

**Minutes - Annual General Meeting of the Canadian Powerlifting Union
Monday April 6, 2015, St. John's NL, 1:00 pm**

1) Roll Call

Joe Oliveira – BC	Louis Levesque – QU	Elizabeth Anderson – BC	Tyler Ramsey – PEI
Justin Smith PEI	Avi Silverberg – AB	Jason Fancey – NL	Frank Williams – NL
Tony Granville NL	Michelle Smith – NS	Chris Arnold – SK	Ryan Fowler – SK
Mike Knott – ON	Linda McFeeters – ON	Brock Haywood – MB	Barry Antoniow – Treas.
Bill You – VP	Bill Jamison – Referee	Sandro D'Angelo – VP	Mark Giffin – President
Mike Armstrong – Sec	Mark Wasson - NB		

2) President's Message

Read by Mark Giffin

3) Minutes of the last Annual General Meeting

Will not be read, posted on the website

Motion to accept – ON – passed.

4) Treasurer's Report

Read by Barry Antoniow – motion to accept, BC - passed

5) Secretary's Report

Read by Mike Armstrong – motion to accept, NL - passed

6) Reports from CPU Officers

a) Referee Chairman – consider proposals in his report, Page 19

Read by Bill Jamison

b) Registration Chairman (read as part of secretary's report)

c) Public Relations Chairman (none)

Motion to accept all - MB – passed

7) Reports of Standing and Special Committees

d) Disabilities Integration Committee

Read by Barry Antoniow

e) Doping Control Committee

Read by Mike Armstrong

- some discussion followed.

f) Coaching committee

Read by Ryan Fowler

Motion to accept all above reports – ON - passed

8) Reports from Affiliated Provinces**

Motion to accept all as distributed - Passed

9) Old business

- Online Membership – review of startup (read as part of secretary's report)

- Proposal to create a "lifetime achievement", lifting performance based, not based on the last years lifting. Voted that Ryan Fowler will develop criteria for voting on next year.

- Feedback from Executive Council or Voting Council feedback to Nationals meet director using standardized form, similar to IPF feedback given to Worlds meet directors.

Will implement a meet directors guide and standardized feedback form (proposed form attached)

- 10) CCES Presentation (approx. 1 hour, to start at 3pm)
Presentation by Tony Fiorentino of CCES
- 11) New Business- Action on Proposed Amendments
See below
- 12) Items for Discussion
See below
- 13) Affiliation of new Member Provinces
Mark Wasson presented affiliation bid New Brunswick
Mark reviewed their progress so far, website, constitution, equipment, first contest set for July 3

New Brunswick ws accepted for provisional membership by vote.
- 14) Delinquent Provinces
None
- 15) Future Championships Bids
Nationals 2016 – Regina, SK (change from Moose Jaw passed by vote)
Nationals 2017 - Quebec, Saguenay (Joel Boulianne MD)
Eastern Canadians 2015 – NL
Western Canadians 2015 – AB (later passed on the SK)
- 16) Any other business
Four items from Bill Jamison, referee chair
1. There needs to be a referee’s form for National referee candidates. This needs to be filled out and then signed by their provincial referees’ chairperson, or their provincial secretary, or their provincial president. The form needs to be sent to the National Referees’ Chairperson.

Bill Jamison discussed – motion made – passed
Bill Jamison and Mike Knott will develop
 2. Funding should be increased for National referees from \$25 to \$35 per session. International referees should be increased from \$750 to \$1200.

Withdrawn
 3. To upgrade from the free program Professional Plans, to the \$25 yearly program of 50 units (tests).
Approved
 - 4: Bylaw Proposal
A prospective national referee must have been a provincial referee for 2 years, refereed one provincial and 4 open contests.

