
Official Minutes
Annual General Meeting of the Canadian Powerlifting Union
Tuesday, March 29, 2011 – Charlottetown, PEI, 8:00 am

1) Roll Call

In attendance: Kim Dennis Jeff Butt Jon Stewart Kain Lyon
 John Fraser Cliff Samms Tom Nicholls Ryan Fowler
 Ryan Stinn Bill Jamison Louis Levesque Barry Antoniow
 Glyn Moore Heather Ayles Brock Haywood Mike Armstrong
 Joe Oliviera

2) Call to Order at 8:07am

3) President's Message

Presented and read by Jeff Butt

4) Minutes of the last Annual General Meeting++

Motion to accept the Minutes by QC; seconded by SK; Passed

5) Treasurer's Report**

Presented and read by Barry Antoniow

Adjustment to be made by Barry to the 2011 drug test allowances to show \$15,000

Motion to accept the budget by SK; seconded by QC; Passed

6) Report from CPU Officers**

a) Referee Chairman

Read and presented by Bill Jamieson

Some discussion regarding National/International refs who are not at Nationals and who will not be attending the clinic this year as to where and when they are being made aware of the current rules, changes and interpretations.

b) Registration Chairman

c) Public Relations Chairman

Presented and read by Mike Armstrong

CPU is trying to gather a database of lifter information from CPU cards but not all card bottoms are being returned by provinces. Each province is encouraged to either create an Excel database and send this to Mike or return the card bottoms as they are supposed to.

7) Reports of Standing and Special Committees**

a) Selections Committee

b) Disabilities Integration Committee

c) Funding Committee

d) Disciplinary Committee

None of the above were read as no committee actions currently

e) Doping Control Committee

Submitted by Chris Robb and read by Mike Armstrong

8) Reports from Affiliated Provinces**

Motion to accept Mike Armstrong ; seconded by AB ;Passed

9) Old business

Ryan Stinn will be updating ranking lists with the new weight classes by the end of April

10) New Business- Action on Proposed Amendments

Bill Jamison spoke regarding National level referees who are sitting their practical exam for their National referee test and record setting at this year's Nationals.

Proposal to ARTICLE XIX: NATIONAL RECORDS

Addition 7. "When a Provincial referee is testing for a National referee certification, any National Records set during the testing shall be deemed to be legitimate, regardless of the outcome of the exam, providing a Jury is present."

Seconded by Mike Armstrong; Passed

11) Items for Discussion

1. Strategic Planning (B.Antoniow)

The Executive Committee will be responsible for developing a draft of a Strategic Plan to present at the 2012 AGM.

2. Insurance, Liability, the CPU and Provincial Organizations (B.Antoniow)

Barry will be reporting back once he receives further information from the insurance provider regarding insurance for the CPU.

He also provided information regarding a \$4 insurance option for lifters that could/should be purchased as a part of their CPU card.

The Executive Committee may meet again this weekend if Barry receives the information or it will be discussed on the EC Forum.

3. Testing of Provincial Referee's (PEI)

Concerns about the lack of standardization of Provincial exams across Canada. Bill volunteered to compile a Provincial level referee exam and will send it to Mike for discussion on the Forum. Provinces may choose to use this exam if they want.

12) Affiliation of new Member Provinces

*none have been submitted

13) Delinquent Provinces

None

14) Future Championships Bids

National bids must be made in writing, giving full descriptions of the venue and other necessary details.

EQUIPPED

2012 Calgary by Mike Armstrong with date and details to be determined

2013 Kelowna by Barry Antoniow

RAW

2011(November?) in St. John's by Jeff Butt

2012 Glyn might be interested

15) Any other business

Change BYLAW XIX NATIONAL RECORDS regarding the number of National level referees sitting for a National record from 3 back to 2 if the Provincial referee has written and passed the standardized CPU Provincial test and practical exam or is currently a Provincial referee.

Vote to accept the amendment- Passed

Seconded by MB; Failed

CPU medal design- Kain Lyon volunteered to work with his medal designer to produce the new National medals.

CPU logo design-discussion regarding changing the new logo and the design of it. Time line for the design to be decided will be end of May.

CPU tracksuits- design for the tracksuits may be changed depending on the logo.

