

ALBERTA POWERLIFTING UNION

Provincial Annual General Meeting – Agenda

Date: June 22, 2019, 30 minutes after the last session of the day

Location: Evolve Strength North, Edmonton, AB

Agenda

1. Roll call/attendance

Dani Martin, Kait Priest, Lisa Martinuk, Aileen Bishop, Mimi Frank, Kojo Gyennin, Shane Martin, Angelina Van Ryswyk, Avi Silverberg, Carla Ramsay, Tim Nadeau, Sandra Drake, Kevin Grey, Byrin Wylie, Devin Proulx

2. Approve last year's minutes – Aileen seconded, Approved

3. President's Address – Prepared by Shane Martin (attached as Schedule "C") – Lisa seconded, Approved

4. Treasurer's Report – Prepared by Mike Macdonald (attached as Schedule "G") – Kait seconded, Approved

5. Approve 2018 Financial Statements - Approved

6. Official Chairman Report – Prepared by Shane Martin (attached as Schedule "D") – Byrin seconded, Approved

7. Athlete Representative Report – Prepared by Carla Ramsay (attached as Schedule "F") – Kevin seconded, Approved

8. Records Chairman Report – Prepared by Angelina Van Ryswyk (attached as Schedule "E") – Kait seconded, Approved

9. Review Bylaws and Policy and Procedures Amendments

- (See Schedule "A" Proposed Bylaw Amendments and Schedule "B" Proposed Policy and Procedures Document Amendments)

10. Discussion prepared by the APU Executive

11. Review of Ongoing Projects and Initiatives

- Request for Meet Sanction form
- Student Scholarship
- Provincial Team Coach
- Club Competition
- APU Clothing
- 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

12. Doping

13. Future Bids for Provincials 2020 – Open – **Awarded to Avi Silverberg**

14. Open discussion of membership

15. 2019/2020 Appeals Committee – Appoint 5 new members

Kevin Gray

Carla Ramsay

Byrin Wylie

Kait Priest

Lisa Martinuk

16. Adjournment

SCHEDULE “A”

PROPOSED BYLAW AMENDMENTS

Amendment #1 – Proposed by Angelina Van Ryswyk – PASSED with amendments

Section 5.8 (Revision)

I. The APU Executive shall organize a provincial annual general meeting (the "PAGM") of the Society in conjunction with each year's Provincial Championships. The PAGM shall take place on the same weekend as the Provincial Championships **on or before July 15 in each year**. While it is the duty of the APU Executive to organize and hold the meeting, it is the duty of the meet director of the Provincial Championships to provide the room for the meeting.

Reasoning:

We must include a specific date for our PAGM to comply with the Societies Act of Alberta. Reviewing the past 5 years of Provincials dates, no Provincial Championships have been held past this date as they are usually either the last weekend of June or the first weekend of July.

Amendment #2 – Proposed by Angelina Van Ryswyk - PASSED

Section 5.9 (Addition)

IV. All Members shall receive notice of special meetings four (4) weeks prior to its date. Notice of the meeting shall be advertised on the Society’s website.

Reasoning:

This is one of the requirements needed to comply with the Societies Act of Alberta.

Amendment #3 – Proposed by Angelina Van Ryswyk - PASSED

Section 5.3 (Revision)

IV. ~~A proposed bylaw amendment can only be approved with a Special Resolution.~~ The bylaws may be rescinded, altered, or added to by a “Special Resolution”.

Reasoning:

We must reword this section to satisfy the requirements of Corporate Registry filings.

Amendment #4 – Proposed by Angelina Van Ryswyk - PASSED

Section 5.4 (Addition)

XI. Any director, upon a majority vote of all members in good standing, may be removed from office on any cause which the Society may deem reasonable.

Reasoning:

This is one of the requirements needed to comply with the Societies Act of Alberta. Members must be given the opportunity to remove a Director or Officer from office if they do not do the job they have been appointed to do.

Amendment #5 – Proposed by Shane Martin - PASSED

Section 4.4 (Revision)

I. Increase all fees by \$10

Reasoning:

This reflects what the CPU increased this year at the AGM.

Amendment #6 – Proposed by Shane Martin – PASSED with amendments

Section 5.5 (Revision)

I. Duties of President

(ii) be required to travel to the CPU National Championships each year as the representative for the Society. In the event that the President is not able to attend the CPU National Championships, the President shall appoint another member of the APU Executive to go in his or her stead. The President, or his or her appointee, shall receive a monetary stipend ~~for~~ of 50% of their economy flight, with a maximum of \$500, and two nights hotel stay at the meet hotel for the CPU National Championships, if travel outside Alberta is required. ~~with such amount being determined by the APU Executive each year.~~ If travel is required by driving within Alberta or a close proximity province, the President shall receive 100% coverage of gas, up to a max of \$300.

