

Minutes - Annual General Meeting of the Canadian Powerlifting Union
Sunday March 30, 2014, St. Catharines, ON, 12:00 pm,

- 1) Roll Call
(Call to order at 12:10)

Fason Fancey – NF	Bill Jamison – REF
Brian George – NS	Jeff Butt - VP
Bill You – BC	Barry Antoniow - Treas
Jill MacFarlane – PEI	Ryan Stinn - Pres
Ryan Fowler – SK	Mike Armstrong - Sec
Louis Levesque - QU	Harnek Rai - ADC
Julie Watkin – ON	
Mark Giffin – ON	
Avi Silverberg – AB	
Shane Martin - AB	

- 2) President’s Message
Read by president Ryan Stinn, attached below.

- 3) Minutes of the last Annual General Meeting++
Accepted as previously distributed

- 4) Treasurer’s Report
Budget reviewed by Barry Antoniow
Some questions from board members
 - Can funds be moved around for unexpected opportunities/expenses (yes, with board approval)
 - when will coaching programs start (unknown but soon hopefully)
 - extra president expenses for 2015 (international events in Canada)
 - about promotions expenses (Facebook ads)
 - is the sanction fee increasing? (possibly)
 - balancing the budget to add money for ref’s going to worlds. (Barry will adjust)
 - changes made on some items, AGM expenses, promotions, refs travel, refs at nationals.

- 5) Secretary’s Report
Read by Mike Armstrong

- 6) Reports from CPU Officers**
 - a) Referee Chairman – read by Bill Jamison
 - b) Registration Chairman – part of secretary’s report
 - c) Public Relations Chairman – part of secretary’s reportSeconded and accepted by vote.

- 7) Reports of Standing and Special Committees**
 - a) Selections Committee – read by Ryan Fowler
 - b) Disabilities Integration Committee - Read by Barry Antoniow
 - c) Funding Committee – read by Ryan Fowler
 - d) Disciplinary Committee – none, ad hoc committee
 - e) Doping Control Committee – Chris Robb’s report read Harnek Rai.
Some questions about allocation of funds for OMT vs IMT, provinces that paid for their own testing, athlete selection process
 - f) Coaching committee – report read by Louis Levesque
Seconded and accepted by vote.

- 8) Reports from Affiliated Provinces**
Reports not read, all were distributed prior to the meeting
Seconded and accepted as distributed by vote.

- 9) Old business
 Online Membership – Barry discussed, reviewed the process and some specifics. Cost of \$500 setup, plus 3% per transaction.
 Proposal to have the system setup, to enable testing.
 Seconded and accepted by vote.
- 10) New Business- Action on Proposed Amendments
 See attached proposals below for outcomes.
- 11) Items for Discussion
1. CPU Hall of Fame (SK)
 Proposal is to create a “lifetime achievement”, lifting performance based, not based on the last years lifting. Voted that Ryan Fowler will develop criteria for voting on next year.
 2. Money set aside in budget for World Games athletes and coaches (SK)
 Proposal that \$2000 per athlete be awarded to WG lifters.
 Seconded and accepted by vote.
 3. Feedback from Executive Council or Voting Council feedback to Nationals meet director using standardized form, similar to IPF feedback given to Worlds meet directors.
 Will implement a meet directors guide and standardized feedback form
- 12) Affiliation of new Member Provinces
 none
- 13) Delinquent Provinces
 none
- 14) Future Championships Bids
 Nationals 2015 – St. John’s NL.
 Nationals 2016 – Moose Jaw, SK
 Eastern Canadians 2014 – John MacDonald and Heather Ayles, Charlottetown, PEI
 Western Canadians 2014 – Mike Armstrong, Calgary AB, Oct 4.
- 15) Any other business
 CPU Clothing/track suit contract
 ER Canada – (Mike Armstrong)
- 16) Elections (nominations listed)
 President: Mark Giffin
 Vice President: Sport Development – Bill You, Director of Programs, Sandro D’Angelo
 Secretary: Mike Armstrong (also Record, Registration and PR)
 Treasurer: Barry Antoniow
 Anti-Doping Committee: Chris Robb
 Referee Chair: Bill Jamison
 Team Selection Committee: Ryan Fowler
 Coaching Committee: Ryan Fowler
 Disability Para-Powerlifting: Barry Antoniow
- 17) Annual Awards (nominee’s)
 Bill Jamison Award: Tom Nicholls
 Male Powerlifter: Dave Walters
 Female Powerlifter: Rhaea Stinn
 Male Bencher: Connor Lutz
 Female Bencher: Jessica Benedetto
- 18) Adjournment

Proposals Submitted

Ryan Stinn, CPU President

1) Drug Testing Fee

We remove the \$75 drug testing fee and increase the CPU card cost by \$7.50 to match the cost.

Information:

124 record apps in 2013 which is down from 2012 and should, theoretically continue to decrease as the records get to a certain standard. Some lifters feel it is unfair to have to pay for your record, which I can see. So my proposal is to move this "income" to all lifters, because it's not fair either that the record setters are paying the drug testing money, this income should be split between all members.

125 record apps x \$75 = \$9375 / 1300 members = \$7.21 per CPU card.

Amended by the proposer to increase the card cost by \$5.00, not \$7.50, this amount determined to be sufficient to equal the current fee income.

Seconded and accepted by vote, one opposed.

2) Rankings Policy, modify it from:

8:09 Any lifter who has registered a positive doping control test shall have all previous records that he/she may have held removed. Records will revert back to the previous record-holder to

8:09 Any lifter who has registered a positive doping control test shall have all previous records that he/she may have held removed as well as listings on the lifter ranking lists. Records will revert back to the previous record-holder.

Seconded and accepted by vote.

From Barry Antoniow, CPU Treasurer

1. Proposed Motion; BY LAWS: Section 8:04 The number and names of lifters tested at any competition where CCES is present will be determined by mutual consent of the CPU Anti-Doping Committee or Provincial affiliate representatives on site, when the CPU funds the tests from the budget. Whereas if an individual provinces or meet director that pays to have CCES testing shall have the option to select the athlete(s) they want to be tested.

Rational: May Provinces and meet directors add funds to have extra testing done outside the CPU budget. The Provinces and meet directors may have suspicion of lifters that the CCES may not be privy to. It also encourages Provinces to help with the number of tests performed in Canada.

Motion tabled, until the CPU Anti-Doping Committee chair can be consulted.

2. Proposed Motion; BY LAW; Section 8:14 (eliminate current as it has nothing to do with doping control) replace with: Testing will be based on % of membership of each province.

Rational: to balance out the tests based on membership volume, to give the provinces a fair distribution of tests.

Withdrawn by proposer.

3. Proposed Motion; Eliminate/achieve the list of pre CCES positive tested athletes, prior to 2008 that are not on the IPF list of banner lifters.

Rational: there are lifters on this list but not on the IPF list. These lifters are not welcome back to the CPU and

their names will be achieved in the CPU AGM minutes as banned but not listed. This prevents new lifters from competing at events that may be coaching, officiating or lifting that are on this historical list. This was evident at an even this summer and the CPU is to support powerlifting not stifle it.

No Secunder, motion fails.

4. ParaPowerlifting Committee

Motion: The CPU and Member Provinces will add a division for Parapowerlifting, IPC weight divisions, and records (Provincial and National) for Parapowerlifting.

