**ALBERTA POWERLIFTING UNION**

Provincial Annual General Meeting – Agenda

**Date:** July 8, 2017, 30 minutes after last session of the day

**Location:** Butterdome, Edmonton, AB

**Agenda:**

1. Roll call/attendance
2. Approve last year's minutes
3. President's Address – Prepared by Avi Silverberg (attached as Schedule "C")
4. Treasurer’s Report – Prepared by Mike MacDonald (attached as Schedule "D")
5. Approve 2016 Financial Statements
6. Record Chairman Report – Prepared by Mike Armstrong
7. Official Chairman Report – Prepared by Shane Martin (attached as Schedule "E")
8. Vote on new Bylaws and Policy and Procedures Document as Presented
   * (See Schedule "A" Proposed Bylaw Amendments and Schedule "B" Proposed Policy and Procedures Document Amendments)
9. Discussion prepared by the APU Executive
   * Create a best lifter of the year award considered. This will reward Alberta athletes specifically for their hard work within Alberta, Nationally or Internationally. APU Executive to consider further.
   * Consider whether funding should be given to Alberta athletes attending world-level competitions.
10. Review of Ongoing Projects and Initiatives:
    * Request for Meet Sanction form
    * Student Scholarship
    * Provincial Team Coach
    * Club Competition
    * APU Clothing
11. Doping
12. Future Bids for Provincials 2018 – James Bartlett (Calgary)
13. Open Discussion of Membership
14. 2017/2018 Appeals Committee – Appoint new 5 members

Carla Ramsay, Sandra Drake, Abbey Hall, Jeff Baker, Jeanine Jamison, Kevin Gray

1. Elections:
   * President: Shane Martin – acclaimed
   * Vice-president: Avi Silverberg – acclaimed
   * Treasurer: Mike MacDonald – acclaimed
   * Secretary: James Bartlett, Angelina Van Ryswyk **James Bartlett Elected**
   * Athlete Representative: Carla Ramsay, Clifton Pho, Brody Laybolt **Carlay Ramsay Elected**

Each candidate will be granted 2 minutes to speak before the vote.

1. Adjournment

**SCHEDULE "A"**

**PROPOSED BYLAW AMENDMENT**

**Amendment #1 – Proposed by Shane Martin**

4.4 Membership Fees PASSED

* + 1. The fees payable in connection with membership to the Society are as follows:
       1. Open membership. $80. -> $85
       2. Junior membership. $65 -> $70
       3. Special membership. $50
       4. Referee membership. ~~$20~~ $0
    2. The foregoing fees are subject to review at each PAGM (as defined herein).

Reasoning:

It has been a few years since we have increased our membership. It should reflect the general cost of living increase costs. $5 is small enough to follow suit with current cost of living increases.

There should be a referee membership to act as proof of membership. Some referees don’t compete but are an integral role in the APU. This membership will keep them apart of the organization and act as a proof of certification. The Referee Chairman would be in charge of keeping everyone’s membership valid. If past, all current referees will be grandfathered in this year and cost will be waived as the Referee Chairman has time to create a file.

**SCHEDULE "B"**

**PROPOSED POLICIES AND PROCEDURES DOCUMENT AMENDMENTS**

**Amendment #1 – Proposed by Shane Martin NOT PASSED**

Provincial Championships become divided:

APU Open Provincials Championships, Powerlifting and Bench-Only

APU Junior/Master Provincials Championships, Powerlifting and Bench-Only

Reasoning:  
This year’s Provincials is huge. I am comfortable hosting such large events. But, it really limits the meet directors within Alberta that have the experience in handling such event. This will allow two opportunities to volunteer and complete that requirement for Nationals. This will also allow Provincials to be held either by one meet director or two separate ones. As a meet director you can take both portions, but there will be the option now to split it up.

**Amendment #2 – Proposed by Shane Martin PASSED**

* 1. Provincial Championships

(E) the scoring will be based on the four (4) top Wilks scoring club powerlift competitors and one (1) bench-only competitor.

Reasoning:

There should be at least one bencher allowed to be incorporated in the club competition.

**Amendment #3 – Proposed by Shane Martin**

* 1. Sanctioning of Competitions PASSED
     1. Meet directors will be responsible for charging a mandatory drug testing fee per lifter in order for a competition to be considered a Sanctioned Competition. The following fee structure will be used: $20 per lifter for any local competition and $30 per lifter for the Provincial Championship. These fees will be paid to the Society following the competition and used solely for drug-testing purposes. If the amount collected for a single competition exceeds the cost of doping control, the surplus will be put toward drug testing purposes at future Society competitions.