II. Duties of Vice President

(iv) ~~If~~ the Vice-President is required to travel ~~outside of Alberta~~ to the CPU National Championships as the representative ~~for~~ of the Society, he or she shall receive a monetary stipend of 50% of their economy flight, with a maximum of \$500, and two nights hotel stay at the meet hotel for the CPU National Championships, if travel outside Alberta is required. ~~for~~ travel costs associated therewith. ~~The amount of the stipend will be determined by the APU Executive each year on a case by case basis.~~ If travel is required by driving within Alberta or a close proximity province,, the Vice-President shall receive 100% coverage of gas, up to a max of \$300. If the Vice-President, is unable to attend the CPU AGM, the APU executive will decide whether or not they send an appointee in the Vice-Presidents absence.

Amendment #7 – Proposed by Shane Martin - PASSED

Section 5.7 (Addition)

I. Duties of the Officiating Chairman

The Officiating Chairman shall:

(vi) Coordinate the referee roster with meet directors for all APU meets and ensure that the competitions have adequate provincial referees.

Reasoning:

I started doing this as a favor and now it has become an expectation, so it should be in the duties for future chairmen to assist meet directors to make sure we have enough referees.

Amendment #8 – Proposed by Shane Martin - PASSED

Section 8.4 (Addition)

VIII. The appeals committee's names on an active file will be anonymous and private as much as possible throughout the process. The appeals committee will be communicated through an official APU appeals email address when communicating with all parties.

SCHEDULE "B"

PROPOSED POLICIES AND PROCEDURES DOCUMENT AMENDMENTS

Amendment #1 – Proposed by Shane Martin - PASSED

Section 1.2 (Revision)

(IV) (E) the scoring will be based on the four (4) top ~~wilks~~ **IPF Formula** scoring powerlifting and one (1) bench-only club competitors;

Reasoning:

Housekeeping as the IPF no longer uses the Wilks formula

Amendment #2 – Proposed by Shane Martin - PASSED

Section 1.3 (Revision)

(vi) record a total at ~~either~~ a regional championships within the previous twenty-four (24) months of the upcoming National Championships; and

Reasoning:

Housekeeping as that makes no sense

Amendment #3 – Proposed by Shane Martin - PASSED

Section 3.3 Yearly Awards (Addition)

I. Four (4) weeks before each PAGM, APU members can nominate members for the awards. Then, the APU Executive will vote on one (1) individual to be awarded Volunteer of the Year and one (1) individual to be awarded the Athlete of the Year. The APU Executive does not have to award individual awards every year, though they shall thoroughly discuss the matter.

II. The criteria to be weighed when considering a Volunteer of the Year is as follows:

- (i) Volunteerism within the Society;
- (ii) Number of events volunteered within the year;
- (iii) Individuals enthusiasm and development for the Society

III. The criteria to be weighed when considering an Athlete of the Year is as follows:

- (i) Performance at international and/or national championships
- (ii) Demonstrates character, sportsmanship, and athletic integrity as a member of the APU
- (iii) Obtained records, international placing, and a high lifter coefficient ranking

IV. An individual being awarded a yearly award shall be presented it at the Provincial Championships, and the Provincial Championships meet director, with the help of the Societies Executive, shall furnish the individual(s) with an appropriate plaque or award. The President shall prepare a speech and make the award presentation during the award ceremonies of the Provincial Championships.

Amendment #4 – Proposed by Shane Martin - PASSED

Section 5.1 (Revision)

III. To maintain their Referee status in the Society, each Referee must referee at **least one (1) Powerlifting (3 lift) session at an APU Sanctioned Competition** per year. The year is measured from Provincial Championship to Provincial Championship.

V. Referees ~~providing services~~ **who officiate** at the Provincial Championships will receive **\$50 / session**. **The cost will be split between the Meet Director and APU for each referee. The meet director will be charged their share and the APU will distribute the amounts. Failure to pay on the meet directors behalf will result in no further sanctions until amount owed is paid.**

Amendment #5 – Proposed by Shane Martin - PASSED

Section 8.1 (Revision & Addition)

I. Coaching positions may be assigned to lead and manage athletes at the CPU National Championships. Where suitable candidates are presented, a head coach will ~~may~~ be appointed, as well **as assistant coaches, intern coaches and a team manager** for teams larger than 20 athletes. The APU may provide a stipend to the staff according to this structure:

Head Coach - \$80/session + (\$25 x number of athletes coached)

Assistant Coach - \$50/session + (\$15 x number of athletes coached)

Intern Coach – Unpaid

Team Manager - \$300

II. The positions available for the Provincial Team Coaching staff will include: Head Coach, Assistant Coach, Team Manager, and Intern Coach.

