
Saskatchewan Powerlifting Association Annual General Meeting

October 21, 2023 | 7:30pm | Weyburn, SK

Present: Carolyn Tran, Rhaea Stinn, Nathan Dorward, Emmanuelle Archambault, Charlene Cossar, Rashenna Grzybowski, Marnel Spencer, Franki Nault, Ryan Fowler, Ryan Stinn. Heidi Fowler, Aaron Ziffle, Tanner Lepage, Russel Agnew, Jeff Dolan

Absent: Daniel Heintz

1. Roll Call
 - i. Called to order: 7:30 pm
2. Items for Discussion
 - Provincial Award Winner Presentations
 - SPA Hall of Fame
 - SPA Athlete - Jessica Buettner
 - SPA Builder - none
3. Agenda
 - a. Adoption of the Agenda
 - i. Motion to adopt: Rhaea Stinn
 - ii. Second: Ryan Fowler
 - iii. Carried
 - b. Adoption of 2022 Minutes
 - i. Motion to adopt: Ryan Stinn
 - ii. Second: Nathan Dorward
 - iii. Carried
 - c. Elections

Nominated individuals are as follows:

 - i. Vice President (3 year term) - Rhaea Stinn.
 1. All in favor; Carried
 - ii. Treasurer (3 year term) - Nathan Dorward.
 1. All in favor; Carried
 - iii. Registration (3 year term) - Jaime Otitoju, Chelsea Wahl (withdrawn), Rashenna Grzybowski.

1. Scrutineers: Ryan Stinn & Brittany Schlater
2. Jaime was unable to attend and sent a written document which Carolyn read aloud.
3. Rashenna was present and spoke aloud.
4. Nathan Dorward abstained.
5. Rashenna Grzybowski was successful. Congratulations.

d. Reports

- i. President - Attachment 1
- ii. Vice-President - Attachment 2
- iii. Treasurer - Attachment 3
- iv. Technical - Attachment 4
- v. Records - Attachment 5
- vi. Registration - Attachment 6
- vii. Social Media - Attachment 7

e. Old Business

f. Financials & Budget

- i. 2022-2023 Financial Statements - Attachment 8
 1. Motion to discuss: Nathan, Charlene
- ii. 2023-2024 Proposed Budget - Attachment 9
 1. Discussion:
 2. Motion to accept budget: Emmanuelle Archambault
 3. Secunder: Rhaea Stinn
- iii. Proposal to waive audit: The Saskatchewan Powerlifting Association Corp. will not conduct an audit or review of its books for the 2023-2024 fiscal year.
 1. Second: Charlene; carried

g. New Business

Proposal 1 - Section 5 Competition Policy

Current Wording:

2. Sanction

b) The Provincial Championship shall come under full scrutiny of the SPA Board. The Provincial Championship is a closed meet and only CPU members who are also SPA members are eligible to compete. There are to be no guest lifters. The SPA reserves the right to withdraw its sanction at any given point up to and throughout the championship.

Proposed Wording:

b) The Provincial Championship shall come under full scrutiny of the SPA Board. The Provincial Championship is a closed meet and only CPU members who are also SPA members are eligible to compete. There are to be no guest lifters.

Rationale: Omit “The SPA reserves the right to withdraw its sanction at any given point up to and throughout the championship” in this section as this should apply to local meets and provincial championships.

Move to discuss: Board

Second: Ryan Fowler

Discussion:

-none

All in favor; Carried

Proposal 2: Section 5 Competition Policy

Current Wording:

2. Sanction

c) Meet directors for Provincial Championships or for Western Canadian Championships held within Saskatchewan must have prior experience holding contests, or must be “co-director” with an experienced meet director.

Proposed Wording:

Additions of C1 and C2:

c1) Meet directors for Provincial Championships must have prior experience being a meet director for at least one local competition sanctioned by a CPU member province. A meet director with no experience can only host a Provincial Championships if they are co-director with someone who has hosted at least one local competition sanctioned by a CPU member province.

c2) Meet directors wishing to put a bid in for Western Canadian or National Championships held within Saskatchewan must have prior experience hosting at least 3 competitions sanctioned by the or one of its member provinces, one of which must have been a Provincial Championships.

Rationale: Add specificity and clarity for experience to ensure that meet directors are prepared and are successful in organizing the respective competition

Move to discuss: Board

Second: Ryan Stinn

Discussion

-Russell proposed an amendment to c2 or “higher level competition” to the end of the sentence and add CPU in front of its member provinces.

