

**Agenda - Annual General Meeting of the Canadian Powerlifting
Union March 2, 2020, Winnipeg MB**

1) Roll Call

| | | | |
|------------------------|----------------------|---------------------|-------------------------|
| Mike Armstrong (Sec) | Mark Giffin (Pres) | Bill You (VP) | Mike Knott (ON) |
| Barry Antoniow (ON) | Dennis Leong (BC) | Gabe Festing (BC) | Larry Walsh (NL) |
| Vicky Taylor-Hood (NL) | Natasha Ching (NS) | Justin Smith (PE) | RJ Forbes (NB) |
| Heather Ayles (PE) | Gord Sjodin (Regist) | Mat Bowen (MB) | Thea Olalia (MB) |
| Angie Van Ryswyk (AB) | Shane Martin (AB) | Joel Boulianne (QU) | Gabriel Aube (QU) |
| Shantelle Szuch (SK) | Carolyn Tran (SK) | Brock Haywood (Ref) | Linda McFeeters (Treas) |
| Sando D'Angelo (VP) | | | |

2) Determination of a quorum

“A majority of Association Members and a majority of Executive Members will constitute a quorum.”

All 10 provinces present

3) Appointment of scrutineers

Brock and Gord Sjodin

4) Approval of the agenda – done via internet

Adopted without comments

5) Declaration of any conflicts of interest to any agenda item

None

6) Adoption of minutes of the previous Annual Meeting

Adopted without comments

7) Board, Committee and Staff/Officer Reports

Board

1) President’s Message

Read by Mark Giffin

5) Treasurer’s Report

- financial review

- next years budget

Read by Sandro and Linda

Discussion and questions

Question as to whether the CPU is required to get an audited statement. Sandro (or delegate) will investigate and report.

Accepted

- 2) VP – Program Director
- 3) VP – Sport Development
- 4) Secretary’s Report

Committees

- 1) Disabilities Integration Committee
- 2) Doping Control Committee
- 3) Coaching committee
- 4) Medical Committee
- 5) Ethics Committee

CPU Officers

- 1) Referee Chairman
- 2) Registration Chairman
- 3) Public Relations Chairman
- 4) Championship Secretary

Motion to accept all as distributed by Mike Armstrong
BC Second

Reports from Affiliated Provinces

Attached below.

- 8) Annual Awards (nominee’s)
Bill Jamison Award: none

Male Powerlifter:

Kojo Gyennin (APU)

Male Bencher:

Shane Martin (APU)

Female Powerlifter:

Maria Htee (APU)

Female Bencher:

Rhaea Stinn

Male Athlete Hall of Fame: Mauro Di Pasquale (See last pages for full information)

Female Athlete Hall of Fame:

9) Elections –

President - Shane Martin - elected
Sandro D'Angelo
VP Sport Dev - Gabe Festing - elected
Bill You
VP Dir Prog - Jeff Butt - elected
Lisa Nigh
Treasurer - Renae Witzaney - elected
Secretary - Mike Armstrong - elected
Gord Sjodin - withdrawn

Officiating - Brock Haywood
Web - Tyler Ramsay
Records - Vicky Taylor Hood
Registration - Michael Knott
Championship - Vicky Taylor Hood
Public Relations - Rob King
Anti-Doping - Chris Robb

Committees

Coaching - Ryan Fowler
Medical - Joanna Reiber
Competition - Linda McFeeters
Ethics - Shantelle Szuch
Para-powerlifting - Barry Antoniow

10) Old business - CCES presentation by Chris Robb.

11) Affiliation of new Member Provinces - none

12) Delinquent Provinces - none

13) Future Championships Bids

Nationals 2021 – NLPA, Jeff Butt – confirmed
2022 – Edmonton, APU, Shane Martin – confirmed – jan 18 -22 tentative

Westerns 2020 – BC confirmed Aug 28-31, Burnaby
2021 – Alberta, APU, Avi Silverberg Sept 22 to 26 - confirmed

Centrals 2020 - Courtice ON confirmed – Sept 17 – 20
2021 – Ottawa Confirmed, Chris Fudge
2022 – St-Hyacinthe QU, Gabriel Aubé – confirmed

Easterns 2020 - Sydney NS August 21-22 – confirmed

14) CCES - 2020 / 21 CADP Agreement / Provincial Contributions and other CCES issues.

15) New Business- Action on Proposed Amendments – see page 33

16) Items for Discussion - See page 48

17) Any other business

CPU Clothing Contract.

The current contract to produce CPU team tracksuits and other CPU themed clothing items with Inner Strength Products will expire on July 31, 2020. Bids will be accepted for another 3 year term.

18) Adjournment



President's Report

To be presented at the AGM



Vice Presidents report presented for the 2020 Canadian Powerlifting Union Annual General Meeting.

Summary and highlights:

Parapowerlifting:

The CPU continues to experience development with its relationship with the CPC and the IPC.

The CPU sent a Team to the IPC World Para Championship in Nur-Sultan Kazakhstan.

Paralympic Sport Development Fund – Grants for Parapowerlifting currently accepting applications.

Para Sport Jumpstart Fund initiated – CPU to be considered for funding to support grassroots and early competitive para sport programming for children and youth with a disability.

Special Olympics:

Renewed partnership with the Canadian Powerlifting Union and Special Olympics Canada. Development avenues include national qualifying events, athlete development and pathways.

Coaching Certification Translation

Coaching Certification Manual Translation to French. Previous translator was unable to complete the project due to personal circumstances. Manual is currently being reviewed by an alternate service provider

Acknowledgments:

Bill Jamison Permanent Award – Center piece of award (bust of Bill Jamison) under artist review for creation – Emily Carr University of Art and Design

CPU Hall of Fame rings in production

Bill You
Canadian Powerlifting Union
Vice President Sport Development

Bill You, Vice President Sport Development



2019 Annual Report

Vice President Director of Programs

2019 Annual Report - Vice President Director of Programs

The CPU Coaching Certification Program which was launched in 2017 delivered 7 coaching certification sessions in 2019 which included 61 participants. The CPU realizes that there is still much work to be done in several provinces. The CPU will be working with all provinces in 2020 in promoting and ensuring that the CPU Coaching Certification is well received in all provinces.

The fifth annual CPU Student Scholarship Program awarded five \$500 student scholarships in 2019. We received 11 high quality applications in 2019.

Once again the CPU entered in some significant sponsorship partnerships in 2019. The SBD / CPU partnership along with the CPU's open lifters success at the 2019 IPF Classic World Championships resulted in 5 open

Canadian lifters receiving a total of £6,000 (Approximately \$9,541) in prize money.

Once again 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 2019 the CPU adapted the CADP program for another year. Total CCES and SDRCC cost for 2019 amounted to approximately \$90,000.

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



2019 Treasurer's Report to the CPU Board

1. See the attached 2019 / 2018 CPU Comparative financial statements. The following are some of the highlights from the financial statements:
 - The CPU ending cash balance as at December 31, 2019 was \$134,431
 - The CPU experienced an operating profit of \$418 for the period ended December 31, 2019 compared to an operating profit of \$39,930 for the previous year
 - The revenues for the 12 months ended December 31, 2019 increased from 2018. \$234,085 for 2018 compared to \$306,891 for 2019.
 - The budget increases agreed to at the 2019 CPU AGM were successful in bringing expenses more in line with the revenue of the organization, as was the goal.
 - CCES anti-doping expenses for 2019 were \$89,584. This is approximately 29% of total revenues spent on anti-doping and 43% of membership revenues.

Overview – The CPU is financially strong with cash in the bank exceeding \$130,000.00. With a projected increase in Referee and International Team Coaching compensation along with rising CCES expenses and possible funds for Open lifters, we project a deficit at the year end however still have a comfortable cash balance of approximately \$100,000.

Linda McFeeters
CPU Treasurer

Note: See also the Financial Statement and 2020 Budget files attached with this email.



2019 Secretary's Report

The past year has been a very busy one for me, not so much as Secretary, but as a referee, travelling to Sweden, Costa Rica, St. John's and Panama to referee at international events.

The CPU board has had a somewhat difficult year, internal divisions caused issues, and president Mark Giffin's health issues often made him unreachable. The addition of Linda McFeeters to the board helped considerably.

In regards to the coming elections, two board members are running, one in his current position, one in a different position. I have listed myself as running for Secretary again, but this will depend on what happens with those two positions. I do not want to see the CPU end up with an all new board, with no continuity of knowledge.

Mike Armstrong, CPU Secretary

CPU NATIONAL REFEREE CHAIRMAN'S REPORT 2019

2019 was another busy year for the CPU Referees. The 2019 Nationals in Ottawa was the largest CPU Nationals to date with two platforms running with three sessions per day. There were also two International Meets in Canada with the IPF Junior Worlds in Regina in August and the CPF Commonwealth Championships in St. John's in September.

The CPU also has a commitment to the IPF, NAPF and the CPF to send International Officials when a CPU Team is competing. This is a growing logistical and financial obligation that we are faced with.

In the position of Officiating Chair, I have been working closely with the CPU EC to coordinate this process. I would like to publicly thank Sandro D'Angelo as past Treasurer for his feedback and support. I would like to also especially thank and acknowledge our present Treasurer Linda McFeeters for her work and communication as the tasks of the previous year were tackled. These included coordinating Referees for the International competitions and implementing the CPU Referee compensation policy equitably.

This year we had eight (8) Provincial Referees make the commitment to become CPU National Referees. Please join me in congratulating the following individuals for passing their CPU National exams:

| | |
|-----------------------------------|---------------------------------------|
| <i>Matthew MacKay – NS</i> | <i>Larry Walsh – NL</i> |
| <i>Michael Owens – NL</i> | <i>Janet Loesel-Sitar – MB</i> |
| <i>Amanda Burg – MB</i> | <i>Russell Agnew – SK</i> |
| <i>Tanner LePage – SK</i> | <i>Francois Cazes - QC</i> |

We also had another three (3) National Referee sit for their IPF Cat II exam.

| | |
|------------------------------------|-------------------------------|
| <i>Adele Couchman – ON</i> | <i>Don Clarke – ON</i> |
| <i>Linda McFeeters - ON</i> | |

Adele and Don traveled to Regina and passed their exams at the IPF Junior World Championships. Linda went to Dubai for the IPF Open World Championships and passed her exam while also representing the CPU at the IPF Congress. Congratulations to all these Referees for making the commitment to volunteer as officials for our sport.

There was one Candidate who successfully challenged for IPF Cat I Referee status. Congratulations to long time lifter, meet director, past OPA President and Bill Jamison Award winner ***Glyn Moore – ON*** who wrote and passed his exam in St. John's at the Commonwealth Championship.

It is also important to note that Louis Levesque and Mike Knott worked collaboratively to create a French version of our National Referee Exam. Francois was the first individual to successfully take and pass this exam in Quebec.

2019 was a registration year for IPF International Referees. Although we may have lost two International Referees due to inactivity; the CPU is gradually building a new group of qualified IPF International Referees. With the support of the CPU EC, I drafted and submitted a letter of request to maintain Bill Jamison's Cat I referee status in recognition of Bill's long-standing dedication to powerlifting in Canada and Internationally. At the writing of this report, I am still waiting a decision from the IPF EC on this matter.

A standardized CPU Provincial Referee Exam is still not completed. It is my intention to finalize this for the Provincial Referee Chairs to utilize across the country.

To facilitate succession planning as well as distribute the workload of the position of CPU Officiating Chair. I created two sub positions Eastern and Western Officiating Chair. In the East part of the CPU Justin Smith IPF Cat II has been overseeing the coordinating of Referees for the CPU Eastern Regional Championships as well as fostering the growth of Referees in that region. Thus far, I have not had a candidate in the West with the ability to take on these duties. Family, work, training and coaching are all factors that require time and effort. Therefore, if any of the Provincial Presidents are aware of an International or National level Referee who may be interested please have them contact me.

I have received request for more National tests this year as well as a potential new Cat II who has been registered with the IPF.

In conclusion, I would like to remind all Referees at every level that becoming a referee is a commitment to the sport. In the CPU (just as in the IPF) there are expectations of referees to officiate on a regular basis. This hones our skills and helps with the consistency of the officiating at all levels. National level referees are expected to Referee at Nationals, Regionals as well as Provincials.

p. 31 CPU Constitution - 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.

As a coordinated effort, all provinces and regions should be conducting regular Referee Clinics and promoting interested individuals towards this area of our sport. Our continued growth and success and the integrity of our record books are reliant on trained, competent officials. Officials, who are willing and capable of sitting in the chair and continuing the standard of excellence in officiating that we have inherited from our predecessors within the CPU.

*Yours in Sport,
Brock Haywood
IPF Cat I Referee
CPU Officiating Chair*

CPU Championship Secretary Report – 2019

In 2019 our CPU athletes competed in 8 IPF World, NAPF and Commonwealth competitions in 7 countries, with of course Canada hosting meets in Saskatchewan and Newfoundland.

Combined Classic & Equipped Bench Worlds in Tokyo
Classic Worlds in Sweden
NAPF Championships in Costa Rica
Sub Junior/Junior Worlds in Canada
Commonwealth Championships in Canada
Master Worlds in South Africa
NAPF Bench Championships in Panama
Open Worlds in Dubai

In total we had 351 athletes compete in 2019 as compared to 115 athletes last year – a 205% jump in participation. Female to male lifter ratio was 161 women and 190 men, changing the percentages from 40/60 % last year to 46/54 % respectively for 2019. Between the Classic and Equipped divisions, we had 251 classic lifters and 100 equipped lifters compete.

