

# ALBERTA POWERLIFTING UNION

## Provincial Annual General Meeting – Agenda

**Date:** November 27, 2021

**Location:** via Zoom

### Agenda

1. Roll call/attendance **Angelina Van Ryswyk, Sandra Drake, Jennie Jamison, Tim Nadeau, Aileen Bishop, Pamela Hodder, Danny Li, Shane Martin, Mike Maione, Samantha Fung, Kevin Gray, Jenelle Tizzard, Matt Lovegrove, Seven Fitzpatrick, Khalil Mouallem, Lisa Martinuk, Bindi**
2. Approve last year's minutes **Kevin Gray Second, Approved**
3. President's Address – Prepared by Angelina Van Ryswyk (attached as Schedule "C") **Aileen second, approved**
4. Treasurer's Report – Prepared by Sandra Drake (attached as Schedule "F") **Lisa Second, Approved**
5. Approve 2020 Financial Statements **Kevin second, approved**
6. Official Chairman Report – Prepared by Angelina Van Ryswyk (attached as Schedule "D") **Pamela, approved**
7. Review Bylaws and Policy and Procedures Amendments
  - (See Schedule "A" Proposed Bylaw Amendments and Schedule "B" Proposed Policy and Procedures Document Amendments)
8. Discussion prepared by the APU Executive – **purchase equipment for new Youth Division**
9. Review of Ongoing Projects and Initiatives
  - Request for Meet Sanction form **Angelina working**
  - New Student Scholarship - Smartlifts
  - Provincial Team Coach – St. John's 2022
  - Winners of Best Lifters of the Year, and Volunteer of the Year Awards **Announced at Provincials, no Volunteer award due to COVID and no meets**

10. Doping

11. Future Bids for Provincials 2022 – Open **Approved Kahlil to host in Slave Lake 2022**

12. Open discussion of membership **None**

13. 2021/2022 Appeals Committee – Appoint 5 new members **Pamela, Kevin, Lisa, Jeannie and Danny**

14. Adjournment **Matt Lovegrove Second, approved**

## SCHEDULE “A”

### PROPOSED BYLAW AMENDMENTS

**Amendment #1 – Proposed by Angelina Van Ryswyk **Second Aileen, PASSED****

#### **Section 5.7 (Addition)**

IV. Duties of the Social Media Chairman

The Social Media Chairman shall:

- (i) use APU platforms to help connect, share and give information to the public;
- (ii) analyze and adopt new social media outlets and trends;
- (iii) oversee the maintenance of all APU social media sites

#### **Section 5.5 (Revision)**

I. Duties of the President:

The President shall:

- (iii) ~~be equally responsible with the Secretary for providing updates on information regarding Society competitions, events or news to Members via the Society website or other official Society social network mediums;~~ **oversee**

III. Duties of the Secretary:

The Secretary shall:

- (v) ~~be equally responsible with the President for providing updates on information regarding Society competitions, events or news to Members via the Society website or other official Society social network mediums.~~

Reasoning:

The APU has grown significantly in the past few years, with members relying more and more on social media to receive information about the society. Having a dedicated Social Media Chairman would ensure all information would be communicated with APU members in a more timely and productive manner.

**Amendment #2 – Proposed by Angelina Van Ryswyk Aileen Second, PASSED**

**Section 5.5 (Removal)**

~~V. Duties of the Athlete Representative~~

~~The Athlete Representative shall:~~

- ~~(i) serve as a liaison between the Members and the APU Executive;~~
- ~~(ii) assist with the Society's social media presence; and~~
- ~~(iii) assist with providing new lifters information about the Society.~~

Reasoning:

The Athlete Representative position has largely been ineffective since its inception within the APU. The APU has yet to see a person in the Athlete Representative position complete a full term, and the position has never fulfilled its obligations as written in the bylaws. The APU has been effectively running without the Athlete Representative position as the position has been vacant for most of its lifespan in the APU. The APU Executive has always been transparent and open with its Members and its sole purpose is to introduce, encourage, and support athletes pursuing the sport of powerlifting. The Board does not need an additional position to be the liaison between athletes and the Executive as the Executive is greatly involved within the community and can be approached or contacted at any time. In addition, if a Social Media Chairman is created within the APU, the Athlete Representative position will be no longer be required to maintain the Society's social media presence.

