

**Agenda - Annual General Meeting of the Canadian Powerlifting Union  
March 3, 2019, Ottawa ON**

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1) Roll Call

Mark Giffin	Mike Armstrong	Sandro D'Angelo	Bill You	Gabe Festing
Gord Sjodin	Mark Wasson	Phil Brougham	Shane Martin	Avi Silverberg
Ryann Stinn	Mark Morris	Linda McFeeters	Sue Haywood	Matt Bowen
Jeff Butt	Brock Haywood	RF Forbes	Natasha Ching	Vicky Taylor-Hood
Jerry Borgia	Justin smith			

2) Determination of a quorum

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

All provinces present

3) Appointment of scrutineers

Brock Haywood Linda McFeeters

4) Approval of the agenda – done via internet

Motion to accept – Mike – Gabe - passed

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

None

6) Adoption of minutes of the previous Annual Meeting

Jeff – Mark W

7) Board, Committee and Staff/Officer Reports

**Board**

1) President's Message

Read by Mark Giffin

2) VP – Program Director

3) VP – Sport Development

4) Secretary's Report

5) Treasurer's Report

- financial review

- next years budget

Read by Sandro D'Angelo

**Committees**

1) Disabilities Integration Committee

- not currently active

2) Doping Control Committee

3) Coaching committee

4) Medical Committee

5) Ethics Committee

**CPU Officers**

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

**Reports from Affiliated Provinces**

Motion to accept all as distributed –  
Jeff – Mark W

Motion to accept Presidents and Treasurers reports  
Ryan – Jeff - passed

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

Male Powerlifter: Erik Wilis

Male Bencher: Rob Dyke

Female Powerlifter: Rhaea Stinn

Female Bencher: Rhaea Stinn

Male Athlete Hall of Fame: none

Female Athlete Hall of Fame: Kali Bogias-Parsons

9) Elections – (nominations known are listed, nomination are accepted from the floor)  
Treasurer - Mark Giffin nominates Linda McFeeters as treasurer  
22 votes in favour

-Shane Martin requests to apply for membership in the Coaching Committee if space is available  
Coaching committee to determine later this week.

10) Old business - none

11) Affiliation of new Member Provinces - none

12) Delinquent Provinces - none

13) Future Championships Bids

Nationals      2020 - Manitoba, confirmed -  
2021 – NLPA, Jeff Butt – confirmed

Westerns      2019 - Sask confirmed – Sept 6 – 8 Saskatoon (date may change to later)  
  
2020 – BC confirmed Aug 28-31, Burnaby

Centrals      2019 - Quebec confirmed - August 15 - 18, Saguenay  
2020 - Ontario confirmed – Sept 17 – 20 - Courtice

Easterns      2019 - NFLD Sept 13 – 14 bid  
2020 - tentative to NS

14) New Business- Action on Proposed Amendments – see page 36

15) Items for Discussion - See page 60

16) Any other business

- Remove worlds coaching fee?

17) Adjournment



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

Welcome to the 2019 Canadian Powerlifting Union Annual General Meeting.

Another year has passed and I'm proud to report Canada continues to be recognized as a leader in the IPF in athletic performance, world class officiating, policy and in protecting the health of our athletes through our anti-doping program. We have much to be proud of.

Internally, as is expected in an organization that has experienced rapid growth, our understanding of what is required to best serve the needs of our members continues to evolve. This past year has highlighted several areas where the need for the application of principles ahead of personality and good judgement by those who style themselves leaders in the CPU are required.

#### Committees

My thanks to all Committees and Committee Chairs for the work you do. As is required from time to time, a reset and refocus is required. We need to ensure we are relevant and responsive to our members. With the understanding that we are an organization which exists based solely on the efforts of dedicated volunteers, we must balance the needs of the membership with what is within the realm of the possible for our volunteers. In the coming year, the CPU Board will work with the committees and committee chairs to understand your challenges, your needs and your goals for the coming year.

Several years ago, I created the Ethics Committee. As described in CPU Policies and Procedure, the role of the Ethics Committee is to advise the CPU Board on future policy and in matters related to CPU Social Media Policies, Conflict of Interest Policy, Discipline and Complaints Policy, Transgender Athlete Policy and Coaches Code of Conduct. As your CPU President and for the benefit and protection of our members, in conjunction with the Sport Law Strategy Group, these policies were developed and implemented. For many good reasons, the Ethics Committee has never been and can never be a disciplinary body. Nor is the Ethics Committee a means for some members to grind their personal axes. In 2019, the Ethics Committee will serve the CPU membership in its intended advisory role.

#### Anti-doping

The Canadian Centre for Ethics in Sport are our invited guests for a presentation this afternoon. The CCES has been invaluable ally and supporter in the CPU's efforts to provide a fair and level playing field and protect the health of our athletes. Two areas the CPU and provincial associations need to address are the need to provide the CCES with the financial resources to respond to intelligence gathered from our members and others as well as the need integrate provincial ordered drug tests with the CADP. Today we will hear several proposals from the CCES to this end.

#### CPU Board Governance

With the EC vote to remove Mr. Barry Antoniow from the CPU Board for abandoning his fiduciary duties followed by the very unfortunate passing of Mr. Phil Plato and the difficulties experienced finding a replacement for Phil Plato, the CPU Board has functioned for most of the previous 5 years with four voting members. With one Board member assuming the role several years ago of my official opposition, an even number of votes on the CPU Board has become increasingly problematic. Deadlock on debate and voting matters has become an issue. Policy Article 2.1.4 makes provision for cases of equal voting for Board Meetings whereby the President can vote twice to break deadlock however, until recently, I

have not employed Article 2.1.4. Respect for the democratic process and the need for rational input in decision making speaks to the necessity of adding a 5<sup>th</sup> voting Board member. Multi year efforts to attract anyone prepared to take on the role of Treasurer have gone nowhere. As such, pursuant to Bylaw Article 4.16 and Policy Article 2.1.4, this Executive Committee will have opportunity later today to confirm Linda McFeeters in the role of Treasurer. Ms. McFeeters would serve if confirmed in this role until general elections are held in conjunction with the 2020 AGM.

#### Going Forward

As is known, CPU membership has increased dramatically these past few years. With the re-addition of the NBPA to the CPU, the CPU is once again an organization with truly national reach. What isn't as well known is that relative to population and compared to other provinces, membership in the province of Quebec is low. I am certain there are a variety of reasons for this however I believe a French language website would assist in FQD/QPF in their efforts. Canada is a country of two official languages. As a national organization, I believe the CPU has the obligation to provide our members with access to information and details in both official languages. It is my intention to form a committee whose mandate will be to determine scope, invite and assess bids, establish timelines and report to the Board. With the CPU Coaching Certification, we have enjoyed some success. Two provinces need assistance to launch their 1<sup>st</sup> Coaching Certification program; the FQD/QPF and the BCPA. The BCPA needs Facilitators and the FQD/QPF require French language teaching materials. The Coaching Committee will provide leadership in both projects.

The CPU Social Media Policies, Conflict of Interest Policy, Discipline and Complaints Policy, Transgender Athlete Policy and Coaches Code of Conduct were written in 2015 and reflect knowledge and best practices which was current for that time. Several years have passed making it appropriate to review our policies to reflect changes of the last several years and ensure the relevance of our policies to current realities.

I thank you all for the opportunity to serve you and our members. I wish all a strong, healthy and prosperous 2019.

Yours in service,  
Mark Giffin, President



## **2019 Annual Report**

### **Bill You, Vice President Sport Development**

2018 brought significant recognition from the Canadian Paralympic Committee with Parapowerlifting in Canada.

#### **Highlights:**

Carol Brady represented Canada as an official at the 2018 Fazza World Para Powerlifting World Cup in Dubai and also at the 2018 Commonwealth Games in Gold Coast Australia – Report attached

Barry Antoniow coached the first CPU Parapowerlifting Team in Bogota Colombia – Report attached

The CPU has its own administrative logins to the IPC SDMS – International Paralympic Committee Sport Data Management System.

- Athlete registration
- Current classification
- TUE's on file
- Medical files associated with the athlete

#### **Funding:**

Athletes, coaches, and clubs are eligible for funding with Invictus Powerlifting receiving a grant – Report attached

#### **Competitions:**

Canadian athletes are currently registered for:

- 2019 Parapan Am Games – Lima, Peru – subject to CPC funding
- 2019 World Parapowerlifting Championships – Astana, Kazakhstan – 2020 Tokyo qualifier

#### **Future Initiatives:**

- Strategic Plan – Attachment 1
- Long Term Athlete Development – Attachment 2

Bill You

Canadian Powerlifting Union

Vice President Sport Development



Para Powerlifting Technical Official Experience  
Dubai, UEA February 15-22, 2018

As a National Technical Official (NTO), I was required to attend this international event to maintain my status and gain more international experience. Unfortunately there are limited opportunities close to home for any Canadian to acquire experience in para powerlifting officiating.

The first two days before the 9<sup>th</sup> Fazza World Para Powerlifting World Cup competition began were spent reviewing the revised rule book and familiarizing all officials with the new light system and jury system.

During the competition, I had a scheduled duty in all but two sessions. During those sessions I job shadowed senior referees to gain more experience. In one session, I was able to sit on the platform beside a side referee and be mentored. This was very helpful when I was on the platform as side referee later in the competition.

The new light system and posted explanation for the athletes and coaches caused a great deal of confusion in the warm up room on the first day. As TC 1, I took the initiative to explain and work with the coaches to interpret the new lights and posted explanations so they understood what the calls were for their athletes. The Technical Director, Lt Cmd Kamaruzaman, commended me for my efforts and asked me to continue assisting in this area when time permitted. Finally, I made a point of arriving early for every session to volunteer an extra hand at registration and weigh ins. This was invaluable experience that helped me better understand the athlete passports and weigh in procedures.

This competition afforded me the opportunity to learn more about Para powerlifting officiating and become a better Para powerlifting official. It also prepared me for my role as NTO at the Commonwealth Games, Para powerlifting, Gold Coast, Australia, in April 2018.

Para powerlifting is in its infancy in Canada and as such there are limited opportunities for both officials and athletes to progress to International levels. Thank you to the CPU for assisting me in my efforts to further Para powerlifting officiating in Canada. Until we grow the sport more, close to home, we will be dependent on these distant competitions to advance our Technical Officials.

Respectfully submitted,  
Carol Brady,  
January 2019



## December 4-8<sup>th</sup>, 2018 Bogota, Colombia

**December 4th - Medical Classification:** an examination to review disability and ability to compete in Parapowerlifting in the World ParaPowerlifting Organization (WPPO). Each Canadian athlete had a different disability and had specific medical physical examinations and tests. This is the first stage to becoming eligible to compete in the WPPO and Bogota. The night before I re-read the classification protocols and rules on classification to be as well informed as possible during the examinations of Daniel Ferreira and Jake Beaton. Dylan Sparks had his mother attend with him. All the Athletes passed the classification process and were issued an athlete passport and were logged into the IPC classification system.

After the official examinations I returned to the examination room and spent some quality time with Dr. Richard Herrick, MD, a Doctor from the USA, and talked about the details to "classifying", what they are looking for and how I can be better prepared and informed for the future. This is a major hurdle and very important process for future coaches and lifters to understand. The experience of attending the classification process and talking with the Examiners after was invaluable.

**December 5th** - I attended the technical meet which is very similar to the old IPF technical meets where lifters / countries have a last chance to change weight classes. There were several house keeping issues and a couple rule updates reviewed. It also gave me the opportunity to network with the WPPO Officials, Referees and coaches from the other countries. There were 29 Countries and 155 athletes registered for the Championship.

## **December 6th**

- Dylan Sparks lifted in the 59kg weight, he was successful with a 92kg opener and missed his next 2 lifts because of technical errors. Taking 1st in the Jr Regional, 2nd in the Jr Open, 5th in the Regional Open (Sr) with an overall American Ranking of 9th.
- Daniel Ferreira lifted in the 65kg weight class, again opening with a easy successful 92kg and called with technical errors for his next 2 lifts. Taking 2nd in the Jr Open and Regional, 6th in the Regional Open (Sr). This ranking placed Daniel in 13th in the America Rankings.

\*\* Dylan is in his last year of Jrs and was competing against the current Jr World record holder from China. Daniel was at his first ParaPowerlifting competition and opened very light as the rules and officials are extremely strict. Daniel is also 16 years old and was given recognition from several countries for his strength for his age and size. Both guys will possibly make the Team for the Para Pan Am Games in Lima, Peru August 2019, and represent Team Canada at the big stage.

