

Agenda

Annual General Meeting of the Canadian Powerlifting Union (Virtual)

February 19, 2022

1. Roll Call
2. BC - Jenn Thomas, Shadie Bourget
3. AB - Angelina Van Ryswyk, Pamela Hodder
4. SK - Carolyn Tran, Nathan Dorward
5. MB - Mathew Bowen, Thea Olalia
6. ON - Garrett Bentley, Daniel Remulla
7. QB - Nicolas Déry, Gabriel Aubé
8. NB - RJ Forbes, Kaitlin Armour
9. NS - Thierry Charron, Chad Sinclair
10. PEI - John MacDonald, Justin Smith
11. NFLD - Kris Tiller, Vicky Taylor-Hood
12. President - Shane Martin
13. VP of Director of Programs - Jeff Butt
14. VP of Sport Development - Gabe Festing
15. Treasurer - Renae Witzaney
16. Secretary - Linda Mcfeeters

2. Determination of a Quorum - “A majority of Association Members and a majority of Executive Members will constitute a quorum.”

- all 10 provinces are present

3. Appointment of Scrutineers

- Scrutineers shall be a non-voting person in attendance.

- Request for volunteers: Tracey Rice

4. Approval of the Agenda – sent via Internet

- Motion to adopt the agenda as written (or as amended).

Amendment - Add -2024 - BCPA - Richmond BC – Date Feb 28-Mar 4, 2023

Second: Carolyn

Motion Passed

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

- Board and some chairs and committee members are in conflict with the proposal brought forward by Justin Smith of PEIPL regard the increase of stipends. I (Gabe Festing) will remain as the chair however any individual who may stand to benefit from this proposal will not be permitted to speak unless asked a question by an executive member.

6. Board, Committee, Officer Reports (President's report is only report to be read in person)

Board –

Presidents Message (read by Shane Martin)

Treasurer's Report – Financial Review and next year's budget

Discussion and questions

Nathan – Why compilation instead of Review or Audit? Bylaws suggested something higher.

Renaë- This was only done internally previously. We can move towards an audit when we need to take donations.

VP Program Director

VP Sport Development

Secretary's Report

Committees –

Disabilities Integration Committee

Doping Control Committee

Coaching Committee

Medical Committee

Ethics Committee

Competition Committee

CPU Officers –

Championship Secretary Chairperson

Officiating Chairperson

Public Relations Chairperson

Records Chairperson

Registration Chairperson

Webmaster

Motion to accept the reports as read and written.

Second: Nicolas

Motion is carried

7. **Reports from Affiliated Provinces (Members) -**
- inserted below

Motion to accept the reports as written.

Second: Carolyn

Motion is carried

8. **Annual Awards (nominees) -**

Bill Jamison Award – Ryan Fowler

CPU Hall of Fame – Rhaea Stinn

Male Powerlifter –

Male Bencher –

Female Powerlifter – Jessica Buettner

Female Bencher – Rhaea Stinn

9. **Elections -**

None

10. **Old Business –**

None

11. **Affiliation of new Member Provinces –**

None

12. **Delinquent Provinces –**

None

13. **Future Championship Bids –**

Nationals - 2023 - 2023 - BCPA - Richmond BC – Date Feb 28-Mar 4, 2023

2024 - PEIPL – Summerside PEI – Date TBD

Westerns - 2022 – APU – Calgary AB – Sept 23-25th
2023 – MB - Brandon MB, August

Centrals - 2022– OPA – Ottawa – August – TBD
Note: given 4 weeks to submit a bid and then vote will be held by email or zoom
2023– FDQ -

Easterns - 2022 – NBPL – Moncton NB – Sept 15-17th
2023 – PEIPL – Summerside PEI - TBD

14. **CCES – 2021/22 CADP Agreements –**

Provincial Contributions and other CCES issues

15. **Para Powerlifting Presentation – Tracey Rice**

16. **New Business Action on Proposed Amendments – see page 46**

17. **Items for Discussion – see page 56**

18. **Any Other Business**

19. **Adjournment**



Presidents Message

President Report

Official Statement, 2022

Esteemed Board Members, Provincial Executives, Officers and Committee Chairs,

Welcome to the 2022 Canadian Powerlifting Union Annual General Meeting.

As the second year of my term has passed, I can safely say the CPU board has made a tremendous amount of progress improving the CPU. The CPU board did not stay idle during this year and it has been a relief and exciting to see meets happen across the country again as our membership slowly increases. As I write this report the CPU has roughly 1850 members, which still a big drop from pre-pandemic times, but trending up. The board and myself have spent our time further developing the youth division, created a universal provincial referee exam with Angelina, refined our National referee test, refining our travel supports to our referees, working with Para to improve our profile, working with Sports Canada on our pursuit of NSO, building our coaching content, supply provinces with technology that was not being utilized, improving our ethics committee and processes, enforcing suspensions for delinquent behaviours, finalize our contract with SBD, release our new website, and several other projects. This year had my inbox hit over 800 emails for CPU related business, a busy year indeed.

The biggest news comes from a meeting I have with Sports Canada where they explained the new NSO process and the CPU is now within a year of meeting all the new requirements to potentially become an NSO. This has been something everyone at all levels have been pursuing for as long as we can remember and I am very excited with the future of our application. Big steps forward for our national profile.

I also wanted to work on improving the ethics committee and the process of how discipline is enforced in the CPU. Working with Shantelle, our board, and outside lawyers to

review and make sure the process are in line with our legal standard. This is ongoing but we have made big strides.

The CPU also took on the large task of improving and reimagining our website. Since the release, the content, structure and viewership has been widely received and elevates our brand nationally. Also, I want to give a special thank you to Jennifer Thomas, our new Public Relation Officer. She has done a tremendous job generating a large digital footprint for the CPU. Her efforts go noticed and the CPU greatly appreciates her efforts.

The CPU was able to have all regional championships run with high turnouts for every event, which has made a tremendous impact on our coming Nationals and membership. Thank you to all the meet directors and their teams for their countless hours making all these happen. I know our membership greatly appreciated the opportunities.

I want to thank Gabe, Renae, Jeff, and Linda for all their efforts and help as we continue our term. I also want to thank all the referees who have travelled this year making sure our championships ran and we were able to get events in all provinces. Thank you to all the provincial executives who all have worked hard and continue to improve the sport at every level.

2022 will be a good year for powerlifting.

With Respect,

Shane Martin

CPU President

Treasurer's Report

2021 CPU Treasurer Report

Once again this year, we used the same CPA as last year to prepare Compiled Financial Information for the CPU. As you may recall last year, or not since you likely aren't nerds like me, we had Notice to Reader (NTR) statements done. The Compilation is the 'new and improved' NTR engagement. This engagement falls under a new regulation put into place as of December 14, 2021 by CPA Canada.

The Compiled Financial Information will be provided prior to the AGM. They will look very similar in format as in prior year with the addition of a note outlining how things are recorded in the statements to allow for more transparency and understanding of how to interpret the statements.

This year, I took the portion of the membership fees that are attributed to drug testing (\$20/membership) and allocated it to the drug testing revenue. This wasn't done last year but will be going forward so that everyone has a clear picture of what is being collected for testing and what is being paid. As you will see from the statements, \$46,654.92 was collected, this includes the portion of the membership fees (\$21,244.92) as well as all money collected from the \$15/lifter fee that was instituted last year (\$25,410). This money collected, as you will see from the statements, did not cover the expense for the year of \$76,068.75. We are hoping that these 2 numbers will eventually offset each other as things return to normal.

There are a few things I want to go into more detail about regarding the financial information:

BALANCE SHEET

- Prepaid legal fees – we had to provide a \$12,000 deposit to the Sport Dispute Resolution Centre of Canada for a hearing because of a positive drug test
- Accounts payable – stipends that hadn't been paid at year end and the 2021 scholarship amounts, we decided that they amounts would still be paid out since the process already had been started prior to discovering the RCAA issue

INCOME STATEMENT

- Keep in mind that what you see reported in the income statement is based on what should be recognized during the year. So, the amount for memberships isn't the total money received during the year. Membership fees are way down because the 2020 amount included a lot of memberships that were purchased in 2019 but 'earned' in 2020. And then given membership numbers were significantly down the last 2 years, the membership revenues are now starting to reflect this.
- International meet revenues – these amounts represent the amount collected less the costs, so we are showing the net here.
- CPU sponsorship revenue includes the handful of CPU sponsors listed on our website as well as the SBD sponsorship money that was paid out to our podium finishing Open Classic World lifters per our contract with SBD. These amounts are also shown under the expense category for SBD payouts.
- CCES expense – this is the amount that was actually paid in 2021. There is another payment that is dated for January 1, 2022 for \$32,374.50 which covers the remainder of the contract to March 31, 2022.
- Nationals expense – athlete of the year and hall of fame awards for 2021
- CPU board travel – these are mostly for Jeff to travel to Norway to attend the IPF assembly on behalf of the CPU
- Insurance expense – both of the insurance policies went up this year
- Donation of equipment – these are the laptops that were donated to various provinces at the end of 2021

Our bank balance as of today's date, January 18, 2022, is \$124,862.07, once the CCES cheques clear, our bank balance will be down to \$83,099.28. These cheques include the final instalment in our drug testing contract mentioned above as well as one that was issued just last week for legal costs of CCES for an upcoming hearing. More on that later in the meeting.

In one of our most recent monthly board meetings, a comment was made that policy needs to be made based on the worst of times rather than the best of times. I really liked that because it is so true. I don't think anyone can say they saw this pandemic coming and how it would affect the world. What once was an organization that was enjoying a surplus and trying to find ways to spend money, we are now in a position of trying to tighten things up to ensure our survival and longevity. There were a few major areas that I feel this can be done and we as a board have moved forward on. One of which is the new referee expense and scheduling policy. After being part of Westerns this year as a ref, I was able to experience it firsthand as I

had no real experience with it in the past being only a provincial level ref. It helped me see areas that could use some improvement and ways we can streamline costs, not just for the CPU, but for the refs who are giving their time to help us out. This is always one of our major costs every year, so I think this policy will help ensure refs are getting reimbursed as much as possible and the CPU is in turn minimizing the amount we need to pay out.

