

# ALBERTA POWERLIFTING UNION

## Provincial Annual General Meeting – Agenda

**Date:** September 17, 2022

**Location:** via Zoom

### Agenda

1. Roll call/attendance  
23 In attendance  
Zoom Screen Shot
2. Approve last year's minutes Laine
3. President's Address – Prepared by Angelina Van Ryswyk (attached as Schedule "C") Angelina
4. Treasurer's Report – Prepared by Sandra Drake (attached as Schedule "F") Angelina and Sandra
5. Approve 2021 Financial Statements Kevin, and Chantal
6. Official Chairman Report – Prepared by Angelina Van Ryswyk (attached as Schedule "D") Angelina
7. Records Chairman Report – Prepared by Jeannie Jamison (attached as Schedule "E") Angelina as Jeannie not available
8. Nominations for Vice President
  - Pamela Hodder (no opposition) elected
9. Nominations for Treasurer and voting
  - Samantha Fung elected, Sandra to transfer responsibilities
  - Chantal Richard
10. President and Secretary Treasurer will be up for election in 2023 Reviewed
11. Review Bylaws and Policy and Procedures Amendments
  - (See Schedule "A" Proposed Bylaw Amendments and Schedule "B" Proposed Policy and Procedures Document Amendments)
12. Discussion prepared by the APU Executive
13. Review of Ongoing Projects and Initiatives
  - Need for more Meets and Meet Directors Social Media and possible interns at upcoming local meets
  - More involvement in APU at all levels Social media
  - Better communication to the members via Social Media and website

- Impact to future equipment changes from IPF/CPU on meets **No real changes until 2025**
- List of equipment available for Meet Directors
- Provincial Team Coach – Richmond 2023 **Social Media**
- Club Competition
- APU Clothing **YES Executive to look into**
- Winners of Best Lifters of the Year, and Volunteer of the Year Awards **Athlete of Year Mimi Frank, Volunteer of Year Byrin Wylie, and Hall of Fame Avi Silverberg**

**14. Doping**

**15. Future Bids for Provincials 2023 – Open Pamela gave presentation for June 2023 in Calgary APPROVED**

**16. Open discussion of membership New Bench Rules will be addressed from CPU and APU. High School Participation would be great but hard to implement**

**17. 2022/2023 Appeals Committee – Appoint 5 new members (previous were Pamela, Kevin, Lisa, Jeannie and Danny) Laine, Cathy M, Anne A, Lisa, and Kamille**

**18. Adjournment**

**SCHEDULE "A"**  
**PROPOSED BYLAW AMENDMENTS**

**Amendment #1 – Proposed by Angelina Van Ryswyk**

**Angelina, and seconded Samantha Passed**

**Section 5.1 (Revision)**

- I. The Society shall be governed by an executive council made up of a President, Vice-President, Secretary, ~~and Treasurer and Athlete Representative~~ (the "APU Executive").
- III. As matters present themselves within the daily affairs of the Society, the APU Executive will vote on such matters as need be. In the case of any votes made by the APU Executive, each member shall have one (1) vote for a total of ~~five (5)~~ **four (4)** votes. Any decision shall be passed by a majority of votes of the APU Executive (an "Ordinary Resolution").

Reasoning:

Cleanup after the removal of the Athlete Representative position at the 2021 AGM.

**Amendment #2 – Proposed by Angelina Van Ryswyk**

**Angelina, and seconded Cathy M Passed**

**Section 5.4 (Revision)**

- IV. One person cannot hold more than one office of President, Vice-President, Secretary, ~~or Treasurer or Athlete Representative~~. The APU Executive shall be made up of ~~five~~ **four** persons. However, a person may hold a position of office in the APU Executive and hold one or more Chairman positions at the same time.
- VI. Should the President not be able to fulfill his or her term of office, the Vice-President shall then be interim President until the next election of the APU Executive at the next PAGM scheduled for an election of officers. Should any of the Vice-President, Secretary, ~~or Treasurer or Athlete Representative~~ not be able to fulfill his or her term of office, then the President shall appoint an interim replacement for that office from the current membership of the Society until the next election of the APU Executive at the next PAGM scheduled for an election of officers.

Reasoning:

Cleanup after the removal of the Athlete Representative position at the 2021 AGM.