Along with more meets attended in 2019, the Commonwealths in Newfoundland skyrocketed the number of Canadians who competed and the Junior Worlds increased our young equipped team from the usual 3 to 4 lifters to 11.

Having two major competitions held in Canada provided a substantial advantage to many lifters who may not otherwise be financially able to travel abroad and I know they were all grateful for the opportunity to compete on an international platform.

Having not counted “all the heads” over the year while working in this position, I now realize how demanding this role has been and that it was not just me feeling like I had lost track of too many things. 351 people are a lot of work! Added to that the communication with IPF officials, meet directors, team coaches, personal coaches, referees, time zones around the worlds and a steady stream of emails from lifters, I admit to feeling overwhelmed and I made 2 errors that impacted lifters that I regret.

I was able to enlist the help of a few folks to double check my team lists and be another set of eyes as well as help fill out some standard forms. Many thanks to Rhaea Stinn and Alisa Cutler for their extra set of eyes and form filling abilities and especially Vicky Taylor-Hood who asked if I needed a hand in the middle of the Commonwealth deluge and has stood in as my official assistant since, on top of her already busy volunteer-filled roles. I have certainly benefitted from realizing that saying “yes” is not a sign of weakness in a sport filled with powerful people.

On this note, I will not be resuming my position as Championship Secretary. I will of course gladly mentor the next volunteer as they transition into the knowledge that comes with this role. Mike Armstrong was a great mentor to me and I hope to pass on that same knowledge and confidence to the next Championship Secretary.

Much appreciation to the CPU Board of Directors, the CPU Executive Members, Officers and Committee members and indeed the entire CPU lifting community for their support, encouragement, sense of humour when things went wrong and words of appreciation when they went right!

It was a distinct pleasure and honour to be your Championship Secretary.

Respectfully, Linda McFeeters, Championship Secretary



2019 Anti-Doping Committee Report

Members of the CPU Executive -

March 2, 2020

2019 was another busy year of testing under the fully-adopted Canadian Anti-Doping Program (CADP), as administered on our behalf by the CCES. Under our full-adoption, all aspects of the CADP and WADA Code were in effect for our members with the CCES acting as our Testing Authority, Collection Authority and Results Management Authority.

The number of tests conducted in 2019 for both In-Competition and Out-Of-Competition, increased 20% from the previous year. Suspensions for doping under the CPU Programs decreased from 6 in 2018, to 2 in 2019.

The size of the Registered Testing Pool (RTP) remained unchanged from 2018 and the size of the National Athlete Pool (NAP) increased by approximately 10%. As is typically done each year, both the RTP and the NAP underwent a full review and have been updated by CCES in consultation with the Anti-Doping Committee.

The mandatory CCES Anti-Doping E-Learning module and Certificate Program has continued to go very well with minimal problems.

2019 Testing Statistics

1. Tests Conducted

| | |
|--|------------|
| <u>Urine</u> | |
| - In-Competition | 66 |
| - Out-Of-Competition (successful attempts) | <u>56</u> |
| Totals | 122 |

| | |
|--|-----------|
| <u>Blood</u> | |
| - In-Competition | 16 |
| - Out-Of-Competition (successful attempts) | <u>22</u> |
| Totals | 38 |

Total Tests 160

2. Sanctions

| | |
|------------------------|-------------------------------------|
| Analytic | 2 (Kelly Branton & Terrence Mendes) |
| Non-Analytic (refusal) | <u>0</u> |
| Total | 2 |

Respectfully Submitted,

CPU Anti-Doping Committee

Chris Robb, Chairperson

Mark Giffin, Member

Harnek Singh Rai, Member



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January 20, 2020

To: CPU Executive

Please find below the reports of the Coaching Committee and the Funding Committee for the 2019 AGM.

Coaching Committee (Members: Ryan Fowler, Brock Haywood, Jeff Butt, Ryan Stinn)

2018 was a slower year for Canadian coaches at the international level.

World Bench Only – John Beres (HC), Rob King (AC)

World Classic – Head Coaches-Jeff Butt, Vicky Taylor-Hood, Frances Manias Assistant Coaches-Kevin Weiss, Jeff Butt, Justin Reeson, Vicky Taylor-Hood.

World Parapowerlifting – Tracey Rice

North American Powerlifting – Rob King (HC), Maria Taccone (AC)

World Juniors – Shane Martin

Commonwealths – Head Coaches-Matt Goldsmith, Frances Manias. Assistant Coaches-Kevin Weiss, Justin Reeson, Alex Groleau, Graeme Gerlach

North American Bench Only – Garrett Bentley

World Masters – Rob King

World Open – Rob King

The CPU Level 1 Coaching Certification Course continued to be offered this year. Training of a new facilitator in BC, Bob Hindley, was done and new clinics are being organized in BC with a good uptake on the clinics.

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.

I will not be running again for the chair of this committee.

Yours in Lifting,
Ryan Fowler
Coaching Committee and Funding Committee Chair

CPU Website Report

To: All CPU Executive/Officers, including Provincial Presidents and Representatives.
From: Tyler Ramsay – Webmaster for powerlifting.ca
Subject: 2019 Updates

2019 has been a big year in regards to updates and changes behind the scenes with the Canadian Powerlifting Union website. As a lot of people have noticed, we have gotten a new User Interface. This was released around October, but as been in production since about April of 2019. With it, allows for quicker and easier updates as a webmaster, as I can login to a page, and free type any pages. The new site had some challenges surrounding it, which involved transferring over all of the data previously on the old site, and I am still getting regular emails with things that have been missed, and ideas/suggestions on improving the site.

Last year, I also completed revamping the lifter database, creating a new record protocol, as well as updating the rankings. The rankings are now compiled automatically when the contest results reach the database. I have also worked on a few smaller things, such as compiling team awards for Nationals, which was brought to me as a suggestion. I continue to work with Linda on the World Teams, and making sure those are updated regularly and accurately.

I'm currently investigating issues into slowness in the site being reported back to me. With the new website, it is easier then ever to see traffic. For instance, since the release of the new website in October we have had over 62,000 visits to the home page alone, that's roughly 600 views a day. Other pages that are hot are the Contest results at 15,000, Lifter Database at 10,000, Lifter Rankings at 6,000 and the Records at 5,000.

I am noticing a trend lately, in that I am receiving results for contests that we do not have on the calendar. As I am writing this document, currently we only have 4 contests on the Calendar. It is hard to hold provinces accountable for results when do not know about them. There have been times where I will receive an email from an athlete asking about results for a contest they lifted in, sometimes having competed weeks ago where we have not received the results.

As always, I am open to any and all suggestions regarding the direction of the CPU Website, so if there are any questions, concerns or suggestions, please reach out to me.

Regards, Tyler



2019 Annual Report

Gordon Sjodin, CPU Registrar

2019 saw a slight drop in membership numbers.

Provinces with positive growth were Alberta, Manitoba, NB, New Found land, and Nova Scotia.

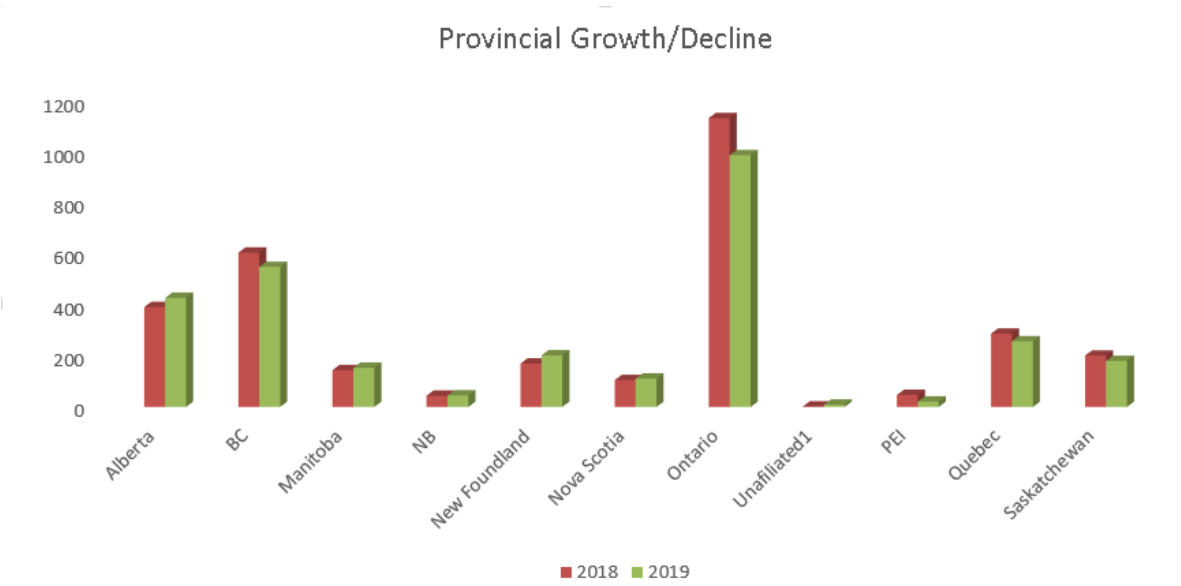
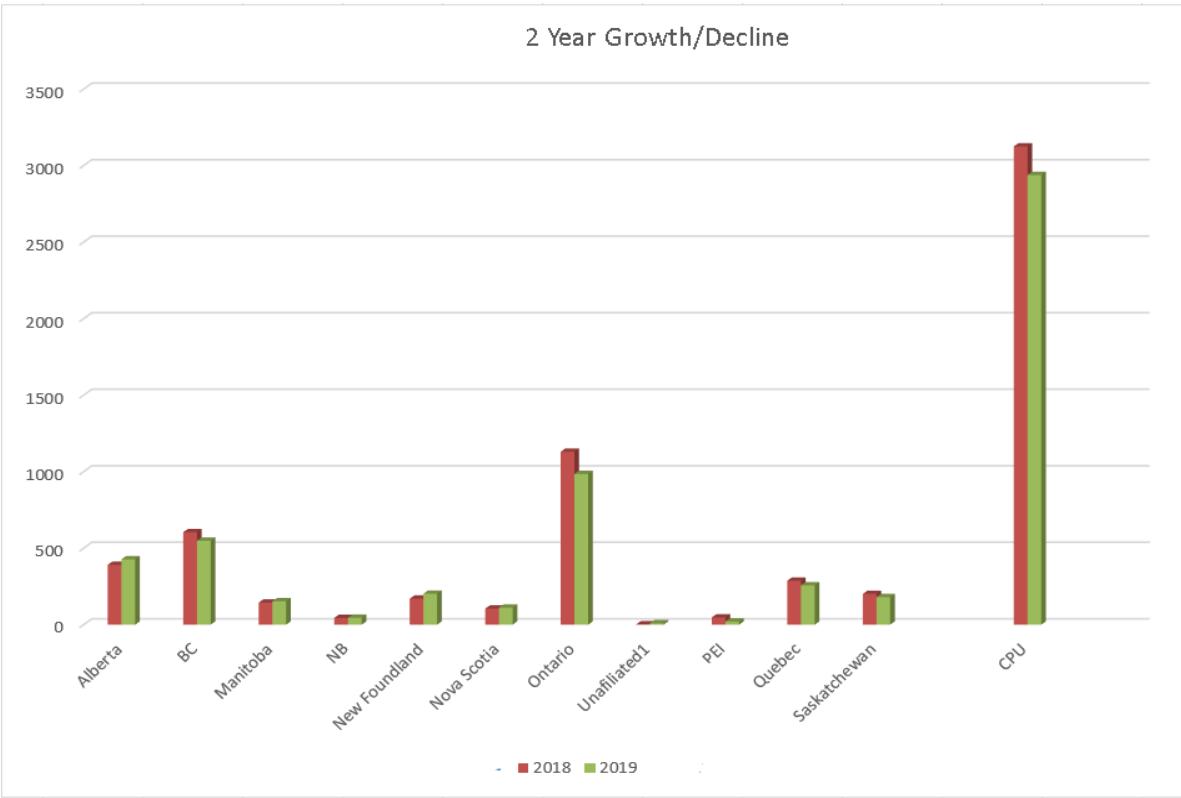
Provinces with a declining growth were BC, Ontario, PEI, Quebec and Saskatchewan.

Revenue was up through the esports desk payment system with gross numbers including CPU memberships and Coaching courses.

Male VS Female percentages of membership remained identical even with the dropping numbers.

