

2021 ANNUAL GENERAL MEETING

October 2, 2021 | Moose Jaw, SK

In Attendance: Ryan Fowler, Heidi Fowler, Daniel Heintz, Thomas Johnsnton, Carolyn Tran, Marc Morris, Randy Schiller, Geoff Dolan, Jennifer Wessner, Adam, Charlene Cossar, Franki Nault, Tanner Lepage, Ryan Stinn, Rhaea Stinn, Aaron Ziffle, Nathan Dorward (virtually), Chris Arnold

Recorder: Franki Nault

AGM called to order at 7:06pm by President, Ryan Fowler.

Items for Discussion

Provincial Award Winner Presentations:

SPA Hall of Fame

- a. Athlete - Rhaea Stinn: See attached write up (Appendix A)
- b. Builder - Chris Arnold: See attached write up (Appendix B)

Agenda

Adoption of the Agenda:

Move to Adopt: Chris Arnold

Secunder: Randy Schiller

CARRIED

Adoption of 2020 Minutes:

Amendment: Proposed Budget Item - The Saskatchewan Powerlifting Association Corp. will not conduct an audit or review of its books for the 2020-2021 fiscal year.

Move to Adopt: Charlene Cossar

Secunder: Franki Nault

CARRIED

All in favor: Unanimous

CARRIED

Adopt Amended Minutes:

Move to Adopt: Ryan Stinn

Secunder: Heidi Fowler

CARRIED

Elections

Nominated individuals are as follows:

President (3 year term) - Carolyn Tran

Move the nomination cease for president: Charlene Cossar

Secunder: Chris Arnold

Carolyn Tran - ELECTED

Vice-President (if Carolyn Tran is elected, 2 year term) - None

No nominations from the floor

Executive to name

Social Media (1 year term) - Thomas Johnston

No nominations from the floor

Move nomination: Chris Arnold

Secunder: Charlene Cossar

Thomas Johnston - ELECTED

Secretary (1 year term) - Franki Nault

Charlene Cossar nominated

Secunder: Heidi Fowler

Move nomination cease: Rhaea Stinn

Secunder: Danny Heintz

Franki Nault - ELECTED

Records (1 year term) - Daniel Heintz

No nominations from floor

Move nomination: Thomas Johnston

Secunder: Franki Nault

Daniel Heintz - ELECTED

Technical (3 year term) - Tanner Lepage

No nominations from the floor

Move nomination: Geoff Dolan

Secunder: Rhaea

Tanner Lepage - ELECTED

Reports

a) President – See attached report (Appendix C)

b) Vice-President – See attached report (Appendix D)

c) Treasurer – See attached report (Appendix E.) If any member would like a copy of 2020-2021 financial statements, send email to Nathan Dorward at treasurer@saskpowerlifting.ca

d) Technical – See attached report (Appendix F)

e) Records – none

f) Registration – See attached report (Appendix G)

g) Social Media - See attached report (Appendix H)

h) Secretary - none

Move to accept Executive reports: Heidi Fowler

Secunder: Danny Henitz

CARRIED

Old Business

N/A

Budget

- a) 2021-2022 Proposed Budget: See attached (Appendix I)
Move nomination: Nathan Dorward
Secunder: Charlene Cossar
CARRIED
- b) Proposal to waive audit: The Saskatchewan Powerlifting Association Corp. will not conduct an audit or review of its books for the 2021-2022 fiscal year.
Move nomination: Nathan Dorward
Secunder: Chris Arnold
CARRIED

New Business

Proposed Changes to the SPA Constitution: No proposed changes

Future Provincial Championships

2022 Provincials - No bids

Adjourn

Move to adjourn: Carolyn Tran
Secunder: Randy Schiller

Meeting Adjourned at 8:13pm

APPENDIX A

2021 Athlete of the Year: Rhaea Stinn

We are happy to announce that this year's inductee into the Saskatchewan Powerlifting Association's Hall of Fame is Rhaea Stinn.

