**
* Record Chairman Report – Prepared by Mike Armstrong **(See Appendix C)**
* Official Chairman Report – Prepared by Shane Martin **(See Appendix D)**
* New Business / Bylaw Proposals (voting required)
  + **Vote on new Bylaws as Presented (New bylaws were presented to revive Society after being struck from the registry for not filing annual returns under previous Executive. The process to draft new bylaws included forming a bylaw sub-committee at the 2014 AGM to review draft documents, and consulting the CPU Executive and a third party sport law group. Each bylaw item was reviewed individually at the 2015 AGM, discussed among the membership, revised if needed, and voted on.**
  + **5.9 (IV) Provincial Annual General Meeting (Shane Martin)**
    - Current wording: “Every third year, the APU Executive shall be elected by the Members at the PAGM (the "**Executive Election**"). Each office of the APU Executive shall be voted on individually, and not as a slate”. Change to: “Every second year…” **(Withdrawn from Shane Martin)**
  + **New Committee: Appeals Committee (An Appeal Committee was formed as part of the new bylaws. Volunteers from the membership were asked to be part of this Committee.**
* Discussion prepared by the APU Executive on ‘Policies & Procedures’, updates, and new activities (voting not required)
  + **Non-Profit Status (James Bartlett)** 
    - Current state of Non-Profit Status

**Our new by-laws now align with Non-Profit status**

* + **Request for Meet Sanction form (Avi Silverberg)** 
    - The APU’s view on obtaining Meet Sanction

**This document has proven critical in facilitating meets within Alberta and ensuring out meets conform to high standards and practices. We will continue to request this document from meet directors.**

* + **Student Scholarship Review (Avi Silverberg)** 
    - Changing application criteria for 2015 to include open athletes

**We will now open the application for our student scholarship to open athletes, as long as they meet all other requirements.**

* + **Provincial Team Coach Review (Avi Silverberg)**
    - Increasing stipend for head coach $500 to $1000

**Discussed and approved – however the $1000 will be split between head coach and assistant coach if necessary.**

* + - Create assistant coach position for teams larger than 20, possible stipend associated with position

**Discussed and approved.**

* + **Club Award Review and Change (Avi Silverberg)**
    - Change from points-based system to Wilks

**Discussed and approved. See Appendix E for new criteria.**

* + **APU Clothing Contract (Avi Silverberg)** 
    - Review of 2014 sales and ongoing relationship to ER Canada.

**Mike Armstrong and ER Canada provided Team Alberta tracksuits for athletes to purchase at cost. For our broader membership, he created APU t-shirts that did not sell as expected. We need to review whether APU apparel is something that is a worthwhile venture moving forward.**

* + **Review of Provincial Standards (Avi Silverberg)**
    - Keeping the old standards not moving up to new CPU regional standards

**Discussed and approved.**

* + **Referee Stipend for Provincials (Avi Silverberg)**
    - Providing referees with stipend at Provincial events ($40/session)

**Discussed and approved.**

* + **Referee Incentive Program (Shane Martin)** 
    - APU matching dollar-for-dollar what meet director pays referees for travel

**Discussed and not approved.**

* + **Referee Certification (Shane Martin)**
    - Legitimizing referee status

**Shane Martin has developed a formal structure of certifying referees and ensuring that each provincial referee maintains their status ongoing.**

* + **Maintaining Referee Status (Shane Martin)**
    - Changing requirement from once per year to twice per year to maintain referee status

**Discussed and not approved.**

* + **APU Clothing Design (Shane Martin)**
    - Contracting professional designer to improve quality

**Discussed and approved. Shane will reach out to our membership to see who has experience with design.**

* + **APU Drug Testing Alberta Team Members (Shane Martin)**
    - Testing two National athletes before Nationals funded by APU (raise sanction fees from $5/lifter to $7/lifter to fund these two tests)

**Discussed and not approved. This is not possible with new CCES policies.**

* + **New National Requirement – (Shane Martin)**
    - Volunteering at least once every two year at a local contest to qualify for Team Alberta National team

**Discussed and not approved.**

* + **Add Coaching Section to “Policy and Procedures” (Shane Martin)**
    - Item #1 to be included: offering reimbursements for up to two NCCP coaching courses for Executive members

**Discussed and not approved.**

* + - Item #2 to be included: offering powerlifting seminars throughout Alberta to welcome new athletes provide information, add credibility. Executive members will run first clinic to develop content.