**Amendment #3 – Proposed by Angelina Van Ryswyk Pamela Second, PASSED**

**Section 4.3 (Addition)**

- I. There are three classes of membership to the Society as follows:
  - (i) Open membership. For persons twenty-three (23) years old and above.
  - (ii) Junior membership. For persons falling within the definition of "Junior" as defined by the IPF. (Currently, Junior means January 1, of the year the individual turns nineteen (19) to December 31 of the year the individual turns twenty-three (23).)
  - (iii) Special membership. For persons falling with in the category of blind, special Olympians and persons who fall within the definition of "Sub-Junior" as defined by the IPF. (Currently, Sub-Junior means age fourteen (14) to December 31 of the year that the individual turns eighteen (18).)
  - (iv) Referee membership For referees that have retired from competition but still officiate at competitions. These individuals will still have all the rights as individuals with a Competitors membership.

Reasoning:

The Referee Membership was newly introduced this new at the CPU level and in eSportsDesk.

**Amendment #3 – Proposed by Sandra Drake Lisa Second, PASSED**

4.4 Membership Fees

- I. The fees payable in connection with membership to the APU Society are as follows:
- (i) Open membership, \$50
  - (ii) Junior membership, \$30
  - (iii) Special membership, \$5
  - (iv) Referee membership, \$0
  - (v) Youth Membership (proposed) \$5

The remainder of the membership fee is set by the CPU and will be incorporated into the membership fee at the time of purchase.

The foregoing fees are subject to review at each PAGM (as defined herein).

Reasoning:

The membership fee is comprised of two parts - that charged by the APU and the remainder charged by the CPU. The APU does not determine if or when the CPU makes a change to the fees it charges, so we should not be responsible for accounting for this number in our bylaws.

## SCHEDULE "B"

### PROPOSED POLICY AMENDMENTS

#### **Amendment #1 – Proposed by Angelina Van Ryswyk Aileen Second, PASSED**

##### **Section 1.4 (Revision)**

- VI. 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.~~ \$15 per lifter for any local competition or Provincial Championships. 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:

The CPU charges a flat rate of \$15 for all competitions that must be paid for CCES testing. This is to correct the policy to not overcharge athletes for drug testing fees.

#### **Amendment #2 – Proposed by Tim Nadeau Pamela Second, PASSED**

##### **Section 1.2 Provincial Championships**

- VI. The total entry fee of a local APU sanctioned meet will not exceed ~~\$120~~, increase to \$155 all inclusive. If the Meet Director requires the meet entry fee to cost more, then the Meet Director must propose to the APU Executive as to why the event should cost more and the APU Executive will decide on a case-by-case basis. This cap shall be reviewed periodically to accommodate other economic trends and increased costs associated with meet directing, if necessary.

##### Reasoning:

The costs of hosting meets have gone up significantly due to inflation and ramifications of COVID. Facility rentals has increased 50% since 2019, and we are seeing the costs of t-shirts, medals, and general items to host a meet go up in price 10-20%. We want more meets in Alberta, and we need more meet Directors. The increase will allow for meets to be run without Meet Directors realizing a loss and having to go to the APU for a subsidy.

## **SPECIAL DISCUSSION ITEM – INTRODUCTION OF YOUTH DIVISION**

### **Policy Amendment - Section 10.2 (Addition)**

Addition of a Youth Division to the sport of powerlifting within the APU. Please see the attached Youth Division outline, including age and weight classes, policies, and procedures for proposed Youth Division lifting in Alberta

### **Bylaw Amendment – Section 4.3 (Addition)**

- II. There are three classes of membership to the Society as follows:
- (i) Open membership. For persons twenty-three (23) years old and above.
  - (ii) Junior membership. For persons falling within the definition of "Junior" as defined by the IPF. (Currently, Junior means January 1, of the year the individual turns nineteen (19) to December 31 of the year the individual turns twenty-three (23).)
  - (iii) Special membership. For persons falling with in the category of blind, special Olympians and persons who fall within the definition of "Sub-Junior" as defined by the IPF. (Currently, Sub-Junior means age fourteen (14) to December 31 of the year that the individual turns eighteen (18).)
  - (v) Youth membership. For persons from the day the lifter turns 8 years old until the day the lifter turns 14 years old.