Rhaea has been participating in powerlifting in Saskatchewan since 2003, when she was 14 years old. There have been many highlights over her career thus far. She is a multi-time national champion, and has competed at three World Games events.

She is a previous and current holder of several provincial, national, and world records in multiple age and weight classes. Rhaea currently holds the bench press world record and total world record in the 84kg weight class; and holds the world record in bench only in the 76kg and 84kg weight classes. Rhaea is one of the only people in the history of powerlifting to have claimed the World Champion title as a sub-junior, junior, and open lifter.

Beyond being a highly decorated athlete in the sport, she also gives back countless hours to the sport as a referee, volunteer, mentor, and meet director. We are very proud to have her as a member and representative of the sport in Saskatchewan. Please join us in congratulating Rhaea as this year's inductee into the Saskatchewan Powerlifting Hall of Fame.

APPENDIX B

2021 Athlete of the Year: Chris Arnold

It gives me great honour to present the Saskatchewan Powerlifting Association's Hall of Fame Inductee in the Builder Category for 2021. The recipient is a long-time and well-respected member of the Saskatchewan Powerlifting Association, who has been fundamental in its evolution over the years. He resides in Saskatoon, Saskatchewan and is the founder and sole principal member of Saskatoon Barbell.

Chris began competing with the SPA in 2007, back when lifting was only equipped. He was one of a very small handful of lifters competing out of Saskatoon and quickly became a staple at all SPA competitions around the province. Chris has competed at all levels of competition - locally and then representing Saskatchewan at numerous National Championships. He holds multiple provincial and national records, is a national champion and has also served as the Head Coach of Team Canada for the 2012 Classic Cup, which was the IPF's inaugural Classic Championship.

Chris became the Vice-President of the SPA in 2012, serving the province in that capacity until 2020. Chris was a valued member of the SPA executive, spearheading numerous policy changes, negotiating the agreement with Special Olympics Saskatchewan and overseeing the development of the sport in Saskatoon and around the province. Chris' leadership and guidance on the executive was invaluable, providing a voice of reason and sound thinking along the way. Chris not only led at the provincial level, but was also instrumental in policy development at the national level, leading the development of National Policies helping the CPU continue to grow and advance as a National organization. Chris was also a tireless advocate for both equipped and classic powerlifting, competing and coaching in both disciplines and advocating for both.

Chris has given back to the sport time and time again. His passion for the sport has been unwavering in and out of competition settings. In addition to the role of Vice-President of the SPA, he consistently and selflessly has volunteered beyond this role, spending numerous hours refereeing, spotting and loading. There are countless powerlifters in the province – novice to seasoned – who are grateful for his wisdom, knowledge of lifting and the other limitless ways he offers support. If you have had the privilege of lifting beside Chris, you do not forget the presence and power he brings to the room. Most of all, you walk away a better powerlifter because of him.

For these reasons and with the utmost respect, it is my honor and pleasure to announce Chris Arnold as our 2021 Builder of the Year.

APPENDIX C

PRESIDENT REPORT

We are back! What a great way to spend the weekend, attending a powerlifting championship after almost 19 months away from the sport we all love! I am so thankful we are all able to be here, lifting once again and seeing excitement and enthusiasm of all of our lifters, coaches and officials.

The SPA hosted 4 virtual competitions in 2020 and 2021 while we were unable to run competitions in person. The SPA board took on the challenge of hosting these events, not really having an idea how they would be received, but wanting to provide a venue for lifters to be able to compete and stay involved in the sport. The virtual meets were well attended by both new and experienced lifters and helped to continue to grow the sport and make it accessible to new lifters from around the province. While the SPA board enjoyed the opportunity to host these virtual competitions, I think I can speak for everyone that we hope we do not have to go back to hosting those again!

The SPA board spent the last year preparing for a return to in-person competitions, planning for executive changes and being ready to hit the ground running coming out of Covid-19 in a positive and encouraging manner. I want to express my gratitude to the entire board who spent many hours in online meetings, figuring out how to continue to provide opportunities for our membership. The work you have all put in and the decisions you have made have always been with the priority of our membership at the front of those decisions, and I thank you for that.