Rational: With the new agreement between the Canadian Wheelchair Sports Association and the CPU, we will take over the governing of Parapowerlifting in Canada. Parapowerlifting is an Olympic Sport and is also in the Pan Am Games, Commonwealth Games and most of the Major able body games. With the ability now to move forward with an application to Sports Canada to get the status of NSO (National Sports Organization) which in turn could possibly open up opportunities for government funding.

Seconded and accepted by vote, one opposed.

5. Proposed Motion: Article V EXECUTIVE COUNCIL AND OFFICERS: That the CPU add a new position with the title of “ VP of Sport Development” added to the Executive Council Officers (Article 5, Section 1,

Rational: Currently there is an even number of members and could result in Executive Council ties. The President typically is only a tie breaker at AGM meetings and not in Council votes. With the membership growing and the addition of Parapowerlifting there is a need to expand and grow the Leadership of the CPU. The position description will help expand and develop the CPU and Powerlifting as well as help prevent the loss of members.

VP –Sport Development (new position)

Position Description: Will be a CPU National Executive Board member that reports to the Board of Directors, the Sport Development (SD) is responsible for contributing to and enacting the strategic plan developed by the Board of Directors and helping the members and Provincial members develop in their areas. The SD will organize an annual plan of action along with the Executive Board.

Another major role of the Sport Development Director is to be the “social media face and voice” of the CPU, liaising and communication with the public, funding partners and other parties within and outside of the powerlifting community. The SD will also be responsible for developing budgets with the Treasurer.

Position Responsibilities

A. Business Development

1. Develop and maintain partnerships with strategic bodies
2. Interface between PSO and NSO
3. Develop and maintain relationships with the National and Provincial sport bodies
4. Oversee special events of the Union, such as Annual Awards, major competitions and national championships

B. Organizational Development

1. Work with the Board of Directors to develop a long-range strategy which achieves its mission and toward which it makes consistent and timely progress
2. Prepare and present a quarterly report for the Board of Directors which reflects issues, opportunities, and priorities
3. Budget preparation and management
4. Provide leadership in developing programs and plans with the Committees, and carry out plans and policies authorized by the Board of Directors
5. Promote active and broad participation by volunteers in all areas of the organization's work

6. Attendance at and preparation of documentation for meetings and forum conversations of the CPU Executive.
7. Prepare and maintain a communication plan with membership

C. Technical / Sport

1. Work collaboratively with the NCCP committee and coaches on the development and implementation of a program to help in their own continual professional development & in the professional development of other coaches across the country
2. Development of grass roots programs for distribution to clubs for increasing participation and capacity
3. The development & publication of a comprehensive yearly training program for both Junior & Senior athletes
4. The development & implementation of BC Team selection criteria for participation in National & International level competitions & training camps for consideration by the Technical Committee

Relevant Experience

The ideal candidate will have the following skills & experience:

- Previous PSO Board experience
- National (or International) competition experience
- Possible referee experience at a national level
- Ability to work under pressure and multi-task essential
- Exhibit independent judgment in the development, implementation and evaluation of plans, procedures and policies
- Knowledge of the principles and techniques of contract negotiation, community organization, and principles and practices of marketing and public relations
- Experience planning and maintaining an annual calendar of events for a sports organization
- Experience in fundraising and contacting sponsors is an asset
- Very strong communication and mediation skills

Seconded and accepted by vote, 6 - 4

Proposed Motion; To change and add the following description to the current Vice President Position;

Rational: Currently the Vice President position is not well described or functions outlined. With the application process with Sport Canada for the NSO require that all board position have a clear description and that there is a performance appraisal done. By creating clear descriptions it will enable the board to do performance appraisals. There is a section in the NSO application that is dedicated to LTDA with clear roles and responsibilities required. This position would be responsible and required to work on this mandate.

VP – Director of Programs (internal)

Technical / Sport

1. Work collaboratively with the NCCP committee and coaches on the development and implementation of a program to help in their own continual professional development & in the professional development of other coaches across the country
2. Develop a LTAD with the support of a consultant.
3. Development of grass roots programs for distribution to clubs for increasing participation and capacity
4. The development & publication of a comprehensive yearly training program for both Junior & Senior athletes
5. The development & implementation of Team selection criteria for participation in National & International level competitions & training camps for consideration by the Technical Committee

Relevant Experience

The ideal candidate will have the following skills & experience:

- Previous PSO Board experience
- National (or International) competition experience
- Referee experience at a national level or in the stream to within 1 year of elected
- Ability to work under pressure and multi-task essential
- Exhibit independent judgment in the development, implementation and evaluation of plans, procedures and policies
- Knowledge of the principles and techniques of Program management
- Experience planning and maintaining an annual calendar of events for a sports organization
- Very strong communication skills

8. Proposed Motion: ARTICLE XVI: Affiliation Requirements:

- a. 12. All provincial affiliates must obtain a minimum Provincial not-for-profit corporation status and submit the registration to the secretary.

Rational: This is a safe guard to the board members. The current CPU board insurance only covers the President. When we get NSO status you will need to get a Non-profit status to get the PSO status and possible grants. Many of the Provinces are already Non-profit corps, but some are not. This may become a liability for the members in the future.

Seconded and accepted by vote, to be confirmed by all provinces by the end of 2015

9. Proposed Motion: BY-Law 4.21 Meet safety policy:

- a. All CPU and Provincial member sanctioned competitions will adopt and enforce the meet safety guidelines and adhere to educating volunteers on the policy.

Rational: To prevent any negligence in hosting competitions in the case of an injury.

To ensure our insurance company that we took every precaution to prevent injuries.

Seconded and accepted by vote

10. Proposed motion: By-Law 3:11 Athlete of the Year / CPU Hall of Fame: to add the wording "The CPU shall maintain an Equipped and Classic Male and Female Athlete of the Year....."

Seconded and failed by vote

11. Proposed By-law 9:10 : All national team sponsorships must be approved by the CPU Exec.

Rational: To prevent kickbacks, special treatment and financial gain by any individual representing the CPU.

Withdrawn by proposer

12. Proposed Mandate motion: To the CPU Exec. and Provincial Association, that by 2015 the CPU and Provincial Members will develop and come to consensus on a uniformed Executives Code of Conduct that will be proposed for the 2015 AGM.

Seconded and accepted by vote

13. Proposed Motion: Article V Executive Council and Officers: CPU Executive Council members are not permitted to serve as Directors or Officers for a CPU Provincial Member Association. If elected to a CPU Executive Position the member must step down from their Provincial Board.

Amended by proposer to say "President or Vice President" rather than "Directors or Officers"
Seconded and accepted by vote.

14. NSO steps and Parapowerlifting :TBA - discussed elsewhere.

15. Budget and Financial Report: TBA - discussed elsewhere.
 16. Official Strategic Plan: review current plan and create mandates and goals for 2014-15. - discussed elsewhere.
 17. Pan Am Games Report: TBA
They are looking for spotters, other helpers. Ontario committed to providing.
 18. Website Demo and Report: www.esportsdesk.com
- Discussed elsewhere, motion was accepted.
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From Mike Armstrong, CPU Records chair

New Bylaw, 3:05, Records, Awards and Classifications

If a province holds a separate contest that is designated as an “Equipped Provincial Championships”, lifters that intend to lift without supportive equipment may enter, but will be considered as equipped lifters, and will not be eligible to set Unequipped (Classic) records of any level, or be entered on Rankings lists for Classic lifting.

