

ALBERTA POWERLIFTING UNION

Provincial Annual General Meeting – Agenda

Date: June 30, 2018, 30 minutes after last session of the day

Location: Grey Eagle Casino, Calgary, AB

Agenda:

1. Roll call/attendance

Sandra Drake, Tim Nadeau, Jeff Baker, Kris Hynnes, Angelina Van Ryswyk, Preshani Maistry, Wayne George, Arnold Vendiola, Clifton Pho, Melnard De Leon, Zack Chwok, Chan Woo Yown, Aileen Bishop, Nathan (?), Abby Hall, Kojo Gyennin

2. Approve last year's minutes

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

4. Treasurer's Report – Prepared by Mike MacDonald (attached as Schedule "D")

5. Approve 2017 Financial Statements

6. Official Chairman Report – Prepared by Shane Martin (attached as Schedule "E")

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

8. Record Chairman Report – Prepared by Angela Van Ryswyk (attached as Schedule "G")

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 – **move ahead with this project**
- Club Competition
- APU Clothing – **move ahead with the project and put out to tender.**
- 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. – **move ahead with this project**
- Consider whether funding should be given to Alberta athletes attending world-level competitions. **Do not move ahead with this project**

12. Doping
13. Future Bids for Provincials 2018 – Open – Sandra Drake and Tim Nadeau
14. Open Discussion of Membership
15. 2018/2019 Appeals Committee – Appoint new 5 members

Abby Hall

Sandra Drake

Clifton Pho

Melnard DeLeon

Chan Woo Yown

16. Adjournment

SCHEDULE "A"

PROPOSED BYLAW AMENDMENT

Amendment #1 – Proposed by Shane Martin

Section 5.5/5.6 (revise)

Move Athlete Representative to chairperson role, and remove from executive and director role.

Reasoning:

This position is better suited for a chairmen position as its scope is smaller. This position has been around for almost three years and has very a limited role and involvement. The executive positions foster more responsibility and, as it stands, the athlete representative is limited in that capacity.

FAILED

Amendment #2 – Proposed by Carla Ramsay

Section 4.4 (revise)

Remove fees for Sub-junior and have APU subsidize their CPU cost.

FAILED

Reasoning:

As we try to put a focus on growing this group/population, given their age, it's an expense that most of them cannot afford. Would go a long way in showing our dedication to developing this age group.

Amendment #3 – Proposed by Carla Ramsay

Section 4.4 (revise)

Revise fees to align with recent CPU increases:

Open - \$100

Junior - \$80

Sub-junior and Special \$65

Reasoning:

Just following CPU increases accordingly.

PASSED

SCHEDULE "B"

PROPOSED POLICIES AND PROCEDURES DOCUMENT AMENDMENTS

Amendment #1 – Proposed by Shane Martin

Section 1.2.I (revise)

I. Every year the President shall be responsible organizing the Society's annual championship contest, **unless the Championship has been awarded to another willing Meet Director at the AGM** (the "Provincial Championships"). The Provincial Championships shall occur not less than ten (10) weeks and not more than eighteen (18) weeks after the national championships of the CPU (the "National Championships").

Reasoning:

This is not something that happens. Provincials is awarded to meet directors each year, and not the President.

PASSED

Amendment #2 – Proposed by Shane Martin

Section 1.2.IV.i.H (add)

(H) If an athlete tests positive for a doping, or any other infraction, at the Provincial Championships and is a part of a recognized APU club, that athlete's infraction will cause the club to forfeit that year's best club title, if won, and will be eliminated from the club competition at the Provincial Championship.

Reasoning:

We had this issue last year, and it was written in the bylaws years ago, but must have been erased when we reinstated the APU.

FAILED

Amendment #3 – Proposed by Shane Martin

Section 1.2.V (add)

V. The total entry fee for the APU Provincial Championship will not exceed \$165, 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.

Reasoning:

And the cost of our Provincials should be capped to prevent further increases, unless deemed necessary.

FAILED

Amendment #4 – Proposed by Shane Martin

Section 1.2.VI (add)

VI. All Provincial Championship bids shall be presented for consideration at the Annual General Meeting of the APU and must be accompanied by a payment in the amount of \$150.00 prior to the AGM. The payment shall be sent to the APU Treasurer and deposited in the APU account. The payment (\$150) will

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act as a deposit and will be returned to the bidding meet director if they did not successfully receive the bid.