Glyn Moore spoke about a multi-sport show in Toronto on June 18th that would like to have an invitational raw and equipped Powerlifting contest in conjunction with it. Glyn

would like feedback as to who should be invited, etc. He will put an entry form out once he knows more information.

Funding for referees by Bill Jamison: Bill thinks that if we want to keep refs involved we might want to start considering this.

CPU card cost increases by Barry Antoniow: Barry thinks that this should happen soon to help offset increased costs. Proposal: "As of January 2012 the CPU card cost be increased to \$30 and the Provincial annual affiliation fee be increased to \$300."

Seconded by AB; Passed

Change of the CPU fiscal year end dates by Ryan Fowler: He wishes to see the fiscal year dates changed to allow lifters to purchase a CPU card that will allow them to compete in a nationals through the purchase of a membership card.

Contract for the CPU Clothing to be renewed by the end of April and the Executive will discuss and finalize this.

Coaching Committee Members: Chair-Louis Levesque; Members: Ryan Fowler, Jon Stewart, Brock Haywood

Lifters attending international competitions: Concerns over lifters attending Arnold Powerlifting competition representing the CPU at an IPF competition that were not members of the CPU at the time and/or were suspended lifters. Proposal that a letter be sent by the CPU President to the IPF and cc'ed to the USAPL to make them aware that previously some of the lifters who attended this contest were not affiliated lifters at the time that they competed in the contest.

Seconded by AB; Passed

16) Elections: Election year, all national offices are open

President-Jeff Butt

Vice President-Ryan Stinn

Treasurer-Barry Antoniow

Secretary-Mike Armstrong

All other Office and Committee Chairs will remain as is

17) Nomination and selections for the CPU Awards:

1. Male Powerlifting Athlete-of-the-Year-Tom Nicholls
2. Female Powerlifting Athlete-of-the-Year-Rhaea Fowler
3. Male Bench Press Athlete-of-the-Year-Avi Silverberg
4. Female Bench Press Athlete-of-the-Year-Rhaea Fowler
5. Bill Jamison Award-Glyn Moore

18) Adjournment at 1:40 pm

++The 2010 Minutes are available on the CPU website. Please print a copy if you need one. Only a few additional copies will be available at the 2011 AGM. A formal reading will not take place in Charlottetown.

**Committee chairs and Provincial Presidents must present a brief written report. Please be sure that all reports are clearly written, and that you have enough copies (20 would be sufficient) for all to have one.

Alberta

Proposal: Addition of a DOB (Date of Birth) space on the CPU card

Reason: To facilitate the checking of a lifters age at local level meets.

Seconded by PEI; Passed

PEI

Proposal One, Re: ARTICLE IV: SPECIAL MEETINGS:

Current Wording:

If requested by at least 50 % of the affiliated provinces, the Executive Council must meet within two months of the date of the request.

Proposal: Delete the above.

Reason: Pointless in the modern age, with the Executive members all having access to the EC members forums with its own standing rules for meetings.

Seconded by QC

Discussion that there is no harm leaving this in as if a situation arose a meeting might be required.

Defeated

Proposal: Add new item:

Each province will be limited to one representative on the website Executive Forum.

Reason: no need for two reps, it extends discussions much longer, slows down the decision making process. Too many on the forums now to make it run efficiently, things get bogged down.

Seconded by QC

Discussion that not all provinces are active on the forum; perhaps on Presidents and VPs should be allowed on

Defeated

Proposal Two: To combine the offices of Secretary, Registration, Records and Public Relations

Current Wording:

ARTICLE X: DUTIES OF THE RECORDS CHAIRMAN:

1. The Records Chairman shall maintain communication with the CPU Webmaster to keep online CPU National Records up-to-date.
2. The Records Chairman shall send an up-to-date list of the National Records to the Annual General Meeting.
3. The Records Chairman shall be responsible for a yearly report to the Annual General Meeting.
4. The Records Chairman shall be responsible for receiving record applications and record fees.

ARTICLE XII: DUTIES OF THE SECRETARY:

1. The Secretary shall assist the President in carrying out and conveying the wishes of the Executive Council to the General Secretary of the I.P.F.
2. The Secretary shall be responsible for taking and keeping the Official Minutes of all National Meetings.
3. The Secretary shall be responsible for all official C.P.U. correspondence.
4. The Secretary shall be responsible for updating the CPU Constitution and Bylaws following any changes, and to forward a copy to the CPU webmaster for posting on the website within 30 days of said changes.