III. Team Manager will be responsible for devising a coaching schedule for our National team, develop correspondence between the athletes and the appointed coaches. The manager make sure all athletes are made aware of any deadlines and overall assisting in the organization of the team. Intern coaches are unpaid positions for coaches new to the sport or coaches wanting to gain experience at a higher level. Interns would help both the Head and Assistant Coach.

Amendment #6 – Proposed by Shane Martin - PASSED

NEW Section 10 (Addition)

10. Competition and Miscellaneous

10.1 Apparel

I. All APU competitions will allow logos and clothing of active APU Clubs, and all CPU and IPF approved brands to be worn on the platform.

II. Logos and clothing not directly related to the APU or on the CPU/IPF approved list may be worn on the platform of any APU local level contest as long as they meet the following requirements:

- a) Does not display offensive language or vulgar imagery
- b) Follows the APU Code of Conduct and core values
- c) Meets the required specs of clothing as per IPF Rulebook

Amendment #7 – Proposed by Angelina Van Ryswyk - PASSED

Section 1.2.IV (Addition)

(H) Should any member of the winning club fail a Drug Test performed at the Provincial Championships, the club will forfeit the Championship banner and return it to the APU Executive within fifteen (15) days of doping failure notice.

Reasoning:

The Club Championship banner was created to recognize a club's achievements in drug-free sport. Any member of an APU registered club that fails a drug test at Provincial Championships makes the club in violation of APU bylaws and policies. This goes against the spirit of the club championship, and therefore, the banner must be returned to the APU if this spirit is violated.

Amendment #8 – Proposed by Angelina Van Ryswyk - PASSED

Section 2.2 (Revision)

An eligible Member may set a provincial record of the Society in his or respective age and weight class for the bench press only, squat, bench press, deadlift and powerlifting total. The lifts can be performed at any competition in Canada or internationally, so long as competition was an IPF-affiliated competition and the results are verifiable. **Equipped provincial records may only be set by lifters competing in equipment.**

Reasoning:

There was a time when a classic lifter whose lifts were higher than the equipped records could establish the equipped record as well as the classic record. This has caused some confusion among athletes when looking at the records. Equipped records should only be able to be broken by those competing in equipment.

Amendment #9 – Proposed by Aileen Bishop - WITHDRAWN

Section 1.3 (Revision)

In addition to all other requirements set out in this policy, all Members wishing to participate in a particular National Championships shall assist in two (2) APU sanctioned competitions as an official or other volunteer role as assigned by the meet director between the previous year's National Championships and upcoming National Championships

Amendment #10 – Proposed by Aileen Bishop - WITHDRAWN

Section 1.4 (Addition)

VII. In order to promote transparency and integrity, meet directors of a particular Sanctioned Competition, within 30 days of that competition, shall:

- i. provide a complete and accurate accounting of all proceeds and disbursements, whether cash or otherwise, to the Society within 30 days of that Sanctioned Competition;
- ii. disclose the relationship of the Meet Director to any person (whether an individual, corporation, partnership, or otherwise) in respect of sponsorships or contracts pertaining to any Sanctioned Competition. This disclosure will include details of all proceeds and disbursements, as well as any goods or services exchanged; and
- iii. retain all books and records required to demonstrate and verify the completeness and accuracy of disclosures and reports provided.

The APU shall publish these disclosures on the Society website. Meet directors failing to provide an accurate and complete accounting shall be considered to be grossly and negligently failing to abide by the rules of the Society as

defined in item IV of this policy, and subject to sanction thereto. The APU may, at its discretion, require a meet director to be audited by the APU Treasurer or any other competent and independent professional to ensure compliance with these policies. Where the meet director is the Treasurer, two independent Members shall be required. The APU shall refer all cases of suspected fraud or other financial wrongdoing to the Royal Canadian Mounted Police, Canada Revenue Agency, or any other regulatory body.

Amendment #11 – Proposed by Aileen Bishop - FAILED

Section 1.5 (Addition)

III. Notwithstanding any administrative policy set out by the CPU, the APU shall not require a coach or individual assisting an athlete at a Sanctioned Competition to hold any APU, CPU, or any other certification.