Rationale: The logistics of determining the equipment status of such lifters makes it difficult to administer, plus this essentially gives the classic lifters an extra meet in which to set records, an unfair advantage over equipped lifters.

Seconded and accepted by vote

From PEI, Tom Nicholls

Re: Bylaw 3:03, currently reads:

National records shall only be eligible to be set at Provincial Championships contests, Westerns/Eastern Canadians or any higher level of competition.

Proposal:

National records shall be set at all levels of competition, given all three officiating referees are of CPU National Rank or higher.

Reasoning:

-This would ensure all National Records are as legitimate as possible with the 3 Referees, as is the requirement now.

-This would generate more profit for the CPU from record fees, which could be allocated towards the drug testing program.

-This would help local level meets be more exciting. The Meet Directors pay a sanction fee to their Association and deserve to have the best quality of lifting deemed possible. Having the ability to set NR's helps with attendance of lifters and with the promotion of the sport to garner more spectators.

Seconded, motion failed by vote.

From Alberta, Kain Lyon

1) Change ARTICLE XVI: AFFILIATION REQUIREMENTS:

8. Each province must hold one annual, closed provincial championship.

To:

8. Each province shall be required to hold one annual, closed provincial championship for each division, weight, and age class.

Aim:

There is multiple reasons for this change. It allows for provinces like Ontario to host separated provincials as they currently do. The new wording prohibits provinces from hosting multiple provincial championships (repeating age/weight/division) to take advantage of national record setting ability.

Seconded and accepted by vote.

2. Remove:

9. Each province must submit a list of its proposed competitions for the coming calendar year to the National Secretary. This list should be submitted as early in the New Year as possible.

Aim:

This does not happen and I do not see how it is feasible. As a result, it should not be in there.

Seconded and accepted by vote.

3. Change:

4:06 When contest groupings make it such that a lifter could be eligible for two separate age categories, i.e. Junior and Open, or Master and Open, any lifter wishing to have a total in each category must actually lift in each category. Transferring of results is not allowed

To:

4:06 When contest groupings make it such that a lifter could be eligible for two separate age categories, i.e. Juniors and Open, or Master and Open, any lifter can choose to be eligible in both categories, and only lifting once, if the contest groupings of each category compete in the same flight. For example, Master or Junior athletes can choose to compete in the Master and Junior categories as well as the Open class if lifting for each age category occur in the same flight. Athletes will only be required to lift once to be eligible to compete in both categories for the same contest.

Aim:

Given the relatively small numbers of athletes in each weight and age category in Canada, combing similar weight categories across all age classes would create a more competitive environment. For example a Junior or Master athlete will be able to rank among the entire field of lifters across all age categories, as well as compete in their own division, if athletes choose to be represented in both categories. There have been occasions where Junior or Master athletes are stronger than Open-aged athletes, which is evident by some of the Open National records being achieved by Junior and Master athletes. The goal of the Open category should be to crown the strongest individuals across any age group. As well, the practice of being eligible to compete in multiple age categories has been implemented in the USAPL and has proven successful in raising the level of competition in the Open category.

Seconded, motion failed by vote.

4. Change: National Qualifying Totals

Required Totals	Equipped	Unequipped
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III	Class IV
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69 (female 60+)	Class IV	Class V
Master 70+	none	none

To:

Required Totals	Equipped	Unequipped
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III	Class IV
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69 (female 60+)	Class IV	Class V - Males None - Females
Master 70+	none	none

Aim:

When the Qualifying totals were standardized across the sexes, female 60+ totals were unfairly reinstated. As the female 60+ category is the equivalent of the male 70+ category, no qualifying standards should exist, at the very least for unequipped.

Seconded and accepted by vote.

5. Change: 4. COMPETITIONS

4:00 Competitions sanctioned by the CPU shall include:

<snipped>

-Western Canadian Powerlifting Championships, in age categories determined by the meet director.

-Western Canadian Bench Press Championships, in age categories determined by the meet director.

To.

4:00 Competitions sanctioned by the CPU shall include:

<snipped>

-The Stockinger Cup(Western Canadians) in all IPF recognized age categories.

-Western Canadian Bench Press Championships, in age categories determined by the meet director.

Aim:

Renaming of Western Canadians to the Stockinger Cup in honor of our good friend Joe Stockinger.

6. Add: APPENDIX D - Stockinger Cup

1. The Stockinger Cup is for all intents and purposes the Canadian Powerlifting Union Western Canadian Powerlifting Championships and shall retain all rules associated with qualifying, setting national records etc. that the Western/Eastern Canadian Championships
2. The Stockinger Cup is named to honor Joe Stockinger, a renowned referee competitor coach and volunteer with countless years with the Canadian Powerlifting Union
3. The Stockinger Cup shall always be hosted in conjunction with the CPU Western Canadian Bench Press Only Championships until the CPU executive committee deems the size of the Bench Press Championships warrants it's separation
4. The Stockinger Cup shall be hosted between the date range of **(NEEDS TO BE DECIDED)**
5. The official logo of the Stockinger Cup:



6. Medal design for the Stockinger Cup shall be approved by the CPU executive committee and will stay consistent year to year
 7. In addition to standard medals and awards given, the Stockinger Cup shall be awarded to the heaviest male and female deadlifter at the meet.
 8. The Cup (to be donated by Kain Lyon) itself is the property of the CPU. The names of the Stockinger Cup winners (heaviest male and female deadlifter) shall be engraved on the trophy.
 9. The Stockinger Cup shall be followed by a banquet or official dinner hosted by a local establishment
-

Seconded motion failed by vote, 7 – 4

Proposals From Ontario

1. **Proposal: Re Article V #2**

Existing Wording: The voting council consists of the President, the Executive Vice President, the Treasurer and the Secretary and the Vice Presidents (Provincial Presidents)

Proposal to change to: The voting council consists of the President, the Executive Vice President, the Treasurer, the Secretary, the Provincial Presidents and the Provincial Vice Presidents (or a designated alternate in place of either the Provincial President and/or Vice President)

Rationale: Although we appreciate the need for the Executive Council to have a voice and that they are tasked with the day to day running of the CPU it is of concern that the executive council votes comprise a large percentage of the entire voting council. It has been discussed at length that executive council votes can be cast either on behalf of the cpu and therefore not supporting any province or, alternatively could grant provinces with members on the Executive Council, a potential over-weighted advantage. We can say that this has not yet happened, nor will it happen. We suggest that we eliminate, as far as we can, the potential of it occurring. We understand that this structure exists at the IPF level. However, the impact is significantly different. The IPF has 96 member countries. Therefore the Executive Council votes comprise

4% of the total rather than 25% as it exists in the CPU. The proposal to give each Province two votes (President and Vice President or alternates) brings us more closely in line with the IPF while still allowing the Executive Council say in day to day matters.

Seconded and accepted by vote, 2 opposed.

2. **Proposal Re: By-law Clause 4 - Competitions, Item 4:03**

Existing Wording: Provincial teams shall be allowed to compete at National Championships. A province may enter as many local teams as it wishes, but only one provincial team.

Proposal to change to: "Provincial teams shall be allowed to compete at National Championships. A province may send as many lifters as it wants but may enter only one provincial team. The final nomination list of provincial team members must be received by CPU President with a copy to the Meet Director within 21 days of the National Championship."

