

**Minutes - Annual General Meeting of the Canadian Powerlifting Union
Feb 19, 2018, Calgary AB.**

- 1) Roll Call

Mark Giffin	Mike Armstrong	Bill You	Sandro D'Angelo
Ryan Kells	Carla Ramsey	Shane Martin	Lucia Guerrero
Linda McFeeters	Brock Haywood	Ryan Stinn	Ryan Fowler
Vicky Taylor Hood	Matthew Bowen	Sue Haywood	Lynn Desautels
Phil Brougham	Sarah Leighton	Logan Vessey	Justin Smith
Jeff Butt			

- 2) President's Message
 - Read by Mark Giffin
 - NS – AB - passed
- 3) Minutes of the last Annual General Meeting
 - Motion to accept all as distributed –
 - SK – AB – passed
- 4) Treasurer's Report
 - Read by Sandro D'Angelo
 - General discussion regarding operating loss, Toronto Pro Show, EC travel, drug testing etc
- 5) Vice President's Report
 - Read by Bill You. Invictus games, Pro Show other topics
 - Read by Sandro D'Angelo Coaching Cert course, sponsorship review, CADP
- 6) Secretary's Report
 - Read by Mike Armstrong, membership, Raw worlds.
- 7) Reports from CPU Officers
 - a) Referee Chairman
 - Read by Brock Haywood
 - b) Registration Chairman
 - Part of Mike Armstrong's report
 - c) Public Relations Chairman
 - Read by Lucia Guererro
 - d) Championship Secretary
 - Read by Linda McFeeters
- 8) Reports of Standing and Special Committees
 - d) Disabilities Integration Committee
 - Not currently active
 - e) Doping Control Committee
 - Read by Mark Giffin
 - f) Coaching committee
 - Read by Ryan Fowler
 - g) Medical Committee
 - h) Ethics Committee

Motion to accept all (4, 5, 6, 7, 8) as read – AB – MB - passed

- 9) Reports from Affiliated Provinces**
 - Motion to accept all as distributed – AB – MB – passed

11 am we broke to hear a report from Scott Grant of CCES regarding the CADP, Canadian Anti-Doping Program

10) Old business

1. Upgrades to CPU website
Committee set up last year
 - Status?
 - Committee was to investigate automatic membership renewal

Committee not active.

2. establish a committee to create a Procurement Policy
Status?

Policy is in place, committee not required.

10) Elections – (nominations known are listed, nomination are accepted from the floor)

Treasurer - Sandro to continue

Confirm new officers

- Lucia Guerrero – PR
- Brock Haywood – Referee
- Linda McFeeters – Championship Sec.
- Joanna Rieber – Medical
- Tyler Ramsey – Website
- Shantelle Szuch – Ethics
- Vicky Taylor-Hood - Records
- Gord Sjodin - Registration

11) New Business- Action on Proposed Amendments – see page 25

12) Items for Discussion - See page 41

13) Affiliation of new Member Provinces

- New Brunswick – has provisional membership

14) Delinquent Provinces

- none

15) Future Championships Bids

- 2018 Westerns - Alberta, Sept 6-9 or 13-16, Edmonton, Shane Martin. Bid attached.
 - confirmed – Bid awarded to Shane Martin, Edmonton
- 2018 Easterns - PEI Aug 31 – Sept 1
 - confirmed – Bid awarded to Justin Smith, PEI
- 2018 Centrals – ON, Aug 24-26, Ottawa, Chris Fudge/Maggie Rafferty. Bid attached.
 - ON, Barry Antoniow, Sandro D’Angelo, Art Chan
 - confirmed – Awarded to Ottawa – Chris Fudge/Maggie Rafferty
- 2020 Nationals - bid from Manitoba to be presented. Bid awarded to Manitoba
- bid from NL to be presented

16) Any other business

17) Annual Awards (nominee's)

Bill Jamison Award: [Ron Delaney \(NS\)](#) – Awarded to Ron Delaney
Steve Magistrale (ON)
John Fraser (PEI) – Withdrawn

Male Powerlifter: [Adam Ramzy \(AB, SK\)](#) 3rd at World Games – Awarded to Adam Ramzy
Jerry Marentette (ON)

Male Bencher: [Shane Martin \(AB\)](#) – Awarded to Shane Martin
Kelly Branton (SK)
Chris Aviado (Bill You), WR bench at NAPF bench

Female Powerlifter: [Rhaea Stinn \(AB, SK\)](#) Awarded to Rhaea Stinn
Sara Cowen (ON)
Maria Htee (NL)
Hailey Kostiniuk (MB)

Female Bencher: [Rhaea Stinn \(AB, SK\)](#) – Awarded to Rhaea Stinn

Male Athlete Hall of Fame: Tom Nicholls (SK) – [Category withdrawn until further reviewed](#)

Female Athlete Hall of Fame: Heather Ayles (SK) – [Category withdrawn until further review](#)

18) Adjournment



2017 Annual Report

Bill You, Vice President Sport Development

2017 brought further avenues and projects to the Canadian Powerlifting Union with:

- Parapowerlifting
- Invictus Games
- Toronto Pro Super Show
- Hall of Fame

Parapowerlifting

Carol Brady and Bill You were selected by World Parapowerlifting to become International Category 2 officials. Carol Brady will be writing her exams in Dubai during the 9th Faza World Parapowerlifting Championships. Bill You was unable to attend the 2017 World Para Championships in Mexico City due to a schedule conflict.

Carol Brady has been appointed to be an International Technical Official at the upcoming 2018 Commonwealth Games in Gold Coast Australia

Funding has become available for athletes, coaches, and clubs promoting Parapowerlifting through the Canadian Paralympic Committee and partner corporation Petro Canada

Canada is developing its official IPC Parapowerlifting 'Classifier'. Candidate must hold a medical designation for this role in order to be considered.

IPC sanctioned event to be held in Canada in negotiation

Invictus Games

The Invictus Games were held in Toronto, Ontario from September 23-30, 2017. The Games were a great success with livestream broadcast via TSN around the world. The third edition of the Invictus Games hosted more than 550 competitors from 17 nations competing in 12 adaptive sports. Powerlifting had:

- 29 Women
- 45 Men
- 16 Nations: Afghanistan, Australia, Canada, Denmark, Estonia, France, Germany, Georgia, Iraq, Italy, Jordan, New Zealand, Romania, United Kingdom, Ukraine, USA

The CPU was well represented with volunteer members from both the CPU and the OPA

Toronto Pro Super Show

The Toronto Pro Super Show, ran May 27-28. The event proved to provide many logistical challenges of international sanction. These included; high drug testing cost as all World Record setters had to be tested, the officiating per the IPF where the Jury must contain three Cat 1 from three nations in order to validate records. The event also fell between the Arnold's and Classic World's which resulted in less than desirable entry numbers. 2018 may have the event move forward without NAPF sanction

Hall of Fame

To be announced

Bill You

Canadian Powerlifting Union , Vice President Sport Development



2017 Annual Report

Sandro D'Angelo, Vice President Director of Programs

Once again the CPU Board has been extremely busy in 2017, not only dealing with the day to day operations of the CPU but also working on and completing several initiatives. Some of the initiatives that I took the lead on and am pleased to announce that we accomplished during 2017 are as follows:

The CPU Coaching Certification Program was launched in 2017. Train the trainer sessions were held in March 2017 in Saguenay Quebec and then a few months after that the first of several CPU Coaching Certification sessions were held. While the CPU Coaching certification did generate an additional \$8,760 of revenue for the CPU (approximately 73 participants throughout Canada took the course) we are expecting that significantly more people will take the CPU course in 2018 resulting in substantially more revenue for the CPU. While successful CPU Coaching Certifications courses were held in NFLD, Nova Scotia, Alberta, Manitoba and Saskatchewan there is still much work to be done in several other provinces. The CPU will be working with all provinces in promoting and ensuring that the CPU Coaching Certification is well received in all provinces.

As we did in 2016, the third annual CPU Student Scholarship Program awarded four \$250 student scholarships in 2017. We only received four applications in 2017 down from nine applications that were received in 2016.

Once again the CPU entered in some significant sponsorship partnerships in 2017. The SBD / CPU partnership along with the CPU's open lifters success at the 2017 IPF Classic World Championships resulted in 5 open Canadian lifters receiving a total of £2,500 (Approximately \$4,200) in prize money.

Our CPU National open team lifters also benefited from a generous sponsorship package received from Inner Strength Products (ISP) whereby ISP contributed \$100 to each Canadian open team member's National team entry fee. This resulting in a total savings of \$2000 for 20 open lifters.

In April 2017 the CPU adapted the CADP program for another year. After some significant and additional results management and dispute resolution costs the CPU re-negotiated the 2017 / 2018 CADP program (that is the cost the program was reduced from approx. \$75,000 - \$80,000 to approx. \$60,000 - \$65,000) and agreed to a CPU / CADP program which provided for both significant and adequate testing of CPU athletes and was within an amount that the CPU could afford.

Sandro D'Angelo
Canadian Powerlifting Union
Vice President Director of Programs



2017 Treasurer's Report to the Board

1. See the attached 2017 / 2016 comparative financial statements
2. See the attached 2017 budget versus actual results
3. The following are some of the highlights from the financial statements
 - The CPU ending cash balance as at December 31, 2017 was \$62,239.
 - Total CPU revenues for the 12 months ending 2017 was \$221,608. This is an increase in revenues of approximately \$55,000 from 2016.
 - Total CPU operating expenses for 2017 were \$248,019. This is an increase of approximately \$71,700 from the previous year. Some of the significant expenses incurred by the CPU during 2017 were CPU referee expenses of \$32,066, CCES expenses of \$62,496, CPU travel expenses of 24,362 and CPU National Team coaching expenses of \$21,133.
 - The CPU experienced an operating loss of \$26,411 for the period ending December 31, 2017. Several higher than expected expenses contributed to this operating loss. Expenses such as CCES expenses, Toronto Pro Show and CPU referee expenses.

Sandro D'Angelo, CPA, CMA
Acting CPU Treasurer



2017 Secretary's Report
Mike Armstrong, CPU Secretary

2017 saw the CPU grow to unprecedented membership levels, levels that were not even dreamed possible 10 or 20 years ago. This growth was not without its problems, the sport being one for people of an outspoken nature, and in this modern world of one with many avenues to speak your mind, they did just that. And yet, it seems like for every complaint we heard about too many rules and requirements, high costs, too much "approved only", meets filling up too fast and so on, our membership continued to grow. "People are leaving the IPF and CPU in droves" was a Facebook post I saw once, but the poster was clearing putting his own perceptions into his comment, the facts clearly point to the CPU being the ONLY legitimate PL fed in Canada.

This has been a year of change for myself. As I ramp up to run a World Championship in a few months, I have divested off a few of my jobs, Vicky Taylor Hood taking over the record keeping, Gord Sjodin the registration job, Tyler Ramsey on the website, and Lucia Guerrero on the PR job, not that I ever did much with it anyway. My intention was to give up the Secretary job also, but Mark Giffin convinced me to stay on as a board member until the next election. The lightened workload has made this possible.

Speaking of the upcoming Worlds in Calgary, I would like all provincial leaders to connect with their members this week and find out how many people you will be able send. The personnel required for a 12 day double platform contest is staggering, and will be the largest of many challenges faced.

Membership

This year we topped 3000 members, 3075 as I write this in mid-January. Below are the figures from the last few years, the 2017 figures taken on January 1.