The second big area was also discovered at Westerns after a chat with Chris Robb. We were discussing various CCES and SDRCC things when Chris mentioned in passing the fact that the CPU is one of the only sports under the CCES umbrella that pays for its own drug testing. Safe to say that made me stop in my tracks. He explained that most sports are NSOs with Sports Canada and therefore their drug testing is covered. I pulled Shane, who was also at Westerns, into the conversation as I thought maybe I was just out of the loop and was the only one who didn't know this. Nope, news to him as well. So obviously this was great news, especially since the NSO requirements have recently been revamped making it WAY more reasonable to obtain. Shane has been in continuous contact with Sports Canada and we are working toward ensuring we can get our designation. Even if we could get part of our drug testing covered, that would be a huge financial burden lifted.

This was another challenging year but there were definitely glimpses of normalcy in it which is encouraging, I am hoping that as a collective, we can continue to move ahead, get back our strong membership base and be able to get back to providing high quality meets throughout the country for our lifters.

Renae Witzaney, CPA, CA

CPU Treasurer

Vice President – Program Director

Jeff Butt

Vice President (Programs)

January 17, 2022

Re: Vice President Programs report

Hi everyone

We have had several challenging years to say the least and hopefully 2022 will help the CPU recover and excel into the future. The executive has been quite busy trying to keep ahead of the Covid situation and be proactive in an ever-changing landscape. The CPU has been working on sport recognition and with less stringent criteria along with our partnerships we are hoping this will become a reality very soon.

I sit on the Coaching and Disabilities Integration Committees and these positions allows me to move forward with some of the direct duties of this position. We do hope to have both Special Olympics and Para Powerlifting at this year's nationals and we see this growing into future opportunities and growing both on a national scale.

Some of my goals I hoped to accomplish in this position are listed below and where they stand at the moment:

1: To push the sport to be recognized as a Canadian Sports Organization (CSO) and working toward meeting the criteria where we fall short.

This is an area we have been supporting as an executive and do hope to have some positive results soon.

2: Our drug testing program has made great strides, but I we need to get to a place where we take away all conflicts of interest.

With the recent issues concerning the IPFs decision to ban USAPL, this is more important than ever and support the WADA code in its entirety is paramount.

3: Better development of teams, officials and the coaching programs and professionalism of the same.

We are looking at revamping the coaching program to an online version and developing our coaching system to have coaches in place for longer terms to build rapport with team members and create consistency.

4: Focusing on our youth development and getting even closer to a 50/50 female-male ratio.

We have now introduced the youth program and it seems each year we get closer to a 50/50 ratio of male to female and our International teams are certainly more balanced as well.

5: Bringing International events to the CPU on a regular basis.

We do hope to continue to bring international events to Canada and that in turn helps us field bigger teams and further develop the sport on a grassroots level.

6: Working with Special Olympics, Blind Sport and Para-Powerlifting and seek other disability avenues that may also help with becoming a CSO.

As mentioned, we hope to have a Special Olympics presence at Nationals this year and an increased number of para-athletes and although I had some conversations with CBSA (Blind Sports) but no commitment yet.

On a personal note, I had the opportunity to compete at the NAPF/PA Regionals 9 (Orlando, USA) and IPF Classic Master worlds (Halmstad, Sweden) and coached at both events and Equipped IPF Worlds (Stavanger, Norway). I am also working with John Smart on running the 2022 CPU Nationals and 2022 Master's Worlds which we hope will not be further delayed. I also got recertified as a cat 2 referee.

In these uncertain times we have kept things moving forward. We hope to serve the CPU members and continue to do things to help our sport grow and prosper past these difficult times.

In sport

Jeff Butt (VP Programs)



**2021 Vice-President of Sport Development Report
Gabriel Festing**

As we entered 2021 with the COVID-19 pandemic still ongoing the CPU Board worked to keep our footing and move the organization forward.

I would like to applaud all the member provinces who pushed through all the roadblocks that were thrown at them this past year and kept powerlifting alive and kicking in their provinces. Due to all the varying restrictions from province to province, it was difficult to assist with any provincial strategic plan, but an effort was made to reach out to the provinces to keep the lines of communication open. As a reminder, we encourage the member provinces to provide us with input and feedback. We want to hear your voices and concerns and be able to assist in any way that we can.

The CPU social media following continues to grow. Jennifer Thomas has been an integral part of maintaining our social media and helping to keep all of our registrants engaged and informed. I hope that in the coming year more committees and provinces will utilize the social media request form to promote our sport.

We are working to not only keep the CPU website up to date, but we begin to use CPU standardized websites and social media platforms. This has made it easier for our registrants to locate competition information for Regional and National competitions. We have been receiving valuable assistance from RJ Forbes for the creation and maintenance of these websites.

With these 2 important ways to communicate with our registrants and the public, we have added to the CPU social media footprint.

I would like to welcome our new records chair, Jeannie Jamison. She has been very keen in her role and has helped to identify a number of issues within our practices that we have been able to rectify.

In the coming year, we will be introducing the use of standardized forms for a variety of things. This will help create a precedent and alleviate any confusion in the future for new board members. For now, we will be introducing forms for:

- Nominations for CPU annual awards; and
- Proposals to Host a CPU sanctioned event.

With the many recent changes to our policies regarding competitions, I look forward to working more closely with the event directors to ensure that CPU policies are followed, and standards are held high.

As we push through these unprecedented times, I hope that 2022 will be the end of our struggles and allow for a fresh start to our organization. The Board continues to work as a cohesive group and again it has been a pleasure to serve with them.

Thank you

Secretary's Report

Although 2021 was considered quiet on many fronts, the CPU executive have consistently held monthly Board meetings to discuss the many challenges we face both as a National body and as International representatives and ensuring that as many athletes as possible had access to meets that were held under safe health protocols, not only across Canada but worldwide.

We were all actively involved in the CPU Regional events from acting as meet directors to referees and platform crews all the while wondering if provincial sanctions would prevent any of them from happening right down to days before the events. Once again, CPU family came together from across the country to support these events and we were able to welcome well over 200 new lifters onto the platform and into our sport as well as being able to see many familiar faces. There is not enough thanks that the Board can express to all of you that stepped up to help from coast to coast!

With somewhat of a delayed start in 2022 with gym closures once again being a concern across the country, it seems that soon we should be able to continue with our hopes of full competition calendars across the country and fielding full teams to participate in IPF, NAPF and hopefully Commonwealths by the year's end. With this we hope for increased membership and the benefits that come to the sport with that. We look forward to working with all the provinces as well as our CPU Committees and Officers to keep pushing the sport forward and being a prominent presence internationally as well as the best choice for drug tested powerlifting across Canada.

Best regards,
Linda McFeeters
Secretary

CPU Disabilities Integration Committee – Report
- Included with VP Programs report



2021 Anti-Doping Committee Report

Members of the CPU Executive -

March, 2022

2021 continued to be another 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. The CCES continued to act as our Testing Authority, Collection Authority and Results Management Authority.

With the return of competitions in the later months of 2021, the total number of tests done last year doubled from the 57 done in 2020. The CCES performed 114 tests with 18 unsuccessful attempts, as broken down below.

As well, the resulting suspensions and cases still pending are as noted below.

Both the Registered Testing Pool (RTP) and National Athlete Testing Pool (NAP) have undergone their annual full review. Both lists were updated by CCES in consultation with the Anti-Doping Committee earlier this year (2022).

2021 Testing Statistics

1. Tests Conducted

Urine

- In-Competition 27
- Out-Of-Competition (successful attempts) 70

Totals	97
<u>Blood</u>	
- In-Competition	0
- Out-Of-Competition (successful attempts)	<u>17</u>
Totals	17

Total Tests 114

2. Sanctions/Suspensions

- Analytic	1
- Non-Analytic (refusal)	<u>0</u>
Total	1

3. Cases Still Pending

Total 1

Respectfully Submitted,

CPU Anti-Doping Committee

Chris Robb, Chairperson

Shane Martin, Member

Harnek Singh Rai, Member

Coaching Committee Report

January 18, 2022

To: CPU Executive

Please find below the reports of the Coaching Committee for the 2022 AGM.

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

2021 saw International Championships begin again, requiring the coaching committee to name coaching staff for a number of International Championships. All coaching staffs did a great job this year representing the CPU and our athletes at all International Championships.

The CPU Executive also dissolved the current Coaching Course program, and the Coaching Committee has been working on developing a curricula for a new course to take the place of the old one. The new course will be more online modules rather than face to face training to an extent. More work is expected on this in the coming year.

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

Yours in Lifting,

Ryan Fowler

Coaching Committee Chair

Medical Committee Report

- **No report submitted**

Ethics Committee Report

- **No report submitted**

Competition Committee Report

Dec. 16, 2021

To the members of the CPU Executive,

The competition committee members currently include myself, Christine Castro, and Jeannie Jamison.

The competition committee has nothing to report since the 2021 AGM as we were not tasked with anything in the months since then. The week prior to the AGM submissions being due we were contacted by Manitoba regarding changing qualifying totals to reflect Goodlift points, but we did not feel this was the right change to rush to submit for this year's AGM. We have submitted some proposals and items for discussion for this AGM to try to get a sense of where the CPU would like to be headed regarding qualifying standards that can help guide any suggestions we may bring forward in the coming year.

Sincerely,

Rhaea Stinn

CPU Competition Committee Chair

Championship Secretary Report

The 2021 International competition year started off slow and doubtful with many Covid restrictions constantly cancelling, changing and challenging meet directors, organizations and athletes around the world.

Eventually all meets, apart from World Games and Commonwealths were able to occur and Canadian athletes participated in all but the IPF Junior Equipped Worlds. With only 1 athlete that applied the CPU Board felt it was too risky to send a minor to a politically and covid unstable country. After the deadline the competition was moved to a different country and then added Master Equipped Worlds, which had we known before the deadline, would have changed the decision. However, the athlete was able to successfully compete in Orlando at the NAPF competition.