Membership Numbers

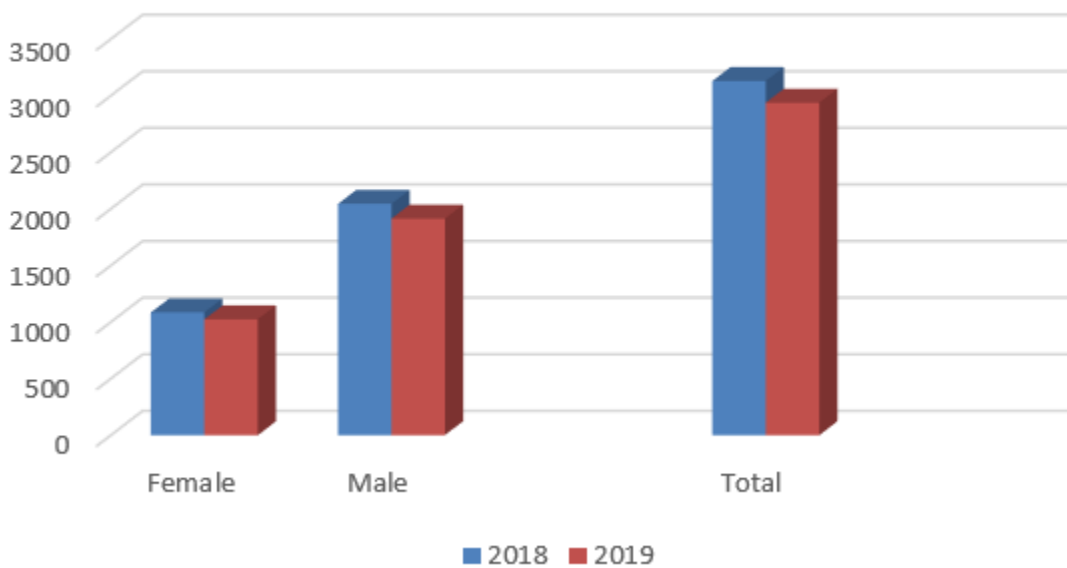
| | 2018 | 2019 |
|---------------|-------------|-------------|
| Alberta | 391 | 427 |
| BC | 604 | 548 |
| Manitoba | 144 | 153 |
| NB | 44 | 45 |
| New Foundland | 170 | 202 |
| Nova Scotia | 105 | 111 |
| Ontario | 1130 | 985 |
| Unaffiliated1 | 2 | 9 |
| PEI | 47 | 21 |
| Quebec | 287 | 257 |
| Saskatchewan | 201 | 180 |
| CPU | 3125 | 2938 |



Male Vs Female

| | 2018 | 2019 | 2018 | 2019 |
|--------|------|------|------|------|
| Female | 1085 | 1024 | 35% | 35% |
| Male | 2045 | 1914 | 65% | 65% |
| Total | 3130 | 2938 | | |

Male VS Female



Gross income all sources through esportdesk

| | |
|------|-----------|
| 2016 | \$131,646 |
| 2017 | \$186,955 |
| 2018 | \$208,715 |
| 2019 | \$235,085 |

Suggestions going forward would be to consider dropping the revolving membership year and go to a fixed year January 1 to December 31. An early renewal discount through the month of January would provide incentive to members to adopt this system. First time lifters would be given a discount to offset the fact that a full year could never be purchased. With the success of the sport the current (previous) November/ December membership purchase complaints would be mitigated by PL meet popularity. If people don't like the short year they can wait until January, the meets will fill up anyways. Currently many months of membership are being lost due to slow yearly renewals. Eg. John Smiths membership expires in July 2018 but he does not want to compete until December 2019, we potentially lose 5 membership months with the current system. Most people do not renew early and never maintain a full membership year round. The membership needs to be viewed as an annual payment required to be an active member of the CPU VS a payment made as a requirement to compete. This is just food for thought this concept has been received poorly by most CPU executive.

2018 Ethics Committee

No report received.

Shantelle Szuch

Competitions Committee

No report received.

Ryan Stinn, Chairman

CPU Medical Committee 2019-2020 Report
Amy D. Smith-Morris
Feb 2020

Background:

Since the inception of the CPU Medical Committee (2016), we have been offering pharmaceutical assessments for athletes selected for the Classic World's Team. The primary goal is to support athletes in complying with the WADA Prohibited Substances List to prevent the inadvertent use of prohibited substances.

To my knowledge, I am the only pharmacist in Canada who is supporting competitive athletes in their compliance with CCES and WADA standards. The program and support I provide to the CPU is truly unique and valuable. Over the past several years, I have educated pharmacists (or pharmacy trainees) to become competent in providing services in the area of sport pharmacy. All those involved are volunteers.

2019-2020 Updates:

In 2019, we again offered free and confidential pharmaceutical assessments to all athletes on the Classic World Team. In total, we assessed 19 athletes with many inquiring about several products which each include several ingredients. This is a large workload for my team and I as it takes a large amount of time to review each ingredient and assess for compliance and safety.

What is not captured in the review of the Classic Worlds Team, is the numerous inquiries I receive throughout the year. Let me provide an estimate to offer insight into the demand and inquiries from all CPU athletes. Within the last 30 days, I have received 4 inquiries from members who reside across the country. This corresponds to approximately 48 inquiries throughout the year and approximately 40 hours of volunteer service. The hours dedicated to the Classic Worlds Team would also be approximately 40 hours total resulting in 80 hours total of volunteer pharmaceutical services. This is a tremendous service being provided.

Plans for 2020-2021:

It's becoming clear that the workload and need from CPU athletes is outgrowing the volunteer hours available. In the coming year I will be looking into recruiting and training an additional pharmacy learner to provide support to the committee. I will also be investigating means of compensation for the pharmacy trainees I bring onto the medical committee team.

As many athletes have very specific questions (specific supplement or product), I would like to find a means for athletes to ask targeted questions to our team (rather than complete the current full assessment). Additionally, athlete confidentiality is often very important (as with all areas of health care) therefore I will be investigating way to continue to maintain privacy and to allow athletes to anonymously ask questions.



2019 was another extremely busy year in the BCPA. We have seen an overall membership increase of 12% compared to the previous year, however, the rate of growth has slowed this past year in comparison to the previous years, and with hosting one competition per month we are currently at our limit. The Executive continues its best to sanction as many competitions as possible and provide assistance to the meet directors that are interested in hosting them. In 2019, there were 12 competitions held in BC with a total of 850 registrants.

During the year, the BCPA set a budget of \$10,000 for testing. The CCES attended and conducted 8 in-competition drug tests. We are pleased with the new testing protocol and have resolved many of the issues with the CCES from the previous year.

The BCPA awarded the Athlete of the Year to Jackson Spencer and Bonney Rempel. As well, Volunteer of the Year awards were given to Ralph Nevill and Sara Youd, two of our deserving members that helped out over and above in 2019. Last year, we also awarded Jenna Sabino and Veronica Jones each with a \$500 bursary to be put towards their education.

In 2019, there were 12 competitions held in BC, all of which were filled to capacity. Like many of the provinces, our volunteer pool is not as good as we hoped. But we have done our best to reward them with hot meals, gifts and prizes.

The BCPA has finally started the CPU Coaching Program with the help of Bob Hindley as our course facilitator. A clinic was held in January and the second is being held in February.

Finally, the BCPA has taken the initiative to form committees to alleviate some of the workload from the Board. These new committees include:

- Media Director;
- Webmaster;
- Championships Committee;
- Club Development Director;
- Apparel Director;
- Special Olympics Liasion; and
- Awards and Volunteer Coordinator.

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.

Gabe Festing
BCPA President



PRESIDENT'S REPORT

Jan 22nd, 2020

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 one new Meet Directors over the past year and have formed new networks with potential meet directors in Slave Lake and Fort MacMurray. 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:

- Khalil Mouallem (Slave Lake)

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 an extra set of banners to be stored in Calgary.

This new equipment will allow the APU to support bigger competitions such as future Westerns, Nationals, and our Provincials. We included an additional \$100 charge to meets to help recoup some cost and build an additional revenue stream in the future.

Doping Control

In 2019, the APU continued to perform drug tests at local events, and our previous Provincial Championships. This year, we are on pace to continue our pursuit of drug free with another large batch of tests at this years Provincials and further local testing. The APU takes pride in being one of the leading provinces in anti-doping.

We had no violations this past year.

Coaching Program

The APU continues to put a strong emphasis on raising the standard of coaching excellence within Alberta.

I ran my 3rd CPU Coaching Course and it was sold out. This year, I have plans on running two more in Edmonton and Avi will conduct courses in Calgary. We are excited to bring this course to you as it is a very comprehensive powerlifting course and will provide membership an opportunity to develop their powerlifting knowledge and coaching skills through inhouse, CPU, teachings. This year 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. We are currently organizing an Athlete Summit with topics such as pelvic floor strength, sport psychology, and science behind peaking.

The APU also continued its Provincial Coaching Program, sending four coaches to assist athletes competing at the CPU National Championships in Calgary (Shane Martin, Tim Nadeau, Kevin Weiss, and Angelina Van Ryswyk). There was also a Team Manager created to help ease the burden of scheduling and organizing all the back end information, Sandra Drake took that role for this years Nationals. This program guarantees that athletes who qualify for the National Championship will have a skilled and competent coach on game day and be supported through the entire process.

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 2019 were: Melnard De Leon

National Team Athletes

The APU is continuing to foster athletes at the highest level of powerlifting. At the 2019 IPF World Championships we had several Alberta athletes compete:

- Carson Schamahorn (83kg) Sub Junior Classic Worlds
- Jody McPeak (57kg) Master Classic Worlds
- Janique LaFond (63kg) Master Classic Worlds
- Kevin Weiss (93kg) Master Classic Worlds
- Kamille Millelim (72kg) Junior Bench Worlds
- Jordan Hoang (83kg) Junior Bench Worlds
- Abby Hall (63kg) Open Bench Worlds
- Teresa Parson (63kg) Open Classic Worlds
- Lewis Nopper (66kg) Master Classic Worlds
- Kojo Gyennin (74kg) Master Classic Worlds
- John Macqueen (83kg) Master Classic Worlds
- Aryan Patnaik (66kg) Sub Junior Classic Worlds
- Zach Chwok (120kg) Junior Classic Worlds
- Bryce Krawczyk (120kg) Open Worlds
- Adrian Locke (105kg) Open Worlds
- Jason Dyck (120kg) Open Worlds
- Shane Martin (120kg) Bench Worlds
- Dana Sandler (84kg) Bench Worlds
- Angelina Van Ryswyk (84kg) Bench Worlds
- Jordan Hoang (83kg) Bench Worlds
- Mimi Frank (57kg) Bench Worlds
- Brian Kravtsov (105kg) Junior Worlds

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.

With Respect, Shane Martin, APU President



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January 20, 2020

To: CPU Executive

Saskatchewan hosted 7 contests in 2019, all of which were well attended with some great lifting happening. As well, two provincial team training camps were held, providing opportunities for team building for the provincial team going to Nationals.

Saskatchewan currently has 7 National referees and 10 Provincial Referees. We have seen a need for more referees this year for the first time in a long time. Continued work in this area is expected.

The SPA executive has been working on setting the organization up for smooth transitions to protect the organization during leadership changes. This work is important to do as the sport continues to evolve and grow and leadership will change.

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



Not unlike the year before, the past year has seen the MPA grow to even greater heights. As a membership, MPA grew in size from a 142 peak membership the year before to 172 members in 2019.

Cohesiveness is the best word to describe our Nationals and Westerns Manitoba teams. Manitoba is not the largest provincial body in the CPU by any means, but our teams at Nationals and Westerns looked, acted and performed like an elite unit.

In September, Manitoba sent 32 athletes to CPU Westerns! This is our first 30+ member team in MPA history. As a team, this was likely our best performing, most cohesive unit we have ever sent to a CPU Event.

Our 2019 Nationals team decreased from the year before, but this is likely due to the fact that the 2020 CPU Nationals is being held in Winnipeg! Our athletes, executive, friends and families have all stepped up in droves to help us prepare for an exceptional event for the CPU membership.

Our 2019 AGM saw an increase in standard and adaptation with IPF points for our Provincial Qualifying standards. We had an organization best 10 clubs, including reintegration of Special Olympics into the MPA. We obtained Paralympic equipment and are in the process of growing a provincial Paralympic powerlifting club!

Including Provincials, MPA held 8 competitions this year. We have doubled our number of calendar year events, and doubled our participation sizes at these events, in just three years! In 2019 we saw our first 60 person local meet, and our combined Provincials drew 80 competitors!

In 2019, Janet Loesel Sitar and Alyssa Amanda Burg both completed their CPU National Referee exams! MPA now has one Cat 1 IPF Referee, one Cat 2 IPF Referee, four CPU National Referees and seven (active) MPA Provincial Referees!

2019 MPA Female Lifter of the Year: **Krista Sanger**

2019 MPA Male Lifter of the Year: **Riley Bertrand**

2019 MPA Volunteer of the Year: **Dean Smith**

2019 MPA Scholarship Winner: **Vicky Bui**

2019 Best MPA Club Award: **Brickhouse Barbell Club**

MPA in 2019 was our biggest, brightest year as an organization to date. We look forward to the things to come in the new decade, and our grateful to start it off hosting the 2020 CPU National Championships right here in Winnipeg.

*Mathew Bowen, RPN
MPA President*



ONTARIO POWERLIFTING ASSOCIATION – 2020 ANNUAL REPORT

It has been an unusual year in many respects.

Membership: 2019 was the first year in over 11 years that the OPA has not grown. We are consistently sitting around 1007 memberships compared to over 1130 in 2018. This is a 10% decrease and the first time in OPA history that there has been a decrease in membership. There was also an attrition of 732 members registered in 2019 that did not renew at the time of this report.

Competitions: The OPA had 2 Provincial Championships and 20 Local comps. This is down from 30 comps in 2018. The CPU 2019 National Championships were hosted in Ottawa which did not seem to affect the membership growth. We have implemented a meet feedback form to get data on certain standards the OPA feels are the backbone of the organization.

Doping Control and drug testing: The OPA remains committed along with the CPU to fight doping in our association. We are in the first year of a new strategy that we hope will lead to greater awareness and ultimately a cleaner OPA and we are excited to be apart of this initiative. 2019-2020 the OPA independently contributed over \$18,000.00 towards testing / Doping Control.