	2015	2016	2017	change	change %	% of CPU Membership	% of Canadian Population
AB	314	353	392	39	11	13.0	11.6
BC	327	424	500	76	18	16.6	13.2
MB	68	110	134	24	22	4.4	3.6
NB	20	38	32	-6	-16	1.1	2.1
NL	163	110	148	38	35	4.9	1.5
NS	98	116	107	-9	-9	3.5	2.6
ON	840	1029	1124	95	9	37.2	38.3
PE	44	37	65	28	76	2.2	0.41
QU	184	245	281	36	15	9.3	23.2
SK	178	200	236	36	18	7.8	3.1
Totals	2236	2662	3019	357	13		

The last two columns compare the percentage of the membership for each province and the percent each has of the Canadian population. The presumption is that they should be about the same, and they are mostly, with the exception of Quebec, 23.2% of the population, but only 9.3% of the CPU membership.

CPU NATIONAL REFEREE CHAIRMAN'S REPORT 2017

As some of you may be aware I have taken on the responsibilities of the CPU National Referee Chairman from our founding father and most senior and experienced International referee, Bill Jamison. I was approached at the 2017 CPU Nationals by Bill to begin assuming some of his duties with him present to mentor the transition process. As you are also very aware Bill has endured some health issues which have prevented him from fulfilling the duties of this post. Therefore, as a result, I was asked to assume the responsibilities of the CPU National Referee Chairman. I have maintained communications with Bill since his health challenges and he is recuperating well.

2017 has been a good year for our CPU Referees. We have successfully had three referees sit for their IPF Category I & II examinations:

- **Michael Knott** successfully passed his IPF Category I examination at the North Americans in Orlando USA.
- **Justin Smith** successfully passed his IPF Category II examination at the North Americans in Orlando USA.
- **Bill You** successfully passed his IPF Category II examination at the Commonwealth Championships in Potchefstroom SA.

There were numerous successful candidates who passed their CPU National Referee's examination this year. I have listed the names I am aware of below. If I have omitted anyone in error, please advise.

- Alberta – **Angelina Van Ryswyk**
- Ontario – **John Beres, Linda McFeeters**
- Newfoundland – **Vicky Taylor-Hood**

Please join me in congratulating these individuals for successfully passing the requirements for the next level in their officiating career.

As well as sending CPU Referees to the NAPF North American Championships and the CPF Commonwealth Championships we also sent CPU Referees to the Arnolds in Columbus Ohio, the IPF Classic Worlds in Belarus and the IPF Equipped Open World Championships in Pilsen, Czech Republic. There were also several other highlights worth detailing for this report.

- We have implemented and adopted a CPU Referee Expense Policy. I wish to express my gratitude to Vice President and Treasurer Sandro D'Angelo for his work and assistance on developing and working with this policy.
- We now have a CPU Referee Database courtesy of Tyler Ramsay. This can be found on the CPU website. The intention is to utilize this tool for tracking our Provincial, National and International Referees as they volunteer their time at competitions. It should make it easier to determine the level of experience of our referees for promotion to National level and higher when the time presents itself.
- We also have developed an online testing procedure for the purposes of the written examination of our National Referee candidates. This has been in use for a couple of years and was developed and implemented by Bill Jamison and Michael Knott.
- We are also utilizing online forms to better organize the referee duties for the Nationals this year. This form will be edited and adapted for use at the 2018 Regional Championships as well.

- I am working on developing an online self-assessment tool to aide our officials on introspective evaluation of the job they have done at the competitions where they have officiated. This will help to provide the Referees, the Provincial Referee Chairpersons and myself with a starting point to begin discussions about potential goals and training requirements for the future.

There are logistical requirements in Powerlifting competitions to have educated and competent officials available. There is a cost involved in this, there always has been. In the past we relied on the sense of responsibility and community to fulfill this requirement. For many years Referees funded their career by driving to meets, donating their time and expertise for the love of the sport. In recent history I do not believe this spirit has diminished. However, the reality of the commitment comes at a cost. The CPU has a budget for our officials. This budget is a relatively new experience for us here in powerlifting. The reality of the expenses incurred by our officials has been a catalyst for a shift in expectations. Although we cannot expect to compensate all individuals at 100% we are working at fairly distributing the funds we have available to lessen the economic impact on the individual referee.

With the growth and expansion of our sport there is also a need to grow and expand our infrastructure. We cannot conduct a sanctioned CPU event without having qualified referees available to adjudicate the sessions for our lifters. It is important to maintain the quality and integrity of our sport and this can be accomplished through the hard work and dedication of our volunteers. We need to recruit and develop our officials, so they are confident and competent in the enforcement of our rules. This will be done through a systematic implementation of rules clinics and relevant current feedback to our officials to assist in their growth and development. It is the responsibility of all of us to accomplish this goal. I look forward to collaborating with the CPU Executive and the Provincial Presidents and Referee Chairpersons to accomplish this goal.

Yours in sport,

Brock Haywood

IPF Cat I Referee

CPU Referee Chairman

CPU Championship Secretary Report – 2017

In 2017 the CPU had athletes compete in 11 international meets across 8 different countries.

- The Arnolds
- Classic Bench Worlds
- Equipped Bench Worlds
- Toronto ProShow
- NAPF's
- World Games
- Sub Junior/Junior Worlds
- Commonwealths
- Master Worlds
- NAPF Bench Championship
- Open Worlds

Only the University Games has had no athletes participating from Canada in either of its first 2 years as a competition.

We accepted 228 athletes onto these teams and 182 competed, consisting of 60 women and 122 men, a 33/67% split.

Mike Armstrong handled anything that had to be done for the World Games and I managed the rest of the teams on my own while reaching out to Mike for clarification and understanding certain protocols throughout the year.

I received my first application for bench worlds on November 14th, 2016 and wrapped up my last outbound email for the Open World team on November 15th this year! I originally thought I could track the volume of emails that came with this position but by the end of January I was upwards of 900 back and forth communications and knew there was no way that would be a feasible task. 2017 was a busy year to say the least!

Communicating for all of the requirements involved with Classic Worlds in Belarus was a challenge but all deadlines were met and all athletes, coaches and referees had their necessary documents well under control by the time they needed to arrive. Thankfully the next time Belarus rolls around on the international calendar there won't be such a learning curve!

Tyler Ramsay has worked diligently with me the past few months to create an improved online registration and communication format that puts all necessary lifter, whereabouts and travel information directly into an excel format. This will eliminate the necessity of my having to transfer all of this manually from the Word or PDF documents, which is going to save a tremendous amount of time and error with trying to decipher handwriting and the potential for error.

Many thanks to the CPU Executive, Officiating Chair, Coaching Chair and Competition Committee for their support and timely communication throughout the year.

Respectfully Submitted,

Linda McFeeters
Championship Secretary



2017 Anti-Doping Committee Report

Members of the CPU Executive -

February, 2017

2017 was another successful year for CPU Anti-Doping Programs. It has been the first full year of testing under the fully-adopted Canadian Anti-Doping Program (CADP). Under the CPU full-adoption, all aspects of CADP rules come into effect. CCES has been our Testing authority, Collection Authority as well as handling the Results Management of any adverse findings.

In 2017, both In-Competition and Out-Of-Competition Programs continued successfully from the previous year. From April to November, number of tests were up more than 20% from the total of all tests in 2016. Suspensions under the CPU Programs increased to 10 from 2 in 2016.

The size of the Registered Testing Pool (RTP) remained unchanged from 2016 and the size of the National Athlete Pool (NAP) increased slightly. Considering the rapid influx of members in the past year, the NAP is being reviewed and updated by the Anti-Doping Committee and CCES very soon, with further updates being done every 6 to 9 months.

One very important final requirement of CADP that was implemented early in 2017, was the requirement for all new membership applications and anyone renewing a membership in the CPU to take the CCES E-Learning

Anti-Doping course as a requirement of membership. This has gone very well with minimal problems (relative to the number of members).

2017 Testing Statistics (April 1, 2017 after CCES fiscal year-end, to November 19, 2017 - 7.5 months)

1. Tests Conducted (Urine & Blood)

- In-Competition	90
- Out-Of-Competition (successful attempts)	<u>19</u>
Totals	109

2. Sanctions

Analytic	10
Non-Analytic (refusal)	<u>0</u>
Total	10

Should you have any questions please let us know.

Respectfully Submitted,

CPU Anti-Doping Committee

Chris Robb, Chairperson

Mark Giffin, Member

Harnek Singh Raj, Member



CPU MEDICAL COMMITTEE REPORT 2017

Pharmaceutical Assessments Amy D. Smith-Morris

Background:

The CPU Medical Committee offered pharmaceutical assessments to the Classic World's Team in 2017-2018.

Methods:

All athletes were offered a full pharmaceutical assessment (prescription medications, over the counter products, natural or herbal products, athletic supplements, etc). Assessments were performed by Amy D. Smith-Morris (Doctorate in Pharmacy) with the following objectives:

- 1) Ensure compliance with the Canadian Centre for Ethics in Sport and the World Anti-Doping Agency (WADA) Prohibited Substances lists (2016).
- 2) Ensure safe use of substances
- 3) Address any specific pharmaceutical athlete questions

Results:

2017 Results Only:

A total of 11 athletes received pharmaceutical assessment with all athletes competing in the master age categories. A total of 148 products were assessed with 6 identified as not complying with the WADA prohibited substances or included on the 'watch' list. The most common prohibited substance identified was pseudoephedrine (n=2/6).

Combine 2016-2017 Results:

A total of 131 athletes were offered pharmaceutical assessments. Of these athletes, 27 (16 in 2016 and 11 in 2017) consented to participate and received an assessment. Participation rates were similar between the 2016 team (21%, n=16/77) and the 2017 team (20%, n=11/54). Overall, the majority of athletes were female (59.3%) and competed in the 'Masters' age category (74.1%) (Table 1).

Athletes reported using an average of 11 substances (including prescription, over the counter, herbal, and athletic supplements). Among all athletes, a total of 15 substances were identified as being included on the WADA Prohibited List or Monitoring Program (Figure 1). Pseudoephedrine, used for common cold symptoms, was the most commonly identified prohibited substance (47%, n=7/15).

Thirteen athletes (48%) were using at least one WADA prohibited substance. Various frequencies of administration were reported; two products were administered daily; two products were administered 3-5 times per week and 11 products were reported as being administered 'as needed.'

Conclusions:

CPU athletes are currently receiving an average of 11 medications, natural health products, or athletic supplements with nearly 50% of athletes receiving a prohibited substance.

As demonstrated within this report, an expert resource provided to CPU athletes offered an opportunity for improved compliance and supports our athletes participating in drug-free sport.

Possible Next Steps:

Moving forward, the medical committee suggests continuing to offer pharmaceutical assessments and addressing specific athlete questions. Due to the previous success of this program, the CPU medical committee suggests expanding the program to the Equipped World's Team.

2017 Ethics Committee Update for CPU AGM

Jan 15, 2018

Unfortunately, the Ethics Committee was nothing short of bombarded this year with various complaints, often about the same thing repeatedly. Attempts were often made to manage the issues without consequences or sanctions, but this has led us to an exciting recent development near the end of 2017. The Ethics Committee will now be The Ethics and Discipline Committee. This committee will consist of the Ethics Co-Chairs and several members across the country who will assist in resolution of complaints submitted to the CPU and the committee.

Due to the development of this committee near the end of 2017 and the persistent issues that arose through the year, there is currently (at the time of this report) two complaints in the information-gathering phase. By the time of nationals, these should be at or nearing resolution.

Attached you will find a summary of the process that will be observed by the Ethics and Discipline Committee. I have also attached the current list of members we have for the discipline committee. I have also attached to this email the consent for release of information form we created in order to be able to effectively gather information when necessary.