In closing, I am typically not sentimental, but it is hard for me not to be right now in my last duty as the SPA President. In 2005 at Provincials in North Battleford I was voted in as the SPA President, and I have spent the last 16 years in that role, serving the membership of the province and working to grow this sport. I have seen our association go from a membership of 19 in 2005, to a membership of 264 in 2019 prior to Covid. I have watched Classic lifting come into full force while equipped lifting has seen a resurgence of interest. In that time, I have seen 53 local competitions, 16 Provincial Championships, 3 Western Canadian Championships, 2 National Championships, 1 North American Championship and 2 World Championships all hosted incredibly well by members of the SPA! I have watched as our lifters have achieved high levels of success at the International stage, being ready to lift on those platforms because of the work the SPA has done to provide the highest quality competitions for our athletes here at home. I believe that the SPA is the leader in the country for powerlifting at multiple levels, and I know that every SPA executive member who I have had the opportunity to serve alongside has helped to shape what the SPA is and the leading association that we are. It is time to pass the torch, and allow the new executive to move the association forward in new and exciting ways. I want to sincerely thank everyone for the opportunity to serve in this capacity. I am so excited for the future of the SPA, continuing to grow and be a national leader for the sport!

Yours in Lifting,
Ryan Fowler
Saskatchewan Powerlifting Association President

APPENDIX D

VICE PRESIDENT REPORT

Dear Saskatchewan Powerlifting Association (SPA) Members:

As the first year in the Vice-President role, the transition has been and continues to be a learning curve. With the presence of COVID, the well-being of SPA's members have been at the forefront of many of the executive's activities. Below are the following activities carried out in my role for the 2020-2021 year:

COVID Related

- ❖ Return to Sport document was developed and drafted last year with numerous revisions. It was not released as the Executive came to the decision to cancel meets. Since then, the CPU and IPF have formulated and released guidelines for competition during COVID. These are being adopted.
- ❖ Numerous meetings with the SPA executive to discuss upcoming meets and decisions on whether these would be held.

CPU Related

- ❖ Special Meetings (held virtually):
 - November 21st to discuss doping costs, new weight classes and referee membership
 - November 28th to discuss coaching program
- ❖ CPU AGM (held virtually)
 - May 16th

SPA Executive Meetings

- ❖ Strategic Planning Meeting was originally set for the summer but due to COVID this was postponed
- ❖ Numerous meetings, as mentioned above, regarding meets in the 2020 competition year
- ❖ Meetings for the 3 virtual meets held in 2021 thus far
- ❖ Preparation for Provincials and AGM

Other

- ❖ Review of Constitution in preparation for Strategic Planning Meeting and potential areas recommended to review
- ❖ Development of Financial Policy Strategic Planning Meeting
- ❖ Youth Powerlifting development
- ❖ Parapowerlifting interest and potential development

As we continue through the rest of the 2021 year and into 2022, I am hopeful that we can return to the platform on a regular basis and revitalize the spirit of powerlifting.

Stronger together,
Carolyn Tran
Vice-President
Saskatchewan Powerlifting Association

APPENDIX E

TREASURER REPORT

The 2020/2021 fiscal year was rather uneventful in a financial and literal sense, as there were no competitions held in the province during the year. Therefore, for financial purposes, the objective was to scale expenses back where possible, in order to match the reduction in income that was a result of no competitions. Overall, the SPA was successful in this endeavor, as cash has remained at a consistent level throughout the year, and overall income has remained at a favorable level.

Starting with the Provincial Championship, 2021/2022 looks like it will have some more opportunities for competitions, therefore the projected budget assumes a return to a level of competition that would be typical of previous years. Some changes to the financial management of the Canadian Powerlifting Union have had an effect on the SPA, such as the CPU no longer providing insurance coverage for provincial affiliates, as well as a change in the drug testing fee collection. These have been accounted for in the current year financials, as well as the proposed budget for 2021/2022.