## **December 7th**

- Jake Beaton lifted at the 72kg weight class is relatively new to the sport. He opened with 90kgs and again was successful with the opener. His second lift was technical and 3rd lift was taken by the spotters a little too soon. But we later found out that the officials do not allow much of a struggle at International qualifying events.



Now that all 3 lifters are in the WPPO (IPC) system, they are in the Olympic stream to start the pathway to qualify for the Paralympics.

It was a pleasure to coach and Team lead the team and look forward to more in the future. I would like to thank the CPU for giving me the opportunity to be named head coach/ Team Leader for this event.

The World ParaPowerlifting Organization is now a separate entity to the International Paralympic Committee, as are all the Olympic sports. Since Parapowerlifting was in a growth stage, it was “mothered” by the IPC until it was big enough to become independent.

#### **Canadian Paralympic Committee Development Grant**

June ,2018 Invictus Powerlifting Inc., was informed that their grant application would be modified, and new description of grant fund allocations would be distributed. After the modifications to the grant Invictus Powerlifting Inc was granted the following:

- Recruiting / training camps: Budget of \$1000
  - To help support the growing sport and produce educational information. Invictus Powerlifting hired a summer student to create a database of all Provincial, National organizations and athletic teams.
  - A brochure and website are under development to help with the recruitment.
  - A summer training camp TBD
- Coaching Course: Budget of \$1000
  - The information and material are under review and will be presented to the NCCP and CPU in the near future.
- Competition funding: Budget of \$3000
  - Barry Antoniow and Daniel Ferreira were subsidized to travel to Colombia for the Americas Championship. The Athlete registration and coaching fee were 500 EURO each.

Sincerely,

Barry Antoniow

**Note: See Also the Para Strategic Plan and Para Athlete Development files attached with this email.**



## **2018 Annual Report**

Vice President Director of Programs

The CPU Coaching Certification Program which was launched in 2017 delivered 10 coaching certification session in 2018 which included 63 participants. The CPU realizes that there is still much work to be done in several provinces. The CPU will be working with all provinces in 2019 in promoting and ensuring that the CPU Coaching Certification is well received in all provinces.

As we did in 2017, the fourth annual CPU Student Scholarship Program awarded five \$250 student scholarships in 2018. We received 18 high quality applications in 2018. This is a substantial increase from the four applications we received in 2017.

Once again the CPU entered in some significant sponsorship partnerships in 2018. The SBD / CPU partnership along with the CPU's open lifters success at the 2018 IPF Classic World Championships resulted in 6 open Canadian lifters receiving a total of £5,000 (Approximately \$8,464) in prize money.

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

In April 2018 the CPU adapted the CADP program for another year. Total CCES and SDRCC cost for 2018 amounted to \$77,736.

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



## **2018 Treasurer's Report to the CPU Board**

1. See the attached 2018 / 2017 CPU Comparative financial statements. The following are some of the highlights from the financial statements
  - The CPU ending cash balance as at December 31, 2018 was \$118,282
  - The CPU experienced an operating profit of \$39,930 for the period ended December 31, 2018 compared to an operating loss of \$24,411 for previous year
  - The revenues for the 12 months ended December 31, 2018 increased slightly from 2017. \$234,085 for 2018 compared to \$221,608 for 2017
  - The main contributor to the CPU 2018 operating profit was a significant decrease in the 2018 operating expenses by 53,864.
  - CCES anti-doping expenses for 2018 were \$77,736. This is approximately 31% of total revenues spent on anti-doping.
  
2. Review the 2018 budget and compare it to the actual 2018 results.

Sandro D'Angelo, CPA, CMA  
Acting CPU Treasurer

**Note: See also the Financial Statement and 2019 Budget files attached with this email.**



**2019 Secretary's Report**  
**Mike Armstrong, CPU Secretary**

This year's report is much smaller than in previous years, after giving up many of my positions a year or so ago.

2019 was a busy year for me in business. and in the undertaking of running the IPF classic World championships. This was an all-consuming event, that by all accounts was a successful one, though very stressful for me and my crew of volunteers, my thanks go out to them again.

My duties as secretary were limited to participating in discussions regarding policy vi phone and email. While the CPU board had a number of internal disagreements, all of these are fixable issues, though having a fifth person on the board would help the situation immensely.

## CPU NATIONAL REFEREE CHAIRMAN'S REPORT 2018

2018 was a notable year for the CPU, as for the first time in our history the CPU certified our first ever Female International Referee! At the 2018 IPF Classic World Championships in Calgary, Susan Haywood from Manitoba successfully passed the IPF Cat II Exam and Practical tests to become the CPU's first ever female International Referee. Susan's success was followed the next day by Heather Ayles from PEI. Heather became the second female International Referee for the CPU within hours of Susan! The CPU also had a third National Referee pass the IPF Cat II examination process. Shane Martin the APU Provincial President became our third IPF Cat II during the Calgary Worlds. Please join me in congratulating these three for taking the next step in their Officiating career.

This past year the CPU had eight individuals graduate from Provincial Referee status to become CPU National Referees. Seven of the candidates wrote the online exam in their home provinces and passed the practical portion at the 2018 CPU Nationals in Calgary. One other individual completed their Practical Examination at the Centrals in Ottawa. The eight successful National Referees of 2018 are as follows:

Carol Brady – ON	Chris Fudge – ON
Brian Rock – BC	Gayle Johnston – NF
Kris Tiller – NF	Mathew Bowen – MB
Krista Sanger – MB	James Bartlett – AB

It is my belief that as Referees it is our duty to ensure the integrity of our sport. We accomplish this by educating ourselves in the rules, keeping an open mind and sharing our experience and knowledge with each other and the ever-growing next generation of powerlifters. Our role as Referees is not an adversarial one with the lifters, it is a partnership to maintain the high quality of lifting and adherence to the rules that the CPU is known for. This ensures that when a record is surpassed it is done so in good faith and with respect to the generation of lifters and referees that have preceded us.

The CPU has grown immensely in the past five years. There is a need for quality competitions locally and there is an increased population of our lifters who are attaining totals that qualify them for Regional, National and International competition. As such, it is important that the CPU and the Provincial affiliates work towards increasing the qualified pool of Referees at the local, Provincial and National levels. To help accomplish this need and goal I am proposing a standardized CPU Provincial Referee Examination process that will provide consistency across the country. It is the hope that such a process will support and promote prospective Referees through a clear and consistent skill development pathway as they pursue this aspect of the sport of powerlifting.

2018 was a Rule Change year for the IPF. I was asked by the CPU EC to review the proposed rule changes and through communication with the EC I was able to formulate the CPU's position for the various proposals that were presented at the IPF Congress in Halmstad Sweden. There were numerous changes that were passed and thankfully some that were not. The changes have been published in the updated IPF Rule Book which will be valid for the next four years. The changes are featured in **red type** throughout the new Rule Book. A new Referee's Briefing PowerPoint is being developed to help facilitate discussion and aide in the interpretations of these new rules. There is also an updated "IPF Approved List" online. There are many new items that have been approved and each official should have a printed copy to refer to for the meets you will be officiating at.

The CPU has an increasing responsibility Provincially and Nationally to provide competent prepared officials for the powerlifting competitions. There is also an expectation from the IPF, the NAPF, and the CPF for the CPU to provide an official when our lifters participate in these International events. The cost for this responsibility is falling on the CPU and the individual Referee's who express a desire to attend these events. Our larger membership base helps to provide most of these funds to help cover the costs. This has helped enormously over the past two years. Although there is some agreement Internationally that the financial responsibility should be a shared expense between the National Federations and the IPF. The IPF EC is at present opposed to this idea. Therefore, it is important that the CPU proceed

in a planned manner in determining who will represent the country as an official at International events. This process must consider numerous factors other than an individual's desire and availability to attend an event. To keep our accreditation current, each International and National Referee must attend a set number of meets (as detailed in the IPF and CPU Constitutions respectively) to remain qualified. Part of my duties as the CPU Referee Chairperson are to maintain our current level of qualified Referees. However, it is also to help to grow the pool of Referees locally and to facilitate and promote those who are interested and available to Referee not only at the Local level, but at the Regional, National and International levels as well.

In conclusion, I would like to thank the Referees who took the time to complete the online self-assessment that I provided after our larger events. I have reviewed the comments and the questions, and it is helpful in determining the future direction of developing our Referee pool across the country.

Yours in sport,

***Brock Haywood***  
***IPF Cat I Referee***  
***CPU Referee Chairman***

**Note: Please also see the CPU Referee Self Assesment Summary attached to your email**

## **CPU Championship Secretary Report – 2018**

In 2018 our CPU athletes competed in 6 IPF World meets as well as the Arnolds Classic USA in Ohio and the Arnolds Classic Europe in Barcelona.

Classic Bench Worlds in Finland  
Classic Worlds in Canada  
Sub Junior/Junior Worlds in South Africa  
Master Worlds in Mongolia  
NAPF Bench Championships in Costa Rica  
Open Worlds in Sweden

There were no applications for the University Games again this year. All applicants for the Equipped Bench Worlds removed themselves from participating and the CPU declined to attend the NAPF competition in Mexico.

In total we had 115 athletes, 46 women and 70 men for a 40% to 60% ratio compared to 33% and 67% last year. Overall compared to last year's numbers we were down 67 lifters, no doubt due to fewer meets in 2018 over 2017.

With Classic Worlds being held in Canada we had a team of 80 competitors versus the 57 who attended in Belarus in 2017. Of course having home country advantage was a bonus to so many athletes, despite the costs of travel across Canada! It was great to see both the female and male Master 3 category filled and a growing number of lifters competing in the Masters 4.

The CPU Board of Directors and Competition Committee worked quickly and efficiently together to ensure our Canadian athletes in the Master age groups were able to participate as fully as possible.

In 2018 we have 2 IPF meets in Canada, the Sub Junior/Junior Worlds in August in Saskatchewan and the Commonwealths in Newfoundland. Junior Worlds tends to be a small team but hopefully we will have some new lifters competing based on this year's National entries and as well I will expect a large team to be travelling eastward for Commonwealths.

An upcoming challenge I would like to bring to everyone's attention is that in 2020 the IPF has moved the Masters out of Classic Worlds to their own separate Master Classic Worlds in South Africa. This meet begins April 19th, 2020, which means the IPF 60 day preliminary nominations must be in by Feb 19th. Our Nationals for 2020 in Winnipeg are March 2nd to 9th, finishing a full 3 weeks later and giving our Master athletes approximately 40 days to train from the end of Nationals to the beginning of Master Classic Worlds, according to our current International team participation rules. I feel this is a discussion and resolution that needs to take place amongst the Executive sooner rather than later as I have already had inquiries into how this will be handled from people who are arranging their vacation schedules that far in advance.

My thanks to the many people I have worked with over the year to make the coordination of decisions and deadlines as seamless as possible. Heather Leighton from South Africa was tremendous in helping me to gather some handling help for our 3 Junior Worlds lifters in the form of Hannie Smith himself and it is these connections, both nationally and internationally that make this position a pleasure to fulfill.

Much appreciation to the CPU Executive, Officiating Chair Brock Haywood, Webmaster Tyler Ramsay, Coaching Chair Ryan Fowler and Competition Chair Ryan Stinn for all of their guidance and support throughout 2018.

Respectfully,  
Linda McFeeters  
Championship Secretary



## 2019 Anti-Doping Committee Report

March, 2019

Members of the CPU Executive -

2018 was another successful year for CPU Anti-Doping Programs. It has been the second full year of testing under the fully-adopted Canadian Anti-Doping Program (CADP). Under the CPU full-adoption, all aspects of CADP rules come into effect for CPU members. As was the case in 2017, CCES has been our Testing Authority, Collection Authority as well as handling the Results Management of several adverse findings and subsequent suspensions.

One development of note was the remarkable success of the CCES Report Doping Program. CCES will be providing more emphasis and applying more resources to this part of the overall CPU Program in the coming year.

The size of both the Registered Testing Pool (RTP) and National Athlete Pool (NAP) remained unchanged from 2017. However, considering the continued rapid growth in memberships, early this year the Anti-Doping Committee and CCES conducted an extensive review and update of the larger National Athlete Testing Pool. As well, it has been expanded to reflect the large numbers of new incoming competitors.

The CCES E-Learning Anti-Doping course continues to run smoothly with few technical issues and with members being very conscientious in keeping their Certificates current.