By the fall of 2021 the athletes, hotels, airlines and host countries had all found their way around negotiating travel within the ever-changing Covid rules and from all accounts were happy and wiser for the effort!

All of the athletes were a pleasure to work with and established great communication and camaraderie amongst themselves in various social media groups to share news, concerns, updates and successes. They showed themselves to be able to shift, dodge and “pivot” – definitely the word for 2021!!

I expect the first part of 2022 may show itself to be similar to 2021 but with the knowledge we now have about travelling and competing in this new reality I am sure the CPU athletes will continue to represent grandly across the world federations.

In addition, with a proposal made by the Competition Committee and in discussion with the Board, the language around the International Team Selection in our Policy Section 18 further outlines in greater detail any issue around team selection that may have been grey or misunderstood. Many thanks to the Competition Committee for adding clarity!

I am looking forward to another year of assisting our terrific athletes to compete on the Worlds platforms!

Respectfully,

Linda McFeeters

Championship Secretary

2021 CPU OFFICIATING CHAIR REPORT

As we are all painfully aware the impact of the COVID 19 Pandemic extended its influence well into the 2021 competitive Powerlifting year. As a result, there were few competitions until the late summer on both the International, National and Local stages.

The new Classmarker CPU National Referee Exam was utilized for the first time this fall. In total, there were six (6) Candidates that wrote the online Exam and subsequently sat for the practical Examination at the three CPU Regional Championships. I am pleased to announce that all six candidates passed and are now CPU National Referees. These individuals are:

- *RJ Forbes, New Brunswick* – passed at the 2021 CPU Eastern Powerlifting & Benchpress Championships in Sydney, NS.
- *Ron Kilpatrick, Ontario* – passed at the 2021 CPU Central Powerlifting & Benchpress Championships in Hamilton, ON.
- *Lanie Bishop (Lenier), Alberta.*
- *Aaron Ziffle, Saskatchewan.*
- *Hannah Gray, Alberta.*
- *Mehar Bhogal, British Columbia* – these four passed at the 2021 CPU Western Powerlifting & Benchpress Championships in Richmond, BC.

With the opening of international competitions, I was able to confirm with the IPF that; *Mathew Bowen, Manitoba, Angelina Van Ryswyk, Alberta and Brian Rock, BC* will be able to sit for their IPF CAT II Examinations at the 2022 19th Annual NAPF North American Regional Powerlifting Championships in Panama City, Panama next August.

There are three other candidates wishing to sit for IPF examinations. Communications have been sent and I have received confirmation for the following CPU officials to write their IPF CAT I Examinations at the 2022 IPF Master's World Powerlifting Championships in St. John's NF; *Justin Smith, PEI; JS Rheume, QU & Susan Haywood MB.*

With the assistance of Angelina Van Ryswyk, a list of questions for a standardized CPU Provincial Referee Examination have been collected. At the writing of this report these questions are being reviewed and shared for feedback before the Exam is created on the CPU Classmarker account. It is the goal that this will become the standardized exam for CPU Provincial level Referees in the country.

The future of officiating within the CPU is encouraging. With the standardization of a CPU Provincial Referee Exam and the adoption of this pathway by our Provincial affiliates, I believe it will help to improve the overall quality and quantity of officials at the Local, National, and International levels for the future.

Brock Haywood

Social Media Report

Instagram followers are now at 3212, up 7.6% since October (last 90 days). This is nearly double what the CPU had when I took over the account in May 2020.

The most popular posts are:

- Updates to the membership
- International Teams
- High profile (social media famous) lifters - typically these are about awards or records

There was positive feedback from international athletes and provinces that we were showcasing them on socials when they're competing. This is something I think should continue going forwards, and I will continue to work with the Championships Secretary to pull all that info together.

Announcements should definitely continue to be posted on socials, and big thanks to all the provinces for sharing the CPU's posts with their members to spread word fast. After making big announcements putting together FAQs and infographics seems to help answer member questions (of which we get a lot).

I will continue working with Gabe to construct a social media strategy and plan for 2022 to enhance the CPU's online presence even more.

Jen Luther Thomas

Records Chairperson Report

I took on this role in late March of 2021 and I'm very excited to participate in an expanded role with the CPU community.

It was a slow spring and summer, but as restrictions have been lifting throughout the world, meets have made a strong comeback, both in Canada and internationally to close out the year. Most international meets were rescheduled and occurred in the last 5 months of 2021.

In 2021, there was a total of 255 National records applied for and broken at international, regional, and provincial competitions. Here is a summary of these records:

- International Competitions
 - NAPF Pan-American Championships – 38 records set by 9 people
 - IPF World Master Powerlifting Championships – 4 records set by 2 people
 - IPF Classic Worlds – 37 records set by 13 people
 - IPF World Bench Press Championships – 1 record by 1 person
- Regional and Provincial Competitions
 - 175 records by many individuals

I would expect that the volume of records in 2021 was a bit unique with the introduction of the women's 69 and 76 kg weight classes. With that being said, there are still records available in both classic and equipped at the M2 level and beyond.

One of my goals for early 2022 is to develop and share a new National Record Certificate with the CPU Executive for their approval. I'm hoping we can create something that is a bit more modern for our membership.

Just a reminder to all provincial organizations to be aware of and share with their membership the policies that are in place regarding record applications:

- you **MUST** apply within 7 days of the end of a competition or 7 days from the last day of a multi-day competition
- there are **NO** crossover records (to break equipped records, you must register as an equipped lifter)

I'm looking forward to 2022 and all the new records it brings to our CPU members!

Jeannie Jamison

CPU Records Chairperson

Registration Chairperson Report



2022 Annual Report

Michael Knott, CPU Registrar

2021 saw membership numbers were up and down.

As has been expected with the current situation, membership is down across the board with some minor differences. With vaccinations well on the way, we may look forward to lifting starting back up this year.

I have added memberships for referees, that has been pushed to all provinces and appears to be working well, and lifters under normal lifting age for the provinces wishing.

Numbers based on purchase between 1 Jan to 31 Dec of the year.

COUNTS	2021
Alberta	296
British Columbia	377
Manitoba	78
New Brunswick	75
Newfoundland & Labrador	152
Nova Scotia	72
Ontario	327
Prince Edward Island	53
Quebec	265
Saskatchewan	156
Yukon	1
Blank	1
CPU	1853

Female	2021
Alberta	111
British Columbia	126
Manitoba	34
New Brunswick	22
Newfoundland & Labrador	66
Nova Scotia	24
Ontario	145
Prince Edward Island	28
Quebec	84
Saskatchewan	59
Yukon	0
Blank	0
CPU	699

Male	2021
Alberta	185
British Columbia	251
Manitoba	44
New Brunswick	53
Newfoundland & Labrador	86
Nova Scotia	48
Ontario	182
Prince Edward Island	25
Quebec	181
Saskatchewan	97
Yukon	1
Blank	1
CPU	1154

2022 CPU AGM Webmaster Report

Dear CPU Executive,

After joining the CPU Team as Webmaster at the start of 2021 I began to investigate transitioning the website from its existing server on a traditional platform to one of the modern content management sites. This idea was brought forward after discussions and requests from the board. The idea being that with some of these more powerful websites that are better at managing content and users we could allow more individuals access to update different elements of the site, making it easier for anyone to add or update content. Some other features like mobile compatibility and the option for future multi-lingual support was also taken into consideration. There were a number of challenges in doing so as we still had to maintain a standard database outside of a 3rd party website management system. After some testing of different systems and approval from the board we began the task of migrating everything to the Wix platform. This was a very large project but over the course of a number of months we migrated the old websites content and switched over to the new website at the start of August 2021.

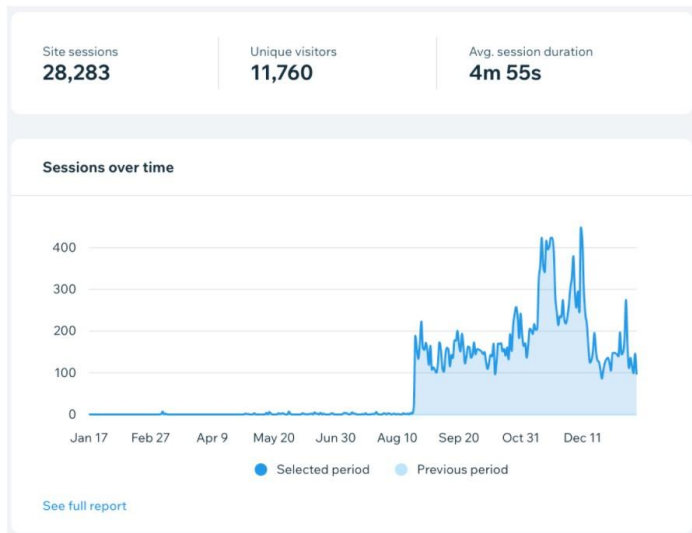
The screenshot shows the top navigation bar with links for Home, About Us, Anti-Doping, Events, Athletes, and Resources. Below is a large photo of a powerlifter. Underneath the photo is the text: "THE CANADIAN POWERLIFTING UNION Our mission is to sanction the highest quality competitions and to develop, promote and educate drug free powerlifting in Canada." Below this are sections for "LATEST RESULTS" and "NEWS". The "NEWS" section features a prominent "CPU ANNOUNCEMENT" titled "CPU NATIONALS 2022 UPDATE" with the subtext "NEW DATES: MAY 8-14TH, 2022". Below the news is an "UPCOMING EVENTS" section listing "22 Jan Rise Strength Lab Open / Rise Strength Lab" and "12 Feb 2022 Grit Power Open / Eskive North".