-Board accepted this amendment. The section will read as follows:

c2) Meet directors wishing to put a bid in for Western Canadian or National Championships held within Saskatchewan must have prior experience hosting at least 3 competitions sanctioned by

the CPU or one of its member provinces, one of which must have been a Provincial Championships or higher level competition.
All in favor of the friendly amendment; Carried.

Proposal 3: Section 5 Competition Policy

Current Wording:

Sanction

d) All competitions held within the province at a Provincial level or lower must receive sanction from the SPA Board. All sanctioned competitions must include Powerlifting and Bench Press Only competitions. Prior approval from the SPA Board is required to hold a sanctioned competition without Powerlifting or Bench Press Only. Meet directors must complete and submit a completed SPA Sanction Form to receive a sanction for the competition.

Proposed Wording:

d) All competitions held within the province at a Provincial level or lower must receive sanction from the SPA Board. All sanctioned competitions must include Powerlifting and Bench Press Only competitions. Prior approval from the SPA Board is required to hold a sanctioned competition without Powerlifting or Bench Press Only. Meet directors must complete and submit a completed SPA Sanction Form to receive a sanction for the competition **and this submission must be approved by the SPA Board to receive a sanction for the competition.**

Rationale: Clarify that submission of the sanction form does not equate with sanction being approved. The submission must be reviewed and approved by SPA for the sanction.

Motion to discuss: Board
Second: Franki Nault

Discussion

- Clarified there is an approval process and the submission of the form doesn't assume sanction.
- Ryan Stinn proposed an amendment: meet directors must submit a sanction form and have it approved by the SPA board to receive a sanction for the competition.
- Board approved the friendly amendment. The section will read as follows:

d) All competitions held within the province at a Provincial level or lower must receive sanction from the SPA Board. All sanctioned competitions must include Powerlifting and Bench Press Only competitions. Prior approval from the SPA Board is required to hold a sanctioned competition without Powerlifting or Bench Press Only. Meet directors must submit a sanction form and have it approved by the SPA board to receive a sanction for the competition.

All in favor of the amendment; carried.

Proposal 4: Section 5 Competition Policy

2. Sanction

Proposed Wording:

New addition

g) The SPA reserves the right to withdraw its sanction at any given point up to and throughout the championship. Withdrawal of the sanction will be dependent on the violation of the terms of the approved sanction, and penalties will be applied at the discretion of the SPA Board. The President and/or Vice President will discuss the violation with the meet director. If this violation cannot be rectified, the President and/or Vice President will discuss with the SPA Board within a reasonable time period. The meet director will be given the opportunity to speak with the SPA Board before a vote is taken to withdraw the sanction. If the sanction is withdrawn, the SPA Board will determine the appropriate penalty at that time.

Rationale: This is to ensure safety and adherence to IPF rules are followed during the competition as well as provide a process to be able to address concerns should they arise.

Motion to discuss: Board

Second: Ryan Stinn

Discussion

-Ryan Stinn: sanctions could be removed during a meet due to safety, how would the Meet Director speak with the SPA?

-This hasn't happened in the past.

-Ryan Fowler: Reads to apply to Provincial Championships, removing a sanction, for the athletes, is a huge thing as they lose their qualifying standards potentially. Safety issues should be resolved at the meet.

-Carolyn: this wasn't intended for all SPA meets, writing out steps was difficult.

-Ryan Stinn: what actions would you see losing a sanction?

-Tanner: For example, pandemic health regulations, non approved equipment at the meet.

-Nathan: For example, the Meet Director can't get referees.

-Taking a sanction away for something out of the meet directors control isn't fair.

-Tanner: policy would need its own section and a process documented.

-Similar to our harassment policy.

-Ryan Fowler would like to see more depth to this policy.

-Russel - could SPA take over the meet if a sanction was removed and find a suitable replacement?

Board moved to withdraw this proposal.

Proposal 5: Section 5 Competition Policy

Current Wording

e) Meet directors must submit their meet logo and/or marketing material for approval by the Board.

Proposed Wording:

e) Meet directors must submit their meet logo for approval by the Board.

Rationale: We do not review marketing material.

Motion to discuss: Board

Second: Franki Nault

Discussion - none

All in favor; carried.

Proposal 6: Section 5 Competition Policy

Current Wording:

3. Qualifications

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.