Rationale: The purpose of the proposed amendment to foster friendly inter-provincial competition, elevate the standard of competition at the provincial and national level, improve Canada's competitiveness and standing at international competitions and provide a means to limit the size of National Championships.

Seconded motion failed by vote, 7 - 4

3. **Proposal: Re: Article V #5**

Existing Wording: Executive Council members to receive a \$1,000 annual stipend

Proposal to change to: Executive Council members to receive a \$1,000 annual stipend with the exception of the Executive Vice President except in the event that he/she must take over the duties of the president at which time, the stipend will be prorated for the period remaining for that year.

Rationale: Per the constitution, the job description of the Executive President is to take over the duties of the President if he/she ceases to be able to discharge his/her duties. The executive VP has no official job description beyond that.

Withdrawn by proposer

4. **Proposal Re: Article VI #3**

Existing Wording: The president shall present all awards at National competitions. He/She may delegate this duty to other officials of his/her choice

Proposal to change to: *add...*with the proviso that all presenters are dressed in a manner appropriate to the occasion and to their office. Eg. Referee uniform

Rationale: There have been instances in the past at Championship ceremonies when presenters were poorly dressed reflecting badly upon both the event and our organization. All presenters should be dressed as appropriate to the dignity of the occasion

Seconded and accepted by vote

5. **Proposal re bylaw: 8 Doping Controls Out of Competition**

Proposal to add new item: If information regarding address is either falsified or extraordinarily out of date in reference to testing, then it should be considered fraudulent/cheating and addressed appropriately

Seconded, withdrawn by proposer, as a similar proposal is in by the AD committee

From BC, Joe Oliveira

Proposal 1

ARTICLE I: GENERAL PROVISIONS:

Any Canadian citizen or **Permanent Resident** of Canada shall be allowed to register with the C.P.U. so long as he/she is an amateur in good standing.

Non-Canadian citizens or non-Permanent Residents may participate in CPU events as lifters or officials upon proof of membership in good standing with any IPF affiliate federation.

Lifters that are not Canadian citizens or Permanent Residents of Canada are not eligible for competition awards and may participate as guest lifter status.

Rationale: Immigration Canada has replaced the term 'Landed Immigrant' with 'Permanent Resident' and the CPU Constitution should be updated accordingly. It should be clarified in the Constitution that only Canadian Citizens and Permanent Residents are eligible for awards at CPU competitions.

Seconded and accepted by vote

Proposal 2

ARTICLE V: EXECUTIVE COUNCIL AND OFFICERS:

- 14) CPU Executive Council and Officers are not permitted to serve as Executive Council and/or Officers for a Powerlifting Society/Organization that is not **affiliated with the IPF or approved by the IPF.**
- 15) CPU Executive Council and Officers are not permitted to direct and/or promote events sanctioned by a Powerlifting Society/Organization that is not **affiliated or approved** by the IPF.

Rationale: Wording is more precise as compared to recognized. In certain cases the IPF approves participation, i.e. Police & Fire Games.

Seconded and accepted by vote

Re: Insurance

Proposal from BC to

- a) amend the insurance policy to include provincial executive members as part of the insured group
- or
- b) amend the CPU constitution of who is a board member to include the provincial EC members as non-voting CPU Executive members, thereby bringing them within the definition in the current insurance policy.

Discussion followed, the mandate of the CPU is to move towards this by the end of 2015.

From Saskatchewan. Ryan Fowler

Constitutional Changes

Article XIX: National Records

Add 8. Any National Records set at a World Championship or at the World Games will have the record fee waived.

Reason: Our International athletes are already shelling out much out of pocket expenses. This is one way the CPU can recognize the ability of our international athletes, by allowing them the opportunity to set National records at a World level without the cost associated with the application fee. If passed, move current #8 in this article to #9.

Withdrawn by proposer, fees have been eliminated.

Bylaw Changes

2:07 Current Wording

Sponsors logos may be placed on the front or back, and/or both sleeves of a T-shirt or the front or back of a singlet for wearing on the platform. Logos must not be considered offensive as decided by the CPU executive.

Sponsors must be registered with the CPU. Logo approval fee will be \$250 annually or may also be negotiated in a separate sponsorship deal with the CPU. CPU approved sponsors logos will be permitted at all lower levels of competition.

Sponsors for individuals are exempt from the above requirement.

2:07 Proposed Wording (changes and additions in red)

Sponsors logos may be placed on the front or back, and/or both sleeves of a T-shirt or the front or back of a singlet for wearing on the platform. Logos must not be considered offensive as decided by the CPU executive. **CPU approved sponsors logos will be permitted at all lower levels of competition.**

All sponsors must be registered with the CPU including team sponsors. Sponsor approval fee will be \$250 annually or may also be negotiated in a separate sponsorship deal with the CPU. The CPU President will negotiate all sponsorship deals, including any team sponsors.

Sponsors for individuals are exempt from the above requirement.

Reason: Previous discussions around this would make it appear that only sponsors looking for their logo on the platform need to pay this fee, however all sponsors related to the CPU need to be approved by the President, including any team sponsors, not just sponsors looking for logo placement on the platform.

Seconded and accepted by vote

Proposal #1

Add New Bylaw 8:18

-As part of the CPU Out-Of-Competition testing Program, CPU members are obliged to provide current and correct contact information (home address, e-mail address, phone number) to the CPU Registrar on their Membership Applications and update the information should it change during the membership year. If it is concluded by the CPU Anti-Doping Committee after careful examination of the circumstances, that a member has intentionally provided incorrect or out-dated contact information to the CPU, either a warning or 6 month suspension may be imposed.

Seconded and accepted by vote.

Proposal #2

Add New Bylaw 8:19

- The CPU reserves the right to execute 'Advance Notice' drug testing in accordance with clause 6.29 of the Canadian Anti-Doping Program.

Seconded and accepted by vote.



Ryan Stinn
1155 Hochelaga St W.
Moose Jaw, SK S6H 2J3

President's Report to the Board

Well I said this last year and I have to say it again, what a huge year for the CPU. This year our goal was to hit the 1000 member mark, what would be a very substantial milestone, and hit it we did! We surpassed it by leaps and bounds, hitting 1300 members. This is 100% growth in 4 years from 606 members in 2009. Barry has done some very nice stats around this including attrition numbers.

One thing that Mike and Barry have worked on this year has been the online member registrations. I know some provinces have gone ahead and started this locally and that is great, but I think as a whole this would make things easier for our new and existing members. As well the provincial presidents won't need to dole out a large sum of money for a stock pile of cards at the beginning of the year.

Barry has also been lead on working with the Canadian Wheelchair Sports Association. We are now the official body for ParaPowerlifting in Canada and we will have a few of these athletes competing here this week. The IPF last year signed an official agreement with Special Olympics making the IPF and all national bodies partners. We are lucky in Canada as we are ahead of this with the work Jeff Butt has done in the past with Special Olympics Canada we are already in a partnership with them, however, I believe this needs to be worked on more in the coming year.

I have been working on the Bylaw changes that are required for all Not for Profit corporations in Canada and we should have these changes ready within the next few months. For those that don't know the NFP Act in Canada has changed and certain things that we have in our bylaws need to be removed or reworded as they are now addressed directly in the Act. I have a lawyer currently looking at the proposed changes to ensure we will be inline.