Reasoning:

I think we should reduce the mandatory doping fee for Provincials from the current $50 to $30. This will still allow for a high degree of testing, but reduce the cost of the event further. This year, I was able to reduce the cost by $20 from last year ($180 entry fee), but I feel $160 is still on the higher end. $30x100 still gives us $3000 which is roughly 6 tests, which is far above the median average across Canada. I am proud of our drug testing protocols and we are leaps and bounds ahead of the rest of Canada.

**Amendment #4 – Proposed by Shane Martin**

**1.2 Provincial Championships PASSED**

III. The Provincial Championships are open to competition for any Member that has met the regional qualifying standards as set by the CPU and published on the CPU website from time to time. Such qualifying total must be achieved by the Member at a APU or CPU sanctioned competition within twenty-four (24) months of the Provincial Championships. ~~Any Member of a category which has no provincial qualifying total shall have previous competition experience within the CPU within the last twenty-four (24) months in lieu of a regional qualifying total.~~

**SCHEDULE "C"**

**PRESIDENT'S REPORT**

**July 8th, 2017**

**TO: APU Members**

The Alberta Powerlifting Union (APU) worked extremely hard over the past year to uphold its standards and values, and to push the sport forward both within our province and at the National level. Below are some of the highlights and projects the APU has undertaken over the past year, and some general changes with the organization.

**Meet Directing**

The APU’s primary responsibility is hosting and sanctioning powerlifting events across Alberta. Without capable and long-term meet directors, the APU would cease to exist. To ensure the APU continues to provide an arena for powerlifters to compete, we trained six new Meet Directors over the past year. I would like to personally thank the following APU Members for challenging themselves to host a competition, and spending their time and energy to give back to our powerlifting community:

* Carla Ramsay (Edmonton)
* Tim Nadeau (Edmonton)
* Sandra Drake (Edmonton)
* Bryce Krawczyk (Calgary)
* Rosie Stodalka (Calgary)
* Ron Turner (Grand Prairie)

Through the process of working with these individuals one-on-one in hosting their events, we saw a need for a more repeatable and scalable method in training new meet directors. With the leadership of Sandra Drake, the Executive, and other members of the APU, we created an APU Meet Director Handbook, a resource that provides new meet directors a step-by-step guide in hosting their first competition. While this resource will continue to evolve over time, we believe it’s the best resource available anywhere in Canada for hosting competitions.

**Equipment Purchases**

We want to guarantee that APU members have the best experience possible when they compete, which includes having competition grade equipment in both the warm-up room and on the competition platform. As such, the APU made some major equipment purchases, buying a slightly used ER Rack, two Eleiko powerlifting bars, a competition set of Rogue Powerlifting plates, as well as a new state-of-the-art light system. It is not our intention to put this equipment in storage, and as such, some of this equipment has already been distributed across the province among various APU sanctioned powerlifting clubs. This new equipment will also allow the APU to support two big powerlifting events in 2018, the CPU National Championships and IPF Classic World Championships.

**Doping Control**

The APU continues to be a leader in terms of funding the number of drug tests conducted at local-level events. In 2016, the APU funded 8 drug tests at local events, and by the end of this year’s Provincial Championships we will have already surpassed that number of tests for 2017. Due to bylaw and policy changes we’ve made throughout our Executive term, we have been able to completely self-fund our own drug testing, and not rely solely on CPU funds. In our opinion, this autonomy in funding tests benefits APU members greatly. Historically, less than 3 tests per year within Alberta can be attributable to CPU funds at local events. I don’t mention this to question CPU policies, but to ensure APU members understand the importance of maintaining our own drug testing funding structure in the future.

**Coaching Program**

The APU continues to put a strong emphasis on raising the standard of coaching excellence within Alberta.

Lead by Shane Martin, the APU sanctioned its 2nd coaching Summit. This year, the Summit was a two-day event, where we had the privilege of learning from Mike Tuchscherer and Bryce Lewis. We also had several local APU coaches present, including: Shane Martin, Carla Ramsay, Bryce Krawczyk, and myself. We intend to continue to offer these learning opportunities to APU members in the future, and build the caliber of presenters and information in subsequent years.

The APU also continued its Provincial Coaching Program, sending four coaches to assist athletes competing at the CPU National Championships in Quebec (Carla Ramsay, Shane Martin, Tim Nadeau, and myself). This program guarantees that athletes who qualify for the National Championship will have a skilled and competent handler on game day.

**Student Scholarship**

The APU continued its student scholarship, providing two $500 awards. The scholarships were based on an athlete’s involvement within the sport, including: volunteerism, athletic accomplishments, and commitment to growing the sport in Alberta. The recipients in 2016 were: Brandon Lai and Adam Manery. I encourage everyone to read their bios on our website at: <http://www.powerliftingab.com/student-scholarship.html>.