Discipline Committee Names

Alberta

Angelina Van Ryswyk

angelina_desousa@shaw.ca

Matt Parry

matt_parry@hotmail.com

Nova Scotia

Natasha Ching

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Manitoba

Devin Laferriere

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Dino Camire

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Ontario

Mark Wasson

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Blake Giberson

blake.opa@gmail.com

Shawn Brooks

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Saskatchewan

Randy Schiller

schrjt@sasktel.net

ETHICS & DISCIPLINE COMMITTEE PROCESS

1. Complaints are received by either the Canadian Powerlifting Union Board and/or a direct submission to the Ethics Committee. Submissions can be verbal or in print (letter, email or text message). All complaints will be reviewed by the CPU Board and Ethics Committee.
2. Ethics Committee will indicate receipt of the complaint and send out a notice via letter or email to the subject(s) of the complaint.
3. Ethics Committee will send out an email to all members of the Discipline Committee listing the names from the current complaint. No additional information will be provided at this time for confidentiality purposes. Discipline Committee members will declare a conflict of interest or notable vested interest in any member listed in the current complaint. Those members will be considered unable to case manage the current complaint.
4. Ethics Committee will then assign 2 case managers from the Discipline Committee to review the complaint and conduct an investigation. This investigation will typically include speaking to all members involved in the complaint and reviewing any facts or information provided.
5. The case managers will then make a recommendation based on their findings. The recommendation will fall into one of 2 categories: 1) an ethical or behavioural infraction of the Code of Conduct, Policies, or Procedures has NOT occurred and there is no further action required OR 2) an ethical or behavioural infraction of above has occurred and disciplinary action is recommended.
6. The case managers will submit a recommendation for disciplinary action if required. Disciplinary action will follow a “two warnings, then disciplinary action” model. Disciplinary action may take the form of coaching or lifting sanctions, inability to assume the role of a meet director, or other reasonable discipline as determined by the committee.
7. If a sanction will interfere with a member’s ability to work or engage in a role that may impede their lifestyle or financial position, legal guidance will be pursued prior to disciplinary action.
8. All recommended discipline, whether a letter/warning or a sanction, will go to vote to the remainder of the disciplinary committee and the ethics committee. In cases where there are serious concerns and the vote is notably split, a second investigation may be requested, otherwise, majority rules and the discipline action will proceed.
9. Ethics Committee will review the discipline action with the CPU Board prior to notification of the members involved in the complaint. Concerns will be addressed with the Board and all members involved in the complaint will be notified of the results of the review.

February, 2018

To: CPU Executive

Please find below the reports of the Coaching Committee and the Funding Committee for the 2018 AGM.

Coaching Committee (Members: Ryan Fowler, Brock Haywood, Jon Stewart, Ryan Stinn)
2017 was another busy year for Canadian coaches at the international level. We continue to grow our pool of coaches and add individuals to the list who have coached at an international competition.

World Classic Bench Only – Bill You, Mark Giffin

World Classic – Head Coaches-Avi Silverberg, Carla Ramsay, Marc Morris, Damien Wilmot.
Assistant Coaches-Avi Silverberg, Marc Morris, Matthew Goldsmith. Intern Coaches-Justin Reeson, Conrad Davies, Vicky Taylor-Hood

North Americans – Head Coach-Damien Wilmot, Assistant Coach-Garrett Bentley

World Games – Ryan Fowler, Jeff Butt, Matt Parry, Tom Kean

World Sub-Junior/Junior – Loc Nguyen

Commonwealth – Bill You

North American Bench Only – Matthew Goldsmith

World Masters – Jeff Butt

World Open – Ryan Stinn

This year also saw the role out of the CPU Level 1 Coaching Certification Course. While there were some issues with the role out, all in all it has been a very successful course with lots of very positive feedback coming from participants.

I would like to thank the coaching committee for their work this year and look forward to further work next year.

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 within the next 3-5 years, 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
Coaching Committee and Funding Committee Chair



PRESIDENT'S REPORT

January 2018

2017 was an extremely busy year in the BCPA. As in 2016, the growth in this sport in BC has continued to increase. As a result of the increase, the BCPA made, and continues to make, major efforts to accommodate all of its' new members. The Executive continues its best to sanction as many competitions as possible and provide assistance to the Clubs that are interested in hosting them. In 2017, there were 10 competitions held in BC in comparison to the 9 competitions that were held in 2016. Overall, we had an increase in our registrants from 375 in 2016 to 536 in 2017.

During these competitions, the CCES attended and conducted 12 in-competition drug tests. In 2018, we will be looking to increase the number of in-competition drug testing.

In 2017, we took steps to greatly increase the quality of our medals and overall awards. We felt that by providing our lifters with better quality awards, it gave our athletes a feeling of value with their entry fee.

In an effort to show our appreciation to our volunteers and to have more volunteer support, prizes were given to some of our volunteers at our Provincial Championships by way of a raffle draw. One lucky volunteer won a Rogue Ohio powerlifting bar that the BCPA had purchased for this draw.

The BCPA continues to support all of its athletes including the Special Olympics of BC. We were proud to be able to host the powerlifting portion of the BC Special Olympics Summer games in Kamloops.

In addition, the BCPA awarded the Athlete of the Year to Stephen Cascioli and Bonney Rempel. As well, Volunteer of the Year awards were given to two of our deserving members that helped out over and above in 2017.

In 2016, the BCPA introduced the implementation of Bursary awards to be gifted to deserving members that were still attending post secondary school. Last year, we awarded a member with a \$500 bursary to be put towards his education.

Due to the increase in the number of competitions held in BC, our reliance on our volunteers became heavier. We were most reliant on our referees and scorekeepers. Without having to rely on the same people volunteering at every competition, we initiated a plan to recruit more referees and scorekeepers.

The BCPA was able to introduce 11 new Cat. 2 referees. Nine of these newly recruited referees were as a result of the Referee's Clinic that Justin Gray, our Officiating Chair, held.

As well, near the end of 2017, the BCPA hosted two Scorekeeper's Clinics working primarily on the PLMeet score program. The clinics provided not only information on how to use the score program, but also provided information regarding the IPF Technical Rules. Eleven people attended and completed the clinic and as a result we gained that many more scorekeepers.

In 2018, we will continue to recruit more referees and scorekeepers. As well, we will be actively trying to recruit facilitators for the CPU Coaching program.

Our social media continues to increase at an average rate of 20% over the last 5 years making social media platforms our primary information source for the community. We continue to expand our website to be a full source of information for all our lifters and provide information and direction to any individual or Club interested in hosting a BCPA sanctioned competition.

Our Executive has been busy working at improving the BCPA on many different levels. 2018 is looking to be another busy year with one competition already in the books and 8 competitions planned for the remainder of the year.

In addition to more competitions, we will be focussing on:

- Increased anti-doping at each competition;
- Increased club development;
- Increased contest hosting by either a Club or an individual;
- Increased education to our membership on both the IPF rules and anti-doping;
- Increased referee recruitment; and - Forming and outfitting our National team.

I would like to extend my gratitude to my fellow Executive members who have helped with all of the changes and progress that we have made.

Finally, I wish to personally thank each and every one of our volunteers. They are invaluable to our association.

G a b e F e s t i n g
BCPA President



PRESIDENT'S REPORT

February 10th, 2018

TO: CPU and Provincial Executive

The Alberta Powerlifting Union (APU) worked extremely hard over the past year to uphold its standards and values, and to push the sport forward both within our province and at the National level. Below are some of the highlights and projects the APU has undertaken over the past year, and some general changes with the organization.

Meet Directing

The APU's primary responsibility is hosting and sanctioning powerlifting events across Alberta. Without capable and long-term meet directors, the APU would cease to exist. To ensure the APU continues to provide an arena for powerlifters to compete, we trained six new Meet Directors over the past year. I would like to personally thank the following APU Members for challenging themselves to host a competition, and spending their time and energy to give back to our powerlifting community:

- Carla Ramsay (Edmonton)
- Tim Nadeau (Edmonton)
- Sandra Drake (Edmonton)
- Bryce Krawczyk (Calgary)
- Rosie Stodalka (Calgary)
- Ron Turner (Grand Prairie)

Through the process of working with these individuals one-on-one in hosting their events, we saw a need for a more repeatable and scalable method in training new meet directors. With the leadership of Sandra Drake, the Executive, and other members of the APU, we created an APU Meet Director Handbook, a resource that provides new meet directors a step-by-step guide in hosting their first competition. While this resource will continue to evolve over time, we believe it's the best resource available anywhere in Canada for hosting competitions.

Equipment Purchases

We want to guarantee that APU members have the best experience possible when they compete, which includes having competition grade equipment in both the warm-up room and on the competition platform. As such, the APU made some major equipment purchases, buying a slightly used ER Rack, two Eleiko powerlifting bars, a competition set of Rogue Powerlifting plates, as well as a new state-of-the-art light system. It is not our intention to put this equipment in storage, and as such, some of this equipment has already been distributed across the province among various APU sanctioned powerlifting clubs. This new equipment will also allow the APU to support two big powerlifting events in 2018, the CPU National Championships and IPF Classic World Championships.

Doping Control

The APU continues to be a leader in terms of funding the number of drug tests conducted at local-level events. In 2016, the APU funded 8 drug tests at local events, and by the end of this year's Provincial Championships we will have already surpassed that number of tests for 2017. Due to bylaw and policy changes we've made throughout our Executive term, we have been able to completely self-fund our own drug testing. Our Provincial Championship in 2017 had 16 doping tests alone. The APU takes pride in being the leading province in anti-doping.

Coaching Program

The APU continues to put a strong emphasis on raising the standard of coaching excellence within Alberta. I ran the 2nd APU sanctioned coaching Summit. This year, the Summit was a two-day event, where we had the privilege of learning from Mike Tuchscherer and Bryce Lewis. We also had several local APU coaches present, including: Shane Martin, Carla Ramsay, Bryce Krawczyk, and Avi. We intend to continue to offer these learning

opportunities to APU members in the future, and build the caliber of presenters and information in subsequent years.

The APU also continued its Provincial Coaching Program, sending four coaches to assist athletes competing at the CPU National Championships in Quebec (Carla Ramsay, Shane Martin, Tim Nadeau, and myself). This program guarantees that athletes who qualify for the National Championship will have a skilled and competent handler on game day.

We recently hosted our first CPU Coaching Course here in Alberta by myself and it was very well received. We expect to handle 3 courses per year and look forward in furthering this innovation.

Student Scholarship

The APU continued its student scholarship, providing two \$500 awards. The scholarships were based on an athlete's involvement within the sport, including: volunteerism, athletic accomplishments, and commitment to growing the sport in Alberta. The recipients in 2017 were: Jason Luo and Teresa Parsons.

National Team Athletes

The APU is continuing to foster athletes at the highest level of powerlifting. At the 2017 IPF Classic World Championships we had several Alberta athletes compete:

- Jason Luo (Silver, 59kg Junior)
- Clifton Pho (Gold, 66kg Junior & second best overall Wilks)
- Lewis Noppers (Gold, 74 M1)
- Abby Hall (12th, 63kg Open)
- Danielle Philibert (6th, 84kg Open)
- Rosie Stodalka (5th 57kg Junior)
- Kyra Thomson (5th 72kg Junior)
- Carla Ramsay (9th 63kg M1)

At the 2017 IPF Open World Championships we had several Alberta athletes compete:

- Adrian Locke (21st 105kg)
- Bryce Krawczyk (9th 105kg – Gold in Deadlift with WR)
- Shane Martin (10th 120kg – Silver in Bench Press)

The representation of these athletes at IPF level competitions, and their results, demonstrates the talent of APU members across multiple age and weight classes. In addition to their athletic success, I am particularly proud of these athletes as they have become leaders in their respective gyms and communities by either volunteering at local meets, hosting competitions, or being involved in the organization of their powerlifting clubs.

Elections

This year marks the end of election cycle for our current Executive Members and our election at this year's PAGM had everyone rerun to secure for positions for another 3 year. Myself and Avi switched roles, while Carla Ramsay became our Athlete Representative. I look forward in leading the APU for the next election cycle.

Best of luck to everyone competing this week and we look forward to another prosperous year here in the APU.

With Respect,
Shane Martin
Alberta Powerlifting Union
President



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February, 2018

To: CPU Executive

Saskatchewan hosted 7 contests in 2017, all of which were well attended with some great lifting happening. As well, a new lifter workshop was held in the Province as well as two Provincial Team training camps.