**This was viewed within the context of the APU Coaching Summit. Shane Martin explained his vision for the coaching summit and will be taking the lead on organizing an educational event for members and coaching.**

* + - Plans for future: APU Coaching Summit / APU coaching certification

**Discussed and approved. We want to move toward more qualified coaches within Alberta and the coaching summit and possible certification will be a step toward this goal.**

* + **Review of Provincial Dates (Shane Martin)**
    - Should we move it?

**General consensus: No.**

* Future Bids for Provincials 2016
  + **Brody Laybolt – Cold Lake, AB APPROVED**
* Open Discussion of Membership

**No further Discussed**

* Adjournment

**APPENDIX**

**Appendix A: President's Address – Prepared by Avi Silverberg**

July 5, 2015

To: APU Members

The Alberta Powerlifting Union (APU) saw a year of transition in 2014. In February 2014, Kain Lyon, our former President resigned in his position. As a result, Shane Martin, our current Vice-President, took over Presidential duties until our Provincial AGM in July, where I, Avi Silverberg, was voted in as President. This transitional period has proven to be difficult, as much of the knowledge in running the organization, which was acquired through Kain’s term, left with his resignation. It has been evident through our involvement that, historically, the APU has not kept good record-keeping procedures to support Executive transitions, and the current APU Executive has had to work hard to restore effective systems and practices.

Furthermore, as discussed at last year’s AGM, we had found out that the APU had been struck from the provincial registry. Starting in late 2013, Shane Martin had been trying to solicit sponsorship for the APU, and he kept encountering the question ‘what is the APU, legally?’ James Bartlett, did a corporate search on the APU and discovered that it had been a society registered under the Societies Act in Alberta, but was dissolved many years ago for not filing annual returns. It had actually been struck for so long that we were not able to revive the old entity. Therefore, we had to incorporate a new society. Not being a legal entity posed a real concern for us for a variety of reasons (liability, enforceability, financial reporting) and getting incorporated for us was an urgent issue. With the support of a bylaw sub-committee that we formed following the AGM last year (a committee comprised of three APU members plus the Executive), we were able to create new bylaws that were in accordance to the Societies Act of Alberta, as well as honoring the traditions of the APU. Since then, we have been working with the President of the CPU, Mark Giffen, and Vice President, Sandro D’Angelo, to strengthen our current bylaws and practices. At this year’s AGM we have an important duty to vote on these bylaws as a governing document.

As further evidence of the APU’s inattention over the years, when the new Executive took over in 2014 no one knew anything about the APU’s finances, not even Kain, our former President. The former Treasurer at this time was uncooperative and unwilling to work with us, and we were essentially unable to function from a financial standpoint. As a result, we started a new bank account, had the funds transferred to Calgary, and instituted various financial transparency measures. For example, our bylaws now provide that we are to have audited financials. Additionally, all Executive members now have full bank account access, instead of just one person (i.e. the Treasurer). What is more, our bylaws provide that any APU member can come to the office of the Treasurer and review the financial information of the Society.

At last year’s AGM, there were four positions up for election: President, Vice-President, Treasurer, and Secretary. We had one vacant position, as only myself, James Bartlett, and Shane Martin ran for the Executive. Since a position went unfilled, the Executive is allowed to appoint a person to fill this vacant spot until our next elections in 2017. We had put a call out to our members via our Facebook site asking if anyone was interested in serving in an Executive position. As a result, the Executive has named Mike Macdonald as our Treasurer. Mike comes to us with a range of experiences and credentials that will add value to our Executive, including: being a Chartered Accountant; working as a Financial Analyst for Husky Energy and previously working as a Senior Accountant for Grant Thornton; and, acting as the Treasurer for Euro Condominium Corporation and St. Leonard’s Parish Gym Committee. Mike has also been involved in powerlifting for the past 10 years, previously competing at the World level.

In thinking about the current state of the APU, there have been some shining moments that should be recognized:

**Membership Numbers**

We ended 2014 with 262 members, up from 237 in 2013, and we are already on track to be in the low 300s by the end of 2015.