This screenshot displays the "UPCOMING EVENTS" calendar for November 2021. The calendar grid shows dates from 1 to 30. A pop-up window for "2021 700 Powerlifting Open" is visible, with details: "Date: 08-2021 19th Nov - Dec 01, 2021, 11:00 a.m. - 11:00 p.m.", "Location: 170 Concession Square, St. John's, NL, A1C 3S3, Canada.", and "LIMITED CAPACITY: This event is capped at 50 lifters. WHO CAN LIFT: The 2021 Powerlifting Open 2021 is open to any competitor who has a valid CPU membership. Priority will be given for those who email: webmaster@cpu.ca for November 2021." Below the calendar is a list of events: "22 Jan Rise Strength Lab Open / Rise Strength Lab", "12 Feb 2022 Grit Power Open / Eskive North", "19 Feb Olympia In Depth Open 2022 / McKenna Hall Lower Auditorium", "22 Feb Open de la Capitale-Nationale / Quebec City", and "09 May 2022 CPU Nationals / Shelburne Hotel and Convention Centre".

This screenshot shows the "APPROVED LOGOS" section. It includes "Equipment Manufacturers" (Logos from any brand of the IPF Approved equipment manufacturers are automatically approved for platform use which is found on the CPU website.) and "CPU Approved Logos". It lists approved logos such as "A7" (IPF approved equipment and apparel for athletes), "Hansu Power" (IPF approved equipment), and "Inner Strength Products". It also lists "Iron Sisters" (Learn From The Strongest Women in the World) and "Kings Fitness". At the bottom, it features "Strongarm Sport" (Formerly known as IR Canada, Strongarm Sport is operated by Mike Armstrong and Logan Bell - a leader for Team USA in the weights, belts of steel power lift, IRF/ALS, Texas Bar and much more).

Statistics and new features on canadianpowerliftingunion.com :

- Over 28,000 visitors on the new website since its release in August.
- We average 152 visitors a day with an average session duration of 4m55s.



- Our most popular page is the Upcoming Events page which features our new calendar of events.
- The updated contest results page has a 12X speed increase on loading with better formatting of results.
- Social media content is integrated into the news section of the website allowing for continuous updates from our social media team.
- A new Rankings page has been added allowing historical views and comparisons by province, lift, gender, age, etc. all the way back to 1978.

The screenshot shows the website's search and filter interface. The filter is set to 'Classic' under 'All Classes'. Below the filter is a table titled 'CPU All Time Open Classic Powerlifting Rankings' with columns for Rank, Name, Loc., Weight, Class, Age, Squat, Bench, Deadlift, Total, GL Points, Competition, and Date.

Rank	Name	Loc.	Weight	Class	Age	Squat	Bench	Deadlift	Total	GL Points	Competition	Date
1	Jessica Buettner	SK	71.96	72	Open	210.0	102.5	250.0	562.5	113.94	2020 CPU Nationals	2020-03-03
2	Marie Htee	CAN	55.15	57	Open	172.5	102.5	197.5	472.5	113.68	2019 IPF World Classic Championships	2019-06-04
3	Guillaume LeBlanc	NB	81.40	83	Open	292.5	172.5	300.0	775.0	106.34	2021 Port City Showdown	2021-05-29
4	Nick Manders	AB	79.74	83	Junior	255.0	162.5	345.0	762.5	107.72	2021 Alberta Provincials	2021-12-05
5	Adam Ramzy	BC	82.29	83	Open	262.5	194.0	315.0	771.5	107.26	2018 Canadian Powerlifting Union National Championships	2018-02-19
6	Mathieu Dore	QC	91.15	93	Open	307.5	185.0	315.0	807.5	106.68	Championnat provincial 2021	2021-11-26
7	Brittany Schlater	CAN	107.10	84+	Open	230.0	127.5	250.0	607.5	106.50	2021 IPF World Classic Powerlifting Championships	2021-09-23
8	Connor Lutz	AB	73.72	74	Open	250.0	192.5	280.0	722.5	106.28	2018 Canadian Powerlifting Union National Championships	2018-02-19
9	Steph Kean	NL	51.64	52	Open	161.0	81.0	175.0	417.0	105.93	2021 705 Open	2021-12-04
10	Luke Tremblay	ON	102.14	105	Open	320.0	197.5	327.5	845.0	105.68	2020 CPU Nationals	2020-03-03
11	Erik Willis	ON	133.48	120+	Open	340.0	240.0	370.0	950.0	105.57	2020 CPU Nationals	2020-03-03

- Mapping and listings of certified training centers added.



- Integrated forms for submitting contest results, notification of upcoming meets, and international referee applications.
- A new Para Powerlifting section has been added.



MISSION STATEMENT

Canada Para Powerlifting is committed to grassroots development and education to build a foundation that supports and promotes para powerlifting programs and services that will encourage and increase athlete participation, fair competition, provide a high-level of technical officiating and classifying, and boost the profile of para powerlifting and its athletes. OUR VISION is to provide opportunities for personal excellence by developing, delivering and promoting quality programs and services for new and existing athletes, coaches and officials in the sport of para powerlifting.

PARA POWERLIFTING EXPLAINED



- Applied for and successfully obtained non-profit status with Google. Granting unlimited access to google business suite.

In addition to the new website and content there was also a lot of work done cleaning the CPU database for erroneous entries, french language character additions, and name / location changes. The database of meet results and records is one of the key components of the web platform and continuing to ensure its integrity is high on my priority list. There were 31 meets entered into the database in 2021 including a number of international events.

Moving forward there is still a lot of work to be done, specifically on the records pages / management, international events entry process / management, and the integration of multi-lingual support. I have had a lot of help from many of the board members over the past year and I appreciate the support and feedback. I look forward to continuing to raise the level of

quality on the website and building more tools to help our board efficiently communicate with our members.

Cheers,

RJ Forbes

CPU Webmaster



President's Report

January 11, 2022

To: CPU and Provincial Executives

The Alberta Powerlifting Union (APU) has been able to successfully navigate the pandemic, since restrictions in the province were eased earlier in 2021. We were able to host meets across the province in Edmonton, Calgary, and Slave Lake and were able to host our Provincial Championships in December 2021. The APU volunteer community continues to show its dedication to the sport, and we are so thankful to have a large group of volunteers always willing to help run meets when needed. Below is a brief summary of the past year:

Introduction of the Youth Division

At the 2021 AGM, the APU formally introduced the Youth Division to our competitions, effective January 1, 2022. We are very excited to have this division in Alberta and hope that the introduction will help develop athletes in the sport further into the future.

Referee Status

The APU welcomed two new National referees Aileen Bishop and Hannah Gray, who both attained their National Referee status at Westerns in 2021. This brings our compliment to 6 National Referees, 11 Provincial Referees, one IPF Cat II and one IPF Cat I referee. The APU will be certifying new referees in 2022 as we have seen a renewed interest in refereeing at the Provincial level.

Executive Board Changes

2021 saw some changes come to the APU Executive Board with long serving member, Avi Silverberg, stepping down as Vice President in December after serving 10 years on the board in various positions. We thank Avi for his dedication and commitment to growing the sport in Alberta during his tenure.

Pamela Hodder has joined the Executive as Interim Vice President and brings a wealth of new ideas and energy to the team. We are excited to have her on board!

Although 2021 started with so much uncertainty, the APU has seen the sport of powerlifting come back with renewed enthusiasm from the community at pre-pandemic levels. We are moving forward in 2022 and have some meets already planned for the year, including the Provincial Championships being hosted in Slave Lake for the first time. Our community has continued to fight for the sport that they love, and have supported our meets like nothing ever changed. For that, the APU Executive is truly thankful and humbled. I am optimistic that the future is bright for powerlifting in Alberta!

Respectfully,

Angelina Van Ryswyk

President, Alberta Powerlifting Union



The British Columbia Powerlifting Association was fortunate to hold three competitions in 2021. In lieu of Provincials, we held the Summer Open Powerlifting and Bench Press Championships on August 28 and 29 in Langley, BC with 103 athletes competing, many of them new to the BCPA. This was our first competition open to all members since January 2020 and it was a great success. Just two weeks later we held another competition in Victoria, BC to satisfy athletes on Vancouver Island. On December 4, 2021 we held our annual Fall Classic Powerlifting and Bench Press Championships in Abbotsford, BC. By then, the difficulties with holding a competition during the pandemic were further deepened with the weather crisis in the weeks leading up to the competition. We persevered and held a solid competition despite the hardships.

The BCPA also assisted with the 2021 Western Canadian Powerlifting and Bench Press Championships from November 13 to 15, 2021 in Richmond, BC. This competition was organized by Gabe and Bette Festing, both of who have been cornerstones in the BCPA over the last decade. The competition was a success despite the onset of the aforementioned weather crisis that weekend.

We recognized that there will be an uphill battle to return to where we left off before the pandemic. Membership in the BCPA is down and competition registrations were also down compared to previous years. Our association will continue to develop strategies to re-engage athletes and bring them back into the active participation.

This year is a voting year for the BCPA Board of Directors. On behalf of the Board, I'd like to thank all the volunteers who have helped in the administration of the association and at our competitions. We look forward to participating in or assisting with the next Board to be voted in at our AGM on February 5, 2022.



Manitoba Powerlifting Report

2021 AGM President's Report

As an understatement, the past year has been incredibly difficult for people around the world. Shortly after our 2020 AGM, we were able to run a two day Provincial Championships event for our Subjunior/Junior/Masters lifters. As COVID-19 numbers rose, our ability to put forth another 2020 contest was quickly extinguished. As restrictions tightened throughout the second and third waves of COVID-19, we went into a nearly 11 month layoff between our partial 2020 Provincials, and our combined 2021 Provincials held in September. With events on hold, registrations and revenues took a hit. As an MPA Executive, all we could do was bide our time and prepare for a return to the platform.

As 2022 looms, I look to the future to see how we can continue to grow the sport of Powerlifting in Manitoba. You will notice a theme focusing on our memberships in my business proposals today. Squats, Bench Presses, and Deadlifts do not occur in sanctioned competitions without solid infrastructure, and more importantly, the personnel to support them.