Reasoning:

This initial payment will act as further measure to take only serious bids for Provincial Championships.

PASSED

Amendment #5 – Proposed by Shane Martin

Section 1.VII (add)

VII. The total entry fee of a local APU sanctioned meet will not exceed \$120, 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. The APU meet fee cap should be reviewed every year to accommodate other economic trends and increased costs associated with meet directing, if necessary.

Reasoning:

Same idea as Provincials, I think \$120 is plenty of resources to run an event. If required, the meet director can request for higher meet fee. An example would be a smaller town that would have to cover referee flights, hotels, etc.

PASSED

SCHEDULE "C"

PRESIDENT'S REPORT

June 30th, 2018

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 one new meet directors over the past year and have formed new networks with potential meet directors in Slave lake and Fort McMurray. 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)
- Rose Trueman (Fort McMurray)

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 new scale for the southern region, one new rogue bar, laptops, and another referee light system with monitor. 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 bigger competitions such as Westerns and our Provincials.

Doping Control

The APU continues to be a leader in terms of funding the number of drug tests conducted at local-level events. In 2017, the APU funded over 20 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 at our previous Provincials – Niko Somos and Ivan Chen both received two-year sanctions. As such, the University of Alberta Powerlifting Association was given a one-year sanction due to these members being active club members. UAPA will be eligible to be reinstated this coming January.

Coaching Program

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

I ran the 1st CPU Coaching Course in Alberta last November and it was sold out. This year, I have one coming in July, which is already sold out, and Avi has one in September in Calgary. 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. This year at Nationals, Avi brought in numerous high-level coaches to run seminars throughout the Nationals week, there were American icons like Bryce Lewis, Matt Gary, Mike Tuchscherer, Blaine Summers, and Canada talent like Maria Htee, Dr. Marc Morris, and Bryce Krawczyk. 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 six coaches to assist athletes competing at the CPU National Championships in Calgary (Carla Ramsay, Shane Martin, Tim Nadeau, Matt Parry, Ryan Smith, 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 2017 were: Jason Luo and Teresa Parsons.

National Team Athletes

The APU is continuing to foster athletes at the highest level of powerlifting. At the 2018 IPF Classic World Championships we had several Alberta athletes compete:

- Jason Luo (Silver, 59kg Junior)
- Clifton Pho (Bronze, 66kg Junior & WR Deadlift)
- Lewis Noppers (Silver, 74 M1)
- Rhonda Wong (Bronze, 47 Open)
- Carson Schamahorn (Bronze, 83 Sub-Junior)
- Jody McPeak (Bronze, 57 M2)
- Deb Ellard (Silver, 63 M3)
- Allison Mahaedo (4th M3)
- Sandy Bellon (7th 63 M2)
- Bryce Krawczyk (4th 105 Open)

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.

With Respect,
Shane Martin
Alberta Powerlifting Union
President

SCHEDULE "D"

TREASURER'S REPORT FOR THE 2017 FINANCIAL YEAR

(attached)

Alberta Powerlifting Union

(A not-for-profit organization)

Financial Statements (un-audited)

December 31, 2017



Statement of Operations

For the year ended December 31,

2017

2016

Revenue

| | | |
|-----------------|---------------|---------------|
| Membership fees | 11,275 | 10,619 |
| Meet fees | 19,451 | 15,510 |
| Seminar fees | 6,400 | 970 |
| Club fees | 400 | 700 |
| Donations | 1,500 | 1,500 |
| Other | - | 15 |
| | <u>39,026</u> | <u>29,314</u> |

Expenditures

| | | |
|----------------------------|---------------|---------------|
| Annual dues | 1,000 | 740 |
| Advertising | 4,911 | 2,258 |
| Drug testing | 12,563 | 7,130 |
| General and administration | 739 | 552 |
| Interest and bank charges | 387 | 251 |
| Professional fees | - | 227 |
| Office expense | 529 | 525 |
| Travel | 4,846 | 2,446 |
| Scholarship | 1,000 | 1,000 |
| Seminar | 5,445 | 541 |
| | <u>31,420</u> | <u>15,670</u> |