ARTICLE XIII: DUTIES OF THE REGISTRATION CHAIRMAN:

1. The Registration Chairman shall be responsible for all internal National registration matters, expenses and receipts. His/her expense receipts shall be submitted once annually to the Treasurer.

2. The Registration Chairman shall maintain an up-to-date list of all nationally-registered members with current contact information.

2. Executive officers: Secretary
Officiating Chairman
Records Chairman
Registration Chairman
Director of Public Relations
3. At national meetings and in other circumstances requiring a vote, voting shall be limited to the members of the executive council, or a delegate of the province who's President is absent. The chairman of the council, normally the CPU President, shall vote only in the event of a tie.
4. During the period between National meetings, the C.P.U. shall be administered by the Executive Council.

Proposal: Change the above articles to:

1. Executive Council Officers: President
Executive Vice President
Treasurer
Administrative Secretary
2. Voting Council All Executive Council Members
Vice Presidents (Provincial presidents)
3. Executive Officers Officiating Chairman
Committee Chairman (any active committees)
4. The Executive Council Officers shall be responsible for normal function of the CPU's day to day operations. Any issues that may be determined to require a vote or that would affect the CPU Constitution and Bylaws will be brought forward to the Voting Council, either by special meeting on the Executive forums on the website, or the Annual General Meeting.

Reasons : change the structure of the Executive, to allow for a more efficient operation, improved leadership, more concise decision making, quicker decision making and accountability. With the changes the CPU Executive Council Officers will run the daily operations, thus the President has a committee to work with to assist in all the previous mentioned improvements. When major issues require voting decisions, the Executive Council will determine the item of voting and present the option(s) to the balance of the Voting Council.

This is very similar to how the IPF Executive committee operates, looking after the normal operation of the IPF, with important matters coming forward to the annual IPF Congress.

The present structure as witnessed through-out the years and this past year allows for lots of discussion, but not to often gets pointed in the direction of decision-making. The voting council needs to put the trust in the Executive Officers council to act/re-act and make the decisions and make the operations more effective and efficient.

Seconded by QC

Amendment to the proposal to remove Administrative Secretary and leave Secretary.

Seconded by SK; Passed

Amended proposal passed

Proposal Four, Re: Bylaw 1, THE EXECUTIVE COUNCIL:

Add to the above proposal if passed:

5: Executive Council members receive a \$1000/year stipend. (Beginning with the 2012 fiscal year.)

Reason: A stipend is a new change of direction also, but leads to more accountability.

Seconded MB

For 5; Opposed 2

Passed

Proposal Five, Re: Bylaw 1, THE EXECUTIVE COUNCIL:

The wording of bylaw 1 is affected by the above changes:

Current Wording:

1. The EXECUTIVE COUNCIL

1:00 The C.P.U. Executive Council shall consist of the President, the Executive Vice-President, the Vice-Presidents (Provincial Presidents), and the Treasurer. At National Meetings, in the event that a Vice-President cannot attend, his/her provincial association must appoint a delegate, in writing, who will represent the association at the Meeting.

Proposal: to change the title and first sentence to:

1. The VOTING COUNCIL

1.00 The C.P.U. Voting Council members are the Executive Council members, and provincial Vice Presidents as defined in Article V. (second sentence to remain the same)

Note: All subsequent items in Bylaw 1 will need to be changed to "Voting Council" for any instance of "Executive Council"

Seconded by AB

Passed

Proposal Six, Re: ARTICLE XV: COMMITTEES:

Proposal: Add new item:

Chairmen of all active committee's shall produce a bi-weekly report to the Executive Council, even if there is nothing to report.

Reason: Through-out this year there have been several occasions where EC members are asking about things of interest and that are being worked on, they need to be informed and updated more often. This would eliminate a lot of the discussions and speculations, just provide updates bi-weekly, so EC members will know that the committees are working actively on the topics under their consult.