Amendment #12 – Proposed by Shane Martin – PASSED

Section 1.3 (Revision)

III. The Provincial Championships are open to competition for any APU Member that has met the APU Provincial regional qualifying standard as set by the APU CPU and published on the APU CPU website. 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.

SCHEDULE “C”

PRESIDENT’S REPORT

June 22nd, 2019

TO: CPU and Provincial Executive

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.

Newsletter

This past November I have been writing a monthly newsletter to all current and past APU carrying members, the email list is from the esports desk database and the newsletter covers all upcoming and past events, important deadlines and athlete spotlights, and any relevant announcements or information related to athletes. So far, we have a about a 70% open rate, which is pretty good for most email communication. I believe it has been well received and helps a lot for announcing meets and other APU related information.

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 four new Meet Directors over the past year and have formed new networks with in Slave Lake and Fort MacMurray. 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:

- Matt Parry (Calgary)
- Renae Witzaney (Calgary)
- Kevin Weiss (Calgary)
- Khalil Mouallem (Slave Lake)

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 multiple TVs, Monitors, and Laptops to build our tech to make sure all meets in Alberta continue to grow in quality.

This new equipment will also allow the APU to support bigger competitions such as future Westerns, Nationals, and our Provincials. We included an additional \$100 charge to meets to help recoup some cost and build an additional revenue stream in the future.

Doping Control

In 2018, the APU continued to perform drug tests at local events, and our previous Provincial Championships. This year, we are on pace to continue our pursuit of drug free with another large group of tests at this year's Provincials and further local testing. The APU takes pride in being the leading province in anti-doping.

We had two violations this year, one out of meet and one at the Oil Cup – Stanley Guedes and Alexandra Stodalka both received four year sanctions. As such, the XLR8 Powerlifting Club was given a one year sanction due to the members being an active club members.

We also had one member receive a one year suspension for breach of the athlete code of conduct and APU policy with remarks on social media. Nicole April Dombrosky received a one year suspension ending September 17th, 2019.

CCES explained a new expectation of Prohibited Association. It is now only related to CPU certified coaches and CPU certified facilities. What that means, is Prohibited Association is only enforceable in a very narrow capacity.

Further, CCES and the CPU have officially made a decision that provinces are no longer able to order tests for individual events. What this means moving forward is the APU now sends a payment to CCES and CCES decides what meets they test at in Alberta using our funds provided. So, meet directors will no longer be required to book their own testing. We simply pay forward our doping budget for the year to CCES and they test within the province.

Coaching Program

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

I ran the 2nd CPU Coaching Course in Alberta and it was sold out here in Edmonton. This year, Avi has run two in Calgary so far, both with great turnouts and positive feedbacks overall. We are excited to bring this course to you as it is a very comprehensive powerlifting course and will provide membership an opportunity to develop their powerlifting knowledge and coaching skills through inhouse, CPU, teachings.

The APU also continued its Provincial Coaching Program, sending six coaches to assist athletes competing at the CPU National Championships in Ottawa (Avi Silverberg, Shane Martin, Tim Nadeau, Grant Watson, and Ian Wheat). 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 2018 were: Aileen Bishop and Teresa Parsons.

National Team Athletes

The APU is continuing to foster athletes at the highest level of powerlifting.

At the 2019 IPF Classic World Championships we had several Alberta athletes compete (* denotes results not available as of this report):

- Zack Chwok (*, 120kg, Junior)
- Kojo Gyennin (Gold, 74kg, M1)
- Janique Lafond (5th, 52kg, M2)
- John MacQueen (6th, 83kg, M3)
- Jody McPeak (Bronze, 57kg, M2)
- Lewis Noppers (Gold, 66kg, M1)
- Teresa Parsons (*, 63kg Open)
- Aryan Patnaik (*, 66kg, Sub-Junior)
- Carson Schamahorn (*, 83kg, Sub-Junior)
- Kevin Weiss (7th, 83kg, M1)

2019 IPF Classic & Equipped Bench Press Championships

- Mimi Frank (9th, 63kg Open, Classic & 4th, 57kg Open, Equipped)
- Abby Hall (12th, 63kg Open, Classic)
- Jordan Hoang (5th, 83kg Junior, Equipped)
- Kamille Lim (4th, 72kg Junior, Equipped)
- Shane Martin (Bronze, 120kg Open, Classic & 9th, 120kg Open, Equipped)
- Dana Sandler (Silver, 84kg M1, Equipped & 5th, 84kg M1, Classic)
- Angelina Van Ryswyk (8th, 84kg Open, Equipped)