Proposed 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 **local** 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. **Recording a total in the classic division shall qualify the athlete for classic division only and recording a total in the equipped division shall qualify the athlete for the equipped division only.**

Rationale: For clarity.

Motion to discuss: Board

Second: Ryan Stinn

Discussion

-Ryan Stinn: change all reference to 3 lift to powerlifting

-Nathan: add local competition sanctioned by the SPA or another member province

-Rhaea: add CPU in front of member province

-Charlene: remove local

-Ryan Stinn: if you want to lift classic and equipped you need to do two meets prior to your first provincials. Yes, that is the intent.

-Board approved the friendly amendment. The section will read as follows:

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 competition sanctioned by the SPA or another member province. Recording a powerlifting total shall qualify

the athlete for powerlifting and bench only while recording a bench only total shall only qualify the athlete for bench only. Recording a total in the classic division shall qualify the athlete for the classic division only and recording a total in the equipped division shall qualify the athlete for the equipped division only.

All in favor of the amendment; Carried.

Proposal 7: Section 5 Competition Policy

3. Qualifications

Proposed Wording:
Addition

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

Rationale: We do not have anything regarding how to qualify for Regionals.

Motion to discuss: Board
Second: Russell Agnew

Discussion

-Ryan Fowler: Was there discussion by the board about having further qualification standards for Westerns? Not yet. This was the first step.

-Ryan Stinn: Why do we need this? The CPU has it. Our policy does refer to Nationals.

-Aaron: Does no other province not require them to qualify for regionals?

-Rhaea pointed out the changes to regionals was after the board discussed this.

-Aaron: We could have a lifter who wasn't at provincials this weekend and they can go to westerns to qualify for international meet. Yes.

All in favor; carried.

Proposal 8: Section 5 Competition Policy

Current Wording:

3. Qualifications

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 preceding the National Championship.

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

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 preceding the National Championship.

- i. Volunteering is considered any activity, which is needed to be able to hold a meet. These activities can be assigned by a meet director or SPA Board member. Refereeing is considered volunteering, however, coaching is not considered volunteering.

Rationale: Clarify statement and identify that refereeing is considered volunteering.

Motion to discuss: Board

Second: Ryan Stinn

Discussion

-Ryan Fowler: referees are already assigned. Otherwise moved words around.

-Ryan Stinn: Is there an intention "is needed to be able to hold a meet".

-There were people who saw coaching/handling as volunteering.

-Russell: if you are helping a meet director prior to an event, does that count?

-Russell asked about the word preceding and how it impacts the 2024 calendar.

-Rhaea, the concern changing this, we said you had to be at 2023 Provincials, it was very clear. If provincials end up before Nationals, likely a board discussion as the date for Nationals is clear.

All in favor; carried.

Proposal 9 - Section 5: Competition Policy

Current Wording:

- ii. If a competitor applies for an exemption from the above 3.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 to the SPA President. The application must identify:
 1. Reason for exemption as it pertains to 3.C.
 2. Previous year's competition and volunteering history.

Proposed Wording:

Addition of point, which clarifies exemptions.

- ii. If a competitor applies for an exemption from the above 3.C. to be able to participate in CPU Nationals, the competitor must submit their application **within one week from the end of the Provincial Championship-to the SPA President.**

The application must identify:

1. Reason for exemption as it pertains to 3.C.
2. Previous year's competition and volunteering history.

The exemption requires review and approval from the SPA Board. The athlete may be subject to conditions as decided on by the Board. These conditions must be fulfilled prior to the Nationals the athlete wishes to attend to have the exemption approved. Should an athlete apply for an exemption and does not meet the conditions of the

exemption prior to the Nationals the athlete wishes to attend, the athlete will not be eligible to compete at the National Championships.

Rationale: To ensure fair eligibility while considering unplanned circumstances; this also sets parameters and expectations for exemptions.

Motion to discuss: Board

Second: Ryan Stinn

Discussion

-Aaron: trying to prevent someone a month from Nationals asking for an exemption?

-Carolyn: Yes, this would require everything to be completed in advance.

All in favor; Carried.

Proposal 10 - Section 5: Competition Policy

Current Wording:

4. Provincial Championships

a. The annual Provincial Powerlifting and Bench Press Championships will take place between September 1st and October 31st.

Proposed Wording:

a. The annual Provincial Powerlifting and Bench Press Championships will take place **annually**.