Financial Statements:

- Cash Position: \$15,589.37
 - Higher than prior year by \$759 or 5%.
- Overall income:
 - \$4,607.09, which is down \$4,650.06. Roughly half of 2020 fiscal year.
 - Increase in SPA card purchases
 - Decrease in meet revenue (Lights, Referee, Sanctions, etc).
 - Decrease in national team sponsorships (nationals cancelled).
- Expenses:
 - \$2,050.02, down \$4,968.12 from 2020. 71% reduction in expenses
 - Executive expenses, referee expenses, mileage, equipment, and clothing expenses decreased significantly due to reduced activity.
- Excess revenues of \$2,557.07, increase of just over \$200 from prior year.

Budget:

- Budgeted income of \$9,510.
 - Assumes return to competition at historical levels.
 - Sanctions, referee and light rentals generate "contests" income
 - CPU card revenue consistent with prior year
 - National team sponsorship of \$3,000 budgeted, consistent with prior years.
- Budgeted expenses of \$10,137.10
 - Includes \$1,400 of equipment purchases, consisting of youth division equipment and a new SPA Banner.
 - Website/IT budget includes amounts budgeted from website development and records database work budgeted for in prior years.
 - Other expenses consistent with other years of typical contest activity.
- Budgeted loss of \$627.10 for the current year.
 - Deficit to be funded by cash reserves (currently \$15,589.37).

APPENDIX F

TECHNICAL CHAIR REPORT

To: Members of the Saskatchewan Powerlifting Association

I am pleased to have been selected by the Saskatchewan Executive this year to fill the last year of this 3-year term, which was originally awarded to Lucas Tétrault. I wish him the best on his endeavours in British Columbia and thank him for the work he did with SPA. This was another slow year for referees across the country. This year we had 9 referees fill 12 positions in four virtual meets. The only in-person competition this year is provincials, in which 7 referees are filling out 12 referee spots (including one out of province), with 3 of the 4 sessions having a technical controller (TC). Although optional to utilize TCs, I am hopeful we can regain numbers of provincial and national referees to have TCs present at most meets, as they provide greater formality to the event, prevent issues prior to entering the platform and can provide assistance and guidance to new lifters. There has been some interest this year from members wanting to become provincial referees but with the lack of meets, this adds challenges to increasing our numbers. Out of our 13 referees, we currently have 5 national referees and 7 eligible provincial referees. Unfortunately we lost 2 national referees and 3 provincial referees this year. We wish Lucas Tétrault and Shantelle Szuch the best on their relocations to BC and Alberta respectively. Genevieve Grant, Mel Ziffle and Amy Morris, chose to not maintain their referee designation. On a brighter note, I am pleased to announce that Carolyn Tran has passed her referee examination and welcome her to being SPA's newest referee, congratulations Carolyn!

As part of my duties this year, I assisted the CPU in completing one part in a four part series for an introduction to new lifters in the sport. This was created as a result of our Regional Championships (Westerns) allowing lifters who have not completed prior, due to certain provinces unable to host meets while still having the opportunity to send lifters to nationals. SPA completed the Bench Press portion of the video, in which I asked Bridge City Barbell to volunteer and appreciate their support. I believe we created a great video and we received great feedback from the VP of Sport Development and the other provinces that will aid in virtual presentations for years to come.

On behalf of SPA, I participated with the CPU in early stages of Para Powerlifting implementation. The CPU is currently looking at avenues of implementing sanctioned meets into our own, as there is significant crossover between the two sports, to help provide greater meet selections to Para Powerlifters who are typically limited to one sanctioned meet per year. Once we receive more information, we will look into strategies to implement referee training within SPA.

Although I am no expert, I am happy with the result of our virtual meets. I had fun helping the SPA organize these meets and would gladly assist in hosting another if given the opportunity.