## 2018 Testing Statistics (January 2018 to December 2018)

### 1. Tests Conducted (Urine & Blood)

- In-Competition			
Urine	78		
Blood	<u>5</u>		
	Sub-Total	83	
- Out-Of-Competition (successful attempts)			
Urine	33		
Blood	<u>16</u>		
	Sub-Total	<u>49</u>	
	<b>Overall Total</b>	<b>132</b>	

### Method Breakdown

Total Urine -	111
Total Blood -	21

### 2. Sanctions

Analytic	5 (plus 1 pending)
Non-Analytic (refusal)	<u>0</u>
<b>Total</b>	<b>5</b>

Should you have any questions please let us know.

Respectfully Submitted,

**CPU Anti-Doping Committee**

Chris Robb, Chairperson | Mark Giffin, Member | Harnek Singh Rai, Member





## **CPU Medical Committee 2018-2019 Report**

**Amy D. Smith-Morris**

**January 2019**

### **Background:**

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

### **2017-2018 Updates:**

In 2018, information collected on the pharmaceutical assessments provided over the previous 2 years was accepted for publication in the scientific journal, *Canadian Pharmacists Journal*. The Canadian Powerlifting Union is a pioneer in this type of services (across Canada and sports). Sharing the process and results will help further supporting athletes in complying with drug free sport.

The link to the full publication is below:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6293405/>

CPU athletes began to receive support from a pharmacy learner. As the 2018 Classic World's team included a large number of athletes, an advanced pharmacy student, assisted in providing assessments under my mentorship. Growing the pharmacy volunteer base to offer assessments will allow for a larger number of athletes to receive support across additional Canadian world level teams.

### **Plans for 2019-2020:**

During the next year, I would like to begin offering pharmaceutical assessment to other world level teams in addition to the Classic team. As many athletes have very specific questions (specific supplement or product), I would like to find a means for athletes to ask targeted questions to our team (rather than complete the current full assessment). Additionally, athlete confidentiality is often very important (as with all areas of health care) therefore I will be investigating way to continue to maintain privacy and to allow athletes to anomalously ask questions. To accomplish the above, I will be recruiting an additional pharmacy learner to volunteer their support to the committee.

## **2018 Ethics Committee Update for CPU AGM**

December 20, 2018

The Ethics and Discipline Committee responded to a number of issues this year. Several were dealt with effectively and we saw our first administered and completed sanction in this calendar year, which was done in conjunction with legal advice. We have continued to streamline our process and make efforts to work in line with the CPU Constitution. In figuring out our role, we determined the Ethics and Discipline Committee receives complaints, determines appropriateness of complaint, gathers relevant information, compiles the information into a document, and submits this document to the Board for decision making power. Although our goal was to see the Committee move towards making unbiased, democratic decisions on these issues, this is not within the scope of the Committee for the foreseeable future.

The Committee has also seen an increase in complaints that are not within the scope of the committee. At this point, every decision to move forward or close the complaint prior to investigation has been done with the support of the Board, given the Committee's clear boundary to not make final decisions in any circumstance. As we move forward, it will continue to be the task of the Committee's co-chairs to review all complaints and present the issue to the Board with a recommendation regarding whether to move into investigation or not. The Committee is not going to proceed on any issues that are not strictly related to the CPU Code of Conduct or other relevant documents.

Shantelle Szuch



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March 3, 2019

To: CPU Executive

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

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

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

**World Classic** – Head Coaches-Avi Silverberg, Jeff Butt, Marc Morris, Shane Martin.

Assistant Coaches- Matthew Goldsmith, Jessica Benedetto, Tim Nadeau, Vicky Taylor-Hood.

**North American Bench Only** – Mark Oxe

**World Masters** – Brian George

**World Open** – Jeff Butt

The CPU Level 1 Coaching Certification Course continued to be offered this year.

Continued work needs to be done with getting facilitators in areas of the country where we are short facilitators.

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

**Funding Committee:**

The funding committee continues to be on a holding pattern due to the need for Sport Canada approval in order to proceed with NCCP development and vice versa. It is hoped that within the next 3-5 years, with the continued work towards both coaching development and parapowerlifting recognition, we will be able to proceed forward with funding.

Yours in Lifting,

Ryan Fowler  
Coaching Committee and Funding Committee Chair

## Competitions Committee

Report from the Chair of the Competitions Committee

This last year was quite slow for us we were involved in a few discussions with the CPU over issues but did not have any major tasks for the year. We had one member step down, Jessica Benedetto as she is taking some time away from lifting.

In the past week with the final numbers coming in for nationals myself and Rhaea decided to tackle the issue of QT for nationals, as at this time nationals is too large in our opinion. You can find that proposal later on in the agenda.

As of writing this report I am seeking a master to join the committee to add more range. At this time the members are myself, Rhaea Stinn, Avi Silverberg and Marc Morris. With a master we will have a more wide reaching voice.

Please let the committee know if there is anything we can focus on in 2019.

Ryan Stinn, Chairman

## CPU Website Report

To: All CPU Executive/Officers, including Provincial Presidents and Representatives.  
From: Tyler Ramsay – Webmaster for powerlifting.ca  
Subject: 2018 Updates

2018 has been a big year in regards to updates and changes behind the scenes with the Canadian Powerlifting Union website. I am currently working on many little projects, that are yet to be released to the public, which will be explained below, in detail.

- Revamping the lifter database. – **In progress**
  - Including things like stats on the lifter, lift progression through the years, checking to ensure they are qualified for Nationals, etc.
- Revamping the lifter rankings. – **In Progress, but viewable via “Beta Lifter Rankings”**
  - With results coming from the lifter database, this will eliminate having to create the results via excel and doing it manually. The upside of this is that there are many more versions of the rankings, for all age categories, including Sub-Junior, and all of the Master classes, as the Sub-Juniors were only linked to the Junior’s, and the Master 1-4 were all linked to one ranking. Also I have added a feature to switch between the Wilks/IPF Points system, for the years before 2019, 2019 and beyond will only be able to access the IPF Points rankings. This is a good method to see where lifters fall between the years, and could help in deciding factors for things like qualifying for world teams, etc.
- Streamlining the contest results – **In Progress**
  - Adding the contest results within the lifter database, making the process for adding a contest easier. This will also translate to the Provinces page of contests, as well as the Contest Results section on the main page, all coming from the database and getting the last contests within 30 days.
- Revamping the Records - **Completed**
  - The old records process was very time consuming, now it is a matter of Vicky logging into a page, and updating the records. We put the new system through vigorous testing, and have worked out some kinks that have come up along the way as records start to roll in, but all in all it’s a much more efficient system, a new feature with the records, is it shows how long the record has been held for in a day’s format.

I still am receiving results that were not posted on the calendar, which I believe something should be done about, as well I am not receiving contest results for some contests until a month later at times, or in one particular case, still haven’t received the results for a contest that was held in September, which is a shame for the lifters that attended this contest to not be eligible for things like rankings/lifter database etc.

For 2019, I will continue to work on exporting contest results of past years until I get all the records in from the past 30 years, currently I’m sitting at around 6500/35000 records. I am also working on some new design components for the website that might take place sometime in the 2<sup>nd</sup> half of 2019.

If anyone has any suggestions or would like to offer there services, by all means please reach out.

Regards, Tyler



## **2018 Annual Report**

### **Gordon Sjodin, CPU Registrar**

2018 was the first year taking on this position. Much of the year was spent learning the systems and looking at ways to make things better going forward.

A couple of outstanding items on the year:

- 1) Coaching courses through esport desk are laborious for the facilitators to see the signed up members contact details. Working with esport to resolve this.
  
- 2) Harvey from esport desk would like to see all meets go through his software for registrations. The value that can be added is that a CPU membership can be validated and added to cart on meet registration. This removes the process of validating CPU memberships at meets. The downside which is a showstopper from our perspective is the time it takes to receive funds from meet entries. Many meet directors require these funds up front to cover costs such as venue deposit, t-shirts etc.

The question is how many meet directors are checking for valid CPU membership at meets?

### **Membership Numbers**

The revolving membership can cause issues for collecting membership data. Any statistics that I will compile will be based on a paying member in the calendar year.

A few scenarios where this can be confusing:

- 1) A member signs up in December 2019 this membership expires in Dec 2020. The member does not renew until Jan 2021. The member would only be counted in 2019 and 2021. The revolving membership is causing greater breaks in renewals.
- 2) A new member signs up in July 2019, the membership is valid until July 2020. This member never renews again. Would it be valid to count this member in 2019 and 2020 while only paying in one year?

Counting paying members in a calendar year will better reflect the annual income of the CPU based on membership count.

This method of gathering stats may present a lower than actual membership in any given year but will compensate for the revolving year we are now using for memberships. It will be accurate in estimating income from memberships, due to the revolving nature of the membership.

### **Statistics for 2018**

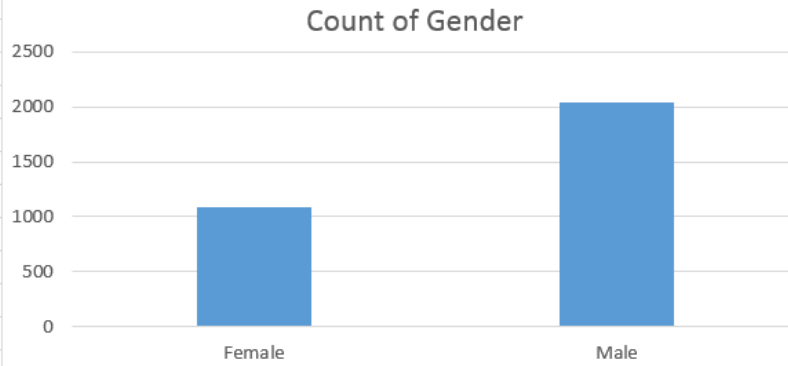
A number of stats were derived for 2018 but I could not get any of my figures to match previous year's numbers. Next year the stats will be taken under the same conditions and be more accurate for trend detection therefor year over year stats will be eliminated for 2018.

2018

Gender	Count of Gender	
Female	1085	35%
Male	2045	65%

3130

Count of Gender

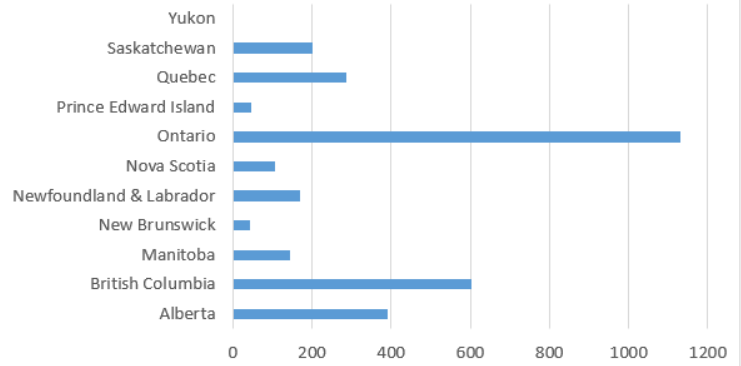


Gender

Province / State	Members
Alberta	391
British Columbia	604
Manitoba	144
New Brunswick	44
Newfoundland & Labrador	170
Nova Scotia	105
Ontario	1130
Prince Edward Island	47
Quebec	287
Saskatchewan	201
Yukon	2

3125

Count of Members by Province / State 2018



2018

Gordon Sjodin  
Canadian Powerlifting Union, Registrar





## **PRESIDENT'S REPORT**

2018 was another extremely busy year in the BCPA. We have seen an overall membership increase of 24% compared to the previous year. As a result of the continued increase, the BCPA made, and continues to make, major efforts to accommodate all of its' new members as well as improving on the competition experience for our athletes. The Executive continues its best to sanction as many competitions as possible and provide assistance to the Clubs that are interested in hosting them. In 2018, there were 10 competitions held in BC and we had an increase in our registrants from 536 in 2017 to 813 in 2018.

During the year, the CCES attended and conducted 8 in-competition drug tests. It was our intention to increase the number of tests in 2018, however due to a multitude of issues with the CCES the Board had decided to limit the number of tests.

The BCPA awarded the Athlete of the Year to Adam Ramzy and Alison Kam. As well, Volunteer of the Year awards were given to Mary Ann Middleton and Arthur Field, two of our deserving members that helped out over and above in 2018.