Saskatchewan currently has 5 National referees and 13 Provincial Referees. We continue to recruit 1-2 Provincial referees each year to help with the workload at the various competitions in Saskatchewan.

Saskatchewan Powerlifting continues to grow in numbers and caliber of lifting. The future looks good for the SPA.

Yours in Lifting,

Ryan Fowler
SPA President



To: CPU Executive

January 07, 2018

Manitoba Powerlifting Association Yearly Report

Expansion, transition, and growth were the foremost themes for the MPA in 2017:

- MPA Membership numbers continue to skyrocket, as our member pool grew over 33% in 2017, to a peak of 144 members (up from 107 in 2016).
- The 2017 MPA AGM saw a changing of the guard within the Executive as each position was filled with a new elected official and two new positions were created.
- MPA saw 7 new candidates pass their Provincial Referee exams, bringing our active referee base from 6 to 13 officials!
- 12 coaches completed the first edition of the CPU Coaching Certification Workshop to have been held in Manitoba.
- MPA hosted the 2017 CPU Western Championships. The largest edition of the Westerns ever; over 200 lifters competed over three days. The success of the event can be credited to an overabundance of enthusiastic volunteers who helped ensure efficiency and safety throughout the weekend.
- MPA held three local events as well as its annual Provincial Championships. The MPA plans to host five local contests on top of the Provincial Championships in 2018.
- To help present the highest standard, MPA invested in all new platform competition equipment, including an electronic referee display system for lights, cards and timers.
- Additional points of modernization include an online record application system, online MPA membership database, online MPA Volunteer Database, an MPA email subscription service, an online events calendar, and the addition of Provincial Championships Qualifying Standards.

2017 MPA Lifter Awards:

Hailey Kostynuik and **Ben Langley** were the MPA female and male lifters of the year.

- Hailey took gold at the CPU National Championships and Bronze at the IPF World Championships in the 84+kg Open Class.
- Ben won Bronze at the CPU National Championships and silver at the Commonwealth Championships within the 74kg Open Class.

MPA can only hope to improve upon the success of its 2017 year with continued dedication and progression of its members. We are confident we will achieve further growth and success due to the hard work, dedication and passion of our membership.

Prepared by Mathew Bowen, MPA President



Calgary, February 2018

**CPU BOARD OF DIRECTORS
CPU PROVINCIAL PRESIDENTS**

The QPF just finished its busiest year ever. Hosted Nationals, ran the Central Championship, held 7 local competitions and ran a Provincial Championship. We also improved our number of members with 282 lifters from Quebec joining the CPU. We are on our way to 300 members. We consider ourselves lucky, considering the fact of having 4 or 5 federations chasing our small Quebec lifter market. We run a solid well oiled organization, and our reputation for keeping the integrity in our sport keeps us on top of the powerlifting organizations in our province.

Clubs in cities like Montreal are gaining members and have been running more meets. The equipment we have acquired over the years helps old and new meet directors. A lot of money has been spent in the last couple of years to improve our platform equipment which helps run better and safer meets.

The QPF is one among the 6 Quebec sport federations who lost their government funding, but not was all lost. We still have access to major meet funding and the "Placements Sports" charity program that will be our only funding possibility for the next couple of years until the government ends the program.

We had 6 athletes attending the Belarus Classic World Championship, bringing back a good number of medals. 4 of our lifters went to Orlando for the NAPF Pan Am's. We also had 5 members attending the Commonwealth Championship in South Africa.

On the dark side, for the first time in a few years, two of our lifters tested positive at the Central Championship. One of them being a QPF director gave us more pressure and increased our workload. We will be concentrating on electing new board members to replace an aging staff. Louis Levesque who is one of them, intends to run a clinic for potential board members on Federation management, explaining incorporation, legal matters, bylaws, finances, government recognition and more. We believe it's the best way to draw interest and let the potential candidates decide where they could help us in a better way.

So, we are looking forward for another challenging year in 2018.

Yours in sport,

Joël Boulianne

Nova Scotia Power Lifting Association 2017 Review

Meet Summary

Four (4) meets were held

- o Mike Laroche Memorial Meet (Feb)
- o Combined NSPL & NBPL Provincials (May)
- o ATP Summer Open (Aug)
- o Eastern Canadian Powerlifting Championships (Oct)

Summary Points

- o NSPL continues to use Race Roster for meet registration and has seen a drastic increase in efficiencies with this web-based program.

- o NSPL combined our provincial meet with NBPL. The meet was well run and discussions are in place with others from NB to continue to co-host meets to make use of equipment, volunteers, and referees in a shared manner to make meets better.

- o Provincials was large enough that NSPL will most likely split provincials into two (2) separate dates for a Junior/Sub-Junior provincial and an Open/Master provincial.

- o Two (2) new sets of competition equipment were purchased (Nova Strength) and all equipment is at Fitness FX for all members to use. o NSPL held Eastern Canadians for this first time since 2013. The meet was the largest nonnational meet in Atlantic Canada with over 140 participants. The meet ran at a small loss due to some late unforeseen expenses.

- o NSPL continues to participate in the CPU drug testing program by ordering tests for each meet.

- o Our primary challenge is finding appropriate venue space for upcoming meets that meet our budget.



2017 for the PEI Powerlifting Association was a successful year having the most members we have ever had with 75 active members, a lot of those lifters being new members. We hosted 4 meets and sent some of our athletes to National and International competitions. In addition we also added 2 new Provincial referees and Justin Smith was promoted to a class 2 international referee.

- President – John MacDonald
- Vice President – Justin Smith
- Secretary – Jillian Sproul
- Treasurer – Tyler Ramsay
- Webmaster/ Records Chair – Tyler Ramsay
- Director at Large – Heather Ayles
- Officials Chairperson – Justin Smith
- PR Position – Jill MacFarlane

Highschool Program

We continue to support the PEI School Athletic Association's Powerlifting program which has 3 meets per calendar year. Members Justin Smith, Logan Vessey, Allen Profitt, Tilman Gallant and John MacDonald attended the events to help with the program's success. We expect to see several of these lifters transition into the PEIPLA / CPU.

Meets

3rd Annual Prince County Open – May 14th Meet Directors Justin Smith and John MacDonald. 30 competitors.

The Iron Bug Open Oct 21st. Meet Directors Justin Smith and John MacDonald. 10 Competitors participated.

2017 PEIPLA Provincials August 5th Meet Directors Justin Smith and John MacDonald. 64 Competitors'

The Kings County Open 3. Meet Director Jeri Munro. 47 Competitors Participated

National Competitors

Classic Bench Only

- Jacob Sinnott - 1st place
- Justin Smith – 1st place
- Logan Vessey – 1st place
- Tilman Gallant – 2nd place

Classic Powerlifting

- Heather Ayles – 2nd place
- Jeri Munro – 7th place
- Emily McKenna – 5th place
- Anthony Nendarto 4th Place
- Jacob Sinnott 1st place
- Justin Smith 3rd place
- Logan Vessey 5th place
- Tilman Gallant 3rd place

Equipped Powerlifting

- Tyler Ramsay - 1st place
- **International Competitors**

This year we seen 7 lifters attend International events

- Stephen Flemming 4th place finish Classic Bench Worlds
- Heather Ayles – 5th place finish Classic Worlds
- Justin Smith – 1st Place finish North Americans
- John MacDonald – 1st place finish North Americans
- Jacob Sinnott – 1st place finish North Americans
- Logan Vessey 3rd place finish North Americans
- Tyler Ramsay 3rd place finish Junior Worlds



January 7, 2018

To The CPU Executive:

The NLPA has had an extremely successful year. We had 4 events within the province: the MM Performance Open, the NLPA Provincials, Heavyweights Open and the 709 Open. In our local events, we had 235 competitors with 3 of the events having over 60+ lifters. We had over 35 competitors at both Nationals in QU and Easterns in NS. NL also had many competitors competing on the International stage with exceptional success, including an athlete and 2 coaches at the World Games in Poland.

At the NLPA AGM this past summer we had an executive change with Brian George taking on the Referee Chair position, Larry Walsh as PR and Records Chair, Ellissa Hull as Treasurer, Gayle Johnson as Secretary, Vicky Taylor-Hood as Vice-President and Jeff Butt as President. This is a very diverse group with great representation from the larger clubs within the province.

We have made great strides to increase our referees both provincially and nationally and we hope to have 20 locally and 6-9 nationally over the next few years. We also ran our first coaching course with 12 participants and hope to run a second before or just after Nationals. We also hope to develop volunteer training for various roles within events.

The NLPA was also successful in landing 2 International events over the next few years namely the 2019 Commonwealth Powerlifting and Bench Press Championships and the IPF Masters Equipped Worlds in 2020. The NLPA wants to become a regular player on the International scene and have made great strides to purchase equipment needed to run this level of events.

I want to thank the CPU for leading the way with the CAPD and the NLPA as an organization, will support all efforts to working toward drug free sport.

Sincerely,

Jeff Butt – NLPA President

AGM Proposals

From – Mark Giffin, CPU President

Finance

13.2 C.P.U. Subscription Fees:

1) Re: 13.2 (a)

Current Wording: a) Provincial Affiliation Fee \$500.00

Proposed Change: a) Provincial Affiliation Fee \$2.00 per Provincial Registrant on record for December 31.

Rationale: A standard \$500 Provincial Affiliation Fee places an inequitable burden on the provinces with smaller registrant numbers and creates a barrier for these provinces accumulating a pool of working capital to support their infrastructure and grow the sport in their province.

[AB – passed](#)

2) Re: 13.2 (c)

Current Wording: c) Sanction Fees for National Powerlifting and Bench Press Championships 500.00

Proposed Change: c) Sanction Fees for National Powerlifting and Bench Press Championships \$1000.00 and Sanction Fees for Regional Powerlifting Championships \$250

Rationale: The sanction fees for Nationals were set at a time when total CPU membership was measured in the 100's and entries for a large Nationals might attain triple digits. The costs to the CPU in providing referees and drug testing have increased with the growth of Nationals and Regionals entries however revenue growth has not kept pace.

[Withdrawn](#)

3) Re: 13.2 (g)

Current Wording: g) CPU sanctioned Championship Drug Testing Fee 20.00

Proposed Change: g) CPU sanctioned Championship Drug Testing & Participation Fee \$50

Rationale: Referee expense to the CPU for 2017 is over \$30,000. Anti-doping program expense to the CPU for 2017 is over \$70,000. CPU expenses in these essential areas have increased with the growth of membership and the size of Nationals and Regionals but revenue growth has not kept pace.

[Withdrawn](#)

4) Re: 13.2 (h)

Current Wording: h) Powerlifting.ca website advertising / sponsor fee (annual) 250.00

Proposed Change: h) Powerlifting.ca website advertising / sponsor fee (annual) \$500.00

Rationale: Annual fees for website advertising rates were set when total CPU membership was less than 1000. These fees were set on an assessment of the reach and value of the CPU brand and the potential benefit advertisers might receive for associating themselves with the CPU brand. Membership has tripled since these rates were set. The value of the CPU brand and reach has increased in value as well. Proposal to amend 6.1 to include National Master Powerlifting Championships and a Master National Bench Press Championships to the list of competitions sanctioned by the CPU.