Sincerely,
Tanner Lepage

APPENDIX G

REGISTRATION CHAIR REPORT

I am pleased to report that we have **105 current members** as of October 1st, including 2 Special Olympics members, and 4 youth members.

Considering this was a full fiscal year in COVID-19 restrictions, I am happy that we were able to retain almost the same number of lifters as the previous year. The virtual meets held in 2021 certainly helped to keep the spirit of competing alive, and I am sure I speak for everyone when I say how happy I am to be back here at Provincials in person this weekend.

Membership numbers:

2021 - 105
2020 - 104; (77 General, 23 New, 4 SO)
2019 - 184; (124 General, 55 New, 5 SO)
2018 - 210; 86 new members
2017 - 222; 101 new members
2016 - 257; 121 new members
2015 - 220; 104 new members
2014 - 130; 52 new members
2013 - 108; 53 new members
2012 - 88; 43 new members
2011 - 65; 29 new members

The Sask Sport zone coverage is as follows:

Northern	1
Rivers West	6
Southeast	19
Prairie Central	64
Lakeland	4
South West	9
Parkland	2

This means we currently do not have successful representation across the sport zones (the requirement is at least 5 zones with more than 10 members needed to apply for Sask Sport provincial funding).

We have a representation of (60) **57% male** and (45) **43% female** in our membership. This percentage shows a 3% increase in female lifters (and decrease of the same in male lifters) compared to last year.

There are **7 registered clubs** currently.

Charlene Cossar
Registration Chair
Saskatchewan Powerlifting Association



Saskatchewan Powerlifting Association Corp.
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APPENDIX H

SOCIAL MEDIA CHAIR REPORT

Over the past year, the Saskatchewan Powerlifting Association's (SPA's) social media accounts (Facebook and Instagram) were primarily used to post updates and share information relative to COVID-19 as it related to the SPA as well as to share information about virtual meets, provincials, regionals, as well as content from the Canadian Powerlifting Union (CPU). The SPA Facebook platform was also successfully used to live stream the SPA virtual meets held throughout the year, and a number of other provincial associations showed great interest in our use of technology to effectively hold these events. Updates and new information were also posted to the website as required, and the calendar was updated as events were planned.

Jennifer Wessner
Social Media Chair
Saskatchewan Powerlifting Association

APPENDIX I

BUDGET

Saskatchewan Powerlifting Association Corp. Budget 2021-2022

	<i>2020-2021 Actual COVID-19</i>	<i>2021-2022 Proposed</i>
INCOME		
Club Registration	\$140.00	\$200.00
Contests	\$0.00	\$1,600.00
CPU Card	\$3,396.84	\$3,500.00
Drug Testing	\$0.00	\$0.00
Medals and Awards	\$0.00	\$360.00
Misc Income	\$550.00	\$0.00
Sanction Fees	\$0.00	\$250.00
SPA Clothing Sales	\$520.25	\$600.00
Sponsorship	\$0.00	\$3,000.00
TOTAL INCOME	\$4,607.09	\$9,510.00
EXPENSES		
Bank Service Charge	-	
Coaching Expenses	-	
Contest Expenses	-	
CPU Affiliation Fee	\$172.00	\$280.00
Drug Testing Expense	\$1,374.75	\$0.00
Equipment	-	\$1,400.00
Executive Expenses	\$0.00	\$800.00
Incorporation Expense	\$15.00	\$15.00
Insurance Expense	\$277.37	\$832.10
Medals and Awards Expense	\$0.00	\$360.00
Mileage	\$0.00	\$700.00
National Championship Clothing	\$0.00	\$3,000.00
Office Expenses	\$210.90	\$250.00
Referee Expenses	\$0.00	\$1,500.00
SPA Clothing	-	
Sponsorship Payment	-	
Website/IT	-	\$1,000.00
TOTAL EXPENSES	\$2,050.02	\$10,137.10
Total Profit (Loss)	\$2,557.07	-\$627.10

Bank Balance as of August 31, 2021 **\$15,589.37**

The fiscal period is Sept. 1 to August 31.