### **Bylaw Amendment – Section 4.4 (Addition)**

- I. The fees payable in connection with membership to the Society are as follows:
- (i) Open membership. \$120
  - (ii) Junior membership. \$100
  - (iii) Special membership. \$75
  - (iv) Referee membership. \$0
  - (v) Youth Membership \$5

Reasoning:

The Canadian Powerlifting Union (CPU) recently introduced a pilot program for the Youth Division that will begin in 2022. The goal of Youth Lifting will be to introduce young lifters to the life-long sport of Powerlifting. Exposing kids to a fun and safe environment would not only allow the sport to grow, but it will only benefit these kids in their daily lives and other athletic endeavours they may choose throughout their school years. Powerlifting is a great option for those kids who may not excel at other more traditional sports. It allows for individual focused training and competing while at the same time, creating a strong community of support around them in a fun and positive environment. The main concern for these lifters is to learn and perform proper technique and training methods, through experience on the competition platform.

## **SCHEDULE “C”**

### **PRESIDENT’S REPORT**

November 12, 2021

To: All APU Members

The Alberta Powerlifting Union (APU) has continued to pivot and adapt to meet the demanding conditions of running an athletic organization in this global pandemic. The new Executive, elected in 2020, has displayed excellent teamwork in the past year to get meets back up and running again. Although we have not returned to the same meet schedule as in previous years, we have successfully executed 4 meets across the province this year in Edmonton, Slave Lake, and Calgary. With the Provincial Championships being next month, we are able to create a path for both new and veteran athletes to get to Nationals in 2022. The Executive is currently working on a meet schedule for 2022 and we expect a return of some favourite competitions next year.

We also welcomed a new Meet Director, Pamela Hodder. Pamela successfully executed the inaugural Cowtown Showdown this past September. It was well run and the feedback we received from the athletes was positive. Pamela created a fun atmosphere and we hope to see her back as a meet director in the future!

As you will see in our financial statements, the APU still continues to operate amid the pandemic in a strong financial position, and we have all of the necessary funds to get through these times without cause for concern.

We are proud of our financial position.

A major change at the CPU level that will be impacting the APU is the introduction of a Youth Division in Canada. The new division will allow for athlete development among youths interested in pursuing powerlifting as a sport. The division is created with guidelines to ensure that safety and fun is the top priority for these aspiring athletes. At the 2021 AGM, I will be presenting a proposal to bring the Youth Division down to the APU level.

2021 is ending on a very strong note within the APU, and we will continue to push forward into 2022. We are committed to providing the best powerlifting experience in Alberta and continue to be the gold standard for our sport.

Respectfully,

Angelina Van Ryswyk

President, Alberta Powerlifting Union

## **SCHEDULE “D”**

### **OFFICIAL CHAIRMAN REPORT**

**November 12, 2021**

**TO: APU Members**

The Alberta Powerlifting Union relies on many hardworking referees to help run its contests, and in the midst of the pandemic, our referees continue to show their commitment and dedication to the sport of powerlifting in Alberta by always being available for meets. I can say with certainty that the APU has some of the best referees in the country and such an amazing group of dedicated individuals. I know that we will continue upholding the high standards that we have set for ourselves with the group of referees that we have.

As of 2021, we currently have 20 Provincials referees, including 4 National Referees and 2 IPF International referees. We gained a new National referee with Shantelle Szuch joining the APU after spending many years with the Saskatchewan Powerlifting Association. As of this writing, we currently have 2 National Referee prospects, Aileen Bishop and Hannah Gray, that will be taking their National referee practical exam at the 2021 Western Championships. With their success, the APU will have 6 National Referees by the end of 2021

We also lost 2 Provincials referees due to them moving to another province. No new Provincial referees were tested this year, however, I expect that to change in 2022 as I have received a lot of interest for new referees, especially in Calgary. With more regular meets, I plan on testing at least 3 new referees in 2022. I am looking for a few male referees in Edmonton and Calgary as well as in the northern region as we would like to ensure that our northern region is supported for future meets.

The hardest working referee this year was **Rory Storm** with **3** events officiated in 2021.

<b>New Provincial Referees</b>	<b>New National Referees</b>	<b>Expired Referees (2019)</b>
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	Shantelle Szuch (moved from SPA)	Morgan Elemens

Respectfully,  
Angelina Van Ryswyk  
Officiating Chairman, APU

**SCHEDULE "F"**

**TREASURER'S REPORT FOR THE 2019 FINANCIAL YEAR**

**See attached PDF**