



Saskatchewan Powerlifting Association Corp.  
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## Saskatchewan Powerlifting Association Annual General Meeting

September 13, 2025 | 7:00pm | Moose Jaw, SK

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**Present:** Rhaea Stinn Russell Agnew Shara Auty Nathan Dorward Emmannuelle Archambault  
Rashenna Grzybowski Daniel Heintz Chris Arnold (class D non-voting), Ryan Fowler, Amanda Heintz,  
Tim Zelinsky, Annika Agnew, Stephanie Kirkpatrick, Mark Magnuson, Charlene Cossa, Franki Nault

**Absent:**

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1. Roll Call
  - i. Called to order at 7:00pm
  - ii. Quorum established
  - iii. Scrutineers: Annika Agnew, Chris Arnold

2. Items for Discussion
  - Provincial Award Winner Presentations
    - SPA Hall of Fame
      - SPA Athlete
      - SPA Builder

No valid nominations were received, so we have no award presentations this year.

3. Agenda

- a. Adoption of the Agenda
  - i. Motion to adopt: Mark Magnuson
  - ii. Second: Russell Agnew  
All in favour. Carried.

- b. Adoption of 2024 Minutes
  - i. Motion to adopt: Ryan Flower
  - ii. Second: Daniel Heintz  
All in favour. Carried.

- c. Elections
  - Nominated individuals are as follows:
    - i. Secretary (3 year term): Shara Auty  
In favour:15

- Against:0
- Abstain: 1
- ii. Record Chair (3 year term): Daniel Heintz  
In favour:15  
Against:0  
Abstain: 1
- iii. Social Media Chair (3 year term): Emmanuelle Archambault  
In favour: 15  
Against:0  
Abstain: 1

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

Discussion:

-A question was asked about which regions' numbers were from SK Sport perspective.

-A suggestion was made to provide the numbers to the gyms in those regions and tell them we need help building these areas.

Motion to accept reports: Franki Nault

Second: Charlene Cossar

All in favour. Carried.

e. Old Business

None

f. Financials & Budget

- i. 2024-2025 Financial Statements
  - 1. Motion to discuss: Stephanie Kirkpatrick
  - 2. Second: Charlene Cossar

Discussion

-Does SK Sport require min/max bank account balance? No, this has not come up in any discussion.

- ii. 2025-2026 Proposed Budget
  - 1. Motion to discuss: Stephanie Kirkpatrick
  - 2. Second: Daniel Heintz

Discussion

-What amount does the SPA get per member? Nathan advised \$29.94 per member.

Motion to accept the budget: Russell Agnew  
Second: Tim Zelinsky

- iii. Proposal to waive audit: The Saskatchewan Powerlifting Association Corp. will not conduct an audit or review of its books for the 2025-2026 fiscal year.
  - 1. Second: Ryan Fowler  
In favour 15  
Against 0  
Abstain 1  
Carried.
- iv. Proposal to waive the requirement of a review engagement.
  - 1. Second: Ryan Stinn  
In favour 15  
Against 0  
Abstain 1  
Carried.

g. New Business

i. Proposals

**Proposal 1 - Articles of Incorporation**

Motion to discuss: Russell Agnew

Second: Emmanuelle Archambault

Current wording: Throughout the articles of incorporation: "Canada Powerlifting Union" and/or "CPU"

Proposed wording: Change all references to Canada Powerlifting Union and/or CPU to : "Canada Powerlifting" and/or "CANPL"

Rationale: The Canadian Powerlifting Union (CPU) has changed its name to Canada Powerlifting (CANPL), so we need to change our documents to reflect this change.

All In favour: 16. Carried.

**Proposal 2 - Bylaws**

Motion to discuss: Russell Agnew

Second: Nathan Dorward

Current wording: Throughout the bylaws: "Canada Powerlifting Union" and/or "CPU"

Proposed wording: Change all references to Canada Powerlifting Union and/or CPU to : "Canada Powerlifting" and/or "CANPL"

Rationale: The Canadian Powerlifting Union (CPU) has changed its name to Canada Powerlifting

(CANPL), so we need to change our documents to reflect this change.

All In favour: 16. Carried.