Referees and Officials: we added 5 new Provincial Referees, 3 National, along with Linda McFeeters getting her IPF Cat 2 and Glen Moore Getting his Cat 1. 2019 only saw 2 referee workshops and now with a new Executive we have proactively moved forward to prevent officials burn out, and we have already scheduled 4 ref workshops in early 2020 and will put energy and resources in the referee pool.

Executive: With a totally new Board Of Directors, we have aggressively put forth some bold initiatives that have already included hiring the SPORTS LAW Group to review, separate and update the bylaws and policies and procedures; organizing the first Provincial Team Coach for Nationals, giving out Team Ontario t-shirts, formal board training and education, adding an Officer position to focus on high schools/Colleges and Universities.

Improving Communication: Between the Board of Directors and all the membership has been addressed with better social media presents, attention to the website and records to keep them up to date. A new membership e-package is being developed as well as the rebirth of the OPA newsletter (e-newsletter) OPA President, Barry Antoniow has recently met with the Ontario Government Ministry of Sport and will be moving forward with getting the OPA listed as an official Provincial Sports Organization. The OPA is at an all-time high with 30 clubs supporting their local lifters.

2019: - National Athletes: 280 Athletes from Ontario competed at the 2019 CPU Nationals that is 59% of the lifters were from the OPA.

International Team Athletes: Approximately 36 lifters from Ontario competed at World Championship Events and 31 of them came home with a medal.



Saguenay January 2020

**CPU BOARD OF DIRECTORS
CPU PROVINCIAL PRESIDENTS**

Saguenay, January 2020

CPU board of directors,
Provincial Presidents,

2019 was a year in which our federation stood out in terms of the performance of our athletes. 268 members joined us this year; down slightly from last year. However, there are a dozen active clubs in the federation, up from last year! The Federation has sanctioned 8 regional competitions, in addition to organizing a Provincial and Central Championship.

More than 80 Quebec athletes showed up at the Canadian Championships in Ottawa last March, a record attendance. This championship was the largest ever recorded in the history of the CPU.

At the World Championships, in classic division, Amélie Picher-Plante won the gold medal in the 52kg category; Fauve-Belle Bouchard finished 4th overall and 3rd on the bench in the -63kg Junior; and Justine Maltais finished 2nd in the bench press in the -63kg junior. Mickael Cloutier won the gold medal at the Commonwealth Games in the 120kg class; Marc Cardinal broke the world record in the deadlift in the 120kg category by lifting a load of 372.5kg; and many other athletes (men and women) stood out for their accomplishments. It can be said that despite its modest size, the Federation is made up of exceptional athletes!

Louis Lévesque, our Vice-President, has trained 4 new referees in 2019 and is also about to develop an online test for future referees. We also have a new national referee: congratulations to François Cazes for winning his title!

Funding the Federation, the development of young athletes and the development of certified coaches will be among the challenges facing future years. I will be stepping down as QPF President at the next AGM. I would like to wish good luck to the next administration and I will always remain active with my club and the competitions I will organize.

The federation is in good health and I will leave the presidency with a sense of duty accomplished. Thank you to Louis for being with me for the last 4 years.

Yours in sport,

Joël Boulianne



Meet Summary

Five (5) meets were held

- Mike Laroche Memorial Open (February)
- Combined NSPL & NBPL Open and Masters Provincials (June)
- Combined NSPL & NBPL Junior Provincials (June)
- Claire Memorial Open (October)
- Mainland Fall Open (November)

Summary Points

- NSPL has successfully worked with the new leadership of New Brunswick Powerlifting to support NBPL in becoming an independent organization. Nova Scotia and New Brunswick will now host separate provincial championships. NSPL will continue to support NBPL as needed with referees, referee instructors, equipment, and volunteers. Congratulations NBPL!
- In 2019, the NSPL hosted the largest number of CPU sanctioned meets in the province's history. The demand for meets in Nova Scotia has been rising and we are building the infrastructure to support this.
- In recent years, all NSPL meets were hosted by the executive due to lack of confidence by members in becoming meet directors. NSPL has been building member skills with meet directing and management. One meet in the fall 2019 hosted by a non-executive member. Additionally, our large winter open (Mike Laroche 2020) will also be hosted by a non-executive member.
- NSPL has worked with a variety of local gyms in order to foster a more positive relationship with the powerlifting community, especially in Halifax. Four Halifax/Dartmouth gyms have approached the NSPL executive with interest in hosting small unsanctioned meets as a pipeline to build new membership. We are hoping to expand this outside of the Halifax Regional Municipality.
- Nova Scotia is also finally starting to see it's first powerlifting/strongman focused gyms starting to appear.



PEI – No report received.



Dear CPU Executive,

RE: CPU AGM March 2020

2019 was New Brunswick's most successful year to date. Key highlights...

- Secured NBPL's first Competition Rack & Barbell (Rogue).
- Most active athlete participation at CPU Nationals. Twelve (12), or 26% of our membership. Including winner Best Overall Open Male - Guillaume Leblanc.
- NBPL/CPU representation at international events.
 - *NAPF North American Regional Championships*
 - Jessica Halcovitch - **Silver** - Classic Women's 57kg Open
 - Veronique Cormier - **Bronze** - Classic Women's 57kg Junior
 - *IPF Commonwealth Championships*
 - *RJ Forbes* - **Gold** - Classic Men's 120+ Masters 1
 - *Guillaume Leblanc* - **Silver** - Classic Men's 83kg Open
- Competition
 - Combined our Provincial Championships again in 2019 with Nova Scotia. Co-Hosting NB & NS Open & Masters categories in New Brunswick, and the Sub-Junior/Junior categories in Nova Scotia.
 - Hub City Open. We again opened this meet to Novice. 55 total registered participants, split with 32 CPU 23 Novice.
 - Going forward, NBPL will host it's Provincial Championships separate from NSPL. We have been very fortunate and thankful to have the relationship we have with NSPL. Ryan Kells & Natasha Ching have gone above and beyond to help us get our feet on the ground in NB.
 - Currently exploring options to host events outside of the City of Moncton in 2020-2021.

Other items to note.

- We had one (1) lifter tested at a local meet (Hub City Open). However, the lifter was a visitor from NSPL.
- In need to have provincial referees trained. Currently without a National Referee, we need to reach outside of the province, which has been a challenge to coordinate.

Kind Regards,

Jessica Halcovitch
President



January 20, 2020

To: CPU Executive

The Newfoundland and Labrador Powerlifting Association (NLPA) had a busy year in 2019. It was an election year for us, a year filled with meets, a year in which we found ourselves with a full quota of well-trained provincial and national referees, a year in which we have seen the growth of the sport in the west and central regions of the island, and a year in which many of our athletes have performed extraordinarily well at international meets.

In 2019 we hosted the following high-level meets as well as three other local meets:

NLPA Provincial Championships and Special Olympic Powerlifting
Eastern Canadian Championships and Special Olympic Powerlifting
Commonwealth Powerlifting and Bench Press Championships

Due to the diligent work of the past and current executives as well as the indefatigable spirit of volunteerism coursing through this province, we now have 16 Provincial Referees as well as 8 National Referees for a total of 24.

While the majority of lifters reside and lift in the St. John's Metro area, there are groups growing on the west coast of Newfoundland and in central Newfoundland. Both groups are in possession of competition gear and train regularly. The Central Newfoundland group held a meet this year and is attracting and training some excellent female junior and sub junior lifters. The folks on the west coast held a meet last year as well and are hoping to hold another meet in 2020. We also have lifters in Labrador and one of our next projects is to help provide each region of the province with additional resources as needed that will allow them to each grow their communities.

Our current membership sits at around 233, of which 56% is male and 44% female.

The following NLPA members lifted at international events and achieved these results:

IPF Classic Worlds

Maria Htee - Gold Medal and third overall open female lifter

Vicky Taylor-Hood - Silver Medal

Ethan Reid - Bronze Medal

Linda Guillemette - 7th

Amber Milley - 8th

Commonwealth Championships

Steve Doyle - Gold & Silver Medals Bronson

Jacque - 2 Silver Medals

Tom Kean - 3 Gold Medals

Jay McGrath – Gold Medal

Larry Walsh – Gold Medal

Stephanie Puddicome - 3 Gold Medals
Rebecca Adams - 2 Gold Medals
Danielle Hussey - 3 Gold Medals
Joanne Rose - 2 Gold Medals
Heather Unsworth - 2 Gold Medals
Kim Connors - Gold Medal
Karen Hann - 2 Gold & 1 Silver Medals
Linda Guillemette - Gold & Silver Medals
Alisa Cutler - Gold & Silver Medals
Nick Hayward - Silver Medal
TJ Gear - Gold Medal
Rob Dyke - 2 Gold Medals
Jeff Butt - Gold Medal
Paul Smith - Silver Medal
Glen Chaytor - Gold Medal
Amber Milley - Gold Medal
Sarah Strickland - 2 Gold and 1 Bronze Medals
Maria Htee - Gold Medal
Ellissa Hull - Gold Medal
Michelle Harwood - Silver Medal
Vicky Taylor-Hood - Gold Medal
Anne Beaumaster - Gold Medal
Gayle Johnson - Gold & Bronze Medals
Beverley Sharpe - Gold & Silver Medals
Wanda Lewis - Silver Medal Janet Martin - Silver Medal
Ruby Koritarov - 2 Gold Medals
Robert King - Gold Medal
Ron Corcoran - Gold Medal
Julia Young - 2 Silver Medals
Olga Sullivan - Silver Medal
Sharon McCarthy - Gold Medal
Robert Perry - Bronze Medal

World Masters Powerlifting Championships

Heather Unsworth - Gold Medal
Alisa Cutler - Silver Medal
Robert King - Bronze Medal

The year ahead looks enterprising as we continue to develop the sport in outlying areas of our province and to explore new initiatives to further the growth of the sport.

Regards,
Vicky Taylor-Hood
President, NLPA

New Business

Proposals

2020 CPU AGM Proposals by Sandro D'Angelo

PROPOSALS

1. To amend the annual stipend amount to \$1,500. And to also add a \$1,500 annual stipend for the position of Website Maintenance.

Second – Mike Knott

Currently the President receives an annual stipend of \$5,000 and the following positions; Treasurer, Championship Secretary, Records Chairman, Secretary, Registration Chairman, VP – Director of Programs, VP-sport development, and Director of Public Relations each receive an annual \$1,000 stipend for a total current annual stipend of \$13,000.

The proposal is to amend all the current stipends to \$1,500 (i.e., the President Stipend be reduced from \$5,000 to \$1,500 and all other Stipends be increased from \$1000 to \$1,500) and add an additional stipend of \$1,500 for the Website Maintenance position. The new total annual stipend would be increased to \$15,000.

Rational: Not all the positions have the same amount of workload and responsibility requirements. While the president may have some added responsibility so do the Treasurer and Championship Secretary Positions. It may be that other positions may also warrant a significant increase however this may not be financially feasible and as such to be equitable and fair all stipend positions should be paid the same amount.

The first sentence of paragraph 8.9 of the Bylaws currently states:

8.9 Remuneration – Directors will receive an annual remuneration of \$1,000.

It is proposed that the first sentence of paragraph 8.9 is proposed be changed to:

Remuneration – Directors will receive an annual remuneration of \$1,500.

It is also proposed that the following paragraphs in the policies and procedures be changed and a new position be added for the Website Maintenance as follows:

- 2.1.5 The CPU president shall receive an annual stipend of \$1,500
- 2.2.2 The CPU Executive Vice President, Program Director shall receive an annual stipend of \$1,500
- 2.3.4 The CPU Executive Vice President, Sport Development shall receive an annual stipend of \$1,500
- 2.4.2 The CPU Secretary shall receive an annual stipend of \$1,500
- 2.5.2 The CPU Executive Vice President, Sport Development shall receive an annual stipend of \$1,500 – *Note that there is an error in this paragraph as it should say “The CPU Treasurer shall receive an annual stipend ...”*
- 2.7.2 The CPU Records Chairman shall receive an annual stipend of \$1,500
- 2.8.2 The CPU Registration Chairman shall receive an annual stipend of \$1,500
- 2.9.2 The CPU Director of Public Relations shall receive an annual stipend of \$1,500

2.10.2 The CPU Championship Secretary shall receive an annual stipend of \$1,500

Prop failed.

2. National Team Compensation. It is proposed that a new section be added to the CPU Policies and Procedures that outlines compensation that is available to International Team Canada Open Team members. The following (or something similar) is proposed:

17.50 National Team Compensation

a) Every Open (both Classic and Equipped) lifter that is selected for the National Team to represent Canada at an IPF Classic Open World Championships or an IPF Equipped Open World Championships will be paid \$500.

Amendment – Upon verification that the athlete competed at their respective championships and passes a drug test if selected. – accepted by proposer.

b) A National Team Canada lifter who places top three in total (amend) in their respective weight class at an IPF Open World Championship (Classic or Equipped) will be paid the following amounts:

a. 1st place - \$1,000

b. 2nd place - \$500

c. 3rd place - \$250

c) A National Team Canada lifter who places top 3 best overall lifter at an IPF Classic Open or an IPF Equipped open world championship will be paid the following:

a. 1st overall open lifter based on IPF Points - \$1,000

b. 2nd overall open lifter based on IPF points - \$500

c. 3rd overall open lifter based on IPF points - \$250

d) For the purposes of paragraph 17.50 (a) a lifter must be selected from their respective weight class at a CPU National Championship that includes at least 3 lifters in that class. That is if a lifter is selected to represent Team Canada at an IPF Open worlds from a weight class at a CPU National Championship which included two lifters or less the lifter will not be eligible for the compensation as described in paragraph 17.50(a) above.