In short, life dealt our family a handful this year. In my occasional absence, our MPA Executive Members stepped up to the plate beyond all expectations. I want to publicly thank MPA Vice-President, Thea Olalia, for providing respite for me over the summer as my wife Brianna and I moved, got married, and prepared for the birth of our first child, Aspen. Thea independently directed the 2021 Provincial Championships on behalf of MPA without any hiccups. She also managed Team Manitoba at CPU Westerns 2021. She will have words to share on both of these events.

Janet Loesel Sitar, our Officiating Chairperson, took the lead on developing the MPA Youth Division as per the new CPU directive. Her drive to continue to develop both the quantity and quality of our referees has been admirable. She was also the only lifter from Manitoba to attend the IPF Classic World Championships this year in Sweden, earning a bronze medal!

I have high hopes that the MPA Youth Division will see the debuts of our future best and brightest. While previously lifters had to be 14 years of age in order to compete, we will now see children as young as 8 years old competing on MPA and CPU platforms! In 2022 we plan to outreach to schools and communities in hopes of scouting interested young strength enthusiasts. Spread the word!

After acquiring a legal Paralympic Powerlifting set following CPU Nationals 2020, our plan to develop a Para team was derailed (COVID-19). MPA and acting Para team coach Guy Page are in the process of developing a Para Powerlifting club. We aim to attract athletes from other sports and are preparing to network appropriately with that objective. We hope to see Para Powerlifters at our MPA Competitions throughout the new year, and an end goal would see MPA Para athletes compete at the National level and beyond.

Although we will only see two local competitions this year, MPA will host its typical 6-8 local competitions in 2022. We will hone our strengths and build on our weaknesses. We will build the MPA brand by way of outreach, apparel, sponsorship, and media. We will strengthen our club systems, referee pools and provincial teams. My message to you all today is this: 2022 is full steam ahead!

Respectfully,

Mathew Bowen, MPA President, CPU Referee



New Brunswick Powerlifting Association - 2022 CPU AGM Provincial Report

Dear CPU Executive,

Despite the challenges continuing to be put forward by the pandemic we were fortunate enough to host meets and grow as an organization. Our membership has almost doubled since 2020 and we now have our first registered youth and special olympics members. Listed below are highlights from NBPL meets this past year:

- Our first meet of the year was a milestone as it was the first Powerlifting meet held in Saint John, NB. The Port City Showdown was a well run event and is now slotted as a yearly meet. At this meet Guillaume LeBlanc set the highest Male GL points in CPU history with a score of 108.34.
- At the 2021 Eastern Championships we had 24 lifters compete. NBPL members walked away with 5 awards for Top Powerlifter and Bench Press in Junior, Open, and Masters divisions, along with many Provincial and National Records.
- We finished the year off with our Provincial Championships in Moncton. The event opened with our new youth division and has since sparked new interest in the sport for NB youth. This was a well attended event with all the proper health restrictions in place. We have not had any spectators at any of our recent events but we have been live streaming and will continue to do so post pandemic.

Financially we have not moved a lot in 2021 but we did have a successful merchandise run with NBPL hoodies and have purchased a new Eleiko Powerlifting Competition Bar and weights for 2022.

Top 2021 for our	2021 NBPL Top Lifters	Female	Male	NBPL Lifters for were recognized the first time at 2021 Provincial Championships.
	Junior	Karine St-Coeur	Jacob Pickel	
	Open	Danielle Philibert	Guillaume LeBlanc	
	Master	Paula Roberts	RJ Forbes	

NBPL will continue to recognize these lifter achievements going forward.

2022 is set to be an exciting year for us if we can start to see restrictions ease again allowing us to host. NBPL is set to host the 2022 Eastern Championships in Moncton, NB on September 15-17. We are looking forward to hosting this event and elevating the sport even further in our region.

Lastly, NBPL now has its first National Referee after I had passed the exam at the Eastern Championships. We will strive to grow our referee pool with more National level referees in the coming years. I look forward to continuing down this officiating path alongside my physical participation in the sport.

Cheers,
RJ Forbes
President, NBPL

NLPA Report

Nov 1, 2021

During the times of covid The NLPA Exec took the opportunity to work through some policy documents that were much-needed and continues to flesh these out. We now have a Code of Conduct, A Social Media Policy, a Conflict of Interest Policy, an Appeals Policy and are in the process of finishing off an Abuse Policy to guide the new CPU youth division workings here. We revamped (and continue to work on) the website and we now have thrice worked through the process of drafting, submitting and revising and resubmitting Return to Play documents, a process with promises to continue to demand revision as we grip tightly to the handle of our rollercoaster cart on this seemingly endless ride.

The Newfoundland and Labrador Government has had arguably the most complex and restrictive rules, regulations, and guidelines in the country and the executive has been able to put together plans that fit these as well as to procure general and directors' liability insurance covering off eventualities unforeseen with regards to covid. We further were able to avail of a considerable pot of funding through the Provincial Government to procure additional competition equipment which was used at Provincials recently and will be available for future meets at all levels throughout the province. Money remains in our account so that the next executive is able to pursue other programming goals and to have a solid financial footing from which to plan the next Provincials.

At the peak of the pandemic the NLPA membership dropped to 50 active members. We now have an active membership of 126 plus 15 Special Olympic memberships.

In September 2021, we were able to hold Provincials again and due to the vast space available at the Techniplex, it was able to be run more or less as a normal meet. It was a lot of work for the executive to pull, off that meet, which is part of why we are looking to revise the board structure: more hands make light work and more connection with different parts of the province will unify volunteer efforts and facilitate communication.

Classic Worlds 2021 in Sept-Oct saw an incredible showing from Newfoundland athletes representing Canada in Sweden. We were also fortunate enough to hold an open meet on December 4th.

Jeff Butt - overall Silver Medallist in the Masters 2, 93kg division, with silver medals in squat and bench as well as a gold in deadlift. Jeff was the third best Master 2 lifter among all the male lifters of all the weight classes in Masters 2. He was also the head coach for the National Team and achieved his Category II IPF International Referee Certification during the meet.

Maria Htee - overall Silver Medallist in the Open, 57kg division, with silver medals in squat and deadlift and a bronze in bench. Maria was the fourth best lifter of all the female lifters at worlds (that's huge).

TJ Gear - overall 6th place in the Open, 93kg division, bronze medal in Deadlift.

Danielle Hussey - 5th place overall in the Masters 1, 57kg division, with a silver medal in squat and a bronze in bench press.

Robert Dyke - 5th place overall in the Masters 1, 83kg division, with a bronze medal in bench press.

Heather Unsworth - 5th place overall in the Masters 1, 84kg+ division.

Mackenzie Rose - 11th place overall in the Junior, 63kg division.

The world has changed, but for now at least, meets are back on the table, our gyms are open and our lifters, many of whom are blessed with exceptional coaches, teams and friends, continue to lift and to get stronger.

The NLPA has received one new International Cat 1 referee Jeff Butt which will be a great asset especially since we are hosting Worlds here in October.

This executive has been a tremendous team over the past couple of years. Kim Gill, we thank you for your time served and appreciate all that you did for the association. We welcomed Mallory Doyle, Joanne Walsh, TJ Gear, Danielle Hussy, Don Cormier, Steve Doyle and Sarah Strickland in November. I've been on two executives now and can see how we have grown as an association and how the governing body has grown to keep pace. We have added on four new roles which include Eastern, Western, Central and Labrador reps which are voting positions, as well as split up record and social media into two positions. Keeping social media as voting and records non voting. We have also added on a volunteer role which is non voting and switched referee chair to non voting.

It has been a challenging two years, but this group of people of varying skill sets and opinions has worked together and found a way through even when ways through seemed thin on the ground and we were all fighting our own personal battles during the pandemic. There is no other group I would have chosen to navigate this mess with and I appreciate each and every one of you. I have every confidence, looking at the next executive, that powerlifting in Newfoundland and Labrador is in good hands.

Regards,

Kris Tiller



Nova Scotia Powerlifting

2021 Review

novascotiapowerlifting.ca

Meet Summary

One (1) meet was held

- NSPL Provincial Championship 2021 (Nov.)

Summary Points

- The NSPL successfully underwent a full board transition.
 - President: Thierry Charron
 - Vice-President: Chad Sinclair
 - Treasurer: Sue Bonneau
 - Secretary & Social Media: Jamie Macdonald
 - Records: Ashley Mackendrick
 - Referees Official: Ryan Kells
- Our greatest challenge this year was the ever-evolving COVID-19 restrictions that continually delayed any opportunities to run meets. The Mike Laroche Memorial was scheduled for February, but was pushed back with each lockdown to September, where it had to be cancelled for Provincials to take its place.
- The NSPL has 3 meets tentatively scheduled for 2022, covering most of the regions of the province.
- One of the highlights this year was Melissa Garron winning the 76kg Masters 1 IPF World Championship, also earning two gold medals in the Bench and Deadlift, and a silver medal in the Squat.

- The NSPL is working on acquiring new competition equipment to free up the current competition gear to send to Sydney, to bring another region up to par in quality of equipment.
- We've seen great growth in engagement through our social media channels and will continue capitalizing on this trend to acquire new members and volunteers.

Yours in sport,

Thierry Charron

President



Provincial report CPU AGM 2022

As we all know since 2020 through to now the pandemic has created hurdles and speed bumps at every turn that all provincial bodies have had to navigate. The OPA is no exception.

2021 AT A GLANCE

- Male athlete of the year : Erik Willis
- Female athlete of the year : Brittany Schlater
- Male bencher of the year : Chris Aviado
- Total memberships : 312
- Total referees : 54 (up from 52) -Meets run ; 1 **
- This event was a CPU sanctioned event (Central championships)

Current OPA Exec

President - Garrett Bentley

Vice President - Daniel Remulla

CAO - Christine Castro

CFO - Minnette Meronyk

APV Records - Gary Lacoursiere

APV Registration - Brittany Schlater

Eastern rep - Chris Fudge

Central rep - Harnek Singh Rai

South west rep - Marlene Moore

Northern rep - Vacant

School Competition Rep - Dave Walters

AVP website commissioner - Simone Lai

AVP social media - Simone Lai

2021 was a year of challenge and change for the OPA, recently the executive has received a substantial facelift in regards to the executive members.