Rationale: This allows some flexibility for scheduling provincials given the domino effect of the CPU calendar changes and timing of Nationals.

Motion to discuss: Board

Second: Franki Nault

Discussion

-Franki friendly amendment to remove the first reference to annual.

-Board approved the friendly amendment. The section will read as follows:

a. The Provincial Powerlifting and Bench Press Championships will take place annually.

All in favor; Carried

Proposal 11: Section 5: Competition Policy

4. Provincial Championships

d) The SPA will offer reimbursement for transportation of the platform equipment if the distance being travelled from the location the equipment is being kept to the location of the Provincial Championship is greater than 50 kilometers. The platform equipment the SPA shall

provide for each Provincial Championship is as follows: the competition rack, competition set of weights, competition bar, competition collars, competition weight trees, light system, deadlift helper, and scale.

Proposed Wording:

d) The SPA **may** offer reimbursement for transportation of the platform equipment if the distance being traveled from the location the equipment is being kept to the location of the Provincial Championship is greater than 50 kilometers. The platform equipment the SPA **may** provide for each Provincial Championship is as follows: the competition rack, competition set of weights, competition bars, competition collars, competition weight trees, light system, deadlift helper, and scale.

Rationale: Meet directors may already have the equipment so wording is reflected to capture this using the word may.

Motion to discuss: Board

Second: Ryan Stinn

Discussion

-Tanner: will the rationale be in the document?

-No that wasn't the intent.

-Ryan: Is there a situation where they would be denied it if they asked and had equipment.

-Russell: include the equipment required on the sanction form as a checkbox question.

Friendly amendments:

Remove reference to the word "may" and say

The SPA will organize and pay for transportation of the platform equipment if...

Remove the second may and replace with: If needed, the platform equipment the SPA is able to provide for each Provincial...

-Board approved the friendly amendment. The section will read as follows:

d) The SPA will organize and pay for transportation of the platform equipment if the distance being traveled from the location the equipment is being kept to the location of the Provincial Championship is greater than 50 kilometers. If needed, the platform equipment the SPA is able to provide for each Provincial Championship is as follows: the competition rack, competition set of weights, competition bars, competition collars, competition weight trees, light system, deadlift helper, and scale.

All in favor; Carried

Proposal 12 - Section 4: Financial Management Policy

Current Wording:

7. Board Expenses

b. Reimbursement Rates

- i. Mileage Rate: current CRA rate for the year of the expense

Proposed Wording

- b. Reimbursement Rates

- i. Mileage Rate: **the greater of \$0.30 per kilometer and the actual cost. Actual cost must be substantiated by documentation.**

Rationale: Current CRA rate for 2023 is \$0.68 per kilometer. Current cost of gasoline is around 159.9 per liter. Providing reasonable and fair compensation to board members when they are required to travel (to cover variable and fixed costs of operating a vehicle) while not causing undue financial burden to the SPA is the objective.

Motion to discuss: Board
Second: Franki Nault

Discussion:

- Ryan Fowler: How much did we spend last year? \$560 we didn't have policies at the last AGM. Ryan feels we should pay this rate.
- Nathan: if we had paid the CRA rate last year, the AGM would have been approximately \$1,600.
- Franki: there are other costs for the board members to attend AGM. A good portion comes out pocket. If the expectation is they have to be there, the person shouldn't have to pay out of pocket.
- Aaron: does our income as an association dictate if the CRA rate is an affordable rate to pay. Is there a scalable way to figure this out?
- Nathan says the company's reimbursing at the CRA rate aren't at high percentages of their income. Would rather put these funds to coaching, referees, or new equipment.
- Rashenna: this meeting is available to all members. It's important and all board members should be at the AGM.
- Russell: the expectation is that the board comes to the AGM. If you would like to lower the reimbursement rate, other ways need to be considered.
- Ryan Stinn: The reality is \$0.30 isn't a lot.
- Nathan: This is higher than it was previously ~\$0.20
- Ryan Stinn: Could you have a clause if the board member is competing vs just attending the AGM? The CPU says something like this.
- Charlene: would like to see the CRA rate.

In favor - 4, abstain - 2, opposed - 9, Not carried.

- h. Future Provincial Championships
 - i. 2024 Provincials: North

4. Adjournment
 - i. Motion to adjourn: Franki Nault
 - ii. Second: Charlene Cossar
 - iii. Meeting adjourned 9:24 pm