One area I feel we need to put some money into this coming year is our coaching program. Last year we adopted a document from the coaching committee but we need to develop a leveled coaching system. This is a huge area we are lacking and I think some funds need to be put towards this. I believe we have the talent within the CPU to do this but due to the amount of work required I think some funds should be set aside to reimburse the individual(s) who take this on.

Finally, this past year was a great year for the CPU on the international stage. In total we sent 80 athletes to international events and brought home 42 overall medals and 74 individual lift medals. Along with this five world records were set by two individuals, Tim Ekert and Connor Lutz. Last year was also World Games year and one athlete qualified, Rhaea Stinn, and her brother, Ryan Fowler and I attended as coaches. Thanks to Larry Leblanc for putting together these stats and posting them on the forum.

Ryan Stinn
President Canadian Powerlifting Union



Mike Armstrong, Secretary
 4709 Fordham Cres. SE
 Calgary AB, Canada T2A 2A5
 403-402-4142 - mike@powerlifting.ca

Annual Report, CPU Secretary, 2013-2014

Once again a busy year, running or helping out at other meets, world meets attended, record updates, card sales, website updates, changing jobs, and setting up my own business.

Registrations

We are again at an all-time high, 1309 total, an amazing 38% increase over last year, nearly double from 2010.

To the right are the membership numbers by province for the last 6 years. All are up, or at least equal to last year. Significant are NL and NS, both over double last year.

Please refer to the attrition rates on the treasurers report for more information.

	2008	2009	2010	2011	2012	2013	% change
BC	52	78	89	114	137	237	73
AB	56	60	85	93	138	174	26
SK	30	43	39	64	88	108	23
MB	22	22	19	29	47	52	11
ON	228	235	247	266	330	395	20
QU	55	59	75	66	89	137	54
NS	52	38	30	64	43	88	105
PEI	15	35	58	60	47	47	0
NL	46	35	46	47	29	70	141
NB					2		
IN		1	2		1	1	
Ttl	556	606	690	803	951	1309	38

To date, 1233 cards have been sent out, 500 more than this same point last year, so it looks to be another banner year.

Records

New Records in 2013 were 446, down from 492. On the surface, not a significant change, considering the policy change to allow records at provincial level or higher meets only, but when you factor in the 38% increase in membership, this may be more of a change than it appears.

Website

As in previous years, the site has again been very busy, with the forum accounting for the bulk of the traffic. Results have all been coming in within the one week deadline, and notifications of new contests have, for the most part, also come in within the 6 week prior deadline.

World Teams

The World team nominations process is a lot of work, but went well this past year. For 2014, Ryan Stinn is taking the job on to give me a break.

I was proud to serve as coach for the World Master team last year, taking our team to its most successful world championship in CPU history. I also attended the Commonwealth championship in New Zealand, mostly as a referee, and took on the role of VP for the CPF.

Mike

CANADIAN POWERLIFTING UNION

BARRY ANTONIOW

AGM 2014 REPORT

Financial Report Highlights: At the end of 2013 the CPU had a very health net retained earnings. Our current reserve fund doubled over the last year and generates approx. \$2000 per year on interest.

In 2013 we stayed within the budget. I would like to propose in the future we have a “review engagement” to meet the requirements of Sports Canada.

Parapowerlifitng: I attended the Canadian Wheelchair Sports Association AGM to represent the CPU in the approval of the “letter of agreement”. This was the first step on the Governing of the Parapowerlifting Division as officially under the CPU. (see notes). 2015the Para Pan Am Games will be held in Toronto and in 2016 The Paralympics in Rio.

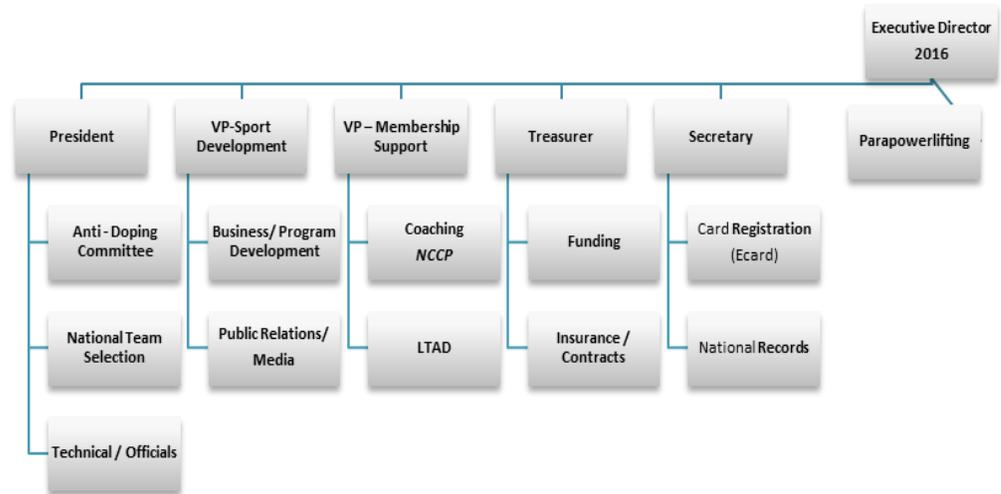
Strategic Plan: (see document) Please read over the strategic plan as this is the guiding principles for the CPU. This document helps the executive create mandates, direction and accountability.

Competition Safety: (see document) The competition safety document was encourage by the insurance company to reduce liability and educate meet directors and volunteers of the CPU expectations. This document be added to the CPU website and an electronic version will be sent to all Provincial Members to provide to their meet directors when sanctioning competitions.

Organizational Chart Proposal: The proposed organizational chart creates an accountability structure that outlines responsibilities to each individual position.

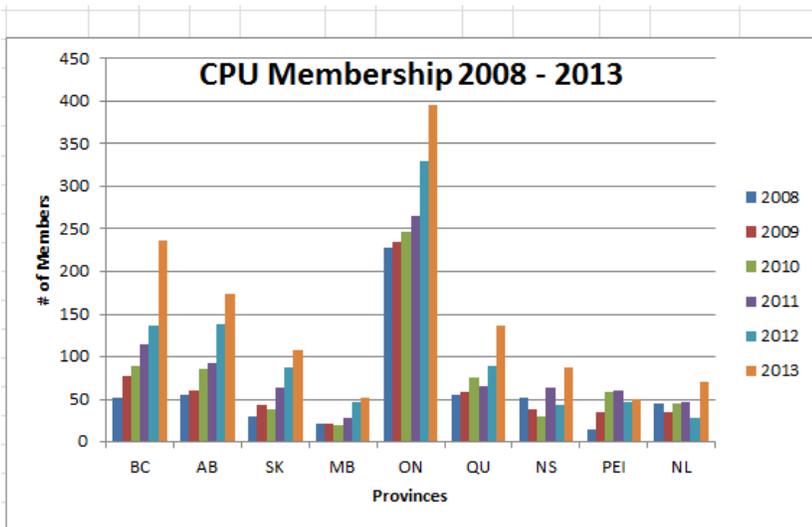
- Treasurer’s Report (Financial Statements, Budget and Comparative)
- Parapowerlifting Report (CWSA Agreement, NSO application and Pan Am Games)
- Competition Safety Policy, PIPEDA Policy
- Insurance Policy
- Strategic Plan
- CPU Organization Chart