Amendment to delete all of D - passed

Second – Bill You

Passed

Discussion points and rational. It is expected that if the CPU sends full open teams to both Classic and Equipped open worlds it will cost the CPU a minimal of \$16,000. With the high level of competition in the open classes it is very difficult for a lifter to be selected to represent Canada at an IPF open world championship. The lifters that achieve this should be acknowledged and rewarded. It is significantly more difficult for Canadian open lifters to place in the top 3 in their respective weight classes. The CPU should also acknowledge these achievements and reward those lifters. Finally the additional required money could come from extra revenue that is generated from the CPU Coaching Certification.

From Brock Haywood, Referee Chair

1- Proposal re – Election and Term of Directors

At Present:

p. 7 - 4.8 Election and Term – The election of directors will take place at an Annual Meeting of Members. The following positions will be elected every three years: a) President, Executive Vice-President Sport Development, Executive Vice-President Program Director, Treasurer, and Secretary

Proposal:

4.8 Election and Term – The election of directors will take place at an Annual Meeting of Members. The following positions will be elected every four years (beginning at the 2020 CPU AGM and then every three years after 2024 election year [the alignment will be then offset]): a) President, Executive Vice-President Sport Development, Secretary.

The following directors will continue for re-election or challenged on the three-year cycle - Executive Vice-President Program Director, Treasurer.

Rationale:

To stagger the Terms of the Elected Directors in order to reduce the chance that an entire new EC will take over with little or no experience in the governance of a growing sport organization. It makes sense to have a change of no more than 60% of an Executive in order to maintain consistency of leadership and direction within the corporation. Succession planning and continuity of objectives can be ensured with this change.

Second – Shane

Passes

2 - Proposal re – Stipend for Officiating Chair

Add:

p. 16 - 2.6.3 The CPU Officiating Chair shall receive an annual stipend of \$1000

Rationale:

As the CPU has grown the duties of the Officiating Chair have taken on additional commitments that involve ongoing communication with National and Provincial Officials, as well as representatives of the IPF, NAPF and CPF. The Officiating Chair is the “Technical Secretary” of the CPU National and Regional Championships. The organization of which has become a large undertaking. Over the past several years the time and effort has increased, and a Stipend would help to acknowledge the efforts needed for this role. The amount is in line with the present stipends for other CPU officials with similar workload.

Passed

All motions from Chris accepted as written

In the Anti-Doping area of the CPU Constitution, additional adjustments are necessary to fully harmonize our anti-doping rules with the Canadian Anti-Doping Program (CADP) subsequent to our full adoption of CADP that was executed in April 2017.

Currently, many of our anti-doping clauses are no longer applicable, are redundant, or require re-wording for clarity and accuracy. The proposed adjustments and deletions below are essentially house-keeping items related to the adoption of the CADP.

All clauses will require re-numbering as needed, after approved changes are made.

Item 1

REMOVE: sub-heading 'IN COMPETITION TESTING' – sub-heading is redundant

Item 2

EDIT: clause 11.2 – last sentence is redundant

Current clause

11.2 The CPU shall utilize the services of a WADA compliant 3rd party Independent Testing Administrator as its doping control collection and testing facilitator. Only the Independent Testing Administrator supplied personnel may perform the sample collection.

New Clause

11.2 The CPU shall utilize the services of a WADA compliant 3rd party Independent Testing Administrator as its doping control collection and testing facilitator. ~~Only the Independent Testing Administrator supplied personnel may perform the sample collection.~~

Item 3

REMOVE: clauses 11.3 and 11.4 entirely - both clauses are redundant (refer to CADP)

Item 4

MOVE: clause 11.5 to section 7.0 RECORDS - 11.5 is in wrong section of Constitution

Item 5

EDIT: clause 11.6 – redundant 1st line, and re-wording required

Current clause

11.6 CPU Action in the case of a failed drug test:
In the event of an athlete being suspended for a failed drug test, which affects medal placings of other athletes, the CPU will act in a timely fashion to publicly honour the new medal winners.
This will include forwarding the appropriate medal to the correct placement.

New clause

11.6 ~~CPU Action in the case of a failed drug test:~~
In the event of a **member** being suspended for a **doping infraction**, which affects medal placings of other **lifters**, the CPU will act in a timely fashion to publicly honour the new medal winners.
This will include forwarding the appropriate medal to the correct placement.

Item 6

MOVE: clause 11.6 to section 12.0 PENALTIES – 11.6 is in the wrong section of Constitution

Item 7

EDIT: the second clause '11.6' listed in Constitution – second paragraph is redundant (refer to CADP)

Current clause

11.6 Anyone who is under suspension from any powerlifting federation or other sport federation as recognized by the International Olympic Committee (IOC), Canadian Olympic Association (COA) or Sport Accord (Formerly known as the GAISF) for the use of banned substances as stated in the IOC list of Banned and Restricted Doping Classes and Methods shall not be permitted to join the CPU.

Any suspension from a sport under the auspices of any of the above shall be considered as a “First Offence” by the CPU and further positive results by the CPU shall result in “Second Offence” and subsequent penalties.

New clause

11.6 Anyone who is under suspension from any powerlifting federation or other sport federation as recognized by the International Olympic Committee (IOC), Canadian Olympic Association (COA) or Sport Accord (Formerly known as the GAISF) for the use of banned substances as stated in the IOC list of Banned and Restricted Doping Classes and Methods shall not be permitted to join the CPU.

~~Any suspension from a sport under the auspices of any of the above shall be considered as a “First Offence” by the CPU and further positive results by the CPU shall result in “Second Offence” and subsequent penalties.~~

Item 8

MOVE: the second clause ‘11.6’ listed in Constitution to 12.0 PENALTIES –second clause 11.6 is in wrong section

Item 9

EDIT: clause 11.7 – re-wording and added wording required for accuracy

Current clause

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

New clause

11.7 Any lifter who **is assessed a doping suspension** shall have all previous records that he/she may have held removed as well as listings on the lifter ranking lists. Records will revert back to the previous record-holder, **and Lifter Rankings will be adjusted accordingly.**

Item 10

MOVE: clause 11.7 to section 12.0 PENALTIES – clause 11.7 is in the wrong section of Constitution

Item 11

REMOVE: clauses 11.8, 11.9, 11.10, 11.12 entirely – they are redundant (refer to CADP)

Item 12

MOVE: clause 11.13 to section 7.0 RECORDS – clause 11.13 is in the wrong section of Constitution

Item 13

REMOVE: sub-heading ‘OUT OF COMPETITION TESTING’ – heading is redundant

Item 14

REMOVE: clauses 11.14 and 11.15 entirely – both clauses are redundant (refer to CADP)

Item 15

EDIT: clause 11.16 – adjustments needed for accuracy (refer to CADP)

Current clause

11.16 All CPU members are subject to Out of Competition testing as a condition of membership and will remain eligible for testing up to 18 months beyond the expiration of their latest CPU membership

New clause

11.16 All CPU members are subject to **In-Competition and** Out-of-Competition testing as a condition of membership **in the CPU. and will remain eligible for testing up to 18 months beyond the expiration of their latest CPU membership**

Item 16

ADD: new clause to confirm that the mandatory CCES E-Learning module is a requirement of Membership

New number in 11.0 - **All CPU members are required to take the CCES online E-Learning Anti-Doping course and subsequent renewal course after each 12 month period, to maintain a current Certificate of Completion as a requirement of membership and to be eligible for competition in CPU events.**

Item 17

REMOVE: clause 11.18 entirely – clause is redundant (refer to CADP)

Item 18

REMOVE: sub-heading 'GENERAL' – sub-heading is redundant

Item 19

REMOVE: clauses 11.20 and 11.21 entirely – both clauses are redundant (refer to CADP)

Item 20

EDIT: clause 11.22 – re-wording required for accuracy

Current clause

11.22 In addition to urine collection and testing, the CPU reserves the right to execute In-Competition and Out-Of-Competition blood collection and testing as provided by its Independent Testing Administrator

New clause

11.22 In addition to urine collection and testing, the CPU reserves the right to execute In-Competition and Out-Of-Competition blood collection and testing **in accordance with the CADP and IPF Anti-Doping Rules.**

Item 21

EDIT: clause 11.23 – revisions required for accuracy and clarity

Current clause

11.23 When an athlete receives a positive test, their results stay in the historical database, but with a notation of "DV" Doping Violation regarding their positive test.

New clause

11.23 When an athlete receives a **doping suspension**, their results stay in the historical database, but **will be given** a notation of "DV" Doping Violation **indicating** their **suspension**.

Item 22

EDIT: clause 12.1 – for clarity and accuracy

Current clause

12.1 a) The CPU shall follow the IPF Anti-doping rules and the WADA code as outlined at:
http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-The-Code/WADA_Anti-Doping_CODE_2009_EN.pdf

b) Reinstatement

1. Any person who has been suspended for a drug related offence must apply for reinstatement, and shall be required to pay a fine of \$800.00. This money shall be added to the CPU Drug Testing fund, and may be used to test the same lifter at a time and place determined by the CPU Doping Control Committee or the Canadian Centre for Ethics in Sport
2. Any person applying for reinstatement shall be required to re-pay to the CPU or it's affiliates the full amount of any legal, medical, physical or other expenses that may have been incurred from the prior offence.

New clause

12.1 a) **For Doping penalties**, the CPU shall follow the Canadian Anti-Doping Program, IPF Anti-doping rules and the WADA Code-
as outlined at:
http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-The-Code/WADA_Anti-Doping_CODE_2009_EN.pdf

b) Reinstatement

1. Any **member** who has **received and served a full doping suspension under the Canadian Anti-Doping Program, and wishes to return to the CPU as a member**, must apply for reinstatement **into the CPU**, and shall be required to pay a **fee** of \$800.00. This money shall be added to the CPU Drug Testing fund, and may be used to test the

same lifter at a time and place determined by the CPU Doping Control Committee or the **3rd party Independent Testing Administrator**

2. Any person applying for reinstatement shall be required to re-pay to the CPU or it's affiliates the full amount of any legal, medical, physical or other expenses that may have been incurred from the prior offence.

Item 23

REMOVE: clauses 12.2, 12.3, 12.4 entirely – the clauses are redundant (refer to CADP)

Item 24

EDIT: clause 12.5 – re-word for accuracy and remove clause reference for clarity.

Current Clause

12.5 All persons must disclose all information regarding current suspensions from organizations referred to in Bylaw 11.6 when applying for membership in the CPU. Failure to do so will result in immediate disqualification from the CPU for the term of that suspension, with all contest results for the lifter being nullified upon discovery.

New clause

12.5 All persons must disclose all information regarding current suspensions from **any/all other sport** organizations ~~referred to in Bylaw 11.6~~ when applying for membership in the CPU. Failure to do so will result in immediate disqualification from the CPU for the term of that suspension, with all contest results for the lifter being nullified upon discovery.

From Ontario

Motion: All Qualifying Totals return to the 2018 standard

Rational: The rational for moving to a higher qualifying was not a factual justification. The Athletes in Ontario were the most affected. As a membership organization I do not feel this was a decision that benefited the membership.

Second

Motion failed

Motion: The CPU Executive board will be charged with a add this task to their 2020 mandates:

“ Research the optimal time and date to host Nationals so athletes can perform at their peak to compete for the Team Canada spots at Nationals and in turn enough time for the winners to prepare them for their respected World Championship Event.” The findings will be presented at the 2021 AGM.

Rational: The current structure and date for Nationals is not based on a performance calendar like every other sport and many of the other IPF Powerlifting Countries. The current date may have worked 10 years ago, but the current structure is no conducive to athletes performing at their best possible abilities. It also does not allow for the current National Champions to claim their respected spots on the World Team.

Seconded by Sandro

Motion failed

From Mike Armstrong, Secretary

Re: Qualifying totals.

Last year we voted to increase the qualifying totals for Nationals and Regionals, with the goal of reducing the size of these events to more manageable numbers. This resulted in a great deal of pushback by our Master lifters, complaining that the increases were too great, that too many of the masters were being eliminated.

A study of those increases show this to be essentially correct. Junior and Open age lifters are seeing their totals increase, but Master lifters are mostly seeing their totals decrease. A 10% increase is like a double penalty to them. The proposed increases are more moderate and achievable by those lifters on the edge of qualifying.

