

## 2019 Annual General Meeting Agenda

Oct 25th, 2019 @830pm  
Knox Hall 136 2nd St. NE Weyburn

### Roll Call

Ryan Fowler, Chris Arnold, Marc Morris, Franki Nault, Randy Schiller, Lucas Tetreault, Krista Sali, Shantelle Szuch, Shara Audy, Gwen Grasdal, Ryan Stinn, Noah Vallard, Mikayla Lohse, Heidi Fowler, Mava Brydges, Charlene Cossar, Russ Agnew

### Items for Discussion

- a) Provincial Award Winner Presentations
  - a. SPA Hall of Fame
    - i. Athlete
    - ii. Builder

### Agenda

Adoption of the Agenda  
Lucas, Mikayla - Carried  
Adoption of 2018 Minutes  
Shantelle, Randy - Carried

### Elections

Secretary

- Shantelle Szuch

Records Chair

- Russell Agnew

Social Media Committee Chair

- Carolyn Tran

### Reports

- a) President –
- b) Vice-President –
- c) Treasurer –
- d) Technical –
- e) Records –
- f) Registration –  
Ryan Stinn, Shara - Carried

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Saskatchewan Powerlifting Association Corp.  
PO Box 42, North Weyburn, SK S0C 1X0  
Ph: (306) 842-4299 Fax: (306) 842-2682  
saskpowerlifting@gmail.com  
www.saskpowerlifting.ca

### **Old Business**

None

### **Budget**

- a) 2019-2020 Proposed Budget  
Charlene, Ryan Stinn - Carried
- b) According to the Non-profit Incorporation laws, we have to have an audit done on our books every year. However, because we have less than \$20,000 go through our books every year, we can vote on waiving the audit.  
Proposed: The Saskatchewan Powerlifting Association Corp. will not conduct an audit or review of its books for the 2019-2020 budget year.
  - o SPA Executive, Randy - Carried

### **New Business**

#### **Proposed Changes to the SPA Constitution:**

Article XVI– Competition (Lucas Tetreault)

#### **Current wording:**

6.C) A Provincial Referee who is interested in writing their National Referee Exam must communicate their intention to the SPA Technical Chair a minimum of 6 weeks prior to the National Championship. The Technical Chair will determine if the Provincial Referee is of the caliber to be nominated to write their National Referee Exam.

#### **Proposed wording:**

Article XVI– Competition

6.C) A Provincial Referee who is interested in writing their National Referee Exam must communicate their intention to the SPA Technical Chair a minimum of 6 weeks prior to the **Regional or** National Championship. The Technical Chair will determine if the Provincial Referee is of the caliber to be nominated to write their National Referee Exam.

#### **Reasoning:**

Referees are now allowed to sit for their National exam at regional level meets.

Lucas, Shantelle - Carried

Article XVI– Competition (Lucas Tetreault)

#### **Current wording:**

6.B) A Provincially Certified Referee must sit as a referee at a minimum of three times per election period with any level of meet counting towards this requirement. One session may be a Bench Only session and one session may be as a Technical Controller. Failure to meet this requirement shall result in the loss of referee certification.

#### **Proposed wording:**

Article XVI– Competition

6. B) A Provincially Certified Referee must sit as a referee at a minimum of three times per election period with any level of meet counting towards this requirement **and attend a rules clinic per election period of the technical chair**. One session may be a Bench Only session and one session may be as a Technical Controller. Failure to meet this requirement shall result in the loss of referee certification.

**Reasoning:**

There are changes made to the IPF rules every year and our provincial referees need to keep up to date.

Lucas, Krista - Carried

Article XVI– Competition Lucas Tetreault

**Current Wording – none**

**Proposed wording:**

2. E) Meet directors must submit their meet logo and/or marketing material for approval by the executive council.

**Reasoning:**

We require club logos to be submitted for approval, meet logos/t-shirts be subject to this as well. The CPU has a bylaw that sponsor logos “must not be considered offensive as decided by the CPU board”.

Lucas, Chris - Carried

Article XVIII – Records, Awards, Classifications and Rankings (Holly Edwards)

Current Wording:

1. Records

A) Only Saskatchewan residents that are SPA members shall be able to set SPA Provincial records.

B) Records shall be kept by the Records Chair for individual records set for all ages and sex categories laid out by the IPF or CPU according to the authenticated official results of the competition.

C) Records shall be kept by the Records Chair for Open Special Olympic Records in the Squat, Bench Press, Deadlift, 2-lift total and 3-lift total.

PROPOSED Wording:

Article XVIII – Records, Awards, Classifications and Rankings

1. Records

A) Only Saskatchewan residents that are SPA members shall be able to set SPA Provincial records.

B) Records shall be kept by the Records Chair for individual records set for all ages and sex categories laid out by the IPF or CPU according to the authenticated official results of the competition.

C) Records shall be kept by the Records Chair for Open Special Olympic Records in the Squat, Bench

Press, Deadlift, 2-lift total and 3-lift total

**D) A record of previous records broken, athlete, date and weight will be kept and available on the website.**

RATIONAL:

D) Being able to look back through the history of Saskatchewan Powerlifting records is enjoyable and creates a historical profile for the Association. It reflects the growth and dedication of it's athletes.