Excess (Deficiency) of revenue over
expenditures

7,606 13,644

Statement of changes in Net Assets

For the year ended December 31,

2017

2016

| | | |
|---|---------------|---------------|
| Balance, beginning of year | 33,756 | 20,112 |
| Excess (Deficiency) of revenue over expenditures | <u>7,606</u> | <u>13,644</u> |
| Balance, end of year | <u>41,362</u> | <u>33,756</u> |

Statement of Financial Position

Period ended December 31,

2017

2016

Assets

| | | |
|---------------------|-------------------|------------------|
| Cash | 25,100 | 32,687 |
| Accounts receivable | - | 1,675 |
| Prepaid expenses | - | 1,000 |
| | <u>25,100</u> | <u>35,362</u> |
| Equipment | <u>16,261</u> | <u>4,870</u> |
| | <u>41,361</u> | <u>40,233</u> |

Liabilities & Net Assets

| | | |
|-------------------|---------------|---------------|
| Accounts payables | - | 1,876.75 |
| Deferred revenue | - | 4,600 |
| Unrestricted | <u>41,362</u> | <u>33,756</u> |
| | <u>41,362</u> | <u>40,233</u> |

Approved by the Board,

_____, Director

_____, Director

TREASURER'S REPORT FOR THE 2017 FINANCIAL YEAR

June 30, 2018

TO: APU Members



Significant Changes and this Report

Un-audited simplified financial statements for the year end December 31, 2017 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.

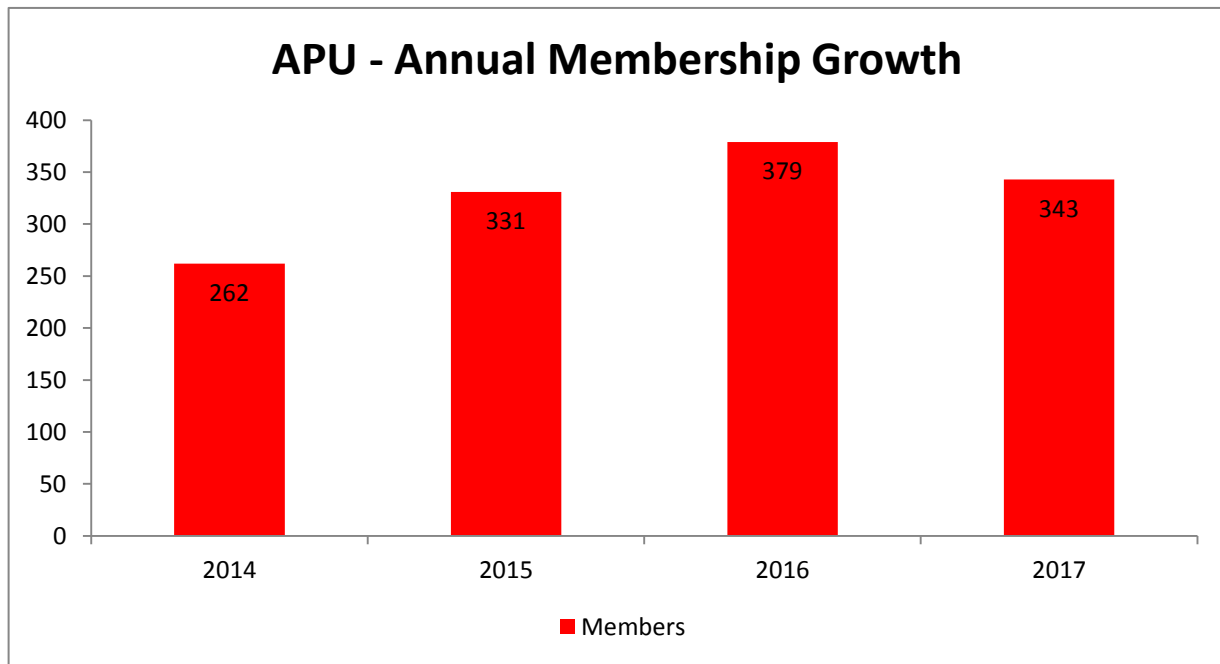
**Please note that some of these figures referenced below may not agree to the financial statements because they are prepared on a cash basis.*

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 2017 the APU sold 343 memberships,

generating \$10,458 in revenue (2016 – 379 members’ \$10,910 in revenue). Refer to the table below for a breakdown of our 2016 membership statistics.

| | Members | Revenue |
|---------------------------------|------------|---------------------|
| APU - Open membership | 251 | \$ 8,960.60 |
| APU - Junior membership | 70 | 1,385.60 |
| APU - Special membership | 22 | 112.20 |
| | <u>343</u> | <u>\$ 10,458.40</u> |



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 9 meets in 2017 generating a total of \$900 (2016 - \$800) in meet sanction fees. The lifter fees brought in revenue of \$2,150 (2016 - \$2,050).