**National Team Athletes**

The APU is continuing to foster athletes at the highest level of powerlifting. At the 2017 IPF Classic World Championships we had several Alberta athletes compete:

* Jason Luo (Silver, 59kg Junior)
* Clifton Pho (Gold, 66kg Junior & second best overall Wilks)
* Lewis Noppers (Gold, 74 M1)
* Abby Hall (12th, 63kg Open)
* Danielle Philibert (6th, 84kg Open)
* Rosie Stodalka (5th 57kg Junior)
* Kyra Thomson (5th 72kg Junior)
* Carla Ramsay (9th 63kg M1)

Furthermore, Bill You competed at the 2017 IPF Classic Word Bench Press Championships where he placed 4th in the 74kg M1 class.

The representation of these athletes at IPF level competitions, and their results, demonstrates the talent of APU members across multiple age and weight classes. In addition to their athletic success, I am particularly proud of these athletes as they have become leaders in their respective gyms and communities by either volunteering at local meets, hosting competitions, or being involved in the organization of their powerlifting clubs.

**Involvement at the CPU AGM**

Both Shane Martin and myself attended the CPU AGM on behalf of Alberta. We brought forward the following proposals, which were passed:

* An increase to the CPU President Stipend ($1000 to $5000)

* Ensuring that any Committee Chairmen are voted in by the CPU Executive Members, and not simply appointed by the Board of Directors
* Changing the wording for the responsibilities of the CPU Coaching Committee to include management of the CPU Coaching Program broadly
* Adding that National Team members are required to compete in the same age and weight class at Nationals that they intend to compete internationally

There were some proposals that were not passed, including:

* Ensuring Nationals are hosted in cities with a major airport
* Having the CPU contribute to a funding pool that ensures high quality live streaming at National events
* Changing the Western region to only include BC, Alberta, and Saskatchewan (and putting Manitoba in the Centrals region)

**Elections**

This year marks the end of election cycle for our current Executive Members. At the conclusion of the 2017 APU Provincial Championships there will be changes to the Executive positions, including the role of President, which I have served for the past three years. It has been my absolute honor serving as your President. Together, we have brought the organization from being a defunct legal entity with no oversight and transparency over its finances to a compliant, financially secure, and growing organization.

It should be mentioned that last year, our Athlete Representative, Breann Thiessen, resigned due to personal reasons. We left this position unfilled and hope to find a capable and motivated candidate to fill this role.

I want to thank Shane Martin for organizing the 2017 APU Provincial Powerlifting and Bench Press Championships, the largest Provincial Championship in the history of Alberta. I hope everyone takes the opportunity to thank Shane for his efforts in hosting these Championships and commitment to growing the APU more generally.

Best of luck to everyone competing this weekend!

With respect,

Avi Silverberg

Alberta Powerlifting Union

President

**SCHEDULE "D"**

**TREASURER'S REPORT**

**TREASURER'S REPORT FOR THE 2016 FINANCIAL YEAR**

**July 8th, 2017**

**TO: APU Members**

**Significant Changes and this Report**

Un-audited simplified financial statements for the year end December 31, 2016 were prepared and should be read in conjunction with this report. These financial statements are prepared in accordance with Accounting Standards for Not-For-Profit Organizations. These financial statements are merely a compilation and there is no report being issued with these statements expressing any level of assurance. This is due to the significant cost of an audit or review by an external accounting firm. However, given my credentials I can reasonably state that these financials are prepared with professional skepticism and demeanor.

An additional financial transparency measure which has been added to the bylaws, provides that:

*"Any Member, through written request to the Treasurer, shall be entitled to see the books, accounts and records of the Society during normal business hours at the place of residence or business of the Treasurer."*

This provision of the bylaws was added during 2014 at the APU’s own will, it does not have a precedent, and goes well beyond what has ever been done in Canadian powerlifting with respect to transparency. The books are open for all members to view, should they wish.

**Operations - Revenues**

The APU earns income through six revenue streams: (i) selling memberships; (ii) meet fees; (iii) club fees; (iv) donations; (v) seminars; and (vi) other.

*Memberships*

In 2015, the APU signed an outsourcing deal with ES Sports Desk to improve the registration process with easy online functionality. The new system is managed by a credible company and every month we are issued a report of members who have registered for the year and are deposited the net profit we keep from the membership fee ($35 open, $20 Junior and $5 Special Olympic). The fees we pay on these amounts are credit card fees, convenience fees and sales tax on fees. The other portion of the membership fee is directly deposited to the CPU on a monthly basis. This new process increases the accountability of our membership revenues and reduces the risk of human error. In 2016 the APU sold 379 memberships, generating $10,910 in revenue (2015 – 331 members’ $9,450 in revenue). Refer to the table below for a breakdown of our 2016 membership statistics.