A change of this magnitude is slow to start but the current executive is motivated to bring meets back to the province (once provincial restrictions allow) as well as better engage and

communicate with our membership through a revamped social media and online presence. We are actively seeking membership feedback to help better direct the sport in our province which we think will facilitate growth in membership.

Our officiating (Adele) chair has revamped our referee education / testing process to also help us get more of our members in officiating events.

Our executive members are also working diligently to help create both a military and high school program to also draw new members with both of these groups working as feeder systems for the sport.

Regards,

Garrett Bentley, OPA President

PEI Powerlifting Association report

- No report submitted

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Québec, décembre 2021

Chers membres,

L'année 2021 fut, comme la précédente, parsemée d'embûches. Néanmoins, les membres du conseil d'administration et moi pensons avoir réussi à livrer un maximum de valeur à nos membres, dans le contexte actuel.

L'année a débuté avec l'arrivée du tout nouveau site internet : nous avons maintenant un site moderne et dont le contenu est continuellement mis à jour (informations aux membres, résultats de compétitions, etc.). Nous avons également accru notre présence sur les réseaux sociaux, afin d'améliorer la communication avec nos membres, mais aussi de démocratiser notre sport auprès des Québécoises et Québécois.

Par la suite, deux membres du conseil d'administration, à savoir Samuel Boisjoly et moi-même, avons suivi une formation portant sur la gouvernance créatrice de valeurs ; laquelle était destinée aux administrateurs de la relève des organismes à but non lucratif de sport et de loisir. Cette formation permettra à la Fédération d'améliorer le fonctionnement de son conseil d'administration et ainsi d'améliorer les services prodigués à ses membres.

Le conseil d'administration a également adopté un nouveau plan stratégique qui établit les objectifs de la Fédération pour les prochaines années. Celui-ci vous sera partagé dans les semaines qui suivront. Nous avons également retravaillé l'ensemble du Règlement sur la sécurité afin d'être conforme aux exigences du ministère de l'Éducation. Nous avons également adopté une politique sur la protection de l'intégrité. Une section du nouveau site internet y est dédiée (Je porte plainte) ; nous en ferons davantage la publicité en 2022.

Avec ses quatre compétitions sanctionnées lors de la dernière année, la Fédération est à égalité au sommet de la CPU pour avoir tenu le plus de compétitions au Canada en 2021.

Une formation destinée aux nouveaux athlètes de la Fédération a été créée cette année. Je tiens à remercier Élodie Morin, Amélie Picher-Plante, Gabriel Aubé, Brandon Leclerc, Jérémie Borgia et Xin Di Dong pour le développement et la transmission de celle-ci. Nous offrirons d'autres séances de cette formation en 2022.

Finalement, nous avons accueilli un nouvel arbitre parmi nos rangs: Charles-Éric Vézina. La Fédération a également un nouvel arbitre en formation: Jean-Michel Hovington.

Je vous souhaite à tous une excellente année 2022.

Nicolas Déry, Président



Fédération québécoise de dynamophilie fqd-quebec.com

Québec, December 2021

Dear members,

The year 2021 was, like the previous one, strewn with pitfalls. Nevertheless, the members of the Board of Directors and I believe that we have succeeded in delivering maximum value to our members, in the current context.

The year began with the arrival of the brand new website: we now have a modern site whose content is continuously updated (information for members, competition results, etc.). We have also increased our presence on social networks, in order to improve communication with our members, but also to democratize our sport among Quebecers.

Subsequently, two members of the Board of Directors, namely Samuel Boisjoly and myself, received training on value-creating governance; which was intended for young directors of not-for-profit sports and recreation organizations. This training will enable the Federation to improve the functioning of its Board of Directors and thus improve the services provided to its members.

The Board of Directors also adopted a new strategic plan which establishes the objectives of the Federation for the coming years. This will be shared with you in the following weeks. We have also reworked all of the Safety Regulations to comply with Ministry of Education requirements. We have also adopted a policy on the protection of integrity. A section of the new website is dedicated to it (file a complaint); we will advertise it more in 2022.

With its four sanctioned competitions in the past year, the Federation is tied at the top of the CPU for having held the most competitions in Canada in 2021.

Training for new Federation athletes was also created this year. I would like to thank Élodie Morin, Amélie Picher-Plante, Gabriel Aubé, Brandon Leclerc, Jérémie Borgia and Xin Di Dong for the development and transmission of this one. We will be offering more sessions of this training in 2022.

Fédération québécoise de dynamophilie fqd-quebec.com

Finally, we welcomed a new referee among our ranks: Charles-Éric Vézina. The Federation also has a new referee in training: Jean-Michel Hovington.

I wish you all a happy new year 2022.

Nicolas Déry, President

A handwritten signature in black ink that reads "Nicolas Déry". The signature is written in a cursive, flowing style.

January 6, 2022

Dear CPU Executives and Member Provinces,

Firstly, the Saskatchewan Powerlifting Association (SPA) would like to acknowledge Ryan Fowler for his 16 years in his role as President. As our new executive moves forward in 2022 to ensure ongoing engagement, participation and growth of the sport in the province, we continue to be grateful for his wisdom, insight and contributions.

Like other provinces, we have and continue to pivot according to COVID restrictions and provincial guidelines. After 19 months, the SPA was able to hold their first meet in person meet which was our Provincial Championships. In 2021, the province held 3 virtual competitions and two face to face competitions after restrictions were lifted. Our 2022 calendar has been set and our first meet of the year is expected to be held in January. Our provincial training camps have been set for Team Saskatchewan athletes heading to Nationals. Should changes be made to dates for Nationals, we will continue to hold these camps at a later time as they provide an opportunity for team building.

Currently, we have 13 referees (6 National referees and 7 Provincial referees.) This number has decreased from the previous year due to inactivity and relocations to other provinces, despite the successful testing for one new provincial referee and the successful attainment of the national referee status for Aaron Ziffle. Although we expect to test a couple new provincial referees in 2022, we are still in need of both national and provincial referees. Recruitment and work in the area will be ongoing.

We are also pleased to report that were able to increase our membership numbers from the previous year and currently have 142 current members. This number includes two Special Olympics members, nine youth members, and two provincial referee members. Our virtual meets and new youth division allowed us to promote membership and continued interest and participation during these challenging times.

Lastly, the SPA would acknowledge and congratulate our 2021 Hall of Fame inductees: Rhaea Fowler (Athlete) and Chris Arnold (Builder.)

Stronger Together,

Carolyn Tran

President

Saskatchewan Powerlifting Association

Annual Awards (nominees) -

Bill Jamison Award – [Ryan Fowler](#)

CPU Hall of Fame – [Rhaea Stinn](#)

Male Powerlifter –

Male Bencher –

Female Powerlifter – [Jessica Buettner](#)

Female Bencher – [Rhaea Stinn](#)

[Discussion](#) – do we want to Builder version of the Hall of Fame (Vicky)

- [Not properly described in policies as just for athletes](#)
- [Nomination form – are we going by policy or by the form? Shane > go by policy](#)
- [Does anyone disagree with following policy? No. Agreed to follow policy](#)

CCES – 2021/22 CADP Agreements –

[Provincial Contributions and other CCES issues - Shane and Renae to speak](#)

[Discussed the double Nationals charge, 10 tests at a local meet, Shane is in continuing negotiations with CCES. There was no testing at APU Provincials yet 10 at a local APU meet.](#)

[RJ – NB was able to stay open through the pandemic and had no testing](#)

[Manitoba – no tests since 2018](#)

[NS Provincials – no testing](#)

[PEI – no drug testing since 2014 Easterns](#)

[Quebec had 10+ tests at Provincials, several at local meets](#)

[Requesting the provinces submit testing info for the past year to Shane](#)

PARA POWERLIFTING PRESENTATION – TRACEY RICE

Look into building equipment to spec without having to purchase Eleiko.
Referee testing for PPC
Grant applications to be disbursed by Tracey for provinces to attempt to get funding for equipment.

New Business - none

Proposals – in alphabetical order by submitting party; in numerical order

Submitted by: CPU Board

Current:

ARTICLE V: **Change:**

OFFICERS

5.1 Composition – The Officers will be comprised of the President, Executive Vice President Program Director, Executive Vice President Sport Development, Secretary, Treasurer, and the Officiating Chairman.

5.3 Officiating Chairman – The Officiating Chairman may attend meetings of the Board but is not a Director and may not vote at meetings of the Board.

Proposed:

ARTICLE V:

OFFICERS

5.1 Composition – The Officers will be comprised of the President, Executive Vice President Program Director, Executive Vice President Sport Development, Secretary, and the Treasurer. ~~and the Officiating Chairman.~~

5.3 Officiating Chairman – The Officiating Chairman may attend meetings of the Board but is not a Director and may not vote at meetings of the Board.

Rational:

This is not done in practice and the reasoning for this in the bylaws is unclear. Should anyone wish to attend a meeting of the members they could simply ask.

Second: Shane

Motion: Passed

Submitted by: Manitoba Powerlifting Association

Proposal: Add Bylaw 4.29 under “Powers of the Board”

Proposed Wording

4.29 Whenever CPU bylaws, policies and procedures are updated by the Board, the Association Members will promptly be alerted of those specific changes.

Rationale:

1. Upon full review of bylaws and policies, our current Board has made significant changes to our governing documents since their election, and the provinces have not been informed of these changes - and past versions of these documents removed from the website. In the name of transparency and communication it is requested the provinces be clearly informed when these changes are made.

2. per policy 4.4 “Member Province's bylaws or policies must not contradict CPU bylaws or policies.” -

It is important for provinces to be able to adjust their own governing documents in a timely fashion in accordance with CPU. These changes have not been clearly communicated and as such, the provinces have fallen behind in mirroring CPU.