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

With the increase in the number of competitions held in BC, our reliance on our volunteers became heavier. In 2018, we initiated our plan to recruit more referees, scorekeepers and volunteers. As a result of hosting several clinics we were able to introduce 6 new Cat. 2 referees and trained 8 scorekeepers. We will continue to recruit more referees and scorekeepers in the coming year.

In the Fall of 2018, the BCPA hosted a Coaches' Clinic for the BC Special Olympics. This clinic worked with the Special Olympic coaches and walked them through exactly what they would need to know from registering their athlete in a contest to the day of the contest. It was well attended and we were able to connect with the coaches personally. Since that clinic, we have already seen a difference from the Special Olympics during the registration process for their athletes.

In 2015, the CPU implemented the CPU Coaching Program. Since then, the BCPA has struggled to get this program off the ground due to an inactive facilitator and our inability to find a proper replacement. We are in the process of seeking out a suitable person(s) to become facilitator(s) for this program.

Our Social media outlets continue to increase at an average rate of 20% annually. We continue to expand our website to be a full source of information for all our lifters and provide information and direction to any individual or Club interested in hosting a BCPA sanctioned competition.

Our goal for the coming year with be:

- Resolving issue with the CCES;
- Implementing the CPU Coaching program
- Increase club competitions;
- Increase education to our membership on both the IPF rules and anti-doping; and
- Increase volunteer recruitment;

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

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

Gabe Festing  
BCPA President



## PRESIDENT'S REPORT

### **TO: CPU and Provincial Executive**

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

#### **Meet Directing**

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

- Matt Parry (Calgary)

#### **Equipment Purchases**

We want to guarantee that APU members have the best experience possible when they compete, which includes having competition grade equipment in both the warm-up room and on the competition platform. As such, the APU made some major equipment purchases buying multiple TVs, Monitors, and Laptops to build our tech to make sure all meets in Alberta continue to grow in quality.

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

#### **Doping Control**

In 2018, the APU continued to perform drug tests at local events, and our previous Provincial Championships. This year, we are on pace to continue our pursuit of drug free with another large batch of tests at this year's Provincials and further local testing. The APU takes pride in being one of the leading provinces in anti-doping.

We had two violations this year, one out of meet and one at the Oil Cup – Stanley Guedes and Alexandra Stodalka both received four year sanctions for SARMS. As such, the XLR8 Powerlifting Club, located in Calgary, was given a one year sanction due to the members being active club members.

We also had one member receive a one year suspension for breach of the athlete code of conduct and APU policy with remarks on social media. Nicole April Dombrosky received a one year suspension ending September 17<sup>th</sup>, 2019.

#### **Coaching Program**

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

I ran the 2nd CPU Coaching Course in Alberta and it was sold out. This year, I have plans on running two more in Edmonton and Avi will conduct courses in Calgary. We are excited to bring this course to you as it is a very comprehensive powerlifting course and will provide membership an opportunity to develop their powerlifting knowledge and coaching skills through inhouse, CPU, teachings. This year we intend to continue to offer these learning opportunities to APU members in the future and build the caliber of presenters and information in subsequent years. We are currently organizing an Athlete Summit with topics such as pelvic floor strength, sport psychology, and science behind peaking.

The APU also continued its Provincial Coaching Program, sending four coaches to assist athletes competing at the CPU National Championships in Calgary (Shane Martin, Tim Nadeau, Avi Silverberg, and Ian Wheat). There was also a Team Manager created to help ease the burden of scheduling and organizing all the back end information, Sandra Drake took

that role for this years Nationals. This program guarantees that athletes who qualify for the National Championship will have a skilled and competent coach on game day and be supported through the entire process.

### **Student Scholarship**

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

The recipients in 2018 were: Aileen Bishop and Teresa Parsons.

### **National Team Athletes**

The APU is continuing to foster athletes at the highest level of powerlifting. At the 2018 IPF Classic World Championships we had several Alberta athletes compete:

- Jason Luo (Silver, 59kg Junior)
- Clifton Pho (Bronze, 66kg Junior & WR Deadlift)
- Lewis Noppers (Silver, 74 M1)
- Rhonda Wong (Bronze, 47 Open)
- Carson Schamahorn (Bronze, 83 Sub-Junior)
- Jody McPeak (Bronze, 57 M2)
- Deb Ellard (Silver, 63 M3)
- Allison Mahaedo (4<sup>th</sup> M3)
- Sandy Bellon (7<sup>th</sup> 63 M2)
- Bryce Krawczyk (105 Open)

### **2018 NAPF Bench Championships**

- Nelson Dang (Gold, 83kg Junior)
- Dana Sandler (Gold 84kg Open)

### **2018 IPF Open Worlds**

- Adrian Locke (10<sup>th</sup> 105kg Open)

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

With Respect,  
Shane Martin  
Alberta Powerlifting Union  
President



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

March 3, 2019

To: CPU Executive

Saskatchewan hosted 8 contests in 2018, all of which were well attended with some great lifting happening. As well, two provincial team training camps were held, providing opportunities for team building for the provincial team going to Nationals.

Saskatchewan currently has 5 National referees and 14 Provincial Referees. We continue to recruit 1-2 Provincial referees each year to help with the workload at the various competitions in Saskatchewan.

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

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

Yours in Lifting,

Ryan Fowler  
SPA President



To: CPU Executive January 21, 2019

### 2018 Manitoba Powerlifting Association Report

- MPA Membership increased on average around 10% throughout the calendar year.
- Lifter Cale Lewis won a free year membership for winning our new logo design contest.
- MPA doubled its event calendar in 2018 – we hosted 6 local meets, meeting our new mandate of a competition on average every two months.
- MPA reinstated its club system and had 7 different clubs register and compete at MPA Provincials.
- Team Manitoba sent 29 lifters to CPU Nationals in Calgary; our largest Nationals team ever by a wide margin. We sent 18 lifters to CPU Westerns and one lifter to CPU Easterns.
- MPA had two more referees pass their Provincial Referee Exam, bringing our referee count to 15! As a result, we are able to begin hosting multiple session contests in order to meet the wishes our members.
- Manitoba won the bid to host 2020 CPU National Championships. The event is scheduled to run between March 2<sup>nd</sup> and 8<sup>th</sup>, 2020 at Winnipeg's Airport Victoria Inn. We hope to see you there!
- We were able to afford to purchase our first set of requested CCES Doping Control Tests at our 2018 Provincials, helping to further increase the principles of True Sport Clean as a province.

### 2018 MPA Best Lifter Awards

Best Female: **Hailey Kostynuik**

*Hailey took gold at the CPU National Championships and Bronze at the IPF World Championships in the 84+kg Open Class.*

Best Male: **Olimar Gutierrez**

*Olimar won best Male junior at both MPA Provincials and CPU Westerns.*

Best Club: **Brickhouse Barbell Club**

MPA continues to strive for growth and expansion. 2019 will see the implementation of requirements to compete at MPA Provincials in order to advance to Nationals; MPA will crown a volunteer of the year, and award a Junior Scholarship. We are confident our membership will continue to uphold standards of volunteerism, community, hard work and True Sport Clean.

Prepared by Mathew Bowen, B.Sc.P.N. RPN

MPA President

[ManitobaPowerlifting@gmail.com](mailto:ManitobaPowerlifting@gmail.com)



2018 has been a tremendous year for Powerlifting in Ontario. The OPA has between 1100 and 1250 active memberships at any given time. 2018 saw 31 Open competitions in Ontario that included High School meets, College/University meets, 1 CPU Regional meet, and 2 Ontario Championship meets. Ontario represented 153 competitors to the CPU National Championship where lifters brought home a variety of hardware. From there, 33 lifters went on to represent Canada at the IPF Classic Powerlifting Championship where they performed exceptionally well, winning medals in a variety of disciplines and overall. We also saw the first Open title ever from a Canadian lifter; Erik Willis of Ottawa.

### **Sponsorship/Improvements**

The OPA has added competition lights, scales, and monitors to its equipment inventory to support local meet directors. A primary initiative we have implemented is a third-party provider under contract to sell OPA clothing. This partnership with LVD is a 3 year contract that will see a positive return on investment for both parties while providing a higher quality good and more accessible clothing to the OPA membership.

We also created a Meet Director Facebook page to better get feedback from this core group within the Province. The aims are to create better communication amongst all meet directors, better share lessons learned, better share resources, and to obtain information from meet directors that can be used to help focus the OPA Executive efforts to meet the requirements of the group that provides the meet service to the membership. The group is in its infancy phase but we hope this will continue to develop overtime and be a simple tool to better the OPA.

### **Financials**

The following financial statements are reported up to October 31, 2018. OPA saw approximately 11% increase in membership revenue over last year. Note that membership revenue income reported is as of September 30th, 2018 as the October 2018 membership funds and report from E-Sportsdesk has not yet been received at the time of reporting. We also saw an increase in meet sanction fees and club sanction fees as more and more clubs are being formed and hosting meets. Currently the meet sanction fee is \$25 per meet and the club sanction fee is \$40 per club. We saw a significant decrease in equipment rental revenue - possibly due to the fact that more and more clubs own the equipment necessary to host a meet. Overall, revenues increased by 5.9% from last year and we are expecting additional revenues during the remainder of the year for OPA membership fees, drug testing revenue from Open and Junior provincials, upcoming meets, OPA medals and nominal record revenue. Overall, expenses decreased by 14.6% over last year. This decrease is largely due to outsourcing the OPA apparel sales to a third party - which resulted in no Cost of Goods Sold expenses for the OPA.

### **Referees**

A total of 23 wrote the Provincial Level II exam of which the 7 above passed with an average of 80.63% At present, we have 52 active referees in Ontario up from 46 last year, 3 IPF Level 1, 2 IPF Level 2, 12 National, 16 Provincial Level I and 19 Provincial Level II in Ontario at present. Year at a Glance With the number of meets, 22 Open, along with 1 Regional, 5 Provincial High School Meets, 2 Provincial Championships and 4 University and College meets, most being more than one session and more than one day works out to approx., 54 days, and 79 sessions. Just looking at 3 seated referees and one TC, that works out to approx. 316 volunteer jobs to cover, not including Jury, or help for Equipment Checks and Weigh In. Referee seminars were held this year may times this year with the help of regional helpers Chris Fudge from Eastern and Ron Dilig from Northern region as my assistance to help in these areas to run seminars, help manage their regions, and test Provincial Referees.

At the most recent AGM we passed amendments to the constitution that will streamline the process for referees to be eligible to gain National referee designation.



**Fédération québécoise de dynamophilie**

**Québec Powerlifting Federation**

fqd-quebec.com

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Ottawa, March 2019

**CPU BOARD OF DIRECTORS  
CPU PROVINCIAL PRESIDENTS**

The QPF held 10 local competitions and ran a Provincial Championship. We also improved our number of members with 293 lifters from Quebec joining the CPU. Our Provincial Championship was the biggest so far with close to 150 lifters. We also required help from a CPU referee from Ontario in order to provide enough National referees. We will need to recruit more referees. We have lost 3 National referees in the last 2 years.

25 Quebec athletes attended Nationals. We had 5 athletes attending the Calgary Classic Worlds, bringing back a few medals.

We will be hosting the 2019 Central Championship in Saguenay. Joël Boulianne will be the meet director.

Our funding through our Provincial Championship is helping out considerably. This year's Provincial Championship will be funding us close to \$18,000 with the Placements Sports program we participate in, through Sports Quebec and the Ministry of Education & Sports.

Our future efforts will be concentrated on coaching and development. We need to mobilize more coaches and volunteers to run more meets, better coaching and make sure newcomers get a better access to the basics of our sport. Which will mean adding more clubs in more areas of the province.

2018 was also a busy year for policy and code requirements from the government. Some of them were from the CPU that we needed to translate. These policies were voted at our last AGM and added to our website: Code of Conduct, Recruitment policy, membership policy, Conflict of Interest & Conflict Resolution policies and a criminal record verification policy.

So, we are looking forward to another challenging year in 2019.