Canadian Powerlifting Union 2014-17

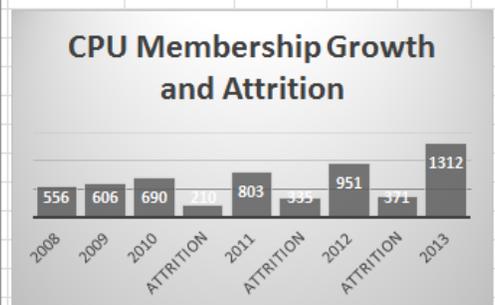


Membership Trends

	2008	2009	2010	Attrition	2011	Attrition	2012	Attrition	2013	% Change	% of CPU	Average attrition	Av. Attrition %	Ave In. 2010-13	# Tests	IPF Test
BC	52	78	89	50	114	63	137	50	237	73%	18%	54.3	49%	40%	2	
AB	56	60	85	N/A	93	37	138	71	174	26%	13%	54.0	46%	28%	7	
SK	30	43	39	12	64	20	88	37	108	23%	8%	23.0	35%	41%	3	2
MB	22	22	19	9	29	9	47	18	52	11%	4%	12.0	39%	42%	0	
ON	228	235	247	85	266	96	330	146	395	20%	30%	109.0	38%	17%	2	1
QU	55	59	75	33	66	28	89	15	137	54%	10%	25.3	34%	26%	2	
NS	52	38	30	N/A	64	27	43	18	88	105%	7%	22.5	42%	62%	3	
PEI	15	35	58	11	60	25	47	16	50	6%	4%	17.3	32%	-4%	1	
NL	46	35	46	10	47	30	29		70	141%	5%	20.0	43%	35%	0	1
NB							2									
IN		1	2				1		1							
Total	556	606	690	210	803	335	951	371	1312	38%		37.5	40%	32%	20	4



Note: The CPU membership list has 2205 entries since 2010. With 1312 members in 2013, 893 members have not returned. In 2010, no membership cards were returned by AB. or NS, so their attrition numbers are marked NA.





CPU Anti-Doping Committee **Year End Report – 2013**

Presented March 30, 2014 - St. Catherines ON - CPU AGM

The Committee is pleased to provide this report to the CPU Executive upon completion of our 3rd year using the Canadian Centre For Ethics In Sport (CCES) under contract as the 3rd party collection and testing agency on behalf of the CPU.

Attached please find an Anti-Doping Results Summary for the year as well as the Anti-Doping Budget/Expenditure Summary, all of which show the details of testing done in 2013. The testing program was done very close to the budget provided and approved by the Executive.

The summaries show the following testing activity:

In-Competition

12 men – 3 women
Total 15

Out-Of-Competition (successful attempts only)

4 men – 2 women
Total 6
Total Tests - 21

Results

No adverse findings

Suspensions

1 – Refusal to test –permanent sanction

Testing for 2014 has begun with the same Budget approved as for 2013. The Committee looks forward to another year working with CCES to provide an effective and high quality Anti-Doping Program within the CPU.

Respectfully submitted,

CPU ANTI-DOPING COMMITTEE

Chris Robb Harnek Rai
Chairman Member

CPU Anti-Doping Results – 2013

1. In-Competition

MEN

Hector Aguilar	April 19	negative
Joel Klassen	April 19	negative
Lewis Noppers	April 19	negative
Michael MacDonald	April 19	negative
Matt Mackay	May 25	negative
Mike MacDonald	May 25	negative
Shane Martin	July 6	negative
Kojo Gyennin	July 6	negative

Dan Lamoureux	October 19	negative
Lucas Tetrault	October 19	negative
Kelly Branton	November 17	negative
Jason Byrne	November 17	negative

WOMEN

Rhaea Stinn	April 19	negative
Savanah Porzuczek	April 19	negative
AJ Facendi	July 6	negative

2. Out-Of-Competition

MEN

Yves Brousseau	February 17	negative
Anthony Burden	May 26	negative
Chad Rogers	June 4	negative
John MacDonald	September 22	negative

WOMEN

Alison Scott	May 26	negative
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3. Suspensions

Out-Of-Competition

MEN

Ryan Robson	February 24	Refusal to test	permanent sanction
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OVERALL ANTI-DOPING BUDGET 2013

As at February 2013

IN COMPETITION TESTING	10,736
OUT OF COMPETITION TESTING	<u>5,964</u>
TOTAL 2013 BUDGET	16,700

<u>2013 CPU In-Competition Testing</u>	Budget \$10,736	# tests done	# tests paid by CPU
CPU Nationals (\$4,830 + 13% HST)		6	6 5410
Nova Scotia Provincials		2	2 1804
Alberta Provincials (3rd test done at the expense of APU)		3	2 1804
Western Canadians		2	2 1804
Ontario Provincial (2 tests done at the expense of the OPA)		2	0 <u>0</u>
In-Competition Total (Actual)			10822
<u>2013 CPU Out-Of-Competition Testing</u>	Budget \$5,964		
Contract has been signed \$5,278 plus 13% Hst Up to 10 collections			5964
Out Of Competition Total (Actual)			5964
<u>Grand Total For 2013</u>			16786

March 30, 2014

To: CPU Executive

Please find below the reports of the Team Selection Committee and the Funding Committee for the 2014 AGM.

Team Selection Committee:

The team selection committee did not need to be struck this year as there were no selections to be made for World teams.

Funding Committee:

The funding committee continues to be on a holding pattern due to the need for Sport Canada approval in order to proceed with NCCP development and vice versa. It is hoped that this year, with the continued work towards both coaching development and parapowerlifting recognition, we will be able to proceed forward with funding.

Yours in Lifting,

Ryan Fowler
Team Selection Committee and Funding Committee Chairman

BCPA President's Report Year Ended December 31, 2013

- 2013 was a very active year for the Sport of Powerlifting in BC. The BCPA hosted the CPU Nationals and Taranis Powerlifting Challenge in addition to the Annual Winter Open, Provincials and Fall Classic Competitions. The BCPA also assisted the BC Special Olympics Committee in executing the Powerlifting component of their Provincial Games. The Taranis Powerlifting Challenge was a highly successful contest in terms of athletes competing and crowd attendance. This is particularly encouraging given the fact that the last major BCPA event to be held on the Island was the 1998 BCPA Provincials. The BCPA also hosted its first dual platform Championships at the Richmond Olympic Oval with the Winter Open which was directed by Gabriel Festing.
- The 2013 CPU Nationals held at the Richmond Olympic Oval was a highly successful and well attended Championships which many commented 'raised the bar' in Canada for a National level Championships. The income generated from Nationals allowed the BCPA to upgrade the BCPA equipment which consisted of purchasing 2 Competition Eleiko bars with collars, a full Eleiko Powerlifting competition calibrated set of weights and 3 clone ER racks. Special thanks to Joel Klassen for his expertise in constructing the ER racks under some serious time constraints!
- The BCPA ended the year with 234 registered members which exceeded 2012 year end membership numbers by 97 and is a historical high for the organization. As reported last year the increase in popularity is a result of the increasing popularity of the relatively new unequipped category and the BCPA's use of Social Media to promote the Sport Provincially. The growing popularity of Crossfit is also a contributing factor as witnessed at the Taranis Powerlifting Challenge. Retention of members is a goal that the BCPA will be focusing on for 2014.
- 2014 is starting on a positive note as the Winter Open currently has a high number of registrants and the BCPA will be assisting Special Olympics Canada with the Powerlifting portion of the 2014 National Summer Games. I extend thanks to my fellow executive members, member volunteers and sponsorship groups for their efforts in producing a highly successful 2013 for the Sport of Powerlifting in BC.