### **Proposal 3 - Bylaws: Election of Directors**

Motion to discuss: Annika Agnew

Seconder: Nathan Dorward

Current wording:

4.7 Election Years – Directors will be elected at the Annual Meeting in the following rotation with the next year of election listed:

- a) The Secretary, Records Chair and Social Media Chair. (2022)
- b) The Vice President, Treasurer and Registration Chair. (2023)
- c) The President and Technical Chair. (2024)

Proposed wording:

4.7 Election Years – Directors will be elected at the Annual Meeting **on a rotating basis according to the following. Elections for each group will occur every three years thereafter as listed below:**

- a) The Secretary, Records Chair and Social Media Chair. **(2025, 2028, 2031...)**
- b) The Vice President, Treasurer and Registration Chair. **(2026, 2029, 2032...)**
- c) The President and Technical Chair. **(2027, 2030, 2033...)**

Rationale: Update election years for clarification to reflect new years, as the current dates have now passed, and to reword to set this bylaw up for the future so it doesn't need annual changes.

All In favour: 16. Carried.

### **Proposal 4 - Bylaws: ARTICLE VIII: AMENDMENT to the ARTICLES, BYLAWS and POLICIES**

Motion to discuss: Russell Agnew

Seconder: Charlene Cossar

Current wording:

8.3 Policies - The Board shall be charged with developing, proposing and maintaining policies of the Corporation. Such policies shall not be inconsistent with the Articles and Bylaws of the Corporation.

- a) The Board may from time-to-time adopt policies or amend existing policies and such policies shall remain in effect from the date reflected in the meeting of the Board until the next following meeting of the Members at which time the policies or amendments shall be confirmed by the

Members.

b) If the policies or amendments are passed by the Members they shall remain in effect. If the policies or amendments are not passed by the Members, they shall cease to be in effect from the date they are defeated. If the policies or amendments are not brought before the Members, they shall cease to be in effect as of the adjournment of the next following meeting of the Members.

c) Policy amendments, revisions, repeals or additions shall be passed by simple majority of the Members present at the meeting of Members where the policy amendment, revision, repeal or addition is presented.

Proposed wording:

8.3 Policies - The Board shall be charged with developing, proposing and maintaining policies of the Corporation. Such policies shall not be inconsistent with the Articles **or** Bylaws of the Corporation.

a) The Board may from time-to-time adopt policies or amend existing policies **by resolution**. **These policies shall take effect immediately upon adoption or as otherwise specified by the board.**

b) **Policies adopted or amended by the Board shall remain in effect until they are further amended or repealed by the Board. Member approval is not required for the adoption, amendment, or repeal of policies.**

c) **All policy decisions of the Board shall be passed by 75% majority of Directors present at a duly called meeting of the Board.**

d) **All adopted or amended policies shall be posted on the Corporation's website & emailed to members within 30 days of the meeting at which they are approved.**

Rationale: This change allows the board to more quickly update policy without the possibility of it being defeated by members at the next meeting of the Members. With the work we are doing on our SaskSport application to receive Emerging status, we have many policies that are in the process of amendment and development, and as a board we need to be able to put these in place without the potential they are removed by the members.

Discussion:

-Articles and Bylaws still need to be brought back to the members. The board is able to move

direction immediately. I think it's a good change, and members are involved in how the SPA is run. Removes ability of a member to propose a policy at the AGM.

-Sounds like a proactive proposal and change.

All In favour: 16. Carried.

Note: The SPA Board withdrew proposals #5 - 15, as they are all policy proposals brought forward by the Board which can now be passed at a regular board meeting.

### **Proposal 5 Policies - Withdrawn**

Current wording: Throughout the policies: "Canada Powerlifting Union" and/or "CPU"

Proposed wording: Change all references to Canada Powerlifting Union and/or CPU to : "Canada Powerlifting" and/or "CANPL"

Rationale: The Canadian Powerlifting Union (CPU) has changed its name to Canada Powerlifting (CANPL), so we need to change our documents to reflect this change.

### **Proposal 6 - Policies: SECTION 6: TEAMS AND CLUBS - Withdrawn**

Current wording:

#### **SECTION 6: TEAMS AND CLUBS**

1. Teams or clubs are required to register with the SPA as an official team or club in January of each year. To register, teams or clubs must provide the Registration Chair with the Club Registration Form.
2. The Club Registration Form must be accompanied by a yearly registration fee.
3. Each team or club must submit their logo with the Club Registration Form for approval of the logo by the Registration Chair.
4. Team or club shirts with the official, registered club logo may be worn at any SPA Provincial or lower contest. Any other logos must follow the IPF Technical Rules on logos.
5. Each lifter who trains as part of a team or club will have that team or club name written on their CPU card each year.
6. A team or club is defined as: a. being registered with the SPA. b. any number of lifters training together on a regular basis (at least once a week).
7. A SPA member may only be an official member of one team or club.