Withdrawn

5) Re: 6.0 COMPETITIONS

Current Wording

6.1 Competitions sanctioned by the CPU shall include:

- National Powerlifting Championships, in all IPF recognized age categories
- National Bench Press Championships, in all IPF recognized age categories
- Eastern Canadian Powerlifting Championships, in age categories determined by the meet director.
- Eastern Canadian Bench Press Championships, in age categories determined by the meet director.
- 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.
- Central Canadian Powerlifting Championships, in age categories determined by the meet director
- Central Canadian Bench Press Championships, in age categories determined by the meet director

Change to include:

6.1 Competitions sanctioned by the CPU shall include:

- National Open Powerlifting Championships, in IPF recognized weight classes and age categories*
- National Open Bench Press Championships, in IPF recognized weight classes and age categories*
- National Master Powerlifting Championships, in IPF recognized weight classes and Master age categories*
- National Master Bench Press Championships, in IPF recognized weight classes Master and age categories*
- Eastern Canadian Powerlifting Championships, in IPF recognized weight classes and age categories*
- Eastern Canadian Bench Press Championships, in IPF recognized weight classes and age categories.*
- Western Canadian Powerlifting Championships, in IPF recognized weight classes and age categories.*
- Western Canadian Bench Press Championships, in IPF recognized weight classes and age categories.*
- Central Canadian Powerlifting Championships, in IPF recognized weight classes and age categories.*
- Central Canadian Bench Press Championships, in IPF recognized weight classes and age categories.*

Rationale:

1. Beginning in 2020, World Classic Master Powerlifting Championships will be a competition onto itself, separate from Classic World Championships, held at a different location and date from Classic Worlds.

2. Creating a Master's Nationals provides the CPU the opportunity to align our competition calendar with the IPF's calendar to better support our master athletes with their competition prep.
3. With the expectation that lifter attendance at combined CPU Nationals will increase in the coming years, hosting a separate National Masters Championships will contribute to the likelihood that Open and Master Championships can be run within the span of seven days.
4. A separate Master Nationals will create the opportunity to increase the pool of Meet Directors and clubs capable of hosting championship level competitions, will develop and increase our pool of national and international level referees, develop other competition related infrastructure and will contribute to building the CPU brand.

AB - failed

6) Proposal to add 18.6 regarding private coaches providing services for fees.

18.0 Coaching

- 18.6 Private coaches receiving fees for services at all Regional and National Championships, to benefit from access to the warm-up and competition area will:
- a) be CPU members in good standing on the day of the competition
 - b) have completed the CCES True Sport Online course and possess a valid and current certificate of completion of the True Sport course.
 - c) provide proof of Comprehensive General Liability and Professional Liability insurance to the meet organizer 21 days prior to competition.

Rationale

1. To ensure the best interests of all stakeholders including competitors, meet organizers, private coaches, volunteers and the CPU are considered and protected in the event of accident or injury.

AB - Fails

From: Sandro D'Angelo, Acting Treasurer

With the goal of being registered as a Canadian Amateur Athletic Association (RCAAA) so that we can issue tax deductible donation receipts, we need to amend Article 6 of the Articles of Continuance that we had filed under the Canadian Not-for-profit Corporations Act on September 9, 2014. (attached)

Current wording:

The objects of the Corporation are to:

- a) To promote, control and develop powerlifting on a national scale;
- b) To promote an interest in and dedication to better health and fitness through weightlifting;
- c) To unify, and develop better understanding and cooperation between provincial organizations;
- d) To co-ordinate and supervise the activities of provincial powerlifting bodies. It's decision is final in regards to any dispute that may arise from it's affiliated bodies;
- e) To set up the rules for powerlifting competitions;
- f) To appoint qualified referees;

- g) To regulate and control national championships
- h) To setup a committee to discipline provincial organizations that do not follow the Constitution;
- i) To honour individuals in the form of special awards for exceptional work and achievement

Replace all of the above with:

To develop fund, promote and operate activities, programs and facilities for the purposes of governing, advancing and promoting the sport of powerlifting in Canada on a nationwide basis, as its exclusive purpose and exclusive function.

MB - passed

From Brock Haywood, Referee Chair

P. 21 of CPU Constitution

6.10 Bids to host National Championships must be in writing, clearly stated, and signed by the submitting officer. All bids shall be presented for consideration at the Annual General Meeting of the C.P.U., and must be accompanied by a certified cheque or money order in the amount of \$500.00, as payment of the sanction fee, and an additional fee of \$250.00 to be paid in the form of a Pro-Forma Bond or certified cheque. The Pro-Forma Bond/certified cheque would be returned to the bidding province if all conditions of the competition bid have been met. If all the conditions are not met, then the bond or cheque will be used by the C.P.U. to cover any costs it incurs to correct the problem. Nationals Championships sanction shall include two rooms at the meet hotel for national referees to share from the night before the contest until the morning after the contest. Assignment will be at the discretion of the chief referee

The Province holding nationals should include in their bid a referee, who is national level or higher, to be the Technical Secretary who is required to do the paperwork (including flights, score sheets, etc.). The Organizing Committee of the National Championships must provide to non-lifting referees a complimentary banquet ticket.

Proposal:

Change to: National and Regional Championships sanction shall include three rooms at the meet hotel for national referees to share from the night before the contest until the morning after the contest.

Assignment will be at the discretion of the chief referee.

Add: National and Regional Championships sanction shall include compensation for National Referee travel expenses for referees to attend the sanctioned event of up to 50%. Distribution of said monies to be determined and co-administered by the CPU Treasurer and the National Referee Chair as per the guidelines detailed in the CPU Referees Expense Policy.

Amended to drop the "Add:...." Section by proposer.

MB - Passed

Rationale: *The costs of providing adequate qualified officials for the Nationals and Regionals is increasing. Our sport is growing, and we need to have enough qualified National level (or higher) referees available. This responsibility should not be shouldered by the CPU alone. I believe if we share the costs between the Meet Directors and the CPU this will help to promote our continued commitment to a high standard of lifting and officiating without placing the burden upon a single entity.*

Brock Haywood

IPF Category I Referee

CPU Referee Chairman

From Albert, Shane Martin

Proposals:

#1

National Referee Confusion

Officiating Chairman

Page 19 - 4.4 e) In order to maintain one's status as a National Referee, **he/she must officiate at a minimum of two provincial or higher championships within the three year C.P.U. electoral period** (ie. 1991-1994, 1994-1997, etc...

15.0 Officiating

Page 32 – 15.8 National Referees must **referee one national's and attend the accompanying rules clinic with a 3 year period** coinciding with the CPU election period.

DELETE 4.4 E) - Reason it conflicts with 15.8.

Reword 15.8: To maintain your National Referee status, a National Referee must referee one Provincial or Regional Championship, one National Championship and attend the accompanying rules clinic within a 3 year period coinciding with the CPU election period.

This clears up the current wording and has National referees continuing to support their home province, regional championships, and of course referee and attend the clinic at Nationals to maintain current standards.

MB - Passed

#2

Page 20 - Competition 6.0

6.8: Date and location of the Regional Championships shall be determined by the C.P.U. Board of Directors and collected provincial bodies, as submitted at the CPU AGM, to avoid conflict with any other national or International competition.

Change

6.8: Date and location of the Regional Championships shall be determined by the C.P.U. Board of Directors and collected provincial bodies, as submitted at the CPU AGM, **two years prior to requested**

Regional Championship to avoid conflict with any other national or International competition and allow for adequate time to organize.

Reason: These events are large enough now where a year buffer will make these events that much easier to organize and allow security in knowing when/where they are being held.

MB - passed

#3

6.27 : Every national championship, where appropriate facilitators are present and eager, the meet director should include a space to hold a CPU Equipped Powerlifting seminar. The seminar should last between 1-3 hours and offer opportunities for athletes to ask questions. The CPU Executive will agree on the facilitators and will operate on a volunteer basis founded on experience and desire to run such seminar. A three-year trial period will occur, ending at Nationals 2018, following which the CPU will vote on whether to install this permanently.

DELETE 6.27 – Looks like it was not as valuable as thought and this year’s workshops take care of it. Overall, I don’t think this policy worked. In the future, the CPU should, at the very least promote Equipped lifting equally.

AB - Passed

#4

AGM Process

Have the annual awards decided at the beginning of the AGM rather than the end.

This way everyone is still engaged and puts time and thought into it.

PE - passed

From: Ontario, Phil Brougham

6.0 COMPETITIONS

- 6.7 6.7 Regional Championships shall be required to follow the requirements of National Championships in regards to number of national rank referee’s, contest bids, dates.
The divisions of each Regional Championship are as Follows:
-The “Eastern Championships” shall include: Newfoundland, New Brunswick, Nova Scotia, and Prince Edward Island”
-The “Central Championships” shall include Quebec and Ontario
-The “Western Championships” shall include Manitoba, Saskatchewan, Alberta, and British Columbia

(CURRENT)

- 6.8 Date and location of the Regional Championships shall be determined by the C.P.U. Board of Directors and collected provincial bodies, as submitted at the CPU AGM, to avoid conflict with any other national or International competition.

(PROPOSED REDLINE)

- 6.8 ~~The~~ Date and location of ~~a the~~ Regional Championships shall be determined collectively by those provinces within the division of the Regional Championship. Once determined by the division provinces, the selected date and location of the Regional Championship shall be submitted at the CPU AGM for approval by the C.P.U. Board of Directors ~~and collected provincial bodies, as submitted at the CPU AGM,~~ to avoid conflict with any other national or International competition.

(PROPOSED CLEAN)

- 6.8 The date and location of a Regional Championship shall be determined collectively by those provinces within the division of the Regional Championship. Once determined by the division provinces, the selected date and location of the Regional Championship shall be submitted at the CPU AGM for approval by the CPU Board of Directors to avoid conflict with any other National or International competition.

Withdrawn

New bylaw : Bids for CPU sanctioned events must be submitted by provincial bodies.

MB - Passed

From: Competitions Committee, Ryan Stinn.

Goal: Streamline national team selection. Remove ambiguity of wording. Ensure we are allowing athletes to represent the county that have been active in the sport, ensure athletes that are not active can not bypass local and national meets and still attend international events.

Current Wording:

17.0 NATIONAL TEAM SELECTION

17.1 Any selection to a National Team is tentative until the results of any drug testing (if done) are received. If tested, a lifter must show a negative test result in order to remain on the Team. Any positive test results will bring automatic dismissal from the Team, and appropriate penalty to the lifter or lifters involved.

17.2 The CPU shall select Men's and Women's select teams to represent Canada at all IPF International competitions. Currently these include Sub-Junior (14-18), Junior (14-23), Open (any age), Master I (40-49), Master II (50-59), Master III (60-69) and Master IV (men only) in three lift powerlifting.

Also, teams will be selected for the Single Lift Bench Press championships, in Open, Junior and Master (age groups as listed previously). Any additional category of competition that may be added by the IPF or a regional federation at a later date shall be deemed to be automatically included in the above.

17.3 A lifter must lift, in either Powerlifting or Bench Press, at the Nationals for that said year, if they wish to compete at the corresponding IPF World Championships, NAPF Championships or Commonwealth Championships. In the event that a full team cannot be filled from those who participated at Nationals for that said year, a lifter who missed Nationals due to unforeseen circumstances may apply to the CPU Executive for consideration for their inclusion on a national team, provided that the lifter lifted at the previous year's Nationals, and had recorded a national qualifying total in the previous twelve months.

17.4 The first place winners from most recent National Championship in each weight class and age category shall automatically earn a spot on the National Team. The remaining team members will be chosen based on placing of all non-class winners from the most recent National Championship with all second place finishers being chosen next going in descending Wilks order, followed by all third place finishers going in descending Wilks order and carrying on until the team is full.

17.5 For categories that are contested by the CPU, but not by the IPF, any such category shall be combined with the Open lifters to decide team selections without indication or fees being required.

17.6 For categories that are contested by the IPF, but not the CPU, selection shall be made from the lifters of the appropriate ages in the next highest levels of the national championships

17.7 A standard agreement will have to be signed by every prospective member of any of the CPU's World Teams. This agreement will contain, but not necessarily be limited to, all of the following elements:

a) All lifters selected for CPU World teams must notify the CPU President, in writing of their intentions to regarding participation, no later than 90 days prior to the date of the competition.

b) Once final team selections are made, all lifters selected for the regular teams (meaning not including reserves) are required to pay a participation fee of \$200 to the CPU. This money will cover the participation and drug testing fees paid to the IPF or other for the contest. If a selected lifter is unable to attend and a reserve lifter takes over a spot, that reserve lifter must pay the fee at that time. Any lifter that has paid the fee but is unable to attend, will have the fee returned to them only if the fees have not yet been paid to the IPF.