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 2017 we added \$13,280 to our drug testing reserve (2016 - \$9,780). Our current reserve net balance is \$2,688. See below for a detailed continuity of the fund.

| | 2017 | 2016 |
|------------------------------------|-----------------|-----------------|
| Drug Test Fund, beg of year | \$ 1,971 | \$ (679) |
| Additions | 13,280 | 9,780 |
| Funds used | (12,563) | (7,130) |
| Drug Test Fund, end of year | <u>\$ 2,688</u> | <u>\$ 1,971</u> |

Club Fees

In 2017, each club had to pay \$100 to be a registered club with the APU. There were four registered clubs in 2017 for total club fee revenue of \$400 (2016 - \$700).

Donations

In 2017, the APU had received two donations totalling \$1,500 (2016 - \$1,500). 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 \$6,400 (2016 - \$970) in revenue through registration fees. The profit made on these seminars netted \$955 for the year.

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 2017, 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 +20 APU sponsored Drug tests completed in 2017 at a cost of \$12,563 (2016 – 8 @ \$7,130). 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 purchasing 2 new sets of competition calibrated plates, 2 weight trees and 3 competition bars at a total cost of \$11,391.

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 Jason Luo and Teresa Parsons.

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 2017 year with a bank balance of \$32,687 and finished the year with \$25,100.

Expenses Going-forward

For the 2018 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. We are also focused on growing the sport in both Alberta's major cities and rural communities. In order to do this we are continuously investing in new equipment to build our inventory so that we can host more frequent and larger competitions.

The current balance of the APU bank accounts are: \$31,021.86 (*June 20, 2018*).

Mike MacDonald, CA, CPA
Treasurer

SCHEDULE "E"

OFFICIAL CHAIRMAN REPORT

July 30th, 2017

TO: APU Members

The Alberta Powerlifting Union relies on many hardworking referees to help run its contests. Referees are an integral part in the success of powerlifting competitions across Alberta. Alberta now has 13 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 APU's 10 events. The standard of refereeing is consistent, fair, and that of the World level. We take pride in knowing that each referee is competent and judges with tact and an unbiased eye.

Looking ahead this year, there will be referees interested and are 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 not experiencing any difficulty in securing referees for any contest.

CPU related referee changes are as follows:

- Lateral feet movement is allowed in the bench press, so long the feet never leave the ground.
- All Regional Championships must now be officiating by National or higher referees.
- Reword 15.8: To maintain your National Referee status, a National Referee must referee one Provincial or Regional Championship, one National Championship and attend the accompanying rules clinic within a 3-year period coinciding with the CPU election period.

*This coming Open Worlds is a year for rule changes, so keep an eye out after November.

Highlights of the previous year are as follows:

- Administered 2 successful new Provincial Referees.
- I became an IPF Category II referee allowing myself to referee at International events.
- Updated the website providing a comprehensive outline of how to become an APU Provincial Referee.
- Purchased more ties for potential referees.
- James and Angelina both became National Referees
- Angelina and myself are in the process of transferring the written test to an online platform for accessibility and ease.
- The hardest working referees this year were Angelina Van Rywsk, myself, and Beau Hanrahan with all over 5 events officiated in 2017.

| New Provincial Referees | New National Referees | Expired Referees (2017) |
|--------------------------------|------------------------------|--------------------------------|
| Hannah Gray | Angelina Van Rywsk | Beau Hanrahan |
| Ben Kozyra | James Bartlett | Kevin Weiss |
| | | Crystal Grimson |
| | | |

Future topics for discussion

Refereeing – The high expectation and inconsistent interpretation of the IPF rules at CPU Nationals compared to other International events in the IPF. We (CPU) are known to have extensive pause lengths and depth calls. I want a healthy discussion regarding why we have created this standard, why it has remained, and if there is something to change to align our refereeing with Worlds/IPF standard.