Seconded by SK

Amendment to say a monthly report due the first of every month

Passed

Seconded by AB

Passed

Proposal Seven, Re: Bylaw 4: Competitions

Proposal: Change current wording:

The entry closing dates for all National Championships must be stated as 28 days prior to the date of the Championship.

To: 42 days (six weeks) prior to the date.....

Reason: to facilitate better planning of the event for the meet director, as entry forms are often not mailed until the very last day, and received up to 10 days later.

Seconded by AB

Discussion about the length of time required and whether preliminary nominations could be an option.

Passed

Saskatchewan

1. Proposal is to change Bylaw 4:14

4:14 The President of the Province in which a Canadian Championship is being held shall be responsible for ensuring that all equipment to be used at the competition meets the required specifications. Equipment shall be checked at least one week prior to the event. If a competition does proceed without proper equipment, then the Officiating Chairman shall prepare a report detailing the discrepancies, and provide this report to the CPU President. The CPU President shall then give written notice that sanctions for future competition will not be issued until proper equipment is obtained. Further, if a second offense occurs the \$250.00 bond or certified cheque for that competition shall be cashed as a fine to the meet director, and the Province shall also pay a fine of \$100.00.

To Read (addition is in bold):

4:14 The President of the Province in which a Canadian Championship is being held shall be responsible for ensuring that all equipment to be used at the competition meets the required specifications. **Equipment that will be used on the competition platform must be IPF approved.** Equipment shall be checked at least one week prior to the event. If a competition does proceed without proper equipment, then the Officiating Chairman shall prepare a report detailing the discrepancies, and provide this report to the CPU President. The CPU President shall then give written notice that sanctions for future competition will not be issued until proper equipment is obtained. Further, if a second offense occurs the \$250.00 bond or certified cheque for that competition shall be cashed as a fine to the meet director, and the Province shall also pay a fine of \$100.00.

Rational: Approved equipment on the platform will provide a safer lifting environment along with faster weight changes and rack height changes. There are plenty of approved racks around the country so it shouldn't be unrealistic for a National meet to require at least one for the competition platform.

Seconded by AB

Discussions both ways supporting and against this proposal due to costs associated with purchasing this equipment.

Failed

2. Change Bylaw 2:01f

2:01(f) Individual Membership Fee 25.00

To Read (addition is in bold)

2:01 (f) Individual Membership Fee (**Valid from April 16 in the current year to April 15 of the next year**) 25.00

Rational: Currently, the way a CPU card works is on our fiscal year, which is January 1 to December 31. However, the problem with this is that in order for a lifter to lift at Nationals, they will usually be required to purchase 2 memberships. This does not make sense, if our competition year is based on leading up to Nationals (which is what the CPU governs), then it only makes sense that a person should be able to buy 1 CPU card and be able to lift in all the contests leading up to and including that years' National Championship.

Seconded by Barry; Failed

3. Change Bylaw 10

10. COACHING

10:00 The C.P.U. shall develop a pool of coaches to draw from for National Teams. Nominations for membership in the coaching pool shall be provided by the provincial presidents.

Provinces to list eligible NCCP coaches, who are also Nationally qualified powerlifters, and submit each year to the CPU President

10:01 At all international competitions, the coaches will have the final say as to the lifters' attempts. The lifters may make suggestions only. The lifters must be made aware of this situation prior to team selections.

10:02 Head Coaches of C.P.U. National Teams at international competitions shall be eligible for reimbursement of up to 50 % of their travel and accommodation expenses subject to:

a) availability of funding from the C.P.U., and b) financial need on the part of the coach.

To Read (changes in Bold)

10. COACHING

10:00 **For the Open, Master, Junior/Sub-Junior and Open Bench Press World Championships, the C.P.U. coaching committee will select one Head Coach from a pool of applicants.**

10:01 At all international competitions, the coaches will have the final say as to the lifters' attempts. The lifters may make suggestions only. The lifters must be made aware of this situation prior to team selections.

10:02 **Head Coaches of C.P.U. National Teams at international competitions shall be eligible for reimbursement in amounts as per the CPU Budget.**

10:03 **The duties, eligibility and requirements of the head coach are laid out in the Canadian Powerlifting Union Coaching Job Description document maintained by the C.P.U. coaching committee.**

Seconded by Barry; Passed

4. Proposal to add to ARTICLE XV: COMMITTEES

Add

8. Coaching Committee: The coaching committee shall be responsible for the selection of the Head Coach for each of the Open Powerlifting, Master Powerlifting, Junior/Sub-Junior Powerlifting and Open Bench Press World Championships. The coaching committee shall also be responsible for testing on all National coaches.