Increases: M1: 8% M2: 6% M3: 4%

| QUALIFYING TOTAL FOR CPU CLASSIC NATIONALS | | | | | | | | | |
|--|----------|-------|-------|----------|-------|-------|----------|-------|-------|
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Men | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 53 | - | - | - | - | - | - | - | - | - |
| 59 | 375 | 430 | 405 | 347.5 | 400 | 367.5 | 317.5 | 365 | 330 |
| 66 | 415 | 477.5 | 447.5 | 382.5 | 440 | 405 | 350 | 402.5 | 362.5 |
| 74 | 452.5 | 520 | 487.5 | 417.5 | 480 | 442.5 | 382.5 | 440 | 397.5 |
| 83 | 487.5 | 560 | 525 | 450 | 517.5 | 475 | 412.5 | 475 | 427.5 |
| 93 | 517.5 | 595 | 557.5 | 477.5 | 550 | 505 | 437.5 | 502.5 | 455 |
| 105 | 545 | 625 | 587.5 | 502.5 | 577.5 | 532.5 | 460 | 530 | 477.5 |
| 120 | 565 | 650 | 610 | 522.5 | 600 | 552.5 | 480 | 552.5 | 497.5 |
| 120+ | 580 | 667.5 | 625 | 535 | 615 | 565 | 490 | 562.5 | 507.5 |
| QUALIFYING TOTAL FOR CPU CLASSIC REGIONALS | | | | | | | | | |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Women | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 43 | - | - | - | - | - | - | - | - | - |
| 47 | 210 | 242.5 | 225 | 182.5 | 210 | 192.5 | 152.5 | 175 | 157.5 |
| 52 | 227.5 | 262.5 | 245 | 195 | 225 | 205 | 165 | 190 | 170 |
| 57 | 245 | 282.5 | 262.5 | 210 | 242.5 | 222.5 | 177.5 | 205 | 182.5 |
| 63 | 265 | 305 | 285 | 227.5 | 262.5 | 240 | 190 | 217.5 | 197.5 |
| 72 | 292.5 | 337.5 | 315 | 250 | 287.5 | 265 | 210 | 242.5 | 217.5 |
| 84 | 320 | 367.5 | 345 | 275 | 317.5 | 290 | 230 | 265 | 237.5 |
| 84+ | 337.5 | 387.5 | 362.5 | 290 | 332.5 | 305 | 242.5 | 280 | 250 |
| QUALIFYING TOTAL FOR CPU CLASSIC REGIONALS | | | | | | | | | |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Men | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 53 | - | - | - | - | - | - | - | - | - |
| 59 | 347.5 | 400 | 375 | 317.5 | 365 | 335 | 282.5 | 325 | 292.5 |
| 66 | 382.5 | 440 | 412.5 | 350 | 402.5 | 370 | 312.5 | 360 | 325 |
| 74 | 417.5 | 480 | 450 | 382.5 | 440 | 405 | 340 | 390 | 352.5 |
| 83 | 450 | 517.5 | 485 | 412.5 | 475 | 435 | 367.5 | 422.5 | 380 |
| 93 | 477.5 | 550 | 515 | 437.5 | 502.5 | 462.5 | 390 | 447.5 | 405 |
| 105 | 502.5 | 577.5 | 542.5 | 460 | 530 | 487.5 | 410 | 472.5 | 425 |
| 120 | 522.5 | 600 | 562.5 | 480 | 552.5 | 507.5 | 427.5 | 492.5 | 442.5 |
| 120+ | 535 | 615 | 577.5 | 490 | 562.5 | 517.5 | 432.5 | 497.5 | 447.5 |
| QUALIFYING TOTAL FOR CPU CLASSIC REGIONALS | | | | | | | | | |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Women | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 43 | - | - | - | - | - | - | - | - | - |

| | | | | | | | | | |
|------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 47 | 182.5 | 210 | 195 | 152.5 | 175 | 160 | 137.5 | 157.5 | 142.5 |
| 52 | 195 | 225 | 210 | 165 | 190 | 172.5 | 147.5 | 170 | 152.5 |
| 57 | 210 | 242.5 | 225 | 177.5 | 205 | 187.5 | 160 | 185 | 165 |
| 63 | 227.5 | 262.5 | 245 | 190 | 217.5 | 200 | 172.5 | 197.5 | 177.5 |
| 72 | 250 | 287.5 | 270 | 210 | 242.5 | 222.5 | 190 | 217.5 | 197.5 |
| 84 | 275 | 317.5 | 295 | 230 | 265 | 242.5 | 207.5 | 237.5 | 215 |
| 84+ | 290 | 332.5 | 312.5 | 242.5 | 280 | 255 | 220 | 252.5 | 227.5 |

Increases: M1: 6% M2: 5% M3: 4%

| QUALIFYING TOTAL FOR CPU EQUIPPED NATIONALS | | | | | | | | | |
|--|-----------------|------------|-------------|-----------------|------------|-------------|-----------------|------------|-------------|
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Men | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 53 | - | - | - | - | - | - | - | - | - |
| 59 | 440 | 485 | 465 | 375 | 412.5 | 392.5 | 347.5 | 382.5 | 360 |
| 66 | 485 | 532.5 | 512.5 | 415 | 457.5 | 435 | 382.5 | 420 | 397.5 |
| 74 | 527.5 | 580 | 557.5 | 452.5 | 497.5 | 475 | 417.5 | 460 | 432.5 |
| 83 | 570 | 627.5 | 602.5 | 487.5 | 537.5 | 510 | 450 | 495 | 467.5 |
| 93 | 605 | 665 | 640 | 517.5 | 570 | 542.5 | 477.5 | 525 | 495 |
| 105 | 635 | 697.5 | 672.5 | 545 | 600 | 570 | 502.5 | 552.5 | 522.5 |
| 120 | 662.5 | 730 | 700 | 565 | 622.5 | 592.5 | 522.5 | 575 | 542.5 |
| 120+ | 677.5 | 745 | 717.5 | 580 | 637.5 | 607.5 | 535 | 587.5 | 555 |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Women | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 43 | - | - | - | - | - | - | - | - | - |
| 47 | 240 | 265 | 252.5 | 210 | 230 | 220 | 182.5 | 200 | 187.5 |
| 52 | 260 | 285 | 275 | 227.5 | 250 | 237.5 | 195 | 215 | 202.5 |
| 57 | 280 | 307.5 | 295 | 245 | 270 | 255 | 210 | 230 | 217.5 |
| 63 | 302.5 | 332.5 | 320 | 265 | 292.5 | 277.5 | 227.5 | 250 | 235 |
| 72 | 332.5 | 365 | 350 | 292.5 | 322.5 | 305 | 250 | 275 | 260 |
| 84 | 365 | 402.5 | 385 | 320 | 352.5 | 335 | 275 | 302.5 | 285 |
| 84+ | 377.5 | 415 | 400 | 337.5 | 372.5 | 352.5 | 290 | 320 | 300 |
| QUALIFYING TOTAL FOR CPU EQUIPPED REGIONALS | | | | | | | | | |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Men | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 53 | - | - | - | - | - | - | - | - | - |
| 59 | 375 | 412.5 | 397.5 | 347.5 | 382.5 | 362.5 | 317.5 | 350 | 330 |
| 66 | 415 | 457.5 | 437.5 | 382.5 | 420 | 400 | 350 | 385 | 362.5 |
| 74 | 452.5 | 497.5 | 477.5 | 417.5 | 460 | 437.5 | 382.5 | 420 | 397.5 |
| 83 | 487.5 | 537.5 | 515 | 450 | 495 | 472.5 | 412.5 | 455 | 427.5 |
| 93 | 517.5 | 570 | 547.5 | 477.5 | 525 | 500 | 437.5 | 482.5 | 455 |
| 105 | 545 | 600 | 577.5 | 502.5 | 552.5 | 527.5 | 460 | 505 | 477.5 |
| 120 | 565 | 622.5 | 597.5 | 522.5 | 575 | 547.5 | 480 | 527.5 | 497.5 |
| 120+ | 580 | 637.5 | 612.5 | 535 | 587.5 | 560 | 490 | 540 | 507.5 |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Women | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 43 | - | - | - | - | - | - | - | - | - |
| 47 | 210 | 230 | 222.5 | 182.5 | 200 | 190 | 152.5 | 167.5 | 157.5 |
| 52 | 227.5 | 250 | 240 | 195 | 215 | 202.5 | 165 | 182.5 | 170 |
| 57 | 245 | 270 | 257.5 | 210 | 230 | 220 | 177.5 | 195 | 182.5 |
| 63 | 265 | 292.5 | 280 | 227.5 | 250 | 237.5 | 190 | 210 | 197.5 |
| 72 | 292.5 | 322.5 | 310 | 250 | 275 | 262.5 | 210 | 230 | 217.5 |
| 84 | 320 | 352.5 | 337.5 | 275 | 302.5 | 287.5 | 230 | 252.5 | 237.5 |
| 84+ | 337.5 | 372.5 | 357.5 | 290 | 320 | 302.5 | 242.5 | 267.5 | 250 |

Increases: M1: 8% M2: 6% M3: 4%

| QUALIFYING TOTAL FOR CPU CLASSIC BENCH NATIONALS | | | | | | | | | |
|--|----------|-------|-------|----------|-------|------|----------|-------|-------|
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Men | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 53 | - | - | - | - | - | - | - | - | - |
| 59 | 85 | 97.5 | 90 | 75 | 87.5 | 77.5 | 65 | 75 | 67.5 |
| 66 | 95 | 110 | 102.5 | 82.5 | 95 | 85 | 72.5 | 82.5 | 75 |
| 74 | 105 | 120 | 112.5 | 90 | 102.5 | 95 | 77.5 | 90 | 80 |
| 83 | 115 | 132.5 | 122.5 | 100 | 115 | 105 | 87.5 | 100 | 90 |
| 93 | 120 | 137.5 | 127.5 | 105 | 120 | 110 | 90 | 102.5 | 92.5 |
| 105 | 127.5 | 147.5 | 137.5 | 110 | 127.5 | 115 | 95 | 110 | 97.5 |
| 120 | 132.5 | 152.5 | 142.5 | 115 | 132.5 | 120 | 100 | 115 | 102.5 |
| 120+ | 137.5 | 157.5 | 147.5 | 120 | 137.5 | 125 | 105 | 120 | 107.5 |
| QUALIFYING TOTAL FOR CPU CLASSIC BENCH NATIONALS | | | | | | | | | |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Women | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 43 | - | - | - | - | - | - | - | - | - |
| 47 | 40 | 45 | 42.5 | 32.5 | 37.5 | 32.5 | 27.5 | 32.5 | 27.5 |
| 52 | 42.5 | 50 | 45 | 35 | 40 | 35 | 30 | 35 | 30 |
| 57 | 45 | 52.5 | 47.5 | 37.5 | 42.5 | 37.5 | 32.5 | 37.5 | 32.5 |
| 63 | 50 | 57.5 | 52.5 | 42.5 | 50 | 45 | 35 | 40 | 35 |
| 72 | 52.5 | 60 | 55 | 45 | 52.5 | 47.5 | 37.5 | 42.5 | 37.5 |
| 84 | 60 | 70 | 62.5 | 50 | 57.5 | 52.5 | 42.5 | 50 | 42.5 |
| 84+ | 62.5 | 72.5 | 67.5 | 52.5 | 60 | 55 | 45 | 52.5 | 45 |
| QUALIFYING TOTAL FOR CPU CLASSIC BENCH REGIONALS | | | | | | | | | |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Men | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 53 | - | - | - | - | - | - | - | - | - |
| 59 | 75 | 87.5 | 80 | 65 | 75 | 67.5 | 60 | 70 | 60 |
| 66 | 82.5 | 95 | 87.5 | 72.5 | 82.5 | 75 | 65 | 75 | 67.5 |
| 74 | 90 | 102.5 | 95 | 77.5 | 90 | 80 | 70 | 80 | 72.5 |
| 83 | 100 | 115 | 107.5 | 87.5 | 100 | 92.5 | 77.5 | 90 | 80 |
| 93 | 105 | 120 | 112.5 | 90 | 102.5 | 95 | 82.5 | 95 | 85 |
| 105 | 110 | 127.5 | 117.5 | 95 | 110 | 100 | 87.5 | 100 | 90 |
| 120 | 115 | 132.5 | 122.5 | 100 | 115 | 105 | 90 | 102.5 | 92.5 |
| 120+ | 120 | 137.5 | 127.5 | 105 | 120 | 110 | 95 | 110 | 97.5 |
| QUALIFYING TOTAL FOR CPU CLASSIC BENCH REGIONALS | | | | | | | | | |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Women | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 43 | - | - | - | - | - | - | - | - | - |
| 47 | 32.5 | 37.5 | 35 | 27.5 | 32.5 | 27.5 | 25 | 30 | 25 |
| 52 | 35 | 40 | 37.5 | 30 | 35 | 30 | 27.5 | 32.5 | 27.5 |
| 57 | 37.5 | 42.5 | 40 | 32.5 | 37.5 | 32.5 | 30 | 35 | 30 |
| 63 | 42.5 | 50 | 45 | 35 | 40 | 35 | 32.5 | 37.5 | 32.5 |
| 72 | 45 | 52.5 | 47.5 | 37.5 | 42.5 | 37.5 | 35 | 40 | 35 |
| 84 | 50 | 57.5 | 52.5 | 42.5 | 50 | 45 | 37.5 | 42.5 | 37.5 |
| 84+ | 52.5 | 60 | 55 | 45 | 52.5 | 47.5 | 40 | 45 | 40 |