**Amendment #3 – Proposed by Angelina Van Ryswyk**

**Angelina, and seconded Laine Passed**

**Section 5.8 (Revision)**

IV. 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. Elections for APU Executive positions will occur in the follow order:

Position	President	Vice President	Secretary	Treasurer	<del>Athlete Representative</del>
Election Year	2020	2020	2020	2020	<del>2020</del>
Next Election Year	2023	2022	2023	2022	<del>2022</del>
Next Election Year	2026	2025	2026	2025	<del>2025</del>
Election every 3 years following					

Reasoning:

Cleanup after the removal of the Athlete Representative position at the 2021 AGM.

## SCHEDULE "B"

### PROPOSED POLICY AMENDMENTS

#### Amendment #1 – Proposed by Angelina Van Ryswyk

##### Angelina, and seconded by Kamille Passed

#### Section 10.2 (Revision)

- IX. For Youth 1 a 10kg bar may be used at all APU competitions, instead of a 20kg bar
- X. For Youth 2 a 15kg bar may be used at all APU competitions, instead of a 20kg bar
- XI. All Youth lifters will be allowed to request any increment of 0.5kg for any attempt
- XII. Collars must be used for all Youth lifters. The collars may be either clips or standard 2.5kg collars used in standard competition
- XIV. All lifters in the youth division ~~must complete the True Sport online education module with their parent or guardian who will be signing off on behalf of the youth lifter.~~ are exempt from having to complete the True Sport online education module

#### Reasoning:

The APU has had a few youth lifters now and we have observed that even the bar with collars is far too heavy for these young athletes. This is to help make the sport more accessible.

#### Amendment #2 – Proposed by Angelina Van Ryswyk

##### Angelina, and seconded by Lisa M Passed

#### Section 6.2 (Addition)

- V. Any Member suspensions from failed Drug Testing will be posted on the APU website. This ensures athletes are aware of any prohibited association rules with suspended athletes.

#### Reasoning:

Due to Prohibited Association rules, the APU has a duty to inform its members of any suspended athletes that may impact the good standing with any other Members.

#### Amendment #3 – Proposed by Angelina Van Ryswyk

##### Angelina, and seconded by Kamille Passed

#### Section 6.4 (Addition)

#### 6.4 Registered Clubs

- I. Any APU registered club that has a member who fails a drug test at any level of powerlifting competition in the APU/CPU/IPF shall face the following sanctions:
  - (i) 1st Offence – Club Suspension until December 31st of the following calendar year in which the drug test occurred (E.g. If the suspension occurs on June 1, 2021, the club will only be allowed to re-register after December 31, 2022). The club will then be allowed to re-register.
  - (ii) 2nd Offence - Club Suspension for three (3) years from the date the drug test (E.g. If the suspension occurs on June 1, 2021, the earliest the club would be allowed to re-register is

after June 1, 2024). The club must then apply to the APU's Appeal Committee to be able to re-register as a club.

- (iii) 3rd Offence – The Club will receive an automatic lifetime suspension from the APU and will no longer be able to register as an APU club. The decision is final.
- (iv) All Club Suspensions will be posted to the APU website to ensure athletes are aware of any prohibited association rules with suspended athletes.

**Reasoning:**

The APU Club system is intended to grow the sport in Alberta and introduce more people to powerlifting by ensuring smaller supportive communities are built within the APU. These clubs are required to follow the APU values of clean sport and must be the standard for athlete conduct within the APU.

**SCHEDULE “C”**  
**PRESIDENT’S REPORT**

President’s Report

September 17, 2022

To: All APU Members

The Alberta Powerlifting Union (APU) has seen our sport grow back to its pre-pandemic levels, with meets coming back after long hiatuses. We had annual favourites such as Grit Power, and Powersurge return after the pandemic, and we also saw two new meets (YYC Takedown and The Grand Lift Open) happen in Calgary. It is safe to say that the APU is right back to our previous schedule and we anticipate some more meets happening in the fall.

We welcomed two new Meet Directors, Kamille Lim and Arshia Arshadi. They successfully executed the inaugural Grand Lift Open this past May in Calgary and it was a very well-run meet, with many lifters having fun and providing an excellent last chance opportunity to qualify for provincials. We hope to see this meet back in the future!