Proposed wording:

#### **SECTION 6: CLUBS**

1. Clubs are required to register with the SPA as an official club each fiscal year (September 1-August 30). To register, teams or clubs must provide the Registration Chair with the Club Registration Form.
2. The Club Registration Form must be accompanied by the yearly registration fee.

3. Each club must submit their logo with the Club Registration Form for approval of the logo by the Registration Chair.
4. Club shirts with the official, registered club logo may be worn at any SPA Provincial or lower competition. Any other logos must follow the IPF Technical Rules on logos.
5. Members are responsible for registering under their club with their CANPL/SPA membership. Should a Member change clubs, they must inform the Registration Chair to have this change reflected on their membership.
6. A Member may only be an official member of one club.
7. A SPA Club is defined as:
  - a. Being registered with the SPA according to the requirements above
  - b. A group of Members who train at the same training facility and/or under the same coach(es) on a regular basis.
8. To be eligible for the Best Club award at the Provincial Championships, a club must have at least one Provincial, or higher, level referee.

Rationale:

- Simplifying wording to only 'clubs' instead of 'teams and clubs'
- Changing the club registration period to our fiscal year to better reflect when clubs need to be registered to fall in line with upcoming SaskSport requirements.
- Changing having the club 'written on their CPU card' to registering under their club, with the process of changing clubs included to better reflect current practices.
- Changing definition of a club to better reflect current situations.
- Adding requirement of provincial referee to be eligible for team award.

**Proposal 7 - Policies: SECTION 7: PROVINCIAL REFEREES - Withdrawn**

Current wording:

2. 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.

Proposed wording:

2. A Provincially Certified Referee must sit as a referee at a minimum of three times per election period of the SPA Technical Chairperson 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.

Rationale:

To clarify what election period is being referred to within this policy.

**Proposal 8 - Policies: SECTION 10: EQUIPMENT POLICY - Withdrawn**

Current wording:

1. The Saskatchewan Powerlifting Association (SPA) owns equipment that is used by meet directors to host sanctioned competitions. The equipment is housed at the training centres of SPA Board members residing in the North and the South, which can be loaned for use at

sanctioned competitions.

Proposed wording:

1. The Saskatchewan Powerlifting Association (SPA) owns equipment that is used by meet directors to host sanctioned competitions. The equipment is housed at **official SPA Club** training centres, **split between the north and the south, or in storage with board members**, which can be loaned for use at sanctioned competitions.

Rationale:

To reflect what we are currently doing.

#### **Proposal 9 - Policies: SECTION 10: EQUIPMENT POLICY - Withdrawn**

Current wording:

4. Process

Proposed wording:

4. Process to borrow equipment for a sanctioned competition:

Rationale:

To clarify what the process is for.

#### **Proposal 10 - Policies: SECTION 9: DOPING CONTROL - Withdrawn**

Current wording:

1. The SPA follows the CPU Doping Control policies.
2. The SPA uses CCES for all doping control testing.

Proposed wording:

1. The SPA follows the CANPL Clean Sport and Doping Control policies.

Rationale: CANPL is the one who dictates our doping control policies through CCES, so updating to reflect that. The SPA does not initiate any doping control testing on our own.

#### **Proposal 11 - Policies SECTION 7 PROVINCIAL REFEREES - Withdrawn**

Current Wording: n/a

Proposed Wording:

Add to Section 7: Provincial Referees

6. Referees at local level competitions (to be understood as competitions lower than the Provincials Championships) shall wear a provided SPA Referee Polo and dress slacks or skirt in lieu of the standard referee attire. Referees will be provided with one polo when they pass their provincial referee exam. Referees can optionally purchase additional polos at the current market price.

Rationale:

To make local competitions feel more approachable and to make the referees feel more



approachable to new lifters. I feel bringing down the level of attire will help to make it feel more like a local sport should feel. While standardizing on a polo with name tag will still provide the authority and consistent look we want.

**Proposal 12 - Policies: SECTION 4: FINANCIAL MANAGEMENT - Withdrawn**

Current Wording:

4. Signing authority will be given to the President and Treasurer.

Proposed Wording:

4. Signing authority will be given to the President, **Vice President** and Treasurer.

Rationale:

To have 3 signing authorities on our account.

**Proposal 13 - Policies: SECTION 4: FINANCIAL MANAGEMENT - Withdrawn**

Current Wording:

n/a

Proposed wording:

[Add under current point 4]: disbursements from the bank account by any method will require approval from two signing authorities.