Alberta Powerlifting Association Corp.
Alberta, Canada
Mr.shane.c.martin@gmail.com
www.powerliftingab.com

March 30, 2014
To: CPU Executive

Alberta hosted 8 contests in 2013 and reached an all-time high in membership with 174. The Avi Bench Classic was held on January 6, the Strive Qualifier was held on April 20, the Peak Power Challenge was held on June 16, Provincials held on July 7, Big Rock Open held on August 10, Bay Noppers Memorial on August 18, Urban Athletic Games on October 5, and Powersurge held on November 16th. We saw a large increase in female competitors and classic powerlifting continuing to be the main portion of events. Powersurge was one of the largest meets in Alberta to date with over 60 competitors entered. Powersurge also garnered lots of media attention with CTV Edmonton, Gateway press, and had roughly 300 attendees cycle in and out throughout the day.

Alberta sent 4 lifters to Classic Worlds this year. Dani Savoie won Gold in her 84kg Junior division. We also sent 2 lifters to the Commonwealth Championships in New Zealand. Alberta currently had two new provincial referees take and pass their tests, Shane Martin and Adam Price. APU's facebook page has reached almost 400 likes that continues to prove as a vital tool towards communicating news, competitions, and questions from athletes. Furthermore, we have had two new meet directors in 2014 host meets, Brody Laybolt in Cold Lake and Mark Oxe in Olds who will be hosting Provincials. Seven Alberta lifters were drug tested this year and all seven's results were negative.

Kain Lyon recently stepped down as President. His contribution to powerlifting in Alberta has been tremendous. His work on the APU website, Facebook page, contest videos, photo collages, and similar items is exemplary. His constant help coaching new lifters at meets, refereeing, hosting meets, gear transport, bylaw changes to help increase the efficiency of the APU, made the APU a well-oiled machine. Being President, he had to deal first hand with many people trying to bend the rules to their favor and he must be the one who has to make the choice of sticking to procedures not to allow for slack and leeway. This type of decision making is key and I firmly believe that having kept those policies and procedure in such high regard was a key factor in maintaining such high quality powerlifting within the APU. With that, I, Shane, will be acting President until our election in the summer at Provincials.

Overall, the APU saw lifter growth, higher quality meets, many records set and broken, and Alberta on the world podium. With the coming election, I am excited to see the future of the APU and the direction it will take under new leadership.

With Respect,
Shane Martin
APU Acting President
UAPA President



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

March 30, 2014

To: CPU Executive

Saskatchewan hosted 5 contests in 2013. The Regina Open was held on February 9. The Adrenaline Open was held May 18, also in Regina. Moose Jaw held the Unparalleled Open on July 13 and the Saskatchewan Provincials were held on October 26 in Saskatoon. Finally 8th Annual Last Chance contest was held in Moose Jaw on December 21. All meets were very well run and were well attended by lifters, both new and old.

Saskatchewan sent 3 lifters to Worlds this year. Ryan and Rhaea Stinn competed at Open Worlds, held in Norway. Rhaea finished 5th with a bronze in the bench press and Ryan finished 12th. Connor Lutz competed in the 1st Junior Classic Worlds, finishing 3rd, with a gold and new world record in the bench press. Rhaea Stinn also competed at the 2013 World Games in Cali, Colombia where she finished 4th.

Saskatchewan currently has 3 National referees, Ryan Stinn and Ryan Fowler and Rhaea Stinn. There are also seven Provincial level referees, including Tania Stevens, Dan Suberlak, Darryl Campbell, Shantelle Szuch, Heidi Fowler, Lucas Tetreault and Chris Arnold. Growth in this area is slow but steady year to year and we continue to work on this area.

Saskatchewan Powerlifting continues to grow in numbers and caliber of lifting, with 2013 being our biggest membership year ever. The future looks good for the SPA.

Yours in Lifting,

Ryan Fowler
SPA President



MANITOBA POWERLIFTING ASSOCIATION
YEARLY REPORT
2013 - 2014

Lifters:

SPECIAL OLYMPICS

The MPA continues to provide support to the handful of Special Olympians who compete within the Province. These athletes are integrated into the MPA competitions as they occur throughout the year. Most of the Special Olympians involved with the MPA have been medically cleared to Squat. We have found that this greatly improves their overall strength and coordination.

Drug Testing

There were two drug tests conducted in Manitoba by the CCES in 2013 at the CPU Western Canadian Powerlifting Championships. There were also two drug tests conducted at our first competition this year on February 16, 2014.

Competitions

It seems official now, Unequipped Powerlifting has been a key factor and at the forefront of a resurgence in our sport over the past few years. In Manitoba we have noticed that our competitive lifting base is increasing. Virtually all of the new lifters are entering the sport and competing unequipped and they are continuing to do so.

The MPA was host to the 2013 CPU Western Canadian Powerlifting Championships on October 19, 2013. The lifter turn out was disappointing but the lifting was not. The feedback the MPA received from those in attendance was positive.

The MPA hosted three other events throughout the year, two in Winnipeg and one in Dauphin Manitoba.

Highlights

- MPA hosts the 2013 CPU Western Canadian Powerlifting Championships
- Susan Haywood successfully passed her National Referee's Exam and Practical at the Nationals in Vancouver
- Guy Page sets National Deadlift Record and earns Silver in the 120+ Men's Open at Nationals
- **Trevor Winfield for the third year in a row has the highest Unequipped Benchpress in the country – 232.5kg at Nationals. The MPA would like to nominate him for Male Benchpress Athlete of the Year.** This is based upon consistent Unequipped Benchpressing exceeding every other competitor in the country.

*Prepared by,
Brock Haywood
MPA President
IPF Category I Referee*



Executive Council

President:

Brock Haywood BA

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ROC-3B0

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(204) 997 1445 (C)

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Secretary:

Position Vacant

Phone: (204) (H)
(204) (W)

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Lifter's Liaison:

Position Vacant

Phone: (204)
(204)

OPA Presidents Report to CPU 2014 AGM

We would like to welcome everyone to the 2014 CPU National Championships in St. Catharine's this year. We hope that you are all able to take a bit of time to enjoy our local scenery and hospitality.

2013 was a record breaking year. Membership topped out at almost 400 lifters; an increase of 20%. The early days of 2014 promise to be even better with 258 lifters registered by the beginning of March. Not surprisingly, the largest growth is in the junior and open age groups. This is a positive trend as previous years had Ontario's membership heavy in the masters age groups with fewer junior and sub-junior lifters.

Last year we had 11 meets including both the classic and equipped Provincial Championships. In addition to that, were 4 high school meets with participation of 16 schools. All of our open meets, with one exception, were full and had waiting lists.

The 2013 Toronto Super Show, the meet that has become the OPA 'flag ship' meet for promoting our sport, was an unqualified success with over 60 lifters in the three lift and bench only over two days. We had participation and sponsorship from both Titan and Rescindx. While we cannot grow this meet in terms of membership participation given venue logistics, we can continue to make this Ontario meet to lift at. While most meets are club run, this remains under the governance of the OPA and had assistance from many of our clubs in the region.