Second: Angelina

Motion: Passed

Proposal: Change Policy 6.9 – **WITHDRAWN**

Current Wording

6.9 A Registrant’s valid CPU registration (membership) cards and CCES True Sport Module certificate must be verified for during the weigh-in or equipment check at all competitions.

Proposed Wording

6.9. Valid Photo Identification needs to be presented during all weigh-ins. CCES True Sport Clean module completion and CPU Memberships will be verified by the provincial associations after event registration closes.

Rationale: In Manitoba we still ask our athletes to bring these documents for “verification” as a formality because CPU mandates us to do so, but for our competitions in Manitoba our Registration Chairperson confirms with the online databases that athletes are CPU registered and CCES educated. We know on meet day that our athletes have their documents and haven’t had a documentation issue in over two years. Very few people in CPU actually have access to the CCES and eSportsdesk and Registration Chairs or persons acting as registrars are capable of managing this task. This is a benefit to lifters of all experience.

This protects our liability from things like photo editing of expired or others’ documents, human errors from officials who may miss an expiry on meet day, and is a benefit to our lifters.

If we need not confirm these items on meet day it saves a significant amount of time and confusion during the weigh in process. As well, this prevents those who “forgot” to not have to scramble last minute for the CCES Course, or those who didn’t register from being turned away at the meet.

Withdrawn

Proposal: Change Policy 6.11

Current Wording

6.11 Only individuals who are retired from competing and are provincial level or higher referees may apply for a Referee Membership.

Proposed Wording

6.11. Provincial level or higher referees, who are either retired or on sabbatical from competition, may apply for a Referee Membership.

Rationale: Retirement reads as finite. This provides inclusion for those in life transitions, experiencing pregnancy/birth, injury, medical issues, or who may just be taking an extended break from competing for whatever private reason they may have.

Second: Garrett

Motion: Passes

Proposal: Add Policy 7.19:

Proposed Wording

7.1.19. The Member Provinces hosting a regional championship should include in their bid a referee, who is national level or higher, to be the Technical Secretary who is required to do the paperwork (including flights, score sheets, etc.).

Rationale: Per nationals practice. Technical secretaries are extremely useful and best practice. Policy copied from National Championships policy word for word.

Second: Thierry

Motion: Withdrawn

Proposal: Change Policy 8.3:

Current Wording

8.3 National records can only be set at Provincial Championships, Regional Championships, National Championships or any higher level of competition.

Proposed Wording

8.3 National records can only be set at Regional Championships, National Championships or any higher level of competition.

Rationale:

1. "Policy 15.2 - In areas of the IPF Technical Rules regarding Records, where the term "World" is used, it shall, unless otherwise specified, be interpreted as "National" for the CPU's purposes, and likewise the term "Nation" or "National" shall, unless otherwise specified, be interpreted as "Province" or "Provincial" where applicable to the Member Province's purposes."
2. Mirrors IPF World Record procedure. World Records cannot be set at National Championships. World records can only be set at international events. Thus, National

records should only be able to be set at interprovincial championships, not at provincial events.

3. As a sport, various teams (ie Provinces) ought to be represented as officials to prevent bias and legitimize the record attempt. Internationally, it is best practice to have three different team referees, as well as different team juries, officiating the lifting when possible. This occurs at Regionals and Nationals.
4. At provincial championships, provincial records (which may not be national records) can be “chipped” with smaller fractional plates, creating an unfair advantage to the provincial championships single lift record attempt lifter building a National Record Total. At Nationals/Regionals, smaller increment Provincial Record jumps are not permitted and thus not possible.
5. Further legitimizes the concept of CPU Regionals as more than just a stepping stone to Nationals.
6. Prevents necessity of, and issues related to, having National or higher level referees sit in the chairs at Provincial championships.

Second: Nicolas

Motion: Fails

Proposal by: Justin Smith, PEIPL Vice President

Proposal 1 - Stipends for board members:

Current wording:

- 2.1.5 The President shall receive an annual stipend of \$5000.
- 2.2.2 The Executive Vice President, Program Director shall receive an annual stipend of \$1000
- 2.3.2 The Executive Vice President, Sport Development shall receive an annual stipend of \$1000
- 2.4.2 The Secretary shall receive an annual stipend of \$1000.
- 2.5.2 The Treasurer shall receive an annual stipend of \$1000.

Proposed:

- 2.1.5 The President shall receive an annual stipend of **\$7500**.
- 2.2.2 The Executive Vice President, Program Director shall receive an annual stipend of **\$3500**.

- 2.3.2 The Executive Vice President, Sport Development shall receive an annual stipend of **\$3500**.
- 2.4.2 The Secretary shall receive an annual stipend of **\$3500**.
- 2.5.2 The Treasurer shall receive an annual stipend of **\$3500**.
- *Friendly amendment – to take effect in 2023*

Rationale:

I think it's fair to say that with the growth of the CPU over the past 5+ years, the workload on these positions have grown tremendously as well. I've had conversations with board members (past and present), and they have all said that these positions are like full-time jobs. I'm afraid that we are at risk of being able to keep good people in these positions simply because of the effort they take, with very little in return. Even at my proposed amounts, spreading them out over 12 months / year still spreads quite thin. With things back up and running, if we are in a financial position to better accommodate our elected leaders, we should. It is well deserved.

Second: Thierry

Motion: Passes

Proposal 2 - Stipends for Officers:

Current wording:

- 3.3.2 The Officiating Chairperson shall receive an annual stipend of \$1000.
- 3.4.2 The Records Chairperson shall receive an annual stipend of \$1000.
- 3.8.2 The Webmaster Chairperson shall receive an annual stipend of \$1000.

Proposed:

- 3.3.2 The Officiating Chairperson shall receive an annual stipend of **\$2000**.
- 3.4.2 The Records Chairperson shall receive an annual stipend of **\$2000**.
- 3.8.2 The Webmaster Chairperson shall receive an annual stipend of **\$2000**.
- *Friendly amendment – to take place in 2023*

Rationale:

Likewise, these positions are “year round” positions with a big workload, with some requiring a special level of expertise that goes along with the position. They should be a little more fairly accommodated for their extraordinary efforts as well.

Second: Angelina

Motion: Passes

Proposal 3 - National Referee Status:

Current Wording:

15.9 To maintain your national referee status, a national referee must officiate at one provincial or regional championship, one national championship and attend a national rules clinic at least every three years.

Proposed:

15.9 In order for a national referee to maintain their national level status, the referee must officiate at **one local level meet**, one provincial championship, one **regional or national championship**, and attend a national rules clinic at least every 3 years.

Rationale:

With our pool of national referees growing every year, our National's always seem to be in good hands for officials. However, the Regional's are continuously short on officials, so I think allowing a national referee to maintain their status by officiating at the regionals (and not necessarily being forced to travel to nationals) may help with this. It would be more cost efficient for the CPU to send a referee on "last call" somewhere in their own region, opposed to potentially the other side of the country, and should be more convenient for the referee. Referees are already allowed to be nationally certified at the regionals, so it seems fair to also be able to maintain their status there as well.

I added the requirement to officiate at a local level meet, because I think it is good practice for provincial referees to officiate alongside national referees so they can gain more knowledge and better develop. This will also hold national referees accountable to be involved at the local level, opposed to only showing up for the larger events.

Second: John MacDonald

Motion: Fails

Proposed by: Saskatchewan Powerlifting Association

Proposal 1

Policies and Procedures of the Canadian Powerlifting Union (CPU): Appendix "E" – Youth Division

Current Wording: Lifting Equipment at Regionals and Nationals

Y1 & Y2 a 15kg bar shall be used

Y3 a standard 20kg bar shall be used

Full diameter (45cm) “bumper plates” may be used for deadlifts when necessary to ensure the bar height from the floor is the same for all lifters.

Proposed wording: Lifting Equipment at Regionals and Nationals

Y1 will use a 10kg bar

Y2 will use a 10kg bar

Y3 will use a 15kg bar

Full diameter (45cm) “bumper plates” may be used for deadlifts when necessary to ensure the bar height from the floor is the same for all lifters

Rationale: When we look at long term athlete development in youth athletes, we should be modelling it to build up to the 20kg bar. A 15kg bar for youth 1 and 2 divisions is too large for 8-11 year olds to build technique with. Using a 10kg bar allows for youth 1 and 2 to develop their technique before having to worry about handling a 15kg bar.

Motion tabled

Proposal 2

Policies and Procedures of the Canadian Powerlifting Union (CPU): Appendix “E” – Youth Division

Current Wording: Scoring

No change to the current wording.

Proposed wording: Scoring

Add the following:

All youth lifters will be allowed to request any increment of 0.5kg for any attempt.

Rationale: When we look at long term athlete development in youth athletes, we should be modelling it to allow for the smallest increment possible. A 2.5kg increase on a 10kg bar is a 25% increase. A 2.5kg increase on a 15kg bar is a 17% increase. We would never think it best practice to allow an elite athlete to make a 25% increase from a last warm up to an opening attempt, or from a second to a third attempt, and the youth athletes should not be expected to make this percentage increase either.

Second: Angelina

Motion: Passes

Proposal 3

Policies and Procedures of the Canadian Powerlifting Union (CPU): 9.0 Awards and Classifications

Current Wording:

9.7.2 CPU Hall of Fame Inductee – This award shall be presented to registrants who have made significant and noteworthy contributions to the CPU and served as a role model to other registrants. Nominees must have been an active registrant for a minimum of 10 years. Nominations must be submitted by a CPU board member or a member province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. The winner of this award shall be selected by majority vote of the Board and member provinces and will be presented at the next appropriate National Championship. This award will not necessarily be presented each year, if no suitable candidate can be chosen, and recipients may only receive this award one time.