**Marketing Strategy**

We have created a number of marketing strategies to promote the APU, including: (1) creating a brand new website that integrates various multi-media components, a website that is also intuitive, user-friendly, with east to access information; (2) increasing our Facebook presence through regular content and advertising, now having 766 followers; and, (3) collaborating with a professional filmmaker to create an APU-specific promo video (filmed at the 2014 Western Canadian Championships), a video that has already been shared amongst the powerlifting community broadly and viewed over 6300 times.

**Doping Control**

We are beginning to create a budget for doping control and work with meet directors to fund more drug tests at local competitions. In 2014, the APU was able to fund nine drug tests over three separate competitions. This number of tests is an increase from year’s past, funding and testing only three athletes in 2013, and none in previous years (these are tests that have been funded outside of the CPU budget).

**Student Scholarship**

We have created an APU Student Scholarship fund. In 2014, we accepted application for the inaugural scholarship, an award of $500, which was based on an athlete’s involvement within the sport, including: volunteerism, athletic accomplishments, and commitment to growing the sport in Alberta. While the APU anticipates the application requirements will change, this is an initiative that we will be continuing to offer student-athletes in Alberta for years to come.

**Meet Sanction Form**

We have implemented a sanction form for contests. This form asks meet directors to provide important information regarding their event prior to obtaining sanctioning from the APU. While this process has been adopted by other Provincial associations, it is new in Alberta, and we hope it allows the APU to support meet directors in hosting high-quality competitions. Furthermore, we anticipate this process to facilitate first-time meet directors in hosting competitions.

**Coaching Program**

We are in the process of developing a coaching program, a program that we hope to have fully developed by the end of our Executive’s three-year term in 2017. The goal of such a program is to endorse qualified coaches, as well as allow athletes to seek credible coaching expertise within the province. This year, we implemented a Provincial Team coach, Brody Laybolt, who travelled to this year’s National Championships to support our athletes in their competition. We hope that through this role we can see an increase in the performances from our Alberta athletes, ultimately improving both individual and team rankings. We have allotted a $500 stipend for this Provincial Team coach position, which will be reviewed at this year’s Provincial AGM.

**Club System**

Starting in 2012, and continuing this year, we are working to support our club development throughout the province. This year, we have shifted our club direction slightly, only endorsing clubs that we view as credible places for athlete development and coaching. We have wanted to avoid sanctioning clubs that merely register to gain advertising on our website, to clubs that truly have a vested interest in growing the sport of powerlifting in Alberta. Ultimately, we see the club structure and coaching program as linked, and moving forward we will be putting a lot of resources into facilitating the development of these clubs (offering opportunities to borrow APU-owed powerlifting equipment, advertising clubs on our website and Facebook pages, sanctioning various events at these locations – such as training camps, etc). In 2014, we had eight powerlifting clubs registered with the APU, and currently in 2015 we have 7 registered clubs.

**World Team Athletes**

At the 2014 IPF Classic World Championships we had two APU athletes compete on Team Canada: Kojo Gyennin and Breann Thiesen. Kojo placed 4th overall in the 74k open category, securing a silver medal squat and bronze medal deadlift. Breann placed 3rd overall in the 52k junior category, securing a silver medal squat.

At the 2015 IPF Classic Championships we had three athletes compete on Team Canada: Brody Laybolt, Jean Derek McNeil, and Jason Luo. Brody placed 12th in the 120k open class, and JD placed 9th in the 120k M1 class. Jason was not able to make his squat opening attempt and did not register a total.

We also had myself as the Head Coach for this year’s World Team, along with Mike Armstrong as the Assistant Coach.

In summary, the APU has had many challenges over the past year, but the current Executive has worked hard to restore the organizational structures of the Society to a positive state. We have also moved forward with many new initiatives that ultimately help foster the growth of powerlifting in Alberta, as well as put us in a position to be the most credible and professional powerlifting organization in the province. For example, the Executive is working hard to secure a bid for the National Championships. This year, the APU put forward a bid to host the 2017 Nationals in Calgary, and while the bid went to Quebec, we are going to continue to work hard to secure the bid for the 2018 Nationals. Mike Armstrong is also putting in a bid to the IPF to host a World Championships event. I hope this year’s AGM can engage members on discussions around the future of our organization.

Best of luck to everyone competing this weekend!