Seconded by AB; Passed

Public Relations/Records Chairman, Mike Armstrong

Proposal One, Re: ARTICLE XIX: NATIONAL RECORDS:

Current wording:

1. A standard C.P.U. Record Application form must be submitted to the National Records Chairman no later than sixty days from the date of any sanctioned competition.

Change to:

1. A standard C.P.U. Record Application form and Record Application fee must be submitted to the National Records Chairman no later than **fourteen** days from the date of any sanctioned competition.

Reasons: Many lifters submit their applications and fees quickly and certificates are sent to them.

Another lifter from the same or even an earlier event may wait until close to the 60 day deadline to submit theirs, possibly nullifying the first. This leads to confusion, and lifters paying for records that are not records.

Also, the current system of lifters paying their provincial body then they pay the records chairman should be eliminated. Lifters can pay the records chairman directly. This will be more efficient, and make it possible to set up online payment system using Paypal or similar.

Seconded by AB

Amendment: postmarked no later than 7 days from the date of any sanctioned competition unless exigent circumstances apply.

Passed

Proposal Two, Bylaw 8: Doping Controls:

Delete bylaws 8:05 and 8:06

8:05 Since all lifters at CPU competitions face the possibility of doping control, any lifter that exceeds a national record will have that record accepted, upon payment of a Record Application Fee, amount determined by the CPU Executive, regardless of whether or not an actual sample collection and test were performed.

8:06 The Record Application Fee must be paid by the provincial body within 60 days of the competition date, at which the record was set, and payments shall be forwarded to the CPU Records Chairman, along with the record application, or the record application will not be accepted.

Reason: These bylaws are hang-overs from the days when national records were not possible without drug testing the lifters. Records are no longer tied to drug-testing and the contents of both are covered elsewhere, such as in the previous proposal.

Seconded by ON; Passed

Re: Unequipped Powerlifting

The concept of Powerlifting competition done without the use of supportive apparel, commonly known as "Raw" or "Classic" Powerlifting has become increasingly popular within the Powerlifting community, both here in Canada and abroad. Many feel that it is a truer test of an athlete, and is also a rebellion against the high cost and questionable benefits of the gear. The call to have strictly unequipped competitions or at least divisions within combined events cannot be ignored. In a recent poll on the CPU forum, 75% of respondents were in favour of the CPU creating an unequipped division.

Recent contests with “raw” divisions saw a number of lifters that had never lifted in CPU events before, indicating that significant increases in membership could be realized by incorporating unequipped Powerlifting.

For these reasons, the following proposals are made:

Proposal Three: Re: Bylaw Four, Competitions

Add new bylaw, 4:20

At all levels of competition, meet directors may include an unequipped division, or host competitions where only unequipped lifters may enter.

This division may or may not be separated into its own session or flight, and may or may not receive separate awards, both at the meet director’s discretion based on the number of entries.

Seconded by SK

Discussion that we should adopt this for a trial period and monitor our memberships to see how the CPU is affected, and then decide if the raw division has had a positive or negative effect on us.

Passed

Proposal Four: Re: Bylaw 3, RECORDS, AWARDS, AND CLASSIFICATIONS

Insert new bylaw, as 3:03 (subsequent bylaws renumbered)

All of the above categories of records shall be duplicated as “unequipped” categories.

A lifter’s status as “unequipped” must be clearly identified on the contest scoresheet. Lifters CANNOT “cross-over” from equipped to unequipped. They can only be in one division at a time in regards to records. If not so identified as unequipped, they will be assumed to be equipped.

(Reason for above paragraph only: Lifters often wear squat suits and bench shirts, but are essentially raw for deadlifts, and will try to claim raw deadlift records. This would be very difficult to monitor or reflect on the scoresheets)

“Unequipped” is defined as normal shoes, socks, under-garments, non-supportive singlet, T-shirt, wrist-wraps and belt. All items must conform to standard IPF Rules specifications. No other items are allowed. (Note: should IPF rules subsequently define “unequipped” differently, their definition shall override the above).