Yours in sport,

Joël Boulianne





## **Nova Scotia Power Lifting Association 2018 Review**

### **Meet Summary**

Four (4) meets were held

- Mike Laroche Memorial Meet (March)
- Combined NSPL & NBPL Open and Masters Provincials (June)
- Combined NSPL & NBPL Junior Provincials (June)
- ATP Summer Open (Aug)

### **Summary Points**

- NSPL continues to use Race Roster for meet registration and has seen a drastic increase in efficiencies with this web-based program.
- NSPL split provincials into two meets: Open and Masters, Juniors. One of these meets was held in NB and one in NS. This caused decreased participation in provincials by junior lifters. Junior Provincials will be held in Halifax in 2019 with Open Provincials travelling to NB. For 2020 NSPL is considering recombining provincials into one meet.
- NSPL partnered with FitnessFX (the fitness facility that houses our competition equipment) and FeedNS to run a charity fundraiser and introduction to powerlifting meet. This was very successful and will likely result in many new members for our local federation.
- NSPL secured funding to trial run free programming this MyStrengthBook. This program will begin January 2019 and the results will be reported at AGM 2020.
- Our primary challenge continues to be finding appropriate venue space for upcoming meets that meet our budget in the Halifax Regional Municipality.



2018 for the PEI Powerlifting Association was a successful year having the most members we have ever had with 90 active members, a lot of those lifters being new members. We hosted 3 meets and sent some of our athletes to National and International competitions.

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

### **Highschool Program**

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

### **Meets**

PEIPLA Provincials June 2<sup>nd</sup>, Meet Directors Justin Smith and John MacDonald. 36 competitors participated.

The 2018 Eastern Canadian Championships on Aug 31<sup>st</sup> and Sept 1<sup>st</sup>, this was the 2<sup>nd</sup> largest meet we have ever hosted on the island with 109 Competitors. Meet Directors Justin Smith and John MacDonald

The Kings County Open 4 on Dec 1<sup>st</sup>. Meet Director Jeri Munro. 38 Competitors Participated

### **National Competitors**

#### **Classic Bench Only**

- Tilman Gallant - 1<sup>st</sup> place
- Logan Vessey – 2<sup>nd</sup> place

#### **Classic Powerlifting**

- Heather Ayles – 1<sup>st</sup> place
- Tilman Gallant 2<sup>nd</sup> place
- Arlene Van Diepen 3<sup>rd</sup> place
- Anthony Nendarto 4<sup>th</sup> Place
- Logan Vessey 5<sup>th</sup> place
- Jeri Munro 16<sup>th</sup> place
- Miranda Crane 17<sup>th</sup> place

#### **Equipped Powerlifting**

- Jacob Sinnott 1<sup>st</sup> place
- John MacDonald 1<sup>st</sup> place

### **International Competitors**

This year we seen 3 lifters attend International events

- Tilman Gallant – 3<sup>rd</sup> place finish Classic Worlds ( Bench press world record)
- Heather Ayles – 4<sup>th</sup> place finish Classic Worlds
- Arlene Van Diepen – 5<sup>th</sup> place finish Classic Worlds



Dear CPU Executive,

**RE: CPU AGM March 2019**

2018 was a successful year for NBPL. We would like to thank CPU President Mark Giffin, Ryan Kells & Natasha Ching (NSPL), Justin Smith (PEIPL) and Jeff Butt (NLPA) for all their guidance and support through a pivotal transitional year. A new executive group:

President: Jessica Halcovitch

Vice President: RJ Forbes

Secretary: Cullen Fraser

Summary of key points:

- Registered as a Not For Profit Organization in January, 2018.
- Increased our online and social media presence. Creating a website [www.nbpowerlifting.ca](http://www.nbpowerlifting.ca), along with Facebook and Instagram pages.
- Redesigned Logo \*Seen above\*
- 5 candidates completed exam for Provincial Referee.
- Hosted 2 Meets in Moncton, NB
  - Hosted the New Brunswick & Nova Scotia Sub Jr/Junior Provincial Champions.
  - Hub City Open. To recruit more athletes, we had opened this meet to Novice. 49 total registered participants, equally split with 24 CPU/ 24 Novice.
- At the 2018 IPF World Classic Powerlifting Championships we had one athlete compete.  
Conor Stiles (SubJr 93kg) - 6th Place

Our biggest challenge to-date is securing competition equipment. In 2018, we thankfully had NSPL provide their equipment for both our meets.

We look forward to further growth in 2019.

Jessica Halcovitch,  
President



January 20, 2019

To the CPU Board of Directors:

The NLPA has had an extremely successful year. We had 6 events within the province since the last CPU AGM: the 2018 Heavyweights Open, 2018 Newfoundland West Championships, NLPA Provincials, 2018 709 Powerlifting Open, NL Central Meet, and 2019 Last Chance Qualifier. In our local events, we seem to be growing and for the first time in many years we had an event in somewhere other than the greater St. John's area, namely Stephenville and Gander.

We had over 30 competitors at Easterns in PEI and have about 60 registered for this year's Nationals. NL also had many competitors competing on the International stage with exceptional success. The 2018 Classic World Championships were held in Calgary, AB and we were again represented with 2 gold medalists, namely, Tom Kean and Ellissa Hull, along with a number of other medalists and Vicky Taylor-Hood and I were named to the official coaching staff. Rob Dyke won gold at the NA Bench Press Championships and Babbs Meister-George won Gold at Masters Equipped Worlds with Brian George as coach. I was also part of the coaching staff for Open Worlds.

The current NLPA executive includes Brian George taking on the Referee Chair position, Larry Walsh as PR and Records Chair, Paul Smith as Treasurer, Gayle Johnson as Secretary, Vicky Taylor-Hood as Vice-President and myself as President. This is a very diverse group with great representation from the larger clubs within the province. We have had several meetings face to face and what seems like daily conversations on Facebook. We have worked hard to update everything through the province which had shortfalls up to 2013 and we have purchased a new set of Eleiko Equipment, rack, bar, and plates and we decided to put our older equipment up for tender. With the sale of the old equipment and running the Provincials last year, it allows us to fund some areas of concern.

We have made great strides to increase our referees both provincially and nationally and we hope to have 20 locally and 6-9 nationally over the next few years. We have had limited success with the Coaching Course having to cancel 2 events. Personally, I hope the CPU makes it mandatory to have the training for anyone attending World Championships and within a few years makes that a part of being a coach at Nationals. All other sports have this hierarchy and we should be no different. We also hope to develop volunteer training for various roles within events.

The NLPA was also successful in landing 2 International events over the next few years namely the 2019 Commonwealth Powerlifting and Bench Press Championships and the IPF Masters Equipped Worlds in 2020. The NLPA wants to become a regular player on the International scene. When events happen in our province, it not only gives our athletes, coaches and officials an opportunity to compete at home, but it exposes others to the sport and can help the sport grow even further. It also saves our athletes money.

The recent provincial championship was the biggest ever and a sign of how our sport is growing especially in the area of youth and female athletes. We hope to develop the sport in areas such as Central, West and Labrador and we now have athletes representing those areas at least at the National level and we hope to use clubs to further develop these areas and others within the province.

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

Sincerely, Jeff Butt – NLPA President

## New Business

### Proposals

From: Mark Giffin, CPU President - **Seconded - Ryan Stinn - Passed**

#### 1) Addition to Bylaws - Eligibility of Directors

4.2.1 Individuals must be registrants in the CPU in order to be eligible to serve as Executive Committee Members.

##### Rationale for Change:

While membership requirement for Directors is implied throughout CPU Bylaws, the requirement is not expressly stated. This change is to forestall a repeat of the situation of the 2018 AGM where we had a Director without a membership who had therefore ceased to be member in good standing participate in debate and votes at the AGM and officiate in the competition.

#### 2) Change to Polices and Procedure – 6.0 Competitions - **Seconded - Phil Brougham - Tabled pending further discussion on additional proposals provided - Withdrawn.**

##### Current Wording

6.2 The dates and groupings and of all CPU National Championships and all CPU Regional Championships shall be determined by the CPU Board of Directors, with the following recommended groupings:

- 1) All events combined
- 2) If no bids are made for such an all-inclusive combination, other groupings will be considered.
- 3) Bids for National and Regional Championships will be accepted and awarded two years in advance.

##### Proposed Change

6.2 The dates and groupings and of all CPU National Championships and all CPU Regional Championships shall be determined by the CPU Board of Directors, with the following recommended groupings:

- 1) CPU Winter Nationals. Qualifying National Championships for:
  1. World Sub-junior, Junior and Open Classic Powerlifting Championships (current year)
  2. NAPF Powerlifting Championships (current year)
  3. World University Powerlifting Cup (current year)
  4. NAPF Bench Press Championships (current year)
  5. World Sub-junior and Junior Powerlifting Championships (current year)
- 2) CPU Summer Nationals. Qualifying National Championships for:
  1. World Masters Powerlifting Championships (current year)
  2. World Open Powerlifting Championships (current year)
  3. Commonwealth Championships (current year)
  4. World Masters Classic Powerlifting Championships (the following year)
  5. World Bench Press Championships (the following year)
- 3) **If no bids are made for such combinations, other groupings will be considered.**
- 4) Bids for National and Regional Championships **will be accepted at the CPU AGM** and awarded two years in advance.

##### Rationale for Change

1. To align the CPU calendar with the IPF calendar: With the addition of World Masters Classic Powerlifting Championships to the IPF calendar, the CPU's current format of an all-inclusive Nationals held February-March does not allow Master athletes adequate time to prepare for World Masters Classic Powerlifting Championships or provide the Championship Secretary opportunity to fulfill their responsibilities to the satisfaction of the CPU or the IPF.
2. To better manage available resources and increase the potential pool of meet directors, venues and officials.
3. To increase exposure and visibility of powerlifting nationally.

### **3) Change to Polices and Procedure – 6.0 Competitions - [Tabled - Withdrawn](#).**

#### Current Wording

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

#### Proposed Change

6.3.1 The date of the Winter National Championships event must be between February 15 and March 15. Efforts shall be made to hold Winter Nationals Championships at least twelve (12) weeks prior to World Sub-junior, Junior and Open Classic Powerlifting Championships.

6.3.2 The date of the Summer Nationals Championships event must be between July 1 and August 1. Efforts shall be made to hold Summer National Championships at least twelve (12) weeks prior to World Masters Powerlifting Championships

#### Rationale for Change

To set date range for Summer Nationals to allow adequate time for athletes to prepare for upcoming competitions and ensure the Championship Secretary can fulfill their responsibilities for World Masters Powerlifting Championships

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**From: Bill You, CPU Vice President**

#### **Proposal:**

**Eligibility of Directors - [Secoded - Tabled pending further data management](#)**

#### **Current wording:**

4.2 Eligibility – Any individual, who is eighteen (18) years of age or older, who is a resident of Canada as defined in the Income Tax Act, who has the power under law to contract, who has not been declared incapable by a court in Canada or in another country, who is not serving as President or Vice President for an Association Member, and who does not have the status of bankrupt, may be nominated for election or appointment as a Director.

**Add:** Must be consent to Credit Check and Criminal Record Check

Rationale: Individuals wishing to be on the CPU Board are trusted with CPU finances therefore they must demonstrate sound practices with their own finances. Criminal Record check to additionally ensure the member is of good character

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**From Mike Armstrong, CPU Secretary**

**Proposal 1, Re: Competitions**

**Add new policy 6.24 (renumber subsequent policies)**

Membership in the CPU must be obtained at latest by the day before any competition, or the day before the first day of a multiple day event. Membership in the CPU is not required at time of entry to any contest.

Amended to: [Membership in the CPU must be obtained in order to register for any CPU or provincial affiliate contest.](#)

[Jeff - passed](#)

**Reason:**

While the above is the accepted practice in most provinces, some provincial associations will require membership at the time of entry, which may be months prior to the event. This is unfair and confusing to the members.

**Proposal 2, Re: Qualifying Totals**

**Add new policy, 16.9**

For any competition that has a required qualifying total, it is not required to have that minimum total at time of entry, but it must be obtained before the contest that requires it. Should the lifter fail to achieve the required total, they must withdraw from the event. Any refunds given will be at the meet directors discretion.

**Reason:**

While the above is the accepted practice in most provinces, some provincial associations will require qualifying totals to have been met at the time of entry, which may be months prior to the event. This is unfair and confusing to the members.

[Withdrawn](#)

**Proposal 3, Re: Qualifying Totals**

**Add new policy, 16.10**

Lifters that achieve the minimum required total for the equipped division while lifting unequipped in the same age and weight class, will be considered qualified for equipped lifting, however the lifter must lift equipped in at least one contest prior to lifting at a regional or national championship. Regional and National championships cannot be any lifters first contest as equipped.

**Reason:**

Higher level competition is not the place a first experience in supportive gear. Qualified also means experienced. We all know that many inexperienced lifters will overshoot their numbers at high level events, and this a safety concern.