2018 NAPF Bench Championships

- Nelson Dang (Gold, 83kg Junior)
- Dana Sandler (Gold, 84kg Open)

2018 IPF Open Worlds

- Adrian Locke (10th 105kg Open)

With Respect,

Shane Martin

Alberta Powerlifting Union

President

SCHEDULE "D"

OFFICIAL CHAIRMAN REPORT

June 22nd, 2019

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 18 Provincial referees, 4 National referees, and two IPF International referees. This number is up from last year as we have had few referees expire, but two new provincial referees. This year, our referees were quite busy with the APUs 13 events and Westerns. 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.

Looking ahead this year, there are referees interested and on a waitlist. I am looking for a female referee in Calgary as the northern region is doing well. This is great, and I am excited to welcome those new referees, and future referee to our organization. Currently, we are experiencing a difficulty in securing referees for Calgary contest. But, I am actively getting Calgary referees certified and we should have another 2-3 this year ready.

In terms of CPU/IPF related referee changes as follows:

- A t-shirt must be worn under the lifting suit by all lifters in the Squat, Bench Press and Deadlift. (No more shirtless deadlifts for men)
- Athletes can now wear briefs/boxers under their singlets, rather than just 'whitey tightys'.
- Between the end of squats and start of bench, and end of bench and start of deadlifts, a time interval of 10 minutes is to be given.
- If a lifter fails a lift, they are to receive a YELLOW Card for "Uncomplete Lift".
- Referees must assemble at least 5 min prior to equipment check and weigh-in to check in with Chief Referee.
- If there is a Technical Controller, the coach or athlete is to ask them to clean the bar for deadlifts, not the Chief Referee.
- **IMPORTANT:** In the third round of deadlifting and single bench press, if a lifter of any reason gets a new extra attempt by the jury, (wrongly loaded bar, spotter error or equipment failure) the lifter will be granted a further attempt at the correct weight, the lifter must be following him/herself.

Highlights of the previous year are as follows:

- Administered 5 successful new Provincial Referees.
- Updated the website providing a comprehensive outline of how to become an APU Provincial Referee.
- Angelina and myself transferred the written test to an online platform for accessibility and ease.

The hardest working referee this year was **Angelina Van Ryswyk** with **9** events officiated in 2018.

New Provincial Referees	New National Referees	Expired Referees (2018)
Aileen Bishop		Shawn McCarthy
Danielle Reid-Clavelle		Tyler Poscik
Kevin Weiss		
Renae Witzaney		
Morgan Cahill		
Khalil Mouallem		

SCHEDULE "E"

RECORDS CHAIRMAN REPORT

June 22nd, 2019

TO: APU Members

The Alberta records are up to date as of June 21, 2019 and include all records broken at the most recent IPF World Classic Powerlifting Championships held in Sweden earlier this month.

Overall Record Status

The records in the Junior and Open categories are broken less and less often due to the high level of performance of the current roster of athletes in these divisions. However, we are continuing to see an increase of Master records being broken within the APU as Master athletes continue to progress and push the boundaries of their performance.

Record Updates

Although meet results are frequently reviewed by the Records Chairman for broken records, it is still the responsibility of the athlete to contact the Records Chairman if they break a record or if one is missed. This is especially important when Alberta athletes compete in a local meet in another province and break an Alberta record. This includes if athletes participate in local meets in other countries as well.

Overall the Alberta records are healthy and well-maintained and I look forward to seeing more records broken over the course of the upcoming year!

Angelina Van Ryswyk
APU Records Chairman

SCHEDULE "F"

ATHLETE REPRESENTATIVE REPORT



This past year a better focus was put on IG to cover all local meets within Alberta. An attempt was made to try and get recognition out to best male and female lifters from these meets as well as showcase any Alberta athletes competing internationally.

January saw the birth of the free powerlifting program for youths aged 12-17. There were between 2-4 teens that showed up consistently for it. The classes were run every other Sunday and they successfully completed two training blocks by the time it finished on May 26th. To see further success with this in the future, more advertising on social media and within our community is needed, as well as possible running the class at least once a week but that would require a few more volunteers.

Last year, I made the recommendation for a team manager to our National team roster. This year that role was assigned to Sandra Drake and as per usual, she did an outstanding job and set a great example for future managers and how the National teams should be handled.

SCHEDULE "G"

TREASURER'S REPORT FOR THE 2018 FINANCIAL YEAR