Rationale:

Good financial management.

**Proposal 14 - Policies: SECTION 4: FINANCIAL MANAGEMENT - Withdrawn**

Current Wording:

5. An independent review of the SPA financial statements prepared by a qualified accountant, bookkeeper or accounting firm will be conducted annually, unless waived by the Members by way of simple majority of a motion at the AGM in accordance with the Non-Profit Act of Saskatchewan.

Proposed wording:

5. An independent review of the SPA financial statements prepared by a qualified accountant or accounting firm will be conducted annually, unless waived by the Members by way of simple majority of a motion at the AGM in accordance with the Non-Profit Act of Saskatchewan.

Rationale:

Under the new NPO act, it must be a CPA who does this review.

## Proposal 15 - Policies: SECTION 4: FINANCIAL MANAGEMENT - Withdrawn

Current Wording:

### 6. Purchase Authorization

- a) Purchases made by members on behalf of the organization are to be reimbursed upon approval at the appropriate level.
  - i) Reimbursements up to and including \$200 can be authorized by the Treasurer or President
  - ii) Reimbursements exceeding \$200 but not exceeding \$499 are to be authorized by both the Treasurer and the President.
  - iii) Reimbursements of \$500 or greater are to be authorized by Board motion either relating to the reimbursement, or the purchase giving rise to the reimbursement.
- b) A Board member cannot authorize an expense reimbursement payable to themselves.
- c) Expenses should be reasonable in nature and serve the Association in an economic capacity.
- d) When a purchase is to be made, either by way of budgeting or by board motion (outside the scope of the annual budget that exceeds \$500, at the minimum, two quotations for the product or service should be obtained and reviewed by the Board. Factors to be reviewed in consideration include price, geographical location, timeliness of delivery, experience with the vendor, and the vendor's involvement with the Association. If the purchase is not captured within the scope of the annual budget, the expense shall be put to a motion at a meeting of the Board with a simple 50% majority.

Proposed wording:

### 6. Purchase Authorization

- a) Purchases made by members on behalf of the organization are to be reimbursed upon approval at the appropriate level.
  - i) Reimbursements up to and including \$200 can be authorized by the Treasurer or President.
  - ii) Reimbursements exceeding \$200 but not exceeding \$999 are to be authorized by both the Treasurer and the President.
  - iii) Reimbursements of **\$1,000** or greater are to be authorized by Board motion either relating to the reimbursement, or the purchase giving rise to the reimbursement, **unless the purchase was specifically noted in the annual budget.**
- b) A Board member cannot authorize an expense reimbursement payable to themselves.
- c) Expenses should be reasonable in nature and serve the Association in an economic capacity.
- d) When a purchase is to be made, either by way of budgeting or by board motion (outside the scope of the annual budget) that exceeds **\$1,000**, at the minimum, two quotations for the product or service should be obtained and reviewed by the Board. Factors to be reviewed in consideration include price, geographical location, timeliness of delivery, experience with the vendor, and the vendor's involvement with the Association. If the purchase is not captured within the scope of the annual budget, the expense shall be put to a motion at a meeting of the Board with a simple 50% majority.

- e) In order for reimbursement to occur, sufficient supporting documentation to substantiate the expense must be provided to the approving signatories.

Rationale:

Increasing minimum dollar values for required authorization due to increased cost of general purchases and to fall in line with SK Sport requirements.

h. Ratification of Saskatchewan Powerlifting Association Safe Sport Policy Manual

Current wording impacted:

- Athlete Protection Policy
- Code of Conduct and Ethics
- Discipline and Complaints Policy
  - To replace SPA Section 12 Complaints Policy & Section 13 Discipline Policy, approved June 1, 2024.
- Investigations Policy - Discrimination, Harassment, and Prohibited Behaviour
- Alternate Dispute Resolution Policy
- Appeal Policy
  - To replace SPA Section 14 Appeals Policy, approved June 1, 2024
- Social Media Policy
- Screening Policy
- Conflict of Interest Policy

Proposed wording: [SPA Safe Sport Policy Aug 1 2025.pdf](#)

Rationale: SaskSport compliance

The SPA Board withdrew the ratification of the SPA Safe Sport Policy Manual.

4. Adjournment

- i. Motion to adjourn: Tim Zelinsky
- ii. Second: Daniel Heintz
  - All in favour: 16
  - Against: 0
  - Abstain: 0
  - Meeting adjourned at 7:43pm