Holly, Gwen - Defeated

Article XVI– Competition (Marc Morris)

**Current Wording - None**

**Proposed wording:**

8. Competitions: Entry fees

For a local meet, a single event maximum is \$100. For provincials, the maximum is \$120. Both maximums for a second event are \$30. A t-shirt does not need to be included in this cost, but if a t-shirt is included this is should be included in the fee.

Rationale: Currently. we are following rules for entry fees that are not in the constitution (75 single event, 100 provincials, 20 extra event). So, this should be included.

Fees should increase since the cost of running meets has increased (refs + TC, lights, equipment) plus general inflation. Meet directors are free to charge less, but if there are predetermined caps they should be increased. Additionally, I made the increase in provincials proportionally less since participation could be considered mandatory as an active participant.

\*\*\*most APU meets are 120\$+ for local meets, they always have wait-lists

Marc, Gwen - Defeated

**Article V – Government (Carolyn Tran)**

**Current Wording:**

2. Between meetings, the association shall be governed by an executive council, comprised of the elected positions of President, Vice President, Secretary, Treasurer, Technical Chair, Records Chair, and Registration Chair. Offices may be combined if sufficient members are not found to fill each office.

**Proposed Wording:**

2. Between meetings, the association shall be governed by an executive council, comprised of the elected positions of President, Vice President, Secretary, Treasurer,

Technical Chair, Records Chair, Registration Chair, **and Social Media Chair.** ~~All positions, with the exception of the Social Media Chair, possesses voting privileges for executive decisions.~~ Offices may be combined if sufficient members are not found to fill each office.

**Rationale:**

1. To reflect a social media position exists as it is listed in Article V, #4.
2. To reflect which positions have voting privileges within the Executive. However, should the Social Media Chair have voting privileges since the position provides an equivalent contribution to the association as other positions?

Carolyn, Shara – Carried

**New Article, after Article XIII: Duties of the Social Media Chair**

**Current Wording** - None

**Proposed Wording:**

- 1. The Social Media Chair shall maintain current and up-to-date information on social media platforms where the association maintains accounts, including the website, regarding powerlifting events, news, and information.**
- 2. The Social Media Chair shall organize and oversee a committee of social media volunteers to support the development of materials needed to promote the association on social media.**
- 3. The Social Media Chair will oversee social media content to ensure that materials are representative of the association, with no bias to clubs or individuals, and aligns with the policies on discrimination and harassment.**

**Rationale:**

- 1) To formally identify a role for social media within the SPA executive as well as clarify the duties of Social Media Chair. Article V, #4 added in 2019 demonstrates that a Social Media Chair exists within the executive.
- 2) The change will include a committee of volunteers to aid in the development of social media materials, which the Chair will utilize to share more content more consistently.
- 3) To ensure that the Social Media Chair shares appropriate materials representative of SPA members as a whole.

**Carolyn, Charlene - Carried**

**Article XVI – Competition: 4. Competitions: Qualifications (SPA Executive)**

**Current Wording:**

C) All competitors wishing to participate in the CPU National Championships must, in addition to part B), be considered by the SPA Executive as an “Active Participant” of the sport. An “Active Participant” is defined as:

1. Someone who has competed or volunteered at the Saskatchewan Provincial Championships within the previous 12 months.
2. Someone who meet directs or co-meet directs a provincial or higher level championship within the previous 12 months.

3. Someone who has competed at an international competition within the previous 12 months or will be competing at an international competition within 12 weeks of the date of the provincial championships.
4. Other as determined by the SPA Executive.

**Proposed Wording:**

C) All competitors wishing to participate in the CPU National Championships must, in addition to part B), **compete or volunteer at the Saskatchewan Provincial Championships in the year preceeding the National Championship.**

**1) Volunteering is considered any activity which can be assigned by a meet director or SPA executive member, which is needed to be able to hold a meet. Coaching is not considered volunteering.**

**2) If a competitor applies for an exemption from the above 4.C. to be able to participate in CPU Nationals, the competitor must submit their application at least one month prior to the current year's provincial championships, and in his/her application, must identify:**

- 1. Reason for exemption as it pertains to 4.C.**
- 2. Previous year's competition and volunteering history.**

**Rationale:**

1) The Provincial Championship should be the SPA's biggest championship and all lifters who want to move on to the next level of competition should have to be at the Provincial Championship.

2) Better clarify what constitutes as volunteering.

2) Create a formalized application process for exemptions in which applicants are clear on the information required for the Executive to make a decision. This reduces communication time between Applicant and President, whereby required information can be sent directly to the Executive to review. A simple form could be made to document and formalize the process.