We also had our Provincial Championships hosted at a brand new location in Slave Lake this year. Meet Director Khalil Mouallem was so passionate about this meet and showcasing our Province’s northern community and he did not disappoint. Khalil provided a safe and fun atmosphere for our lifters and the meet was a huge success. We look forward to having more meets up north in the future!

The APU Executive also decided it was time for a rebrand of the APU logo and commissioned a fresh new logo which pays homage to our roots. The logo was debuted at Provincials and we have received phenomenal feedback about it. I hope we can continue to use this brand into the future and use it as a fresh new look for 2022 and beyond!

As you will see in our financial statements, the APU continues to operate in a strong financial position, and we have all of the necessary funds needed to run a smooth organization. We continue to invest in meet equipment, most recently acquiring our own storage locker for all our equipment. Instead of having to rely on third parties to keep our equipment safe, we now have complete security and control over the equipment, 24 hours a day, 7 days a week. The APU Executive has already found this system to be worthwhile as it makes it easier for Meet Directors to get the items they need by simply contacting the APU. We continue to be proud of our financial position.

The APU has also seen some significant growth with our Youth Division with each local meet continuing to bring in more and more Youth Lifters. It has been a privilege to see these athletes do so well and we hope we will get more and more interest in the future!

2022 has been a very strong year for the APU, despite challenges earlier in the year with doping control violations. I want to reiterate that the APU has ZERO tolerance for cheating in our sport and we will continue to take strong measures and action against those who choose to disrespect the spirit of fair and clean sport. The APU Executive is fiercely committed to the pursuit of drug free sport and will continue to uphold and enforce our values strongly.



To the APU community, thank you for this year and for being a shining example of what it means to be part of a powerlifting community. I am consistently inspired by the amount of volunteer hours each of you put in to our sport and that we can always count on you. Your passion and dedication are why it continues to be a privilege to be part of this administration. I am very humbled by this community and will continue to work hard to make sure the APU is continuing to provide the best powerlifting experience in Alberta.

Respectfully,  
Angelina Van Ryswyk  
President, Alberta Powerlifting Union

## SCHEDULE "D"

### OFFICIAL CHAIRMAN REPORT

**September 27, 2022**

**TO: APU Members**

The Alberta Powerlifting Union relies on many hardworking referees to help run its contests, and 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 2022, we currently have 22 Provincial referees, including 5 National Referees and 2 IPF International referees. We are starting to see a need for more male referees across the province, especially in Edmonton. Previously, Calgary was struggling with a full contingent of referees but we now have 3 new refs to the area. I have tested 4 new referees and I plan to continue testing a referee at every meet to keep up with attrition and to increase our potential National referee pool. I would like to see Alberta gain another National referee in 2023 and we have some referees that will be great prospects.

The hardest working referee so far this year is **Angelina Van Ryswyk** with **4** events officiated in 2022.

<b>New Provincial Referees</b>	<b>New National Referees</b>	<b>Expired Referees (2020-21)</b>
Brian Kravtsov		Ashley Colter
Erin Matheson		
Danny Li		
Jordan Hoang		

Respectfully,

Angelina Van Ryswyk

Officiating Chairman, APU

## **SCHEDULE "E"**

### **RECORDS CHAIRMAN REPORT**

**September 27, 2022**

**TO: APU Members**

The Alberta records are up to date as of September 4, 2022. Jeannie Jamison was appointed the position of Records Chairman in 2021 and has done a fantastic job of keeping our records up to date.

The year has been busy with the newly established 69kg and 76kg weight classes for women as we are seeing those records surpassed and almost every meet. We also have new records consistently being established for the new Youth Division.

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 President





















**SCHEDULE "F"**

**TREASURER'S REPORT FOR THE 2021 FINANCIAL YEAR**

**See attached PDF**

## Participants

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-  Tim Nadeau (Me)
-  Alberta Powerlifting Union (Host)
-  Shane Martin
-  Kamille L - 131967
-  Anmol A 353912
-  Anne A - 274983
-  Arshia Arshadi
-  Cathy McDonald
-  Colby Robbins F 199595
-  Kayla L - 203738
-  Kevin Gray - 55496
-  Khalil M-105297
-  Lanie Bishop
-  Leo King - 59365
-  Lisa M 134343
-  Pamela Hodder - 170903
-  Pierre D-395282
-  Samantha F - 127332
-  Sandra Drake
-  Zara C- 386973