The remaining monies, if any, from the \$200 Participation fee to International contests, will be put aside, into a separate account, for future use by athletes and/or coaches, upon CPU Executive approval.

c) Team uniforms should be worn at all times while in public.

d) While team members are in the host nation, they are expected to attend all banquets, opening and closing ceremonies, and any other functions which might be arranged by the host federation for the benefit of the visiting teams;

e) All lifters competing at international events are subject to pay the CPU \$50.00, which will go directly to the Coaching Committee to supplement the coaching budget and support the assigned coaches. If the Coaching Committee does not name a Coach for a Championships, the \$50.00 fee is waived.

17.8 Before departing for an international championship, the Head Coach or Team Manager will be required to take with them a Canadian Flag. If one is not available, the CPU will provide money up to \$25 to purchase a flag.

17.9 When competing for Canada at I.P.F. World Championships, or at any other international competitions, the lifter's cooperation with the coaching staff, and adherence to Team protocol, shall be mandatory at all times. The behavior of lifters, coaches, managers, and any other officials of the Canadian

Team who are consistently uncooperative, or whose actions or appearance bring discredit to the Team, will be taken into consideration when selecting future international teams. Any formal complaint which is lodged against a member of a National Team at an international competition must be fully investigated by the C.P.U. President. The team member involved shall be informed immediately, in writing, of the nature of the complaint.

17.10 For any 3-lift IPF Championships where the applicable National Championships are less than 6 weeks prior to the World Championships, the National event results from the year previous will be used as the qualifying standard.

For any single-lift IPF Championships where the applicable National Championships are less than 4 weeks prior to the World Championships, the National event results from the year previous will be used as the qualifying standard.

17.11 For the purpose of qualification on international teams, all Open Men and Women Classic athletes will be subject to a minimum Wilks (see appendix A) in addition to winning their weight class at the most recent National Championships. The minimum Wilks will be classified under two divisions: International A Wilks and International B Wilks. For the Classic World Championships event, athletes must meet the "International A Team" Wilks standard. For any other International team, including the North American Powerlifting Championships, Commonwealth Powerlifting Championships, Arnold Sports Festival, or the like, athletes must meet the "International B" Wilks Standard to be eligible to compete. For any international teams, the priority shall be placed on those athletes who have achieved the "International A Team" Wilks standard, assuming they have met all other qualification standards for international meets as set out in the CPU Policy and Procedures. For clarity, no other age group will be subject to a minimum Wilks for international teams (Sub-Junior, Junior, or Master) or equipped divisions.

17.12 The class winner at the most recent Nationals who achieves the "International A Team" Wilks standard will be given the priority over any other candidate to compete at all international events. If the class winner forfeits their spot on an international team, the selection criteria will then default to all second place winners based on the highest Wilks as outlined in 17.4. Only the athletes below the class winners who have achieved the "International A Team" Wilks standard or higher will be considered for the Classic World Championships team. Similarly, only the athletes below the class winners who have achieved the International B Team" Wilks standard or higher will be considered for international teams that exclude the Classic World Championship.

17.13 If an athlete wins their class at Nationals of the most recent year, but does not achieve the "International A" standard, then they are not eligible to compete at the Classic World Championships, and the process of 17.4 shall take effect to select the next suitable candidate who has achieved an "International A" Wilks standard or higher. Similarly, if an athlete wins their class at Nationals of the most recent year and does not achieve the "International B Team" standard then they are not qualified for any international teams within that calendar year and process 17.4 shall take effect to select the next suitable candidate. If, however, the most recent National class winners achieves the "International B Team" standard (and not the International A Team standard) then they will be placed as a priority candidate for all other International Teams outside the Classic World Championships.

Minimum Wilks for CPU International Teams

International A Classic Team

Sub-Junior Female - 290
Junior Female - 345
Open Female - 390
M1 Female - 335
M2 Female - 290
M3 Female -260
M4 Female - 220

Sub-Junior Male - 370
Junior Male - 420
Open Male - 450
M1 Male - 385
M2 Male - 365
M3 Male - 320
M4 Male - 290

International B Team

Sub-Junior Female - 260
Junior Female - 310
Open Female - 350
M1 Female - 300
M2 Female - 260
M3 Female - 230
M4 Female - 200

Sub-Junior Male - 330
Junior Male - 385
Open Male - 400
M1 Male - 345
M2 Male - 335
M3 Male - 290
M4 Male - 250

17.14 For any athlete seeking National Team spots, they must compete in the same age and weight category at the National Championships that they intend to compete internationally.

Proposed Wording Proposal #1

Rationale: remove the ambiguity of the term “unforeseen circumstances”, clean up some other wording.

17.2 The CPU shall select Men’s and Women’s teams to represent Canada at all IPF International competitions. ~~Currently these include Sub-Junior (14-18), Junior (14-23), Open (any age), Master I (40-49), Master II (50-59), Master III (60-69) and Master IV (70-79) in three lift powerlifting. Also, teams will be selected for the Single Lift Bench Press championships, in Open, Junior and Master (age groups as listed previously). Any additional category of competition that may be added by the IPF or a regional federation at a later date shall be deemed to be automatically included in the above.~~

17.3 ~~A lifter must lift, in either Powerlifting or Bench Press, at the Nationals for that said year, if they wish to compete at the corresponding IPF World Championships, NAPF Championships or Commonwealth Championships. In the event that a full team cannot be filled from those who participated at Nationals for that said year, a lifter who missed Nationals due to unforeseen circumstances may apply to the CPU Executive for consideration for their inclusion on a national team, provided that the lifter lifted at the previous year’s Nationals, and had recorded a national qualifying total in the previous twelve months.~~

17.3 a) **International A Teams: athletes must have lifted at the current years’ corresponding National Championships, ie: classic bench only for classic World Bench Press Championships and equipped powerlifting for equipped World Powerlifting Championships.**

b) **International B Teams: the team will be filled with athletes that competed at the current year’s corresponding National Championships. If the team cannot be filled from that pool then athletes that competed at the previous year’s corresponding National Championships will be allowed to apply. These athletes will be put in a pool and ranked according to wilks totals achieved in the 12 months prior to the event. An athlete can only apply for a weight class/category that is not already filled from the current year. Athletes applying with results from previous year’s championships must have the approval of their provincial body to apply.**

AB – passed

Proposal #2 - Housekeeping

Rationale: This is the requirement now so it should be stated here.

17.4 **The class winners from the current year's National Championship in each weight class and age category shall automatically earn a spot on the National Team, provided they have achieved the wilks requirement from 17.13 at the National Championship.** ~~The first place winners from most recent National Championship in each weight class and age category shall automatically earn a spot on the National Team.~~ The remaining team members will be chosen based on placing of all non-class winners from the most recent National Championship with all second place finishers being chosen next going in descending Wilks order, followed by all third place finishers going in descending Wilks order and carrying on until the team is full, **assuming they achieved the wilks requirements at the National Championship for the International A or B team they are applying for.**

BC - passed

Proposal #3

Rationale: it is unclear what this referring to.

17.5 ~~For categories that are contested by the CPU, but not by the IPF, any such category shall be combined with the Open lifters to decide team selections without indication or fees being required.~~

17.6 ~~For categories that are contested by the IPF, but not the CPU, selection shall be made from the lifters of the appropriate ages in the next highest levels of the national championships~~

BC - passed

Proposal #4

Housekeeping

17.7 A standard agreement will have to be signed by every prospective member of any of the CPU's ~~National World~~ **National World** Teams. This agreement will contain, but not necessarily be limited to, all of the following elements:

~~a) All lifters selected for CPU World teams must notify the CPU President, in writing of their intentions to regarding participation, no later than 90 days prior to the date of the competition.~~

a) All eligible lifters who wish to apply for a CPU National Team shall submit their application form to the CPU Championship Secretary no later than 90 days prior to the date of the competition.

MB - passed

Proposal #5

Discussion: The CPU Coaching Certification income is supposed to be used for this I believe. Can we remove this or reduce it at least?

e) All lifters competing at international events are subject to pay the CPU \$50.00, which will go directly to the Coaching Committee to supplement the coaching budget and support the assigned coaches. If the Coaching Committee does not name a Coach for a Championships, the \$50.00 fee is waived.

Table to next year.

Proposal #6

Rationale: I believe the disciplinary committee is being struck so they should be included in these manners.

17.9 When competing for Canada at IPF World Championships, or at any other international competitions, the lifter's cooperation with the coaching staff, and adherence to Team protocol, shall be mandatory at all times. The behavior of lifters, coaches, managers, and any other officials of the Canadian Team who are consistently uncooperative, or whose actions or appearance bring discredit to the Team, will be taken into consideration when selecting future international teams. Any formal complaint which is lodged against a member of a National Team at an international competition must be fully investigated by the ~~CPU President~~ **disciplinary committee**. The team member involved shall be informed immediately, in writing, of the nature of the complaint.

Withdrawn

Proposal #7

Rationale: Should both of these not be 60 days as entries need to be in to the IPF 60 days prior to the competition.

~~17.10 For any 3-lift IPF Championships where the applicable National Championships are less than 6 weeks prior to the World Championships, the National event results from the year previous will be used as the qualifying standard.~~

~~For any single-lift IPF Championships where the applicable National Championships are less than 4 weeks prior to the World Championships, the National event results from the year previous will be used as the qualifying standard.~~

17.10 For any international Championship where the applicable National Championships are less than 60 days prior to that championships, the national event results from the previous year will be used as the qualifying standard.

BC - Passed

Proposal #8

Rationale: Clean up wording

17.11 For the purpose of qualification on international teams, all ~~Open Men and Women Classic~~ athletes will be subject to a minimum Wilks (see appendix A) in addition to winning their weight class at the most recent National Championships. The minimum Wilks will be classified under two divisions: International A Wilks and International B Wilks. For the ~~Classic~~ World Championships events, athletes must meet the "International A Team" Wilks standard. For any other International team, including the North American Powerlifting Championships, Commonwealth Powerlifting Championships, Arnold Sports Festival, or the like, athletes must meet the "International B" Wilks Standard to be eligible to compete. For any international teams, the priority shall be placed on those athletes who have achieved the "International A Team" Wilks standard, assuming they have met all other qualification standards for international meets as set out in the CPU Policy and Procedures. ~~For clarity, no other age group will be subject to a minimum Wilks for international teams (Sub-Junior, Junior, or Master) or equipped divisions.~~

NS - passed

Proposal #9

If proposal #2 goes through, this should be removed as it is a duplicated point.

~~17.12 The class winner at the most recent Nationals who achieves the "International A Team" Wilks standard will be given the priority over any other candidate to compete at all international events. If the class winner forfeits their spot on an international team, the selection criteria will then default to all second place winners based on the highest Wilks as outlined in 17.4. Only the athletes below the class winners who have achieved the "International A Team" Wilks standard or higher will be considered for the Classic World Championships team. Similarly, only the athletes below the class winners who have achieved the International B Team" Wilks standard or higher will be considered for international teams that exclude the Classic World Championship.~~

~~17.13 If an athlete wins their class at Nationals of the most recent year, but does not achieve the "International A" standard, then they are not eligible to compete at the Classic World Championships, and the process of 17.4 shall take effect to select the next suitable candidate who has achieved an "International A" Wilks standard or higher. Similarly, if an athlete wins their class at Nationals of the most recent year and does not achieve the "International B Team" standard then they are not qualified for any international teams within that calendar year and process 17.4 shall take effect to select the next suitable candidate. If, however, the most recent National class winners achieves the "International B Team" standard (and not the International A Team standard) then they will be placed as a priority candidate for all other International Teams outside the Classic World Championships.~~

17.13 Minimum Wilks for CPU International Teams

International A Classic Team

Sub-Junior Female - 290.00	Sub-Junior Male - 370.00
Junior Female - 345.00	Junior Male - 420.00
Open Female - 390.00	Open Male - 450.00
M1 Female - 335.00	M1 Male - 385.00
M2 Female - 290.00	M2 Male - 365.00
M3 Female -260.00	M3 Male - 320.00
M4 Female - 220.00	M4 Male - 290.00

International B Team

Sub-Junior Female - 260.00	Sub-Junior Male - 330.00
Junior Female - 310.00	Junior Male - 385.00
Open Female - 350.00	Open Male - 400.00
M1 Female - 300.00	M1 Male - 345.00
M2 Female - 260.00	M2 Male - 335.00
M3 Female -230.00	M3 Male - 290.00
M4 Female - 200.00	M4 Male - 250.00

NS - Passed

Proposal #10

Rationale: Once an athlete has made a team they should have the possibility to move weight classes if it is advantageous to them and is not a conflict for other athletes.