Increases: M1: 6% M2: 5% M3: 4%

| QUALIFYING TOTAL FOR CPU EQUIPPED BENCH NATIONALS | | | | | | | | | |
|---|----------|-------|-------|----------|-------|-------|----------|-------|-------|
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Men | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 53 | - | - | - | - | - | - | - | - | - |
| 59 | 97.5 | 112.5 | 102.5 | 85 | 97.5 | 87.5 | 75 | 87.5 | 77.5 |
| 66 | 107.5 | 122.5 | 112.5 | 95 | 110 | 97.5 | 82.5 | 95 | 85 |
| 74 | 120 | 137.5 | 125 | 105 | 120 | 110 | 90 | 102.5 | 92.5 |
| 83 | 130 | 150 | 137.5 | 115 | 132.5 | 120 | 100 | 115 | 102.5 |
| 93 | 137.5 | 157.5 | 145 | 120 | 137.5 | 125 | 105 | 120 | 107.5 |
| 105 | 145 | 167.5 | 152.5 | 127.5 | 147.5 | 132.5 | 110 | 127.5 | 112.5 |
| 120 | 150 | 172.5 | 157.5 | 132.5 | 152.5 | 137.5 | 115 | 132.5 | 117.5 |
| 120+ | 157.5 | 180 | 165 | 137.5 | 157.5 | 142.5 | 120 | 137.5 | 122.5 |
| QUALIFYING TOTAL FOR CPU EQUIPPED BENCH REGIONALS | | | | | | | | | |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Women | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 43 | - | - | - | - | - | - | - | - | - |
| 47 | 42.5 | 50 | 45 | 40 | 45 | 40 | 32.5 | 37.5 | 32.5 |
| 52 | 47.5 | 55 | 50 | 40 | 45 | 40 | 35 | 40 | 35 |
| 57 | 52.5 | 60 | 55 | 45 | 52.5 | 45 | 37.5 | 42.5 | 37.5 |
| 63 | 57.5 | 65 | 60 | 50 | 57.5 | 52.5 | 42.5 | 50 | 42.5 |
| 72 | 60 | 70 | 62.5 | 52.5 | 60 | 55 | 45 | 52.5 | 45 |
| 84 | 67.5 | 77.5 | 70 | 60 | 70 | 62.5 | 50 | 57.5 | 50 |
| 84+ | 70 | 80 | 72.5 | 62.5 | 72.5 | 65 | 52.5 | 60 | 52.5 |
| QUALIFYING TOTAL FOR CPU EQUIPPED BENCH REGIONALS | | | | | | | | | |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Men | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 53 | - | - | - | - | - | - | - | - | - |
| 59 | 85 | 97.5 | 90 | 75 | 87.5 | 77.5 | 65 | 75 | 67.5 |
| 66 | 95 | 110 | 100 | 82.5 | 95 | 85 | 72.5 | 82.5 | 75 |
| 74 | 105 | 120 | 110 | 90 | 102.5 | 92.5 | 77.5 | 90 | 80 |
| 83 | 115 | 132.5 | 120 | 100 | 115 | 105 | 87.5 | 100 | 90 |
| 93 | 120 | 137.5 | 125 | 105 | 120 | 110 | 90 | 102.5 | 92.5 |
| 105 | 127.5 | 147.5 | 135 | 110 | 127.5 | 115 | 95 | 110 | 97.5 |
| 120 | 132.5 | 152.5 | 140 | 115 | 132.5 | 120 | 100 | 115 | 102.5 |
| 120+ | 137.5 | 157.5 | 145 | 120 | 137.5 | 125 | 105 | 120 | 107.5 |
| QUALIFYING TOTAL FOR CPU EQUIPPED BENCH REGIONALS | | | | | | | | | |
| | Master 1 | | | Master 2 | | | Master 3 | | |
| Women | Old | New | Mike | Old | New | Mike | Old | New | Mike |
| 43 | - | - | - | - | - | - | - | - | - |
| 47 | 40 | 45 | 40 | 32.5 | 37.5 | 32.5 | 27.5 | 32.5 | 27.5 |
| 52 | 42.5 | 50 | 45 | 35 | 40 | 35 | 30 | 35 | 30 |
| 57 | 45 | 52.5 | 47.5 | 37.5 | 42.5 | 37.5 | 32.5 | 37.5 | 32.5 |
| 63 | 50 | 57.5 | 52.5 | 42.5 | 50 | 42.5 | 35 | 40 | 35 |
| 72 | 52.5 | 60 | 55 | 45 | 52.5 | 45 | 37.5 | 42.5 | 37.5 |
| 84 | 60 | 70 | 62.5 | 50 | 57.5 | 52.5 | 42.5 | 50 | 42.5 |
| 84+ | 62.5 | 72.5 | 65 | 52.5 | 60 | 55 | 45 | 52.5 | 45 |

Gabe seconds

Motion failed

Shane Martin - APU

EDIT APPENDIX "A"

Reduce All Equipped total requirements by **2%** for both Regional and National standards.

Second Barry

Motion passed

ADD 15.9 Officiating

If the Officiating Chairman and CPU Executive Board Members conclude a National referee is required further development and remedial work due to the following, but not limited to:

- A) An outdated understanding of the IPF rules.
- B) Demonstrates calls on the platform that are unreasonably or incorrect interpretations of IPF rulebook.
- C) Shows disrespect to athletes and/or other officials.
- D) Does not show up on time or leaves early without a prearranged agreement.
- E) Arrives unprepared for their scheduled session.

That referee will be put on probation for one (1) year to allow for enough time to develop and improve any issues. The Officiating Chairman and CPU board members will work together to assist these referees by providing detailed debriefs (verbal or written), workshops, organized practical reviews, and any other measure deemed necessary.

Should the referee complete the probationary period with improvement, the referee shall keep their status. If after the one (1) year probationary period the referee fails to improve to the CPU standard, their status will be revoked. The revoked referee may apply to take the National Referee process after six (6) months of the date of revocation.

This is changed to the policy section at the bottom.

Second Justin

Motion carried

EDIT 8.9 Remuneration

8.1 Current: Remuneration – ~~Directors will receive an annual remuneration of \$1000.~~ All other Officers (with the exception of any staff of the Corporation who are appointed as Officers) and members of Committees will serve as such without remuneration and will not directly or indirectly receive any profit from their positions. Directors, Officers, and

members of Committees may be paid reasonable expenses incurred by them in the performance of their duties. Nothing herein contained will be construed to preclude any Director, Officer or member of a Committee from serving the Corporation in any other capacity and receiving compensation therefor.

Propose - Add: **Directors will receive specified amounts of annual remuneration as written in the CPU constitution.**

**Second – Linda
Motion – carried**

ADD 2.1.3 President

- D) develop, delegate, and assist in multi year projects to improve and grow the CPU.
- E) Assist in guidance and direction, if necessary, with world team, coaching, and any other committee.

**Second – Linda
Motion - carries**

EDIT: 2.2 and 2.3 – Vice Presidents - **WITHDRAWN**

2.2.0 Vice President, Western Region

2.2.1 The Executive Vice President, Western Region is responsible for the following:

- a) Supporting their region by addressing questions concerns and providing guidance and support for initiatives related to improving Canadian powerlifting
- b) Interfacing between Members and the CPU
- c) Working collaboratively with CPU committees and coaches when needed
- d) Developing projects within their region to increase participation and capacity
- e) Act as the liaison between CPU Provincial Presidents and the CPU
- f) Performing all the duties of the President, including presiding at meetings of the Board or meetings of the Members, in the absence of President.
- g) Other duties and special projects assigned by the Board

Add: 2.2.3 The Regional CPU Vice Presidents must reside in their respective regions to be eligible for these positions. Wester region consists of the provinces of BC, Alberta, Saskatchewan, Manitoba, and Northern Territories. The Eastern Region consists of the provinces of Ontario, Quebec, Newfoundland and Labrador, PEI, New Brunswick, and Nova Scotia.

Add: 2.2.4 Should a Regional Vice President position be vacant, the CPU President may appoint an interim Regional Vice President if a qualified candidate presents themselves during the term of vacancy.

Add: 2.3.0 Vice President, Eastern Region
-Same as 2.2.1, 2.2.3, 2.2.4

**Second – Vicky
Motion - withdrawn**

EDIT: 2.10.2 Championship Secretary

2.10.2 The CPU Championship Secretary shall be a person appointed by the CPU and paid a stipend, determined, reviewed and agreed upon within the CPU executive board each year. The CPU President will interview and hire appoint an individual for this position.

A) this position is a one year term with the review period the week after the CPU AGM.

B) the President will be the direct supervisor for this position.

C) this position may extend to work on other special projects, should the President see fit and the Championship Secretary is qualified to do so.

D) The President and CPU board will create a job posting and make all efforts in making all CPU member aware of such position.

Second - Angelina

Motion - carries

EDIT 13.8 – Sponsors

EDIT 13.8 Sponsors logos may be placed on the front or back, and/or both sleeves of a T-shirt or the front or back of a singlet for wearing on the platform. Logos must not be considered offensive as decided by the CPU board. CPU approved sponsors logos will be permitted at all lower levels of competition.

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

~~Sponsors for individuals are exempt from the above requirement.~~

All paid sponsors are entitled to an optional banner advertisement on the CPU website rotational system.

I want to delete the phrase as personal sponsors separation will only cause issues as it already has. If a personal sponsor wants to be on the platform, they can pay the CPU logo fee.

Second – Dennis

Motion – fails

Angelina Van Rysywk – APU

BYLAWS

Edit: 14.1

14.1 Adoption by Board – These By-laws were adopted by the Board of the Corporation at a meeting of the Board duly called and held on ~~September 3, 2014~~. <current date of 2020 AGM>.

Second – Shane

Motion – Tabled - Sandro to message the lawyer

14.2 Ratification – These By-laws were ratified by the Members of the Corporation entitled to vote at a meeting of Members duly called and held on ~~September 3, 2014~~. **<current date of 2020 AGM>**.

Motion – Tabled - Sandro to message the lawyer

POLICIES AND PROCEDURES

Add: 2.6.3

The CPU Officiating Chairman shall receive an annual stipend of \$1000

WITHDRAWN

Edit: 4.1

Remove the requirement for Provincial Powerlifting bodies to consist of a Registration Chairman

Second – Natasha

Motion - carries

Edit: 11.1

Anti-Doping Policy - **WITHDRAWN**

1. Canadian Powerlifting Union (CPU) has adopted the ~~2015~~ Canadian Anti-Doping Program (CADP) as its primary domestic anti-doping policy. Administered on behalf of CPU by the Canadian Centre for Ethics in Sport (CCES), the ~~2015~~ CADP is fully compliant with the ~~2015~~ World Anti-Doping Code, International Standards and Guidelines as they may exist from time to time. To view or download the ~~2015~~ CADP, please visit ~~http://cces.ca/2015-cadp~~ **https://cces.ca/canadian-anti-doping-program**.

2. In addition, CPU, as a member federation of the International Powerlifting Federation (IPF), must also be fully compliant with the IPF anti-doping rules. The IPF anti-doping rules may apply to certain members of the CPU in certain situations. The IPF anti-doping rules are fully compliant with the ~~2015~~ World Anti-Doping Code, International Standards and Guidelines as they may exist from time to time. To view or download the IPF antidoping rules, please visit <http://www.powerlifting-ipf.com/anti-doping.html>.

3. In the event of a conflict between other anti-doping policies established by CPU and the ~~2015~~ CADP and/or the IPF anti-doping rules, the rules of the ~~2015~~ CADP or the IPF shall prevail, as applicable.

Edit: 12.1

a) The CPU shall follow the IPF Anti-doping rules and the WADA code as outlined at: ~~http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-The_Code/WADA_AntiDoping_CODE_2009_EN.pdf~~ **https://www.wada-ama.org/en/content/what-is-prohibited**

ADD 20.0 Youth division

20.1 Competition is restricted to the minimum age of 8 for youth divisions and 14 for sub-junior divisions.

20.2 All athletes competing in the youth division are restricted to the unequipped division until they reach the sub-junior age at which point they can choose to compete in either the equipped or unequipped category.

Purpose: It is no secret that successful countries start training their strength athletes at a young age. At this age the kids tend to be more coachable and also will be much more likely to learn proper technique. Exposing kids to a fun and safe environment would not only allow the sport to grow, but it will only benefit these kids in their daily lives and other athletic endeavours they may choose throughout their school years. Powerlifting is a great option for those kids who may not excel at other more traditional sports. It allows for individual focused training and competing while at the same time, creating a strong community of support around them in a fun and positive environment.

Second – RJ
Motion - tabled

From Matt Bowen, Manitoba

Proposal

Change Bylaw 16.4

Current Wording:

16.4 All lifters must qualify within two years prior to the dates of their respective National Championships.

Proposed Wording:

16.4 All lifters must qualify within the time period since two National Championships prior to their prospective National Championships.

In case the scheduling range of a combined Nationals 2 years prior is slightly outside of the 2 year range (e.g. February 2018 vs March 2020) of the current Nationals championship, this exception should be formalized. This also protects in cases where combined National Championships may split apart or date scheduling changes to the CPU calendar take effect outside of the two year mark.

Second - Thea
Motion - withdraw

Proposal:

New Bylaw 11.14:

Every CPU athlete must have completed the most recent edition of the powerlifting CCES True Sport Clean module at the time of any competition.

Rationale:

Completing this certification later in the calendar year just to avoid an annual deadline is dangerous. Informally using the regulation of having athletes complete the CCES True Sport Clean module “within a year” in order to help keep things simple is disadvantageous to athletes e.g. an athlete may fail a drug test because we didn’t enforce them to keep their CCES knowledge current after yearly update changes had been released.

Second – Angelina
Motion - withdrawn

Discussion Items / Other proposals

From Alberta – Avi Silverberg - **WITHDRAWN**

COACHING PROGRAM: The APU requests the CPU to conduct a full review of the coaching program to date (it's been 3 years since launching). I want the review to conclude number of coaches certified, revenue (to all parties), and action steps moving forward to grow/expand the program. I also want it to investigate whether the CPU should be taking full ownership of the program and for the contract between the CPU and Peak Power to be released to the Executive Members for further review.