No initial minimum standard is set for any unequipped category.

Seconded by AB

Discussion

Amendment “Lifters CANNOT “cross-over” from equipped to unequipped, or unequipped to equipped.” Accepted by Mike

Passed

Special Resolution

The CPU shall accept bids from meet directors to host a “Classic Nationals”, for unequipped lifting. This will be a trial contest only, to test the acceptance and participation levels for Classic lifting at the national level.

Guidelines are as follows:

- Powerlifting and Bench Press competition
- All age categories contested.

- The qualifying totals will be determined by a committee within two months of the AGM (the end of May 2011)

Recommended time frame for holding the event would be the summer or fall of 2011, but before the next AGM at the latest.

Depending on the timing, this contest may be used for as the qualifying event for the inaugural IPF Classic World Championships in 2012.

If seen as a success, the next AGM will determine if it should be included as a fully sanctioned annual contest, whether qualifying totals need to be introduced, and any other requirements.

Reason: While many are asking us to have a “Raw Nationals”, the actual acceptance and participation levels cannot be determined until at least one event is held. It’s been suggested to make the first event “open only”, but a quick look at Raw events so far and other federations (like USAPL) shows that Raw lifting is very popular with the younger and older powerlifters. Open classes tend to attract the 25 to 40 year old group, the younger and older lifters feeling they are not going to win. Open only would not be a true reflection of the future of a Classic Nationals.

Seconded by AB

Amendment “That this should not be a separate Nationals, but should be included with the CPU Nationals”

Failed

BC

Proposal One, Re: ARTICLE XXI.5: PENALTIES:

Current wording:

5. All persons must disclose all information regarding current suspensions from organizations referred to in Bylaw 8:09 when applying for membership in the CPU. Failure to do so will result in immediate disqualification from the CPU for the term of that suspension, with all contest results for the lifter being nullified upon discovery.

Proposal: Change current wording to

5. All persons currently serving a suspension from another sports organization shall not be permitted to join the CPU. All information regarding current suspensions must be disclosed when applying for membership in the CPU, and failure to do so will result in immediate disqualification from the CPU for the term of that suspension, with all contest results for the lifter being nullified upon discovery.

Rationale:

The current bylaw disregards suspensions for prohibited conduct from other sports organizations, since it deals strictly with suspensions for doping.

Seconded by SK; Failed

Proposal Two, Re: Bylaw 2:01: CPU Subscription Fees:

Proposal:

Replace

i) CPU sanctioned Championship Drug Testing Fee \$20

with

i) National Championships Drug Testing Fee \$20

Rationale:

In order for our drug-testing selection criteria to be less predictable, the Anti-Doping Committee may decide not to arrange for drug testing at every Easterns and Westerns. When this occurs, it is difficult to justify collecting drug-testing fees for a contest and not have drug testing in place. It creates embarrassment for the CPU and the host province.

Not seconded; Failed

Proposal Three, Re: Bylaw 7:05: National Qualifying Totals:

Current wording:

7:05 Entry forms for all National Championships must indicate a qualifying total for the lifter in the bodyweight category in which he/she intends to compete, and must be signed by a provincial officer. If any entry form is incomplete in any way, it will not be accepted by the meet director, and must be returned to the lifter.

Proposal: Change the current wording to

7:05 Entry forms for all National Championships must include details of the National qualifying standard used, and must be signed by a provincial officer. If any entry form is incomplete in any way, it will not be accepted by the meet director, and must be returned to the lifter.

Rationale:

There is no reason to ask for the qualifying total for the bodyweight category in which the lifter intends to compete in light of Bylaw 7:07 (A lifter who achieves a National qualifying standard is then eligible to compete at any chosen weight class at the National Championships.)

Seconded by SK; Passed

Proposal Three, Re: New Bylaw: Competitions:

Proposal: Add the following bylaw.

Bylaw 4:20 Only competitions sanctioned or approved by the CPU or one of its provincial affiliates shall be advertised through official CPU media.

Rationale: If contest directors wish to have support from the CPU for their contests they should go through the proper channels and take steps to ensure that the contest meets the minimum requirements.

Seconded by AB; Passed