~~17.14 For any athlete seeking National Team spots, they must compete in the same age and weight category at the National Championships that they intend to compete internationally.~~

17.14 For any athletes seeking National Team spots, they shall only be guaranteed a spot and nominated at the weight class for which they competed at the National Championships. However, if before Final Nominations, an athlete or coach determines that an athlete may be more competitive in a different weight class and there are available team spots at that weight class, a lifter may change their nominated weight class. If two or more athletes are attempting to move into the same weight class and causing a conflict, priority will be given to the athlete with the higher wilks from the National Championships.

Amended second line to say "weight and age category"

MB - passed

Proposal #11

17.13 Minimum Wilks for CPU International Teams

ADD EQUIPPED Standards listed below

Rational: If we are enforcing a qualifier for classic then we should be equipped as well. Since our equipped division isn't as deep I did approximately a 5% (rounded to nearest 5) increase over the classic qualifiers.

International A Equipped Team

Sub-Junior Female - 305.00	M2 Female - 305.00
Junior Female - 360.00	M3 Female -275.00
Open Female - 410.00	M4 Female - 230.00
M1 Female - 350.00	

Sub-Junior Male - 390.00
Junior Male - 440.00
Open Male - 470.00
M1 Male - 405.00

M2 Male - 385.00
M3 Male - 335.00
M4 Male - 305.00

International B Equipped Team

Sub-Junior Female - 275.00
Junior Female - 325.00
Open Female - 370.00
M1 Female - 315.00
M2 Female - 275.00
M3 Female -240.00
M4 Female - 210.00

Sub-Junior Male - 345.00
Junior Male - 405.00
Open Male - 420.00
M1 Male - 365.00
M2 Male - 350.00
M3 Male - 305.00
M4 Male - 260.00

NL - passed

SPA Submissions to the CPU Executive for the 2018 AGM

Agenda Items:

Policies and Procedures

2.0 Officer Duties and Responsibilities

Current Wording:

2.11 All C.P.U. Officers and Committee Chairmen shall be elected by the Directors at the Annual General meeting.

Proposed Wording:

2.11 All C.P.U. Officers and Committee Chairmen shall be elected by the Directors at the Annual General meeting. **An individual may not hold more than one Officer position at any given time.**

Rationale:

We need to ensure we are distributing the leadership of the organization by protecting ourselves from ourselves. We need to be recruiting the future leaders of the CPU and allowing them to step up into leadership roles is important.

MB - failed

3.0 Committees

Current Wording:

- 3.1 Committee Chairmen will be elected by the Board of Directors and Executive Members every three years in the CPU election cycle. All other committee members will be appointed by both the President of the CPU and Committee Chairman.

Proposed Wording:

- 3.1 Committee Chairmen will be elected by the Board of Directors and Executive Members every three years in the CPU election cycle. All other committee members will be appointed by both the President of the CPU and Committee Chairman. **All committee members must be current CPU members.**

Rationale:

Committee members need to be CPU members as we don't want non-members being part of our leadership structure.

AB - passed

6.0 Competitions

Current Wording:

- 6.10 Bids to host National Championships must be in writing, clearly stated, and signed by the submitting officer. All bids shall be presented for consideration at the Annual General Meeting of the C.P.U., and must be accompanied by a certified cheque or money order in the amount of \$500.00, as payment of the sanction fee, and an additional fee of \$250.00 to be paid in the form of a Pro-Forma Bond or certified cheque. The Pro-Forma Bond/certified cheque would be returned to the bidding province if all conditions of the competition bid have been met. If all the conditions are not met, then the bond or cheque will be used by the C.P.U. to cover any costs it incurs to correct the problem.

Nationals Championships sanction shall include two rooms at the meet hotel for national referees to share from the night before the contest until the morning after the contest. Assignment will be at the discretion of the chief referee

The Province holding nationals should include in their bid a referee, who is national level or higher, to be the Technical Secretary who is required to do the paperwork (including flights, score sheets, etc.).

The Organizing Committee of the National Championships must provide to non-lifting referees a complimentary banquet ticket.

Proposed Wording:

- 6.10 Bids to host National Championships must be in writing, clearly stated, and signed by the submitting officer. All bids shall be presented for consideration at the Annual General Meeting of the C.P.U., and must be accompanied by a certified cheque or money order in the amount of \$500.00, as payment of the sanction fee, and an additional fee of \$250.00 to be paid in the form of a Pro-Forma Bond or certified cheque. The Pro-Forma Bond/certified cheque would be returned to the bidding province if all conditions of the competition bid have been met. If all the conditions are not met, then the bond or cheque will be used by the C.P.U. to cover any costs it incurs to correct the problem.

Nationals Championships sanction shall include two rooms at the meet hotel for national referees to share from the night before the contest until the morning after the contest. Assignment will be at the discretion of the chief referee

The Province holding nationals should include in their bid a referee, who is national level or higher, to be the Technical Secretary who is required to do the paperwork (including flights, score sheets, etc.).

The Organizing Committee of the National Championships must provide to non-lifting referees a complimentary banquet ticket.

The National Championship entry fee shall not be greater than \$150 for a single event and \$40 for each additional event. The Regional Championships entry fees shall not be greater than \$125 for a single event and \$35 for each additional event.

Rationale:

Cost control for athletes needs to be considered to ensure meet directors have direction for what they are allowed to charge.

Tres - fails

6.0 Competitions

Add:

6.2.1 Bids for National and Regional Championships will be accepted and awarded two years in advance.

Rationale:

To allow for proper planning purposes for large Championships, we need to allow meet directors the opportunity to bid for not only Nationals but Regionals on a two year advance.

NL - Passed

6.0 Competitions

Current Wording:

6.3 If an all-inclusive National Championships is to be held, that date of the event must be between February 15 and March 15. Efforts shall be made to hold all national championships at least twelve (12) weeks prior to their respective World Championships.

Proposed Wording:

6.3 If an all-inclusive National Championships is to be held, the Championship shall be scheduled to begin on the third Monday in February and run for the duration of that week. Efforts shall be made to hold all national championships at least twelve (12) weeks prior to their respective World Championships.

Rationale:

We have come to a time where we need to further solidify the dates of Nationals so that athletes know from year to year when Nationals will be hosted. We need to fall in line with the other major sporting events, where a certain week or certain day are pre scheduled as the dates for the championship. This allows athletes the best opportunity to plan their own schedules around certain dates. This will also allow provinces the opportunity to plan their own calendars with a certain date

for Nationals being known. The IPF has dates for all of their championships, this puts us in line with that.

AB - fails

6.0 Competitions

Current Wording:

6.3.1 If an all-inclusive Regional Championships is to be held, that date of the event must be between August 15 and November 15. Efforts shall be made to hold all Regional Championships at least twelve (12) weeks prior to National Championships.

Proposed Wording:

6.3.1 If an all-inclusive Regional Championships is to be held, the Championships shall be scheduled to be either the third or fourth weekend in September. Efforts shall be made to hold all Regional Championships at least twelve (12) weeks prior to National Championships.

Rationale:

We have come to a time where we need to further solidify the dates of Regionals so that athletes know from year to year when Regionals will be hosted. We need to fall in line with the other major sporting events, where a certain week or certain day are pre scheduled as the dates for the championship. This allows athletes the best opportunity to plan their own schedules around certain dates. This will also allow provinces the opportunity to plan their own calendars with a certain date for Regionals being known. The IPF has dates for all of their championships, this puts us in line with that.

NL - failed

6.0 Competitions

Current Wording:

6.18 All CPU National Competitions must be adjudicated by at least two National or higher ranked referees, one of whom may be a Provincial class referee who is taking a practical examination for upgrading to National status. The remaining position may be occupied by Provincial Category I or higher ranked referees. All other C.P.U. sanctioned competitions must be adjudicated by referees of Category I Provincial rank or higher.

Proposed Wording:

6.18 All CPU National and Regional Competitions must be adjudicated by three National or higher ranked referees or by two National or higher ranked referees and a Provincial ranked referee who is writing their National referee exam. The Technical Controller shall be a Provincial or higher ranked referee.

Rationale:

We should only have National referees sitting for Nationals and Regionals to continue to promote the importance of National ranked referees.

Sec - passed

6.0 Competitions

Current Wording:

6.28 All national championships shall have an ER rack or Eleiko rack as the competition platform.

Proposed Wording:

6.28 All National and Regional Championships shall have an IPF approved rack on the platform.

Rationale:

There is no need to name a manufacturer because the IPF is who approves the manufacturers, not the CPU.

Withdrawn – already dealt with.

14.0 Equipment

Current Wording:

14.1 All equipment for powerlifting competitions in Canada shall meet the specifications stated in the official I.P.F. Technical Rules Handbook.

Proposed Wording:

14.1 All equipment for powerlifting competitions of all levels in Canada shall be listed on the IPF Approved List.

Amended to all equipment “on the competition platform, weights bar and rack”

Passed

Rationale – There is enough access in the country to equipment made by approved manufacturers in Canada to move this direction. Everyone lifting in a meet, regardless of the level, should have a level playing field in that the rack is not only meeting the specs of the equipment but is actually made by approved manufacturers. We require approved weights and bars as well as singlets, belts, etc. It makes sense to now require approved racks on all platforms at any meets in the country.

From: Ryan Kells, NSPL

FINANCE 13.2.A

1) Provincial Affiliation Fees to be changed to a Weighted-Average Formula as follows.

- a. Use the previous year’s membership to determine the percentage of lifters in each province. This percentage (rounded to the nearest 2.5%) multiplied by \$5,000 will be the annual fee (rounded to the nearest dollar) for each province.
- b. Each province, regardless of fee paid, will still be entitled two (2) votes at each AGM.

Rationale: The CPU should be applying a “fair” distribution of costs to each province as opposed to an “equal” distribution of costs. The membership level across our provinces varies so much that it doesn’t make sense to have each province pay the same fee. Furthermore, it is imperative that each province still maintain two votes each so no two provinces, and therefore provincial presidents, can take control of the CPU.

FINANCE 13.2.E

- 1) Raise the cost of a CPU membership by \$45 over the next three (3) years using the following increases.
 - a. \$15 for 2018 (\$60 total)

- b. \$15 for 2019 (\$75 total)
- c. \$15 for 2020 (\$90 total)

Rationale: The CPU has been running at a loss for the last two years. Moreover, after a brief financial review and adding in more realistic budgets for testing, officiating expenses, coaching expenses, and market-value stipends for board members, the CPU is running at an \$80,000+ loss per year. Without new and significant revenue streams the added costs equate to approximately \$45 per member (assuming 3,000 members). This price increase would most likely not be approved nor appreciated if it were implemented in one year so this proposal is for a three year period. These increases will better match the value v. price disparity the CPU is currently experiencing.

Following discussion, amended to \$10 each year for the next 3 years by the proposer.