[Withdrawn](#)

## **Proposal 4, Re: Competitions**

### **Delete the second paragraph of 6.15**

“A lifter will not be permitted to change his nominated age category once the stated closing date of the contest has passed.”

Reason:

This is contradictory to new policy 6.30 added in 2017

“At CPU National Championships, the IPF rule of no weight or age class changes within 21 days of the event will be observed. “

Jeff - Passed

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### **Proposal from Brock Haywood CPU Referee Chair: [Secoded - Jeff Butt - Passed](#)**

#### **☑ #1 of the CPU Referee Expense Policy**

CPU Referees that referee at a CPU national or Regional event will be entitled to the following reimbursements:

1. \$35 per session that they referee / jury or TC

**Propose that the reimbursements/session for CPU Referees be increased from \$35/session to \$45/session. Amended to \$50.00 - Gabe Festing - Secoded Shane Martin**

Rationale: The work done by our Referees is a vital part of a smooth-running competition. The CPU is in a stronger financial position which would warrant an increase for these volunteers. Sessions can run hours therefore this compensation is a small token and a recognition of the work our officials are doing.

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**From: Ryan Stinn, Competition Committee Chairman - [Secoded - Jeff Butt - Passed](#)**

**[Amendment to remove Regional portion - Gabe Festing - Failed](#)**

**[Amendment to retain Regional portion Sue Haywood - Passed](#)**

#### ***Proposal:***

Increase the National Qualifiers as below.

#### ***Rational:***

Our lifter base has increased dramatically in the last 5 years but our referee base has not followed suit, thus leaving our nationals over two times larger than just a couple years ago with a similar number of national referees doing the work.



We do not have the referee infrastructure to handle 6 days, 3 sessions a day of dual platforms. 2018 Nationals was already a struggle as far as referee availability went and it was almost 200 less athletes.

Beyond the referee capacity I believe that a sport should be competitive and having over 50% of open results achieving the QT in 2018 and over 70% of junior results achieving it shows that nationals is not an “achievement”.

We have pulled data from the CPU Lifter Database for all classes in 2018 and using that data have proposed the below suggestions.

Supporting information:

[https://docs.google.com/spreadsheets/d/1V8AQPxIaJY5\\_syLNzcyKF2AIOXV\\_LYfv-51dGdtOf\\_M/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1V8AQPxIaJY5_syLNzcyKF2AIOXV_LYfv-51dGdtOf_M/edit?usp=sharing)

**Suggestions:**

Category	Increase	Percentage Qualified	Effect on 2018 Nationals	Effect on 2017 Nationals
Classic Open Men	10%	19.96%	47/86	48/81
Classic Open Women	15%	20.64%	48/80	26/45
Classic Junior Men	20%	27.94%	39/72	30/58
Classic Junior Women	20%	32.03%	20/33	23/28
Classic SubJunior Men	15%	32.81%	11/14	8/10
Classic SubJunior Women	15%	64.42%	3/5	3/3
Classic M1 Men	15%	31.32%	17/29	14/19
Classic M1 Women	15%	31.95%	18/30	17/22
Classic M2 Men	15%	27.38%	10/15	8/15
Classic M2 Women	15%	48.54%	12/16	8/11
Classic M3 Men	15%	49%	8/11	4/7
Classic M3 Women	15%	63.5%	11/11	3/4
Classic M4 Men	0%	37.5%	5/5	1/1
Classic M4 Women	0%	35.71%	1/1	0/0

**Classic Numbers:**

If these qualifying totals were in place, there would be 250 classic powerlifters at 2018 CPU Nationals (vs. 408).

Category	Increase	Effect on 2018 Nationals	Effect on 2017 Nationals
Equipped Powerlifting	5% less than equivalent classic category. Eg: Open Men 5% increase, Open Women 10% increase	30/41	20/24
Classic Bench Only	Same as Classic Powerlifting category. Eg: Open Men 10% increase, Open Women 15% increase	47/67	42/51
Equipped Bench Only	Same as Classic Powerlifting category. Eg: Open Men 10%	23/28	8/14

	increase, Open Women 15% increase		
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**We would also recommend increasing regional qualifiers an equal amount - Accepted amendment to remove (amendment failed)**

Update Jan 27 2019:  
Effect on Nationals 2019 Entries

Category	Effect on 2019 Nationals
<b>Classic Powerlifting</b>	368/620
<b>Equipped Powerlifting</b>	52/75
<b>Classic Bench Only</b>	78/102
<b>Equipped Bench Only</b>	38/56

536 entries out of 853 would still be qualified. This does include duplicate entries for multiple events but should equate to approximately 450 individuals.

Brock has indicated to me that we have approximately 56 National and International referees in the country. I believe even 450 athletes is a lot for that amount of referees, so we need to be pushing very hard to get more provincial referees nationally certified.

For 2020 athletes that intend to compete at 2020 World Masters Classic they will be pooled from 2019 Regional and higher events - Consideration be given to athletes transitioning into alternate Masters Classes - Applications must be received by December 1, 2019. - Passed

**From: Gayle Johnson, Newfoundland (NFPA) Secretary**

**Re: Policy 6.2, Competitions - No second - Failed**

**Add new policy:**

4) National Championships shall follow the guidelines of East/Central/West as hosts. Meaning for example; after the West hosts a nationals, the East is up next. If there is no suitable bid from the East, then others may submit a bid.

Reason: To make it fair for athletes when it comes to cost of attending these events. Noting of course there has not been a Nationals in the Eastern region of Canada in over 5 years as Manitoba was awarded 2020. These events are not held in major centres which makes travelling that much more difficult.

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**From: Shane Martin, Alberta (APU) President**

Item 1:

REMOVE: 6.28 All national championships shall have an ER rack or Eleiko rack as the competition platform. - **Seconded - Mark Wasson - Passed**

We have a new clause; "14.1 All equipment for powerlifting competitions of all levels in Canada shall be listed on the IPF Approved List." So, having 6.28 is no longer needed and will not create an exclusive brand for Nationals.

Item Team Selection (grouped): **Seconded - Gabe Festing - Passed**

EDIT: 17.3 ) International B Teams: the team will be filled with athletes that competed at the current year's corresponding National Championships. If the team cannot be filled from that pool then athletes that competed at the previous year's corresponding National Championships will be allowed to apply. These athletes will be put in a pool and ranked according to **international competitiveness based on wilks** totals achieved in the 12 months prior to the event. An athlete can only apply for a weight class/category that is not already filled from the current year. Athletes applying with results from previous year's championships must have the approval of their provincial body to apply.

EDIT: 17.4 **No second -Failed** - The class winners from the current year's National Championship in each weight class and age category shall automatically earn a spot on the National Team. **The remaining team members for all International Teams will be chosen based on international competitiveness, placing from most recent Nationals, and other criteria determined from the Committees and CPU Board Members involved in Team Selection. Should there be empty spots on any International Team, the Committees and CPU Board Members involved in Team Selection may consider athletes that did not fulfill the requirements on a case by case basis. ~~placing of all non-class winners from the most recent National Championship with all second place finishers being chosen next going in descending Wilks order, followed by all third place finishers going in descending Wilks order and carrying on until the team is full assuming they achieved the wilks requirements at the National Championship for the International A or B team they are applying for.~~** Each year the World Teams have some issue following these rules and we should give the CPU the ability to choose the most competitive team, after the class winners earn their spots. This allows everyone, competitive, a shot who applies to the team. So, if someone applies to a B team or unfilled A team, the CPU can decide to take them in and generate more points for Canada on the international stage. Further, since the IPF is getting rid of the wilks formula, we should no longer use it as a tool as it will be outdated.

EDIT: 17.9 – Remove clause completely - **Seconded - Gabe Festing - Passed**

**It would follow my proposed elimination of Wilks requirements as a determining factor.**

EDIT: 17.10 – Remove all Wilks Criteria. - **Seconded - Gabe Festing - Passed**

**The wilks will no longer be used in the IPF and so we should no longer use it as a factor for determining International team spots.**

Item 5: - **Seconded - Matt Bowen - Passed**

ADD: 18.6 All Coaches at International events part of the Team Canada Coaching Staff, in any capacity, must have completed the workshop portion of the CPU Coaching Course prior to being eligible for International coaching positions. This includes Head Coaches, Personal Coaches, and Assistant Coaches. This does not include sports health practitioners acting in their professional capacity for International Teams.

We need to start transitioning the CPU coaching program to a mandatory course and this is the first step. Running large events makes me realize how important it really is to have all coaches in the back qualified and this is the first step to do so. Overall, most of the coaches on the International Teams are either facilitators or already have the course.

[Amended to 2020 Coaches - Ryan Stinn - Accepted](#)

Item 6: - [Seconded Ryan Stinn - Passed](#)

ADD: 3.10 Agenda – The agenda for the Annual Meeting will include:

- a) Call to order
- b) Determination of a quorum
- c) Appointment of scrutineers
- d) Approval of the agenda
- e) Declaration of any conflicts of interest
- f) Adoption of minutes of the previous Annual Meeting
- g) Board, Committee and Staff reports
- h) Report of Auditors
- i) Appointment of Auditors
- l) Nominations and voting for awards**
- j) Business as specified in the meeting notice
- k) Election of new Directors
- m) Adjournment

Last year, it was proposed and passed but was not instituted in the newest version of the Constitution. This is a clearer item of how it should go into the Constitution.

Item 7 & 8 & 9 (housekeeping): [Seconded Ryan Stinn - Passed](#)

REMOVE: - 8.9 It is optional for lifters to wear their qualification badges on their costumes when competing.

No longer exists, so for housekeeping, we should get rid of it on our constitution.

REMOVE: Finance - 13.2 - f) Classification Awards Badges 7.00 [Seconded Ryan Stinn - Passed](#)

No longer exists, so for housekeeping, we should get rid of it on our constitution.

REMOVE: d) Classification Awards Badges: payment in full to accompany each order. [Seconded Ryan Stinn - Passed](#)

No longer exists, so for housekeeping, we should get rid of it on our constitution.

Item 10: [Seconded - Ryan Stinn](#)

Amended to remove entire 'points to remember' section of bylaws - [Accepted - Passed](#)

Points to Remember:

EDIT: 5. If you achieve the qualifying total for Equipped nationals, you are automatically qualified for Classic (unequipped) nationals. **If you achieve the qualifying total for Classic nationals, you are automatically qualified for Equipped nationals.**

This clears the rule up as it does come up and we have nothing written.

Item 11: [Seconded - Justin Smith - Passed](#)

ADD:

2.11 Rankings Chairman

2.11 The Rankings Chairman is responsible for the following:

- a) The Rankings Chairman shall maintain communication with the CPU Webmaster to keep online CPU Top 50 Ranking lists up-to-date.
- b) The Rankings Chairman shall send an up-to-date list of the Rankings to the Annual General Meeting.
- c) The Rankings Chairman shall be responsible for a yearly report to the Annual General Meeting.

d) The Rankings Chairman shall be responsible for keeping the Top 50 All-Time lists and yearly rankings up to date.  
e) The Rankings Chairman can appoint members or utilize websites or similar groups/companies to assist with keeping the rankings up to date. The Rankings Chairman may utilize an annual stipend up to \$500 to assist in any agreement from an outside source related to the rankings lists. The Rankings Chairman also has the ability to remove any member or agreement.

2.11.1 The CPU Rankings Chairman shall receive an annual stipend of \$1000 - **Amended to remove stipend.**

**This should be a formalized position as the membership holds these lists in high regard and we should also cut them in half to shorten the work load for those that keep these lists up to date. Top 50 is still plenty of recognition for our top athletes. It would also be a great time to make the switch as we move away from Wilks formula. The rankings chairman can also appoint members to help with the lists, which would act like the current structure, but making this a chairman role will hold more accountability on those in the positions of list maintenance. Using Openpowerlifting, their database is already complete with CPU meets and is much easier to sort and update. If we had a relationship with OpenPowerlifting to produce bi-yearly updated lists for a cost, we can rid all the cumbersome data entries spread out between all our volunteers on these lists. This would be a fairly easy transition and make this position manageable for one chairperson to operate. <https://www.openpowerlifting.org/>**

Item 12: - Seconded - Brock Haywood - Passed

Replace all "wilks" with "IPF Formula" on all CPU related bylaws and policy to sync up with the new IPF ranking formula.