Proposed Wording:

9.7.2 CPU **Athlete** Hall of Fame Inductee – This award shall be presented to registrants who have made significant and noteworthy contributions to the CPU, **primarily through their lifetime lifting achievements at the National and International level, and also** served as a role model to other registrants. Nominees must have been an active registrant for a minimum of 10 years. Nominations must be submitted by a CPU board member or a member province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. The winner of this award shall be selected by majority vote of the Board and member provinces and will be presented at the next appropriate National Championship. This award will not necessarily be presented each year, if no suitable candidate can be chosen, and recipients may only receive this award one time.

Rationale:

In 2015, this award was originally intended to be given to an athlete hall of fame recipient. The hall of fame should have two streams, one being a Builder category, and one being an Athlete category. We have the builder award in the Bill Jamison Award. This was proposed and implemented in the 2015 minutes of the CPU AGM that this was intended to fill the void of not having an Athlete Hall of Fame category.

Second: Vicky
Motion: Passes

Proposal 4

Policies and Procedures of the Canadian Powerlifting Union (CPU): 9.0 Awards and Classifications

9.0 Awards and Classifications

Current Wording:

9.7.3 Male and Female Powerlifting Athlete-of-the-Year This award shall be presented to the Registrant(s) in recognition of their excellence and achievements on the platform in the three lift Powerlifting category from the preceding year. Only athletic accomplishments are to be considered for this award. To be nominated for these awards registrants must have at least competed at the national level. Nominations must be submitted by a CPU board member or a member province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. The winner of this award shall be selected by majority vote of the Board and member provinces and will be presented at the next appropriate National Championship. This award will not necessarily be presented each year, if no suitable candidate can be chosen, and recipients may only receive this award one time.

9.0 Awards and Classifications

Proposed Wording:

9.7.3 Male and Female Powerlifting Athlete-of-the-Year This award shall be presented to the Registrant(s) in recognition of their excellence and achievements on the platform in the three lift Powerlifting category from the preceding year. Only athletic accomplishments are to be considered for this award. To be nominated for these awards registrants must have at least competed at the national level. Nominations must be submitted by a CPU board member or a member province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. The winner of this award shall be selected by majority vote of the Board and member provinces and will be presented at the next appropriate National Championship. This award will not necessarily be presented each year, if no suitable candidate can be chosen.,~~and recipients may only receive this award one time.~~

Rationale:

An Athlete of the Year award should be able to be won multiple times. If you were the best athlete in the prior year and that was the case over the course of a two or three or six year process, then you should be allowed to win this yearly award more than once. This is not a Hall of Fame award, it is a yearly award.

Second: RJ

Motion: Passes

Proposal 5

Policies and Procedures of the Canadian Powerlifting Union (CPU): 9.0 Awards and Classifications

Current Wording:

9.7.4 Male and Female Bench Press Athlete-of-the-Year Awards – This award shall be presented to the Registrant(s) in recognition of their excellence and achievements on the platform in the Bench Press from the preceding year. This may include performance in the Bench press in a three-lift competition. Only athletic accomplishments are to be considered for this award. To be CPU Policies and Procedures - Page 20 nominated for these awards registrants must have at least competed at the national level.

Nominations must be submitted by a CPU board member or a member province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. The winner of this award shall be selected by majority vote of the Board and member provinces and will be presented at the next appropriate National Championship. This award will not necessarily be presented each year, if no suitable candidate can be chosen, and recipients may only receive this award one time.

Proposed Wording:

9.7.4 Male and Female Bench Press Athlete-of-the-Year Awards – This award shall be presented to the Registrant(s) in recognition of their excellence and achievements on the platform in the Bench Press from the preceding year. This may include performance in the Bench press in a three-lift competition. Only athletic accomplishments are to be considered for this award. To be CPU Policies and Procedures - Page 20 nominated for these awards registrants must have at least competed at the national level.

Nominations must be submitted by a CPU board member or a member province and must include detailed information as to the rationale for it 15 (fifteen) days prior to the AGM. The winner of this award shall be selected by majority vote of the Board and member provinces and will be presented at the next appropriate National

Championship. This award will not necessarily be presented each year, if no suitable candidate can be chosen. ~~and recipients may only receive this award one time.~~

Rationale:

An Athlete of the Year award should be able to be won multiple times. If you were the best athlete in the prior year and that was the case over the course of a two or three or six year process, then you should be allowed to win this yearly award more than once. This is not a Hall of Fame award, it is a yearly award.

Second: RJ

Motion: Passes

Items for Discussion –

Manitoba Discussion Items:

A) AGMs by Distance as a Standard Practice

COVID-19 necessitated the use of Zoom meetings and it has been successful. Provinces are typically financially responsible for sending their 2 voting members to the AGM. This is costly to the provinces and to the CPU.

The CPU is responsible for paying for the meeting and meal(s) that coincide with it, and the directors are tasked with preparing an appropriate location to host the event. Room rentals, food, and equipment are expensive.

We are collectively spending thousands of dollars on a meeting that can be performed using modern technology at next to no cost. Officer and voting member attendance is higher by distance.

As with this year, these should not take place the day before Nationals as a standard practice as the space in time is appreciated. As well, they ought to be held sooner than 30 days prior to the end of that respective upcoming Nationals event, as CPU changes ought not affect that upcoming event.

Taken under advisement, arguments for both sides. Suggestion of potentially having a mid year meeting where we just spitball ideas

B)

Inclusion of Para Powerlifting and Special Olympics at the Provincial, Regional and National Levels

- Should both be mandated to be offered at Regionals? At Nationals?
- Where do the provinces stand in terms of Para/Special Olympics memberships and plans to include?

Work on getting the provincial level para programs up and running first before mandating it at a regional or national level

C)

A request for CPU to provide an update on development of a National Coaching Program and progress on its course to NCCP approval.

- This remains Manitoba's primary barrier to inclusion in Sport Manitoba. We are unable to proceed with our application without an approved National Coaching Program.
We are making this a priority going forward as a board

D)

Qualifying Total Standards Discussion Input

After discussion with Competition Committee Chair we have added this as a discussion item rather than a proposal. This would be an alteration to a current system rather than a new system, and this item may become invalid if the current system for qualifications is changed by earlier AGM Proposals

Per our email to the board and competition committee, we suggest adjusting the standing Wilks-based Regional and National totals to be in line with GL average totals.

This would be done by

- finding the GL Points averages of all current qualifying totals of all weight categories in an event class.
- altering the 2.5 KG qualifying totals based on that event class' average GL Points total.

E.G. adjusting the **National Classic Open Male** QTs from from the nearest 2.5 KG total which corresponds with the current 417 Wilks standard, to new totals nearest to the 84 GL Points average standard.

The following totals for Open Men were increased in 2019 by 10% from their original total based off of a 380 Wilks Standard				
Bodyweight	Current Total	Wilks	GL Points	84 GL Total
59	482.5	417	79.8	507.5
66	530	416	82.6	537.5
74	580	417	85.2	572.5
83	625	417	86.5	607.5
93	665	417	87	642.5
105	697.5	416	86.1	680
120	727.5	418	84.6	722.5
137.5	745	417	81.8	765
(137.5 the figure used for 120+)		416.875	84.2	

Per Mike Knott the current standards are based on Wilks (380 for open mails etc). Will be leaving it with the championships committee to determine what, if anything changes.

CPU Board Discussion Items

- CCES costs for legal fees incurred when lifters who tested positive dispute the result. Should a financial burden be placed on the province that the lifter is attached to? Is there a way to put that cost back onto the lifter? If one legal claim adds \$12,000 to the budget and there is no way to get recompensated and there is no deterrent to the lifter, this could cripple the CPU financially.
[Look into whether we have to use CCES lawyers. Also check with Chris Robb again to see if we can recoup some costs if we win the case.](#)
- Forming a Sponsorship Committee to find ways and means to assist athletes for scholarship programs, platform performances, etc.
[No questions or comments](#)
- Nationals timing. Once again, we all complain about having Nationals during the winter so let's discuss a change of date. Do we think of dates in terms of what suits the membership or around the timing of international meets? This needs to be discussed and decided as a group to potentially alter the date for 2023 Nationals and going forward.

Gabe to send out a survey to the provinces to get some feedback. Late August to mid October for timeline

Any Other Business –

Submitted by Susan Haywood

Youth Division Comments

I just had the honor and privilege of being on the jury for the new Youth division at the 2021 CPU Central Powerlifting Championships and these are the issues that came up:

- First at weigh ins it wasn't clear to all the Referees about the singlet

As per the CPU 2020 AGM Minutes:

Weigh-ins

Youth lifters must wear a singlet and t-shirt during weigh-ins.

Youth lifters must be accompanied by a parent, guardian. A coach may be present during weigh-ins as well. Rule of 2 applies – 2 adults per 1 child.

During lifting:

The scoring program that was used did not recognise the youth divisions therefore, it would not be able to correctly put the lifter on the scoresheet and organize them into the winning categories. Also, the scoring program did not recognise the 15kg bar and subsequent loads so this could not be displayed on the electronic scoresheet. Therefore, a proper loading chart featuring the 15kg Bar should be provided to the platform crew and the Referees.

Youth 1 and Youth 2 were to use the 15kg bar and Youth 3 the standard 20 kg bar but, it was decided to stay with the 15kg bar as it was very confusing to change bars in between lifters

- Y1 & Y2 a 15kg bar shall be used
 - This should be marked with the 81 cm knurling marks for landmarking the grip during the Benchpress.
- Y3 a standard 20kg bar shall be used.
- Full diameter (45cm) "bumper plates" may be used for deadlifts when necessary to ensure the bar height from the floor is the same for all lifters.

May I recommend asking Ryan Stinn to add Youth Division and 15kg bar to his PL Meet program and that we request other popular scoring programs to do likewise.

If this is not possible, I would suggest using a paper scoresheet for the youth division and give the platform general a loading chart and a 15 kg Bar that is necessary for the Youth Division lifters.

Susan Haywood
IPF CAT II Referee

Ensure all meet directors know the rules where there are youth at the meet, need a loading chart for 0.5kg for all bar weights being used and also would be good to have these options in the scoring program

ADJOURNMENT

Motion to adjourn at 4:07pm BC time

Second: Carolyn

Motion: Passed