SCHEDULE "F"

ATHLETE REPRESENTATIVE'S REPORT

Summary of activities over the past year

1. Emailed out questionnaires following three local meets to get feedback from the athletes on the quality of our meets, the costs associated with and what improvements they wished to see.

There were no complaints about the fees or how those meets were run. The biggest complaint came from newbie lifters NOT knowing the rules of the sport so their expectations were off. I understand this is a problem that all meet directors face, trying to get that information to new participants or more so, getting them to read that information as it is readily available. So, as the APU should think of ways we can further educate our members. Do we do more posts on both the IG page and Facebook around the rules? Open to suggestions on this.

I should be collecting more data from all meets to better assess what we can do to improve on for our members. It'd just be a matter of reaching out to the meet directors for the athlete's email addresses.

2. I purchased 5 awards for the creation of the Volunteer of the year award. This was done on behalf of my deceased Aunt. I've attached the proofs in the email. The black base is supposed to represent two stacked plates. I will ensure recipient's names get added each year but we need to come up with a nomination form or candidate criteria for it.
3. Assisted Rosa Trueman with running a meet in Fort McMurray to stimulate the sport up there. Plan is now for her to have this as an annual event.
4. Working with program director for SportFit at Vimy Ridge Academy to get a powerlifting program going at the school. Plan is to run a workshop in the fall and then garner interest from the students as to creating a club.
5. Created and managed the IG page for APU. I've posted most of the best lifters from each meet however, I did miss the Oil Cup as I was on holidays and then also the one in Calgary in April from Bryce's gym. Currently working on adding more content.

SCHEDULE "G"

RECORDS CHAIRPERSON REPORT

June 30th, 2018

TO: APU Members

This past year, the APU's long-time Records Chairman Mike Armstrong stepped down and record duties were transferred to Angelina Van Ryswyk who was appointed as the new Records Chairwoman by the APU in August of 2017. Angelina has been a member of the APU since 2012 and was keen to be a part of the administrative duties for the APU.

Overall Records Status

The Alberta records are up to date as of June 23, 2018 and include all records broken at the most recent IPF World Classic Powerlifting Championships held in Calgary earlier this month. The records in the Junior and Open categories are broken less and less often as the level of athlete talent continues to grow in those divisions, but we are seeing an increased amount of Masters records being broken within the APU as Masters athletes continue to progress and push the boundaries of their performance.

Although meet results are frequently reviewed by the Records Chairwoman for broken records, it is still the responsibility of the athlete to contact the Records Chairwoman 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.

Changes to the Records on the APU Website

The records have been changed to display on the website as Adobe PDFs and not Excel spreadsheets. Although the source data is still in Excel form, there were some issues with the Excel format displaying on the website, especially with mobile device users. Adobe PDF format is much cleaner and does not require copious amounts of formatting to display properly on the website. This makes for a better web browsing experience for visitors to the website.

Digital Certificate Program

In October of 2017, the Records Chairwoman introduced the digital record certificate program which gives Alberta athletes the opportunity to receive a digital copy of their Provincial Records in the form of a certificate. As the certificate is digital, it is made available to athletes at no charge to them and the APU. The certificate not only acts as proof of a broken Provincial records, but also acts as a memento of an athlete's success in our sport. Since the program's inception, over a dozen certificates have been generated and the feedback from the athlete community has been overwhelmingly positive. As the certificates are only generated upon request, they are very low-maintenance for the Records Chairwoman and do not require large amounts of time or resources to generate and deliver.

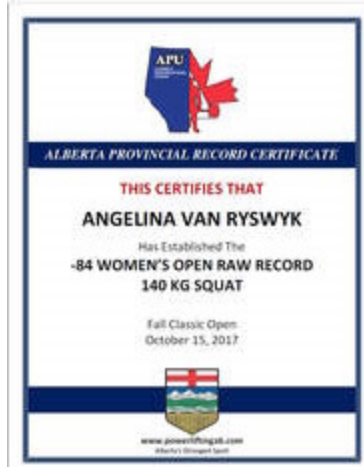


Figure 1: Sample of digital certificate

The “Results” section of the website has been updated to display results from 2018, however, the listing and formatting of results will need to be re-visited soon as the page is currently running out of room in its current format.

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 Chairwoman