Item 13: Duties of President - Seconded - Gabe Festing - Passed

**REMOVE:** 2.1.3 c) Producing an informational column, to be written three times per year and distributed to each Member for newspaper publishing and for posting on the CPU website

Item 14: Duties of President - Seconded - Gabe Festing - Passed

**REMOVE:** 2.1.3 d) Organizing all World Teams

Item 15: Seconded - Joel Boulianne -

Amended to removed 9.2 entirely **Seconded Jeff Butt - Passed**

Definition of a Team or Club

**EDIT:** 9.2 In order to represent a club, **the lifter must train or communicate with that club or coach on a regular basis, this includes distance or remote athletes.**

**EDIT:** 9.4 If for any reason the lifter wishes to change clubs, or he/she is unable to follow the above recommendations, he/she must **send an email confirming their withdrawal to the club owner or coach.** ~~explanation to his/her provincial registration chairman.~~

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**From: Ryan Fowler, SPA - Presented by Mark Morris - Seconded - Gord Sjodin - Failed**

### **AGM Proposal 1**

#### **National Championships**

New: 16.9

Each province is allowed a maximum of eight (8) competitors spread throughout the range of the eight (8) bodyweight categories for men and eight (8) competitors throughout the range of seven (7) bodyweight categories for women. In the Junior and Sub-Junior age categories nine (9) for men and nine (9) for women. There must not be more than two competitors from any one nation in any particular bodyweight category.

Reasoning:

Nationals is way too big! There are only a few people in the country capable of running a competition with 500+ lifters. We struggle to find enough referees and volunteers to run the meet. Our organization is big enough that Nationals should be an elite competition that few lifters should ever have the honor of competing at.

Applying this new rule to 2018 Nationals would have excluded 109 lifters from Nationals. With the size of 2019 Nationals and it being in Ontario I would guess that number would be double.

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**From: Ryan Fowler**

**Proposal A - Seconded - Joel Boulianne - failed**

1.0 General Provisions:

Current Wording:

Any Canadian citizen, Permanent Resident of Canada, or persons in Canada on a work or study visa shall be allowed to register with the C.P.U. so long as he/she is an amateur in good standing. Persons on work or study visa cannot set national records or earn a spot on national team

Other persons may participate in CPU events as lifters or officials upon proof of membership in good standing with any IPF affiliate federation but lifters will be listed as guest lifter status.

Proposed wording:

Any Canadian citizen, Permanent Resident of Canada, or persons in Canada on a work or study visa shall be allowed to register with the C.P.U. so long as he/she is an amateur in good standing. Persons on work or study visa cannot set national records, **compete at a regional or national championship**, or earn a spot on **a** national team

Other persons may participate in CPU events as lifters or officials upon proof of membership in good standing with any IPF affiliate federation but lifters will be listed as guest lifter status.

Reason: We should only have people who can earn spots on national teams competing at regional and national events.

**Proposal B - Seconded - Jeff Butt - Passed**

**Current Wording:**

2.9.0 Director of Public Relations

2.9.1 The Registration Chairman is responsible the following:

- a) The Director of Public Relations shall be responsible for the development of marketing strategies for the benefit of powerlifting in Canada.
- b) The Director of Public Relations shall be responsible for overseeing the maintenance of the CPU Website and social media sites.

2.9.2 The CPU Director of Public Relations shall receive an annual stipend of \$1000

Proposed wording:

2.9.0 Director of Public Relations

2.9.1 The ~~Registration Chairman~~ **Director of Public Relations** is responsible the following:

- a) The Director of Public Relations shall be responsible for the development of marketing strategies for the benefit of powerlifting in Canada.
- b) The Director of Public Relations shall be responsible for overseeing the maintenance of the CPU Website and social media sites.

2.9.2 The CPU Director of Public Relations shall receive an annual stipend of \$1000

Reason: the incorrect title is listed under this point.

### **Proposal C Seconded - Jeff Butt- Passed**

Current Wording:

#### **2.10 Championship Secretary**

2.10.1 The Championship Secretary shall be responsible for the following:

- a) Publishing of the calendar for all international contests that CPU members are eligible to participate in
- b) Notification of deadlines for entry via internet media
- c) Receiving Team Application forms from prospective team members
- d) Work with the CPU board in the team selection process
- e) Communicate team nominations to the IPF, NAPF or other
- f) Communicate team transport and hotel requirements to meet directors
- g) Ensure participation fees, transportation, hotel fees as required and sent the CPU treasurer.
- h) Communicate with team members and coaches any important details, changes, or other.
- i) Assist the meet directors of the CPU national championships and CPU regional Championships as required.

2.10.2 The CPU Championship Secretary shall receive an annual stipend of \$1000

Suggested Wording:

#### **2.10 Championship Secretary**

2.10.1 The Championship Secretary shall be responsible for the following:

- a) Publishing of the calendar for all international contests that CPU members are eligible to participate in
- b) Notification of deadlines for entry via internet media
- c) Receiving Team Application forms from prospective team members
- d) Work with the CPU board in the team selection process
- e) Communicate team nominations to the IPF, NAPF or other
- f) Communicate team transport and hotel requirements to meet directors
- g) Ensure participation fees, transportation, hotel fees as required and sent the CPU treasurer.
- h) Communicate with team members and coaches any important details, changes, or other.
- ~~i) Assist the meet directors of the CPU national championships and CPU regional Championships as required.~~

2.10.2 The CPU Championship Secretary shall receive an annual stipend of \$1000

Reason: this should not be the role of the championship secretary, and is not currently being done.

### **Proposal D Seconded - Shane Martin - Passed**

Current Wording:

3.6 Funding Committee: The Funding Committee shall be responsible for seeking CPU recognition and future funding.

Proposed Wording:

~~3.6 Funding Committee: The Funding Committee shall be responsible for seeking CPU recognition and future funding.~~

Reason: We do not have a funding committee and this falls under the responsibilities of the VP of Sport Development

### **Proposal E Seconded - Jeff Butt - Passed**

Current Wording:

3.8 Coaching Committee: The coaching committee shall be responsible for the selection of the Head Coach for any IPF level event. Once the Head Coach is selected, the Coaching Committee and Head Coach are jointly responsible for naming any assistant coaches or additional personal that have a leadership or management role on the team. The coaching committee shall also be responsible for managing the CPU Coaching Program broadly, including, testing all National coaches, developing criteria for improvement, ensuring a standard of excellence across coaches, and making recommendations to the CPU Board of Directors.

Once the Head Coach is selected, the Coaching Committee and Head Coach are jointly responsible for naming any assistant coaches or additional personal that have a leadership or management role on the team. The coaching committee shall also be responsible for testing on all National coaches.

**Proposed Wording:**

3.8 Coaching Committee: The coaching committee shall be responsible for the selection of the Head Coach for any IPF level event. Once the Head Coach is selected, the Coaching Committee and Head Coach are jointly responsible for naming any assistant coaches or additional personal that have a leadership or management role on the team. The coaching committee shall also be responsible for managing the CPU Coaching Program broadly, including, testing all National coaches,

developing criteria for improvement, ensuring a standard of excellence across coaches, and making recommendations to the CPU Board of Directors.

~~Once the Head Coach is selected, the Coaching Committee and Head Coach are jointly responsible for naming any assistant coaches or additional personal that have a leadership or management role on the team. The coaching committee shall also be responsible for testing on all National coaches.~~

Reason: duplication of the text above.

#### **Proposal F Seconded - Gabe Festing - Passed**

Current Wording:

- 6.1 Competitions sanctioned by the CPU shall include:
- National Powerlifting Championships, in all IPF recognized age categories
  - National Bench Press Championships, in all IPF recognized age categories
  - Eastern Canadian Powerlifting Championships, in age categories determined by the meet director.
  - Eastern Canadian Bench Press Championships, in age categories determined by the meet director.
  - Western Canadian Powerlifting Championships, in age categories determined by the meet director.
  - Western Canadian Bench Press Championships, in age categories determined by the meet director.
  - Central Canadian Powerlifting Championships, in age categories determined by the meet director
  - Central Canadian Bench Press Championships, in age categories determined by the meet director

Eastern, Western and Central championships may also be referred to as "Regional" events throughout this document

Proposed wording:

- 6.1 Competitions sanctioned by the CPU shall include **the following events in all IPF recognized age categories**
- National Powerlifting Championships
  - National Bench Press Championships
  - Eastern Canadian Powerlifting Championships
  - Eastern Canadian Bench Press Championships
  - Western Canadian Powerlifting Championships
  - Western Canadian Bench Press Championships
  - Central Canadian Powerlifting Championships
  - Central Canadian Bench Press Championships

Eastern, Western and Central championships may also be referred to as "Regional" events throughout this document

Reason: It should not be up to the meet director what age categories are contested. All IPF age categories should be contested at our regional meets, and this covers us if the IPF adds or changes age categories.

#### **Proposal G - Seconded - Jeff Butt - Passed**

**To be put into effect for 2021**

Current Wording:

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

Proposed Wording: Amended to January 15 to February 15

- 6.3 If an all-inclusive National Championships is to be held, that dates of the event must be between **January 1 and February 15th**. Efforts shall be made to hold all national championships at least twelve (12) weeks prior to their respective World Championships.

Reason: The IPF has moved Masters Classic Worlds to April, and we need to adjust our calendar accordingly to accommodate team selection.

#### **Proposal H - Seconded - Matt Bowen - Passed**

Current Wording:



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

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

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

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

Proposed Wording:

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

National and Regional Championships sanction shall include three rooms at the meet hotel for national referees to share from the night before the contest until the morning after the contest. Assignment will be at the discretion of the ~~chief referee~~ **officiating chairman**.

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

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

Reason: the officiating chairman should be making these decisions not the chief referee.

### **Proposal I Seconded - Jeff Butt - Passed**

Current Wording:

- 6.25 The CPU Registration Chairperson shall supply each meet director with a "sanction package" consisting of:
- examples of forms used during a contest showing information required.
  - record applications
  - details of doping control fees, who is liable for the payments and when they must be paid
  - requirements of the meet director, in the event that the Independent Testing Administrator will be present at the event.
  - other details, as determined by the CPU.

Proposed Wording

- Remove: 6.25 ~~The CPU Registration Chairperson shall supply each meet director with a "sanction package" consisting of:~~
- ~~-examples of forms used during a contest showing information required.~~
  - ~~— record applications~~
  - ~~— details of doping control fees, who is liable for the payments and when they must be paid~~
  - ~~— requirements of the meet director, in the event that the Independent Testing Administrator will be present at the event.~~
  - ~~— other details, as determined by the CPU.~~

Reason: this is not being done so should be removed.

### **Proposal J - Withdrawn**

Current wording:

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

Proposed wording:

~~Remove 6.28 — All national and regional championships shall have an ER rack or Eleiko rack as the competition platform.~~

Reason: this is addressed in 14.1

#### **Proposal K Seconded - Shane Martin - Passed**

Current wording:

6.29 At all national level competitions, which includes any national or regional championships, lifters are considered to be representing their province. Their apparel cannot bear logos of local clubs or gyms, only of their province, provincial organization or higher level, CPU or IPF for example. Logos of personal sponsors or any national CPU or IPF approved sponsor or equipment maker are also allowed.

Proposed wording:

6.29 At all national level competitions, which includes any national or regional championships, lifters are considered to be representing their province. **Only approved apparel can be worn (ie. items on the IPF approved list, items on the CPU approved logos list, or provincial association apparel)** ~~Their apparel cannot bear logos of local clubs or gyms, only of their province, provincial organization or higher level, CPU or IPF for example. Logos of personal sponsors or any national CPU or IPF approved sponsor or equipment maker are also allowed.~~

Reason: only approved brands should be worn on the platform, and saying that personal sponsors are allowed opens up the door for a lot of questions and different things being enforced at equipment check. This removes the grey area of personal sponsors.

#### **Proposal L Seconded - Matt Bowen - Passed**

Current Wording:

6.30 At CPU National Championships, the IPF rule of no weight or age class changes within 21 days of the event will be observed.

Proposed Wording:

6.30 At CPU National **and Regional** Championships, the IPF rule of no weight or age class changes within 21 days of the event will be observed.

Reason: Our Regional Championships are getting large enough that enforcing this rule will make it easier on meet directors for management of the events.

#### **Proposal M Seconded Gabe Festing - Passed**

Current Wording:

7.2 The standard C.P.U. Record Application form must be submitted to the National Records Chairman no later than seven days from the date of any sanctioned competition (or final day of a multi-day event). Applications sent by regular mail must be postmarked within seven days unless exigent circumstances apply.