With respect,

Avi Silverberg

Alberta Powerlifting Union

President

**Appendix B: Treasurer’s Report – Prepared by James Bartlett**

**Appendix C: Record Chairman Report – Prepared by Mike Armstrong**

The past year has been a busy one for the records department, with 332 new Alberta record set, broken down as follows, Women’s Classic – 94, Women’s Equipped – 78, Men’s Classic – 89, Men’s Equipped – 71.  It should be noted that the great majority of the “equipped” records set were actually done by Classic lifters that exceeded the equipped numbers.  With so few equipped lifters left, it seems this will be the regular thing now.

**Appendix D: Official Chairman Report – Prepared by Shane Martin**

TO: APU Members

The Alberta Powerlifting Union relies on many hardworking referees to help run its contest.  Referees are an integral part in the success of powerlifting competitions across Alberta.  Alberta now has 16 referees and one guest referee. A few months ago I approached Mike, the previous Officiating Chairmen, and asked to step into his position. Mike does more than enough for the APU/CPU and I am very passionate about refereeing. Over the last year, we have had a lot of new referees and with that come some inexperience. This is merely growing pains but I want to get ahead of it this year. In my opinion there was a little too much some soft judging last year and I don't want that to continue. I don't mean intentionally searching for errors but I do mean representing the rules as they are stated in the rule book and calling technical issues when they occur. Letting something slide, either equipment or technical calls, sends the wrong message. A simple correction after the lift or getting the right brand of equipment can go a long way. Athletes will then, most likely, not make the same mistake again. I know I am one of the more strict referees in the APU, but I feel if we produce good lifts here, provincially, then when our lifters go to nationals or worlds, they will not be surprised by depth calls or long benches. Furthermore, it is our responsibility to keep the APU/CPU accountable and honest with our calls. The IPF is known for being the strictest federation, so when someone receives a good lift - it is undisputed. I want to keep that going.

With that said, I think our referees our some of the most experienced in Canada since we host a large pool of meets per calendar year keeping our referees quite busy. In terms of CPU related referee changes, there has been a change in the CPU Constitution towards becoming a national referee. It is as follows: “A prospective national referee must have been a provincial referee for 2 years, refereed one provincial and 4 open contests.”

Some highlights of projects that have been completed are as follows:

IPF Digest- This document was created to help educate lifters and coaches on what is expected at meets without them actually reading the IPF rule book. Please print these off at your leisure and put in your gym bag or at the very least give it a read as it has lots of valuable information for anyone at any level of powerlifting.

Status Report- I wanted to create a more through paper trail in regards to keeping track of referees. The report keeps on updated and ongoing record of which referee was at each contest. This way we can see trends of who is refereeing and the monitor those who tend not to. Also, it helps keep an honest record of referees whose certifications are close to expiring as the APU constitution states; 5.1 REFEREES – General III. “To maintain their referee status in the society, each referee must referee at least one sanctioned competition every year.”

Certificates- This is merely a proof of accreditation for both the Officiating and your record to better prove your referee status. It can be used if you ever desire to become a National Referee or higher. It also, again, furthers the paper trail of your positon within the APU. It is also a nice acknowledgment of your service.

Updated Written Exam- I changed a few questions on the written exam to keep the exam relevant to powerlifting today such as more bar loading questions and clearer judgement call questions.

This concludes the 2015 Officiating Report.

**Appendix E: Club Award**

1.2 Provincial Championships

IV. Each Registered Club may compete in the club competition at the Provincial Championship (the “**Club Championship**)

# The Club Championships rules are:

1. each club must be a Registered Club
2. club teams must have at least two entrants in the powerlifting competition
3. each club competitor must also register individually in the Provincial Championships
4. the Club Coach must enter all individual team members by sending the Club Championship form to the Provincial meet director prior to the close of the entry deadline
5. the scoring will be based on the four (4) top Wilks scoring club competitors
6. in the case of a tie breaker, the club with the most first placements, second placements, or third placements shall be the winner
7. the winner of the Club Championship shall be awarded a banner. The banner shall be provided by the meet director of the Provincial Championships. The meet director shall get approval from the APU Executive regarding the banner in advance of the Provincial Championships
8. If a club member tests positive at the Provincial Championships and that club was deemed the winner, that club will forfeit their championship award