*Meet Fees*

The APU charges a $100 sanction fee for each meet hosted in the province which is sanctioned by the APU. This fee is paid by the meet directors. Additionally, the meet director must pay $5 per lifter at each meet. The APU sanctioned 8 meets in 2016 generating a total of $800 (2015 - $800) in meet sanction fees. The lifter fees netted approximately $2,050 (2015 - $1,635).

*Drug Testing Fees*

In 2015 the APU passed a motion to create a drug testing reserve fund. The model to support this fund was decided as a $20 fee for each lifter who takes part in an Alberta sanctioned meet. In 2016 we added $9,780 to our drug testing reserve (2015 - $8,405). Our current reserve balance is $1,971. See below for a detailed continuity of the fund.



*Club Fees*

In 2015, each club had to pay $100 to be a registered club with the APU. There were seven registered clubs in 2016 for total club fee revenue of $700 (2015 - $600).

*Donations*

In 2016, the APU had received two donations. The first being a $1,000 donation from Cenovus Energy and the second was a $500 scholarship donation from a member who wishes to remain anonymous.

*Seminars*

The APU hosted the first APU Coaching Summit in 2016, which generated a total of $970 in revenue through registration fees.

*Other*

The category of other revenue includes anomalous revenues.

**Operations – Expenses**

The APU incurs various expenses in the course of its day-to-day operations. The APU Executive has large discretion as to where it directs the funds of the APU. In 2016, the APU focused on allocating funds in order to better the APU and its members by investing in advertising, increasing the amount of APU sponsored drug testing, supplementing team coaches in order to attend National events and purchasing new equipment.

There were 8 APU sponsored Drug tests completed in 2016 at a cost of $7,130 (2015 – 11 @ $9,084). These drug tests were funded through our drug testing fund. Prior to 2012, the APU conducted no drug tests in Alberta using its own funding. This is an initiative that the current executive has started and will continue to mandate.

Significant equipment expenditures included a slightly used ER Rack from a closing gym in Alberta as a cost of $1,800 to help build our APU equipment inventory. Additionally, we invested in a new competition light system as a cost of $1,070.

Two $500 APU scholarships were awarded to current members who are attending university, one of which was donated by an anonymous member. The recipients of the scholarships were Adam Manery and Brandon Lai.

Additional expenses that the APU incurs include:

* Stipend for the President and Vice President to attend the CPU annual general meeting and other various administrative costs.
* Stipends for coaches and assistant coaches to the Canadian National Powerlifting championships.
* Travel costs for referees to remote locations to help build new powerlifting communities within Alberta.

The APU started the 2016 year with a bank balance of $18,563 and finished the year with $32,687.

**Expenses Going-forward**

For the 2017 year, the APU is focused on maintaining a fair and drug free environment for its members by continuing to invest in APU sponsored drug testing. Second, the APU is working on implementing an equipment rental program that will allow meet directors in Alberta to pay a small fee to gain access to most of the necessary high quality equipment for hosting competitions. In order to do this we are continuously investing in new equipment to build our inventory. In early 2017 the APU finished a major purchase through Rogue fitness for two complete sets of competition calibrated plates, two weight trees and two competition bars. The details for this project are still being worked on as we continuously invest money into our equipment inventory.

The current balance of the APU account is: $21,093.03 *(July 4, 2017).*

Mike MacDonald, CA

Treasurer

**SCHEDULE "E"**

**OFFICIAL CHAIRMAN REPORT**

**July 8th, 2017**

**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 15 Provincial referees and 4 National, or higher, referees. This number is down from last year as we have had few referees expire. This year, our referees were quite busy with the APUs 8 events. The standard of refereeing is consistent, fair, and that of the World level. I take pride in knowing that each referee is competent and judges with tact and an unbiased eye. We have seen a small increase with 3 new provincial referees passing their examinations. Our veteran referees are getting a bit strained again and this year I will be looking to fill the ranks further.

Looking ahead this year, there will are 5 referees already scheduled to take their test in future meets and 6 more on the interested wait list. This is great to see and I am excited to welcome those new referees, and future referee to our organization. Currently, we are not experiencing any difficulty in securing referees for any contest.

In terms of CPU related referee changes, there have been little changes in the CPU Constitution for referees. It is as follows:

-Discussion of tiered membership, such as Referee Membership

-Brock Haywood is now the Officiating Chairmen, Bill had to step down due to health issues.

Highlights of the previous year are as follows:

Administered 3 successful new Provincial Referees.

Updated the website providing a comprehensive outline of how to become an APU Provincial Referee.

I would like to acknowledge Angelina Van Rywsk, as our hardest working referee, who refereed 7 competitions in 2016.

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| --- | --- | --- |
| **New Provincial Referees** | **New National Referees** | **Expired Referees (2014-2016)** |
| Preshani Maistry |  | Terry Shaun |
| Beau Hanrahan |  | Kain Lyon |
| Kevin Weiss |  |  |
|  |  |  |