Budget discussion: what has the CPU has done with increase in the marketing budget that was passed last year. The intention was to hire a social media manager, which has not been done. Therefore, I'm wondering if they allocated those funds elsewhere.

From Brock Haywood

Proposal for a CPU Media/Commentators Guidelines for all National, Regional & Provincial Livestreaming Events

Rationale:

It has become commonplace for Livestreaming of CPU National, Regional and some Provincial Championships to be a part of the Meet Director's goals/responsibility. Over the past year through a random survey which consisted of listening and observing the commentary during some livestreaming events it has become apparent that there should be some guidelines implemented.

These guidelines will help to preserve the integrity of the CPU and the sport of Powerlifting and will help to ensure that our public image is one of knowledge and respect of the CPU, the sport of Powerlifting, the lifters, volunteers and officials that are participants at these events.

The purpose of the guidelines would be to educate prospective commentators and media personnel and to provide a framework and baseline as well as consistency for online commentary and behaviour that is broadcast through various media formats when representing CPU events.

To this end, this writer has contacted the IPF Media Officer and IPF EC Member Christina Chamley B. Psych (Hons) for a starting point. Christina provided a copy of the IPF Commentator Guideline, which will be included with this proposal.

Proposal:

The CPU adopt the "IPF Commentator Guidelines" (with edits to reflect the CPU's interest, see below). The Guideline is to be provided to prospective Commentators prior to the event where they will be volunteering as commentators. Once the document has been read a declaration of acceptance of the guidelines shall be signed and submitted to the CPU Executive VP Program Director to be kept on file. If the circumstance arises that a commentator conducts themselves in a manner not in accordance

with the goals and best interest of the CPU and contradicts the signed declaration; they will no longer be permitted to represent the CPU online. If the transgression is of a serious enough nature; the CPU Executive may take further actions as outlined in the CPU Code of Conduct.

Second – Larry Motion - Passes

IPF COMMENTATOR GUIDELINES

The IPF live-streaming of world championships is being viewed by a global audience of tens of thousands including our sponsors, media outlets, lifter's family and friends, other powerlifting federations and important organizations such as the IOC and IWGA etc. The uploaded videos of sessions on YouTube are being shared and viewed by an even larger audience, some attracting millions of views.

Being ever-mindful of the audience who will hear your commentary both now and in the future, will help you deliver a professional and entertaining session. Thank you for your commentary!

General Guidelines for live-streaming commentary:

- At the start of any session, introduce yourself: name, nationality, your role and involvement in powerlifting (coach, team manager, lifter etc) Make sure your co-commentator does the same.
- Introduce the session: Age/weight class, number of lifters, flights, the referees as listed on the session information, the platform announcer, local time, interesting venue information, expected duration of session, expected breaks between events.
- At the start and any time throughout the session: highlight the stars of the session: the lifters who hold records, who are the current champions, lifters who are expected to be in the medal hunt, interesting match-ups etc. You will need to do some homework about the lifters before the session and make sure you have your laptop set up with Goodlift (including the lifters profiles) in front of you as you call the session.
- At the start and any time during the session, acknowledge and thank the IPF Sponsors: SBD, Eleiko, Aplyft etc.
- If you or your co-commentator are/were noteworthy athletes, coaches or have a significant role in the IPF - do bring this up and discuss this together on-air at times when a lifter is not on the platform. Exercise judgment of how much time to spend on this, keep it appropriate – less is best.
- Give as much information as you can about each lifter as they come for their lift. On their second and third attempts, make mention of how their previous lifts have been going to create a sense of continuity of their lifting day.
- Avoid speaking during the actual lift unless it is to call the progress of the lift in a way that truly adds value to the vision.
- Acknowledge a lifter's coach, their nation and anyone you think is connected to them who may be viewing.
- Point out lifters who are jostling for medals/placings. You should assume that not all your viewers have the goodlift scoreboard in front of them, so you must constantly advise viewers who is in what position and any changes to placings as lifting progresses. Especially make clear the final attempt selections and strategy unfolding for placings.
- At appropriate times, describe the live crowd: numbers and behaviour etc, describe the venue and the host city/country etc.
- Do explain basic or technical aspects/rules of powerlifting. Many of the viewers will have little/no understanding of our sport so do explain what is going on.
- Be positive. Use positive comments and descriptions of lifters and their lifting. Remember the lifters will view these sessions later and their fans are viewing it live, so we should always look for the positive and be respectful and encouraging of every single lifter.

- If you want to discuss general aspects of lifting, training, coaching, competition etc keep it relatively brief and during time when there is no lifting on the platform.
- Be very careful never to have two commentators talking at once, don't talk over the top of your co-commentator. Have eye contact with your co-commentator so you can time your responses and cue each other to speak next. Before your session you can make an agreement with each other as to who will talk on which aspects of the commentary. Commentary can be in the form of a conversation between you two provided it stays within the structure of these guidelines.
- Do express your emotions, your excitement and describe the drama of the session as it unfolds. Be entertaining and bring your personality to the mic!
- Don't talk about yourself or personal things, or things unrelated to the event in front of you or powerlifting in general.
- Do not criticize the referees or anyone for that matter. Be diplomatic when you think an error has occurred. Be prepared for what you can say about doubtful decisions without insulting or demeaning the person responsible. Examples you can use: "Possibly a controversial decision there", "Strict interpretation", "this is why we have 3 referees and a jury", "Referee has a different angle/view than our camera", "coaching team may review that" "learning experience" etc. Silence about a decision can be enough, let the audience form their own opinion, you are not responsible to be the absolute authority on the lifting.
- Don't eat, drink or chew gum while commentating. Try not to cough into the mic. Be familiar with how to quickly switch off the mic if you have to. Maintain eye contact with Eric and the Streaming Producer/Mixer ie all others on the commentary desk to get important instructions or feedback.
- If there is an accident or other incident on the platform, the spotters will stand in front of the camera to shield the view. You should stay calm in voice, be reassuring that all is being done to manage the situation and promise information as it comes to hand. You can be silent if you are not sure what is going on.
- Acknowledge the spotter/loaders at appropriate times.
- Thank the organizers of the event, officials, volunteers etc.
- Direct the viewers to the IPF channel on YouTube where the sessions will be uploaded for viewing at a later date. Encourage viewers to subscribe to the IPF YouTube channel and Instagram page, to "like" our Facebook page. Encourage viewers to go to the IPF website and subscribe to the IPF Magazine.
- We all have regional accents and they are wonderful as they represent the diversity of our IPF Family, however good commentators/announcers are considered to be easily understood by most speakers of the language and not having very strong regional accents. If you can be mindful of your personal accent and your annunciation as over the microphone we need even greater vocal clarity as the viewers can not see you talking

Updated June 2015 IPF Media Officer Christina Chamley

Motion from Jeff Butt

Change dates Nationals to be between January 1st to March 15th

Second – Mike

Motion – passed

Motion from Jeff Butt

Change dates Nationals to February 27 - March

Second – Linda

Motion – passed

BCPA DISCUSSION ITEMS

Parliamentarian

The CPU should consider contracting the services of a Parliamentarian.

“A Parliamentarian is an expert of the rules of order and the proper procedures for the conduct of meetings of deliberative assemblies. Parliamentarians assist organizations in drafting and interpretation of bylaws and the rules of order, and the planning and conduct of meetings.”

Due to the overall length of our annual meetings, we believe that we can streamline the process by the use of a Parliamentarian.

As the CPU continues to grow and we as the Board or Directors, are going to be held accountable for our actions and decisions. Our meetings need to be concise and clear for the sake of our members and need to be conducted in an orderly fashion.

Livestreaming

It is seeming to be the norm that our Regional and National events be Livestreamed. As it may seem like a benefit for some, the question remains, what is the benefit of a Livestream for the Meet Director. Is this a mandatory component of hosting a Regional or National event? If so, who should be responsible for the costs of the Livestream?

As Meet Director, having a Livestream is an extra incurred expense for the Meet Director. As well, it is a decreased revenue from admissions with the use of Livestream. In addition to the costs involved of having a Livestream, it is the onus of the Meet Director to find suitable and capable individuals or organizations that can provide this service.

We propose that the CPU should provide financial assistance to the Meet Directors that host a Regional or National event.

As well, we propose that the CPU should use the services of one particular company to provide the Livestream for all the CPU events. This would provide a standardized platform for the Livestream and have continuity in the presentation of the Livestream.

National and Regional Websites and Social Media Collaboration

We propose that the CPU should have a standard Westerns, Centrals and Eastern Facebook and Instagram page, as well as a single website for each.

In 2015, we created a Facebook page for the CPU Westerns. Since that time, I have shared

that page with Meet Directors that have hosted the Westerns following. This is advantageous because the Meet Director would not need to rebuild the social media audience from the ground up with each event. This provides the existing followers information about past events and allow them to be kept apprised on future events while still allowing the opportunity to gain new followers.

Every year with a National event, there comes the creation of a new website. With each new website, our members are forced to search for this new website. Albeit, the new website would be shared at some point, however, it is normal that not all members, or any other individual, may not receive the initial information - thus, creating the need to search for the new website.

We propose that the CPU create a standardized CPU Nationals and Regionals websites so our members know where to find it every year. Companies such as Squarespace can host these websites and are extremely easy to use and low cost.

We believe that it is the responsibility of the CPU to have all of their events unified and easily accessible. The cost of this to the CPU would be approximately than \$15/month per site.

Coaching Program Committee

We propose that committee be formed to provide clear and defined direction of the CPU program for the future.

This committee would be comprised of individuals that are not facilitators or coordinators. They would be able to provide objective opinions of how the program should be implemented.

MAURO DI PASQUALE NOMINATED BY HARNEK SINGH RAI FOR CPU MALE ATHLETE HALL OF FAME 2020

Major Achievements as a Lifter:

1. First Canadian lifter to ever win an open International Powerlifting Federation (IPT) World Championship in 1976 in 67.5 kg class
2. IPF Worlds 1978 silver medal in 67.5 kg class
3. IPF Worlds 1979 and 1980 silver medal in 75 kg class
4. World Games Champion 1981 75 kg (Santa Clara, USA) The only male Canadian powerlifter up to now to win World Games Gold.
5. Eight-time Canadian Champion: • 1974, 1976 and 1978 in 67.5 kg class. • 1979, 1980, 1982, 1983 & 1984 in 75 kg class
6. He has never used anything beyond a belt and knee wraps and totaled 765 kg with belt and knee wraps in 75 kg class.
7. Mauro set dozens of Ontario and Canadian records in 4 weight classes: • 60kg., 67.5kg., 75kg. and 82.5 kg. • Won best lifter in Ontario, Regional and Canadian Meets at least a dozen times. • His 75kg class 305 kg deadlift has never been surpassed.
8. Recognized in the Cobourg Star, the Campbellford Herald, and the Warkworth Tribune several times for Powerlifting achievements. In 1976 mentioned in the Toronto Star on his IPF Championship win
9. He competed in track, gymnastics, and wrestling during his university years.

Exemplary Values:

Back in the late 1970s and 1980s Mauro spoke at the Peterborough YMCA, Cobourg West High School, Campbellford High School, and at the Warkworth Elementary School, about Powerlifting, on resistance training and nutrition. In those years he also held Powerlifting seminars at the Jewish YMCA in Toronto, and the Cobourg YMCA.

In the late 1970s he spoke to the University of Toronto Wrestling and Gymnastic Teams about using Powerlifting to help them excel in their sports.

Mauro set up, organized, and funded, to the tune of over \$100,000 two Pan American Powerlifting Championships - in Chicago in 1999 and Ecuador in 2000. For the one in Chicago he paid for most of the lifter's flights, hotel and meals. He also brought in several IPF Powerlifting icons to the 1999 Pan American Powerlifting Federation Championships (Tom Campbell, Walter Thomas, Ernie Frantz, Larry Pacifico and several others) and held a day-long seminar inviting several notable lifters to speak on everything powerlifting, which included Terry Todd.

Mauro also worked on the Third Edition of "A Practical Powerlifting" in collaboration with Bill Jamison and Larry Sheppard.

Local Contributions:

Between 1995 and 2005 Mauro held at least a dozen small classes at 10K Fitness in Cobourg (which he owned) on Powerlifting and the use of the squat, deadlift, and bench press, as a sport and also as a foundation for building strength and power for other sports.

At his home Mauro has a 1200 square foot gym all centered around powerlifting. About 15 years ago he had the whole Toronto Argonauts football team come over to train, centering the training around maximizing powerlifting performance. He also had some MMA fighters train at his gym including Bob Sapp, again concentrating on the powerlifting lifts as a core for their training.

Mauro also had Tom Campbell, Bill Grant, and some lesser known Powerlifters train at his house for over a decade.

Provincial Contributions:

In the 1980s Mauro helped the Sports Coach at Campbellford High School set up Powerlifting as part of their resistance training program.

Mauro helped set up the Strongest Man in Ontario contest in the 1980s introducing the deadlift as part of the three-part competition.

Mauro helped Bill Jamison carry weights and equipment to several powerlifting meets in Ontario and was a loader at over a dozen or so meets.

National and Above Contributions:

Along with competing Mauro always helped loading and spotting, and with anything else that needed to be done.

Mauro was the IPF Medical Review Officer for over 8 years.

Mauro was President of the Pan-American Powerlifting Federation and the North American Powerlifting Federation.