Proposed Wording:

7.2 The standard C.P.U. Record Application form must be submitted **through the form online** to the National Records Chairman no later than seven days from the date of any sanctioned competition (or final day of a multi-day event). ~~Applications sent by regular mail must be postmarked within seven days unless exigent circumstances apply.~~

Reason: We should no longer be accepting applications by regular mail.

#### **Proposal N - Seconded - Gabe Festing - Passed**

Current wording:

7.6 The C.P.U. shall accept applications for new National Records in the following categories:

- a) Men's & Women's Open
- b) Men's & Women's Master, age 40-49 years
- d) Men's & Women's Master, age 50-59 years
- e) Men's & Women's Master, age 60-69 years
- f) Men's Master, age 70+
- g) Men's & Women's Junior, age 19-23 years
- h) Men's & Women's Sub-Junior, age 14-18
- i) Men's & Women's Bench Press Open
- j) Men's & Women's Bench Press Master's, age 40-49 years
- k) Men's & Women's Bench Press Master's, age 50-59 years

- l) Men's & Women's Bench Press Master's, age 60-69 years
  - m) Men's Bench Press Master's, age 70+
  - n) Men's & Women's Bench Press Junior
  - o) Men's & Women's Bench Press Sub-Junior, age 14-18
- Exact ages will be according to IPF Technical Rules standards

Proposed Wording:

- 7.6 The C.P.U. shall accept applications for new National Records in **all age, weight, and style (equipped & classic) that the IPF recognizes.** the following categories:
- a) ~~Men's & Women's Open~~
  - b) ~~Men's & Women's Master, age 40-49 years~~
  - d) ~~Men's & Women's Master, age 50-59 years~~
  - e) ~~Men's & Women's Master, age 60-69 years~~
  - f) ~~Men's Master, age 70+~~
  - g) ~~Men's & Women's Junior, age 19-23 years~~
  - h) ~~Men's & Women's Sub-Junior, age 14-18~~
  - i) ~~Men's & Women's Bench Press Open~~
  - j) ~~Men's & Women's Bench Press Master's, age 40-49 years~~
  - k) ~~Men's & Women's Bench Press Master's, age 50-59 years~~
  - l) ~~Men's & Women's Bench Press Master's, age 60-69 years~~
  - m) ~~Men's Bench Press Master's, age 70+~~
  - n) ~~Men's & Women's Bench Press Junior~~
  - o) ~~Men's & Women's Bench Press Sub-Junior, age 14-18~~
- Exact ages will be according to IPF Technical Rules standards

#### Proposal O **Seconded - Avi Silverberg - Passed**

Current wording:

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

Proposed wording:

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

Reason: this cleans up the wording and includes centrals.

#### Proposal P **Seconded - Shane Martin - Passed**

- 7.9 A singlelift record made in a threelift sanctioned contest is eligible to be registered in the singlelift record category if the lifter has been proven to be physically disabled such that he/she cannot perform token lifts to post a threelift total in the competition.

What is this even saying?? Remove?

#### Proposal Q **Seconded - Shane Martin - Passed**

Current wording:

- 7.13 As per Bylaw 11.7, when a record is removed from a lifter, the record shall revert to the previous record holder. Should the previous record have since been exceeded by a lift done at a CPU Nationals or IPF international championships, that lifter may apply to claim the record. The normal record application and fee must be forwarded within 7 days of the day that the previous record is removed. Notification of the record removal shall be done via the CPU Website forum.

Proposed wording:

- 7.13 As per Bylaw 11.7, when a record is removed from a lifter, the record shall revert to the previous record holder. Should the previous record have since been exceeded by a lift done at **a competition that is eligible to set new CPU records,** ~~a CPU Nationals or IPF international championships,~~ that lifter may apply to claim the record. The normal record application ~~and fee~~ must be forwarded within 7 days of the day that the previous record is removed. Notification of the record removal

shall be done **by the secretary** via the **CPU member registration database** ~~CPU Website forum.~~

Reason: the record could have been set at any eligible competition (ie. provincial championships, regionals, nationals, IPF meets.  
The secretary should send out notifications via the CPU member registration database as that ensures all members receive the information.

#### **Proposal R - Withdrawn**

All occurrences of the word wilks, wilks formula, and wilks formulae in the policies and procedures shall be replaced with the words 'IPF formula'

Reason: the IPF has replaced the wilks formula and replaced it with the IPF formula and as such we must adopt it.

#### **Proposal S Withdrawn**

Current wording:

8.9 It is optional for lifters to wear their qualification badges on their costumes when competing.

Proposal:

Remove: ~~8.9 — It is optional for lifters to wear their qualification badges on their costumes when competing.~~

Reason: we no longer provide qualification badges so this should be removed to reflect current practices.

#### **Proposal T Withdrawn**

Current wording:

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

Proposed wording:

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

Reason: we are not enforcing the minimum wilks criteria for international teams, so it should be removed.

#### **Proposal U Withdrawn**

Current wording:

17.9 For the purpose of qualification on international teams, all athletes will be subject to a minimum Wilks (see appendix A) in addition to winning their weight class at the most recent National Championships. The minimum Wilks will be classified under two divisions: International A Wilks and International B Wilks. For the World Championships event, athletes must meet the "International A Team" Wilks standard. For any other International team, including the North American Powerlifting Championships, Commonwealth Powerlifting Championships, Arnold Sports Festival, or the like, athletes must meet the "International B" Wilks Standard to be eligible to compete. For any international teams, the priority shall be

placed on those athletes who have achieved the “International A Team” Wilks standard, assuming they have met all other qualification standards for international meets as set out in the CPU Policy and Procedures.

#### 17.10 Minimum Wilks for CPU International Teams

##### **International A Classic Team**

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

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

##### **International B Classic Team**

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

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

##### **International A Equipped Team**

Sub-Junior Female - 305  
Junior Female – 360  
Open Female - 410  
M1 Female - 350  
M2 Female - 305  
M3 Female -275  
M4 Female - 230

Sub-Junior Male - 390  
Junior Male - 440  
Open Male - 470  
M1 Male - 405  
M2 Male - 385  
M3 Male - 335  
M4 Male - 305

##### **International B Equipped Team**

Sub-Junior Female - 275  
Junior Female - 325  
Open Female – 370  
M1 Female - 315  
M2 Female - 275  
M3 Female -240  
M4 Female - 210

Sub-Junior Male - 345  
Junior Male - 405  
Open Male - 420  
M1 Male - 365  
M2 Male - 350  
M3 Male - 305  
M4 Male - 260

Proposed wording:

Remove 17.9 and 17.10

Reason: Minimum wilks are not being enforced for international a or b events, so we should remove it from our policies.

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**From: Phil Brougham, OPA President - [Withdrawn](#)**

#### 6.1.1 Performance Schedule for National Championships

Explanation: A Performance Schedule for Nationals to make sure our athletes get the best timing to compete at the top level. Worlds for the Bench Only athletes are typically within 2-6 weeks and the Classic Worlds is within 4-8 weeks as well. Having Nationals at the current time causes problems with

nomination and with the ability for lifters to compete at their top level at Nationals and then recover and have a proper training cycle to peak for worlds. Canada is now a podium finisher at Worlds and we need to start looking at the high performance aspect of the sport. Almost every other country in the IPF have their Nationals strategically placed to give their athletes the best possible chance to medal. We have gone from a underground cult sport to a main stream sport and growing.

CPU By-laws, Article III – Meetings of Members, Seconded - Ryan Stinn - Passed

No. 3.6 states: 3.6 Notice – Notice will include the time and place of a meeting, the proposed agenda, reasonable information to permit Members to make informed decisions, and will be given to each Member entitled to vote at the meeting, the auditor, and the Board, by the following means: a) By mail, courier or personal delivery to each Member entitled to vote at the meeting, during a period of thirty (30) days before the day on which the meeting is to be held; or b) By telephone, electronic or other communication facility to each member entitled to vote at the meeting, during a period of thirty (30) days before the day on which the meeting is to be held; or c) By posting on the Corporation’s website not less than thirty (30) days prior to the date of the meeting.

Proposal: Add subsection requiring the Agenda to be made publicly available to all registrants by publishing on the website no less than fourteen (14) days before the day on which the meeting is to be held.

Explanation: The publishing of its AGM agenda to all members (registrants as defined by the CPU by-laws) would only be consistent with such objectives and would give awareness of upcoming issues to be discussed/decided upon by the Board prior to the meeting. Furthermore, this would allow all CPU members to communicate any comments or suggestions related to the contents to their provincial representatives/Executive members as they see fit prior to the meeting. This would put Executive members in a better position to attend and make decisions/votes on matters that are not only mindful of the greater interests of the CPU but also more accurately represent the interests of their provincial membership. Many governing organizations, including both not-for-profit corporations and all public government authorities publish their general meeting agenda contents to their membership/constituents, even when only the Executive/Board of Directors are permitted to discuss/vote on such matters. Even the IPF publishes its General Assembly meeting Agenda and I believe it is only the IPF Executive Committee that is permitted to deliberate and vote on such matters at their meeting

APPENDIX “A” - Nationals Qualifying Standards - Withdrawn

Proposal to increase national qualifying totals as agreed upon by the board and provincial bodies per 6.4

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## **Items for Discussion:**

**From: Jeff Butt, Newfoundland (NLPA) President - Moved to discussion item**

**Coaching course** - We have introduced our coaching certification and we are failing to use this as our training grounds for Nationals and International coaching.

We propose any coaches of International Teams from the 2019 AGM moving forward must have the Coaching certification. In 2021, all coaches in the warm-up area at Nationals must be certified. In 2022, all coaches at Regionals must be certified.

If you are a helper, you must pay a fee of \$10 per athlete to go toward the coaching program. This \$10 fee can be used within provinces to help offset the cost of the coaches courses to those who wish to certify and help the provinces develop their coaching pool.

The CPU and affiliate provinces need to be concerned with the number of people in warm-up areas that are friends and family. We have seen mishaps at many events and it is a matter of time before someone gets hurt. We should also develop waivers to this effect.

\*Avi Silverberg - For the record comments on record on costs of Coaching Certification Program for the students and thoughts of it being excessive

**Voting at AGM** - The CPU allows votes from 2 people per province at the AGM whether or not 2 people are present. I feel with the ability for people to call in or video ability of skype and similar programs, we should have people present to vote. We should aspire to allowing our subordinates to vote as they wish and feel that one person having 2 votes is undiplomatic.

**IPF formula vs Wilks – Withdrawn** - Remove all references to the Wilks formula and replace it with IPF Formula. Also remove any references for Wilks making a National Team until the membership has an opportunity to evaluate the new formula.

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

Remove red and add blue (Remove 17.9 and 17.10)

**Drug testing** – Discussion item - Drug testing and associated fees have often been contentious issues within the CPU. We feel the fees for Regionals, Nationals should be waived and a determination made to cover those costs over the whole of the membership. Provinces can still collect the fees if they wish to do their own test. If it is determined that the CPU would lose \$40,000 in revenue, we spread that over 4000 members and add \$10 per membership. This will also make the cost of Nationals and Regionals less expensive as costs seem to continually be rising on those events.

#### From Shane Martin, Alberta

-The APU requests a financial update from the CPU with respect to the CPU Coaching Program. How much money has been collected by the CPU? How much money has been dispersed to the Coaching Facilitators and Peak Power?

-The APU would like to discuss bringing the full coaching certification program in-house, and under the management of the Coaching Committee and CPU Board.

-The APU would like to discuss why certain matters are exclusively decided by the CPU Board without consultation of the Executive? Specific examples include: Competing in multiple age classes at Nationals and revising National Team Selection. What decisions can we expect to go to a vote and what decisions should we expect the CPU to decide exclusively?

-The APU would like to discuss the CPU's social media strategy, specifically as it relates to Instagram. Who runs the account? What are the goals? What does the content schedule entail?

#### From Ryan Fowler, Sask

All results submitted by member provinces must be recorded with a valid CPU membership number.

Reasoning:

The data quality of our current CPU database is horrific and doesn't seem to be getting any better. Typos and variations of names make it impossible to compile the top 100 lists or determine national records from the CPU lifter database.

Tying all the results to valid CPU membership numbers would be so beneficial to aggregating CPU results going forward.

From Gabe Festing, BC

- Inquiring if any other provinces are having issues with the CCES, specifically their testing protocols and conduct
- Inquiry regarding the role and authority of Ethics Committee.

Move to Adjournment: 18:25 - Seconded Jeff Butt