Like membership, our meet schedule for 2014 will be just as busy, if not more so, than last year with 9 meets already on the calendar in addition to our 4 high school meets and one college and university meet. Already, we have two summer meets, the Toronto Super Show and the Ottawa open that are full with waiting lists for the three lift portion of the meet.

Late last year Ontario made a couple of administrative modifications to facilitate membership enrollment and meet entry. We enabled membership enrollment on-line through the OPA website. Of the 258 members, 154 registered on-line; 60%. Clearly this was a much needed advancement. However, given that 40% remain paper entries, we will need to maintain both options for the time being.

More importantly, to our members, we set up on-line meet entry for those meet directors who asked to have it set up and could accept payment either via e-transfer or paypal. Both the Toronto Super Show and the Ottawa Open have on-line entry set up. It is worth noting that both of these meets had their first registrants within minutes of the entry form going live.

We wish everyone the best of luck in the coming week. In addition, we would like to thank Glyn and Marlene for organizing the largest nationals to date and doing so with their typical attention to detail and focus on our lifters that make all of their meets memorable.

Julie Watkin
OPA President



Fédération québécoise de dynamophilie

Québec Powerlifting Federation

fgd-quebec.com

St.Catharines, March 2014

CPU BOARD OF DIRECTORS CPU PROVINCIAL PRESIDENTS

The QPF recruited 137 members (24 women and 113 men) and ran 11 competitions in 2013. Biggest year ever for our Provincial federation. Two of our members were drug tested , one in competition and one out of competition with negative results.

2 of our lifters (Joël Boulianne & Jessica Benedetto) attended the World classic event in June. Jessica won the bronze in bench press. Savannah Porzuczek attended Junior Worlds in Killeen. And won the bronze medal. 3 of us attended the World Masters in Orlando where both Janet Warne and Francis Rousseau won the gold.

Thanks to our very busy Facebook page, we now have members in 14 different regions of Quebec. We should be able to run meets in a couple of these new regions in 2014, creating more interest.

Once again, we were granted \$5,000 from the Quebec government in 2013. There seems to be a certain status quo in the amount of funding available for the next couple of years. So any extra funding will need to come from either increase in membership or donations.

We had our first student entering a sport/study program. Some of our full time coaches are currently working on recruiting more students for the program. This should be a very good step to eventually get a good school program going.

So another challenging year is still ahead of us and we will be working on breaking the 150 members in 2014.

Louis Levesque
President

Newfoundland and Labrador Powerlifting Association Corp.

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powerliftingnl@gmail.com

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March 8, 2014

To: CPU Executive

Newfoundland is please to say that we have hosted 2 contests in 2013. The provincial championships were in June and we held a 2nd open meet in late November. Both meets were very well run and were well attended by both lifters and spectators. We the emergence of classic lifting and the potential for nationals to held in St. John's in 2015 a lot of new lifters have come forward and stepped on the platform.

Competition wise, Newfoundland had a strong presence representing Canada on the World stage. Tony Granville attended the World Junior championships and bought home a silver medal in the 74KG deadlift and finished 5th overall. Josh Hancott attended Arnolds and had some superb accomplishments with a world record squat. Tom Kean (lifting/coaching), Jason Fancey (coaching) and Jeff Butt (lifting) attended International meets as well.

On the referee side of things, Newfoundland welcomed 2 new provincial level referees this year, Tony Granville and Josh Hancott. It is great to see the lifters taking an interest in other sides of the sport and helping us grow this area. So with 4 national referees and 8-9 provincial level referee, we are looking good in this area, but more are always welcome.

Newfoundland Powerlifting has grown in numbers to its largest total to date. The caliber of men and women lifting here has been great. I am looking forward to see what 2014 has in store for the NLPA.

Thanks,

Jason Fancey
NLPA President

List of National and International Referees 2014

Province	Name	Level
British Columbia	Chris Robb	International Cat 2
	Pat Ling	National
	Surinder Singh Virk	National
	Kim Dennis	National
	Justin Gray	National
Alberta	Joe Stockinger	International Cat 1
	Mike Armstrong	International Cat 1
	Kain Lyon	National
	Kevin Breiter	National
	Avi Silverberg	National
Saskatchewan	Ryan Stinn	National
	Ryan Fowler	National
	Rhea Stinn	National
Manitoba	Brock Haywood	International Cat 1
	Annette Powell	National
	Sue Haywood	National
Ontario	Bill Jamison	International Cat 1
	Harnek Singh Rai	International Cat 1
	Lynton Lam	International Cat 2
	Michael Knott	International Cat 2
	Adele Couchman	National
	Don Clarke	National
	Rick Gazdig	National
	Scott Seguin	National
	Jerry Marentette	National
	Stan Goss	National
	Mark Giffin	National
Ron Strong	National	
Quebec	Louis Leveque	International Cat 1
	Jean Sebastian-Rheume	International Cat 2
	Daniel Royer	National
	Dany Mansour	National
	Francis Rousseau	National
	Marc Roiux	National
Nova Scotia	Ron Delaney	International Cat 2
	Michael Eldridge	National
	John Fraser	National
	Paul Gidney	National
Prince Edward Island	Steve Fleming	National
	Heather Ayles	National
Newfoundland	Jeff Butt	International Cat 2
	Ralph Payne	National
	Jason Fancey	National
	Perry Price	National

Report on Refereeing 2014

At last year's Canadian Championships in British Columbia, five provincial referees passed their national referees' exams.

Justin Gray B.C. Sue Haywood Man. Paul Gidney N.S.
Francis Rousseau Que. Rhea Stinn Sask.

This year there will be seven people taking their National Referees' Exam. There will be a complete rules clinic on March 31st at 6:30 p.m., followed by the written exam. All successful candidates will be assigned various times and dates for their practical examination.

A data base has been established to keep track of all of our national and international referees and their activities.

Our international referees must officiate at two national and two international contests. One may be a national bench press competition and one may be an unequipped competition. They must also attend a rules clinic within the four year period. This must be done in order to keep their international standing.

At the first of each year, our international referees are expected to decide which international competitions they will be able to attend, and apply to the national referees' chairperson.. The chairperson will then decide which of these referees will attend according to the needs of their current status within the four year period.

At all international contests, each country must send at least one referee with its team. Failure to send a referee means being penalized for team points. Any funds available will distributed between two referees per contest. Any extra referees will not be funded.

Each year at the Canadian Championships all referees that are officiating will be paid a set amount for each session they officiate, depending on the availability of funds. This year the amount will be twenty-five dollars.

At present, a computerized version of the national written exam is being developed which will align us with the IPF standards. This will make things more expedient.

Respectfully Submitted

William T. Jamison Referees' Chairperson

St Catharines, March 30, 2014

Coaching committee report for 2013

The coaching committee selected coaches for most of the World and International championships.

There were also a few discussions about letting some lifters that did not attend previous year's Nationals. Most of them were allowed to attend.

There has also been some interest from a few members to attend the new IPF coaching license seminar. I'm sure this will be part of the upcoming discussions in the months to come. Most of them requested financial support from the CPU.

Barry Antoniow will also propose some steps to move forward with the NCCP & NSO recognition as he is also currently working I believe, on NSO recognition for Canadian Wheel Chair Sports Association.

Due to the work load associated with the growth of the QPF, I will not be able to continue working with the coaching committee. This will leave the door open for a new Chairperson.

Best regards,

Louis Levesque