BC - passed

From: Jeff Butt, NLPA Proposals:

1:

This following proposal was passed last year and we propose it be struck out for several reasons including: 1/The CPU should field its' best teams and have the ability to move athletes to where they are most competitive, this proposal limits that. 2/It's difficult and unsafe for athletes to lift twice in the same day in both classic and equipped lifting at our National events.

ADD 17.14

For any athlete seeking National Team spots, they must compete in the same age and weight category at the National Championships that they intend to compete internationally.

REASON: This will limit confusion on who makes the team, and who doesn't, when athletes might be eligible to compete in more than one age or weight category.

Or Add: Weight classes may be changed with the discretion of coaches in consultation with athletes, if it is perceived to give the Team an overall better finish or if an athlete feels they can no longer make weight.

Withdrawn – already dealt with.

2:

No lifter will have to compete in 2 Powerlifting events in the same day.

Rational: This is very dangerous to athletes and several people will have to do this in 2018 and some will forego lifting at Worlds this year because they would have to compete twice in one day. I propose the scheduling should be as such that athletes competing twice in 3 lift have 2 days between events. Also, if an athlete had to compete at both equipped and classic in 93 M1, they would have to do an equipment check and weigh-in while in a competition currently.

CPU will work with the meet directors to minimize the chances of this.

3:

Probable format for future Nationals:

Mon	Tue	Wed	Thu	Fri	Sat
M1 F Cl	M1 M Cl	SJ/J M Cl heav	O M Cl 74und	BP Cl all	
M2-4 M Cl	M2-4 M Cl	O F Cl light	O M Cl 83-93	BP EQ all	EQ all
SJ/J F Cl	Sj/J M Cl light	O F Cl Heavy	OM Cl 105 +		

Although we have made a suggestion above, I am sure there are other formats to consider and male and female lifting should be mixed throughout the week. We tend not to showcase our best female athletes.

DISCUSSION POINTS

Shane Martin, Alberta

Avi – Wants to discuss reducing the cost of the Coaching Course to half the cost.

Previously discussed.

Refereeing – The high expectation and inconsistent interpretation of the IPF rules at CPU Nationals compared to other International events in the IPF. We (CPU) are known to have extensive pause lengths and depth calls. I want a healthy discussion regarding why we have created this standard, why it has remained, and if there is something to change to align our refereeing with Worlds/IPF standard.

Brock Haywood discussed.

Ryan Fowler, SK

Discussion Items:

1. Policy 2.17 - CPU Board of Directors and Officers are not permitted to direct and/or promote events sanctioned by a Powerlifting Society/Organization that is not affiliated with the IPF or approved by the IPF.
Question for discussion: How did the CPU run the Invictus Games when this is in direct opposition to our own Policies?

Withdrawn

2. CPU National Championship Feedback form completion by CPU executive
It was voted in a couple of years ago to develop a feedback form for the National Championship meet director. The form was created and passed at the AGM. Is it being done and by who?

VP Bill You will assume this task

3. From Policy 4.11 All provincial affiliates must obtain a minimum Provincial not-for-profit corporation status and submit the registration to the secretary. (to be confirmed by all provinces by the end of 2015). The blue writing is in the Policies, so wondering where the CPU is at and has this been followed up on with all provinces by the CPU board?

Delete blue part

4. IPF Congress Proposal: We are unsure of the process for putting this on the agenda for the IPF Congress.
13. If deemed necessary, the Jury may temporarily suspend the progress of the competition and retire to consider its verdict. After due consideration and upon reaching a unanimous verdict, the Jury will return and the Chairman will inform the complainant of its decision. The Jury's verdict will be considered final and there will be no right of appeal to any other body. Upon recommencement of the competition which has been suspended, the next lifter shall be given three minutes in which to commence his lift. **If a lift is overturned, all lifters in succession have a new minute to change their attempts (not including first and second attempt changes in the deadlift, i.e. a third change is given)..** In the event of a complaint being

made against a lifting member or official of an opposing team, the written complaint shall be accompanied by the cash sum of Euro 75 or its equivalent in any currency. Should the Jury in its verdict consider that the complaint is of a frivolous or mischievous nature, then the whole or any portion of the sum may be retained and donated to the IPF at the discretion of the Jury

Sask will send to CPU.

Bill Jamison Award: Ron Delaney

- Started weight lifting /powerlifting April 1989, age 38
- First powerlifting contest in Windsor NS March 7,1992 with a 3 lift total of 555.5 kg in the 90 kg master 1 class, age 41
- Oct 17,1992 competed at YMCA of CB, Sydney NS ,totaled 570 kg which qualified for 1993 Nationals in Edmonton, Alberta

Canadian Powerlifting Union (CPU) Nationals

- First Nationals , Edmonton Alberta, May 21,1993 bronze medal with 555kg total in 90 kg master 1 class
- 1994 Nationals, Kitchener Ontario, bronze medal with 557.5 kg total in 90 kg master 1 class
- 1996 Nationals, Windsor NS, gold medal with 627.5 kg total in the 100 kg master 1 class which qualified for the 1996 Master Worlds in India
- 1997 Nationals, Corner Brook NL , silver medal with 657.5 kg total in the 100 kg master 1 class which qualified for the 1997 Worlds Masters Powerlifting in Hungary
- 1998 Nationals, Moose Jaw Saskatchewan, gold medal with 665 kg total in the 100 kg master 1 class also silver medal in National Bench Press with 150 kg lift
- 1999 Nationals, Sherbrooke, Quebec, gold medal with 645 kg total in the 90 kg master 1 class
- 2001 Nationals, Quebec City, gold medal with 637.5 kg total in the 90 kg master 1 class which qualified for the 2001 World Masters in Moose Jaw, Saskatchewan
- 2002 Nationals, Yarmouth NS, gold medal with 637.5 kg total in the 100 kg master 2 class which qualified for the Master Worlds in Cordoba, Argentina, also gold medal in National Bench Press with a 147.5 kg lift
- 2003 Nationals, Winnipeg MB, gold medal with 662.5 kg total in the 90 kg master 2 class
- 2004 Nationals, Kitchener Ontario, gold medal with 662.5 kg total in the 90 kg master 2 class
- 2007 Nationals, Dartmouth NS, bronze medal with 635 kg total in the 82.5 kg master 2 class
- 2008 Nationals, St Catherine's Ontario, gold medal with 572.5 kg total in the 75 kg master 2 class which qualified for the 2008 Master Worlds in Palm Springs, California
- 2010 Nationals, Quebec City, gold medal with 620 kg total in the 82.5 master 2 class, also gold medal in National Bench Press with a 142.5 kg lift
- 2011 Nationals, Charlottetown PEI, gold medal with 602.5 kg total in the 83 kg master 3 class which qualified for the 2011 Master Worlds in St Catharines, Ontario, also gold medal in National Bench Press with a 145 kg lift
- 2012 Nationals, Calgary, Alberta gold medal with 635 kg total in the " Equipped " 83 kg master 3 class which qualified for the 2012 Equipped Master Worlds in Killeen Texas
- 2012 Nationals , Calgary, Alberta gold medal with 513.5 kg total in the " Classic " 83 kg master 3 class
- 2014 Nationals, St Catharines, Ontario gold medal with 540 kg total in the " Classic " 83 kg master 3 class which qualified for the 2014 Classic Worlds Powerlifting in Potchefstroom, South Africa
- 2015 Nationals, St John's NL, gold medal with 577.5 kg total in the " Equipped " 83 kg master 3 class which qualified for the 2015 Equipped Master Worlds in Aurora, Colorado, also attained best lifter in the master 3 and 4 division based on Wilkes points
- 2015 Nationals, St John's NL, gold medal with 537.5 kg total in the " Classic " 83 kg master 3 class which qualified for the 2015 Classic Worlds Powerlifting in Salo, Finland

Pan American Powerlifting Championships

- 2013 Pan American Regional Powerlifting Championships, Orlando Florida, July 1-6 gold medal with a 635 kg total while setting 4 Pan Am Powerlifting records

International Powerlifting Federation (IPF) World Masters Powerlifting Championships

- 1994 Master Worlds , New Delhi, India , placed 4th with a 592.5 kg total in the master 1 , 100 kg class , bronze medal in deadlift with a 240 kg lift
- 1997 Master Worlds , Szekesfehervar, Hungary , placed 13th with a 642.5 kg total in the 100 kg master 1 class
- 2001 Master Worlds, Moose Jaw, Canada, placed 9th with a 655 kg total in the 90 kg master 1 class

- 2002 Master Worlds , Cordoba , Argentina , October, placed 5th with a 652.5 kg total in the 90 kg master 1 class
- 2004 Master Worlds , Udaipur, India , placed 5th with a 635 kg total in the 90 kg master 1 class
- 2008 Master Worlds, Palm Springs , California, Sept 30-Oct 4th , placed 5th in the 75 kg master 3 class, silver medal in deadlift with a 252.5 kg lift
- 2011 Master Worlds, St Catharines, Ontario, Sept 26-Oct 1st , gold medal in the 83 kg master 3 class with a 620 kg total , gold medal in squat 215 kg, silver in bench press 142.5 kg, gold in deadlift 262.5 kg while attaining 3 rd place overall in the master 3 division based on Wilkes points
- 2012 Master Worlds, Killeen, Texas, Oct 2-7th, gold medal in the 83 kg master 3 class with a 637.5 total, silver in squat 230 kg, silver in bench press 142.5 kg, gold in deadlift 265 kg while attaining 2nd place overall in the 83 kg master 3 division based on Wilkes points
- 2013 Master Worlds, Orlando, Florida, Sept 24-29th , gold medal in the 83 kg master 3 class with a 632.5 kg total, gold in squat 232.5 kg, gold in bench press 145 kg, gold in deadlift 255 kg
- 2014 Master Worlds, Pilsen, Czech Republic, Sept 21-27th , silver medal in the 83kg master 3 class with a 607.5 kg total, silver in squat 222.5 kg, silver in deadlift 252.5 kg
- 2015 Master Worlds, Aurora, Colorado, Sept 28-Oct 3rd , gold medal in the 83 kg master 3 division with a 617.5 kg total, gold in squat 220 kg, gold in deadlift 260 kg while attaining 1st place overall in the master 3 division based on Wilkes points

IPF World Masters Classic Powerlifting Championships

- 2014 Classic Worlds, Potchefstroom, South Africa, June 1-8th , gold medal in the 83kg master 3 class with a 545.5 kg total, gold in squat 180.5 kg, silver in bench press 120 kg, gold in deadlift 245 kg while setting 7 world records
- 2015 Classic Worlds , Salo, Finland, June 5-14th , 1st place in the 83 kg master 3 class with a 547.5 kg total, silver in squat 180 kg, silver in deadlift 252.5 kg and setting a world total record

Records

- 30 plus Nova Scotia Provincial Powerlifting records
- 20 plus Canadian National Powerlifting Union (CPU) records
- 3 Commonwealth Powerlifting Federation records
- 4 Pan American Powerlifting records
- 8 International Powerlifting Federation (IPF) World records

Highlights

- Competed in over 70 powerlifting contests covering 24 years of competing
- 15 Canadian Powerlifting Championship titles (13 equipped / 2 classic) after competing at 19 Nationals
- 3 Canadian Bench Press Championship titles after competing at 4 Nationals
- Pan American Powerlifting Championship title
- 4 World Masters Powerlifting Equipped Championship titles after competing at 11 Worlds, 3 in a row titles, 2011, 2012, 2013
- 2 World Classic Powerlifting Championship titles after competing at 2 World Classics
- IPF Category 1 Level Referee (highest level) after attaining provincial, national and IPF Cat 2 referee certification
- MACLEAN'S MAGAZINE Canada Day Special June 30- July 7, 2014 edition, volume 127, page 38
- CPU promotional video participant " This is the CPU- Beyond the Bar " (view at www.powerlifting.ca/)