**SPA Executive, Randy - Carried**

**Article XVI – Competition: 4. Competitions: Qualifications (Carolyn Tran)**

**Current Wording:**

C) All competitors wishing to participate in the CPU National Championships must, in addition to part B), be considered by the SPA Executive as an "Active Participant" of the sport. An "Active Participant" is defined as:

1. Someone who has competed or volunteered at the Saskatchewan Provincial Championships within the previous 12 months.
2. Someone who meet directs or co-meet directs a provincial or higher level championship within the previous 12 months.
3. Someone who has competed at an international competition within the previous 12 months or will be competing at an international competition within 12 weeks of the date of the provincial championships.
4. Other as determined by the SPA Executive.

**Proposed Wording:**

C) All competitors wishing to participate in the CPU National Championships must, in addition to part B), be considered by the SPA Executive as an “Active Participant” of the sport. An “Active Participant” is defined as **one or more of the following:**

1. Someone who has competed or volunteered at the Saskatchewan Provincial Championships within the previous 12 months. **Volunteering is considered any activity which can be assigned by a meet director or SPA executive member, which is needed to be able to hold a meet. Coaching is not considered volunteering. And/or;**
2. Someone who meet directs or co-meet directs a provincial or higher level championship within the previous 12 months, **and/or;**
3. Someone who has competed at an international competition within the previous 12 months or will be competing at an international competition within 12 weeks of the date of the provincial championships, **and/or;**
4. Other as determined by the SPA Executive.

**D) If a competitor applies for an exemption from the above stipulations of “Active Participant” to be able to participate in CPU Nationals, the competitor must submit their application at least one month prior to the current year’s provincial championships, and in his/her application, must identify:**

1. Reason for exemption as it pertains to C(1), C(2), and/or C(3).
2. Previous year’s competition and volunteering history.

**Rationale:**

- 1) Better clarify the definition of “Active Participant.”
- 2) Better clarify what constitutes as volunteering.
- 2) Create a formalized application process for exemptions in which applicants are clear on the information required for the Executive to make a decision. This reduces communication time between Applicant and President, whereby required information can be sent directly to the Executive to review. A simple form could be made to document and formalize the process.

**Out of Order**

4. Competitions: Qualifications (Holly Edwards)

Current Wording:

A) Any athlete wishing to lift at their first SPA Provincial Championship must qualify for the provincial championship. The qualification standard shall be recording a total in a lower level competition. Recording

a 3 lift total shall qualify the athlete for 3 lift and bench only while recording a bench only total shall only qualify the athlete for bench only.

B) For the Canadian National Championships, all competitors must attain the qualifying total as specified in the CPU Constitution and Bylaws for their respective Age and Weight classes.

C) All competitors wishing to participate in the CPU National Championships must, in addition to part B), be considered by the SPA Executive as an “Active Participant” of the sport. An “Active Participant” is defined as:

1. Someone who has competed or volunteered at the Saskatchewan Provincial Championships within the previous 12 months.
2. Someone who meet directs or co-meet directs a provincial or higher level championship within the previous 12 months.
3. Someone who has competed at an international competition within the previous 12 months or will be competing at an international competition within 12 weeks of the date of the provincial championships.
4. Other as determined by the SPA Executive.

Proposed Wording:

C) All competitors wishing to participate in the CPU National Championships must, in addition to part B), be considered by the SPA Executive as an “Active Participant” of the sport. An “Active Participant” is defined as:

1. Someone who has competed or volunteered at the Saskatchewan Provincial Championships within the previous 12 months. **Or has volunteered at Westerns if it has been held within Saskatchewan within the previous 12 months.**

RATIONAL:

Adding Westerns as a secondary volunteer options when westerns is hosted in Saskatchewan. This may be most beneficial to people living closest to the event. For example if westerns is in the north and provincials is in the south, it lessens the financial burden to the athlete if they can choose to volunteer at the event closest to their location. This also spreads out the volunteers where they may be needed.

**Out of Order**

## **5. Competitions: Provincial Championships (Carolyn Tran)**

**Current Wording:**

C) At every provincial championship ... For the purposes of the team/club competition at Provincials, a team will be comprised of the top two Classic Powerlifter wilks, Equipped Powerlifter wilks, Classic Bench Only wilks and Equipped Bench Only wilks (one of the Powerlifting wilks must be a female lifter) combined to give the team score. This is the maximum, but a team can contain less than stated and still compete in the team/club contest.

**Proposed Wording:**

C) At every provincial championship ... For the purposes of the team/club competition at Provincials, a team will be comprised of the top two Classic Powerlifter **IPF Points**, Equipped Powerlifter **IPF Points**, Classic Bench Only **IPF Points** and Equipped Bench Only **IPF Points** (**two** of the Powerlifting **IPF Points** must be from the opposite gender~~female lifters~~) combined to give the team score. This is the maximum, but a team can contain less than stated and still compete in the team/club contest.

**Rationale:**

- 1) Wilks is no longer used, and IPF points should be used to reflect CPU's current standards.
- 2) Following with the SPA discrimination policy and ensuring equity, the team should include two male and two female combined scores. The sport has seen an increase in female participants in recent years, and two females as requirement of the team is reasonable and would not be difficult to achieve.

Carolyn, Shantelle - Carried

**Future Provincial Championships**

2020 Provincials

- Moose Jaw

**Adjourn**

Lucas, Shara