Second- NL - Passed
- 17) Annual Awards (nominee’s)

Bill Jamison Award: Mike Knott – Winner
Male Powerlifter: Josh Hancott - winner
Male Bencher: John Giffen - winner
Female Powerlifter: Rhaea Stinn - winner
Female Bencher: Taunia Stevens - winner
- 18) Adjournment

Proposals Submitted/Discussion Items

CPU Anti-Doping Committee

Chris Robb, Chairman Harnek Singh Rai, Member

Proposed Revisions -CPU Constitution –Update R1

General Revision to All Anti-Doping Clauses

- Revise all references of 'CCES' to 'Independent Testing Administrator'

Reason

-Recommended by CCES

Second – ON

Passed

1. Revise Clause 11.2

- Change the first sentence to read "The CPU shall utilize the services of a WADA compliant 3rd party Independent Testing Administrator as its doping control collection and testing facilitator."

Second – Treasurer

Passed

2. Revise Bylaw 11.4

-Delete "Provincial Affiliates on-site" and substitute "and Independent Testing Administrator Coordinators"

Reason

- To maintain 3rd party impartiality in athlete selections for testing.

Second – MB

Passed

3. Revise Bylaw 11.8

- After the words "...are to be forwarded to...", change to "...CPU Anti-Doping Committee Chairman". After the words "...and copied to the..." change to "CPU President".

Reason

- To match the procedure currently being followed.

Second BC

Passed

4. New Bylaw 8:20

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

Reason

- To coordinate fully with the 2015 WADA Anti-Doping Code, 2015 Canadian Anti-Doping Program and current IPF Anti-Doping Rules which include for blood testing. Also, to be compliant with the 2015 WADA Technical Paper, which specifies that blood collection be done.

Second – PEI

Passed

5. New Clause 11.19

- To read "As noted in IPF Anti-Doping Rules Clause 5.6 and Canadian Anti-Doping Rules clause Part C Clause 5.6, a Whereabouts Program will be applied to selected athletes within the CPU Out-Of-Competition Testing Pool. These athletes will be notified and educated by the Independent Testing Administrator in the requirements and their duties in the Whereabouts Program, and will be required to submit whereabouts in accordance with the specified rules. They will also be subject to sanctions for

Missed Tests and Filing Failures as explained in IPF Anti-Doping Rules Clause 2.4 and Canadian Anti-Doping Rules Clause 2.4.

Reason

- A Whereabouts Program reduces the number of missed tests, which has been an issue with the CPU Out-Of-Competition Program. It is also the next step in expansion of the CPU Testing Program, to come into line with the IPF Anti-Doping Program as well as other National Sport Organizations worldwide.

Second – SK

Tabled until after CCES presentation

Later voted on - passed

6. New ‘**General**’ Heading

- After clause 11.19 insert a new heading called “General”

Second – PEI

Passed

7. New Clause 11.20

-To read “CPU members intending to compete in IPF Regional, Continental or World Championships will be permitted to apply to the CPU’s Independent Testing Administrator for Therapeutic Use Exemptions (TUE) for prescribed medications that are on the current WADA Prohibited Substance List, as long as they have a current membership in good standing”

Reason

-To harmonize with the CADP allowing for TUE’s

-Second – AB

Passed

7A. New Clause 11.20

- To read “CPU members intending to compete at the National level and below, may undergo a medical review to validate and permit the use of prescribed medications for therapeutic reasons. There is no requirement for an athlete to obtain a medical review until a positive test is reported by the Independent Testing Administrator.

If an athlete is notified by the CPU of a positive test, the CPU will request the athlete to submit the required material for a medical review.

The medical review will be granted by provided the athlete satisfies all of the conditions set out below:

- the athlete demonstrates by means of appropriate documentation that he or she has a medical diagnosis made by a licensed physician prior to sample collection;
- the athlete has a prescription signed by a licensed physician prior to sample collection consistent with the finding;
- the athlete provides appropriate confirmation that he or she is being followed and monitored by a licensed physician to ensure the treatment plan matches the diagnosis;
- the athlete should declare the use of the prescribed medication on the Doping Control Form.

The Independent Testing Administrator may have the information provided by the athlete reviewed and evaluated by a physician.

Medical reviews will be performed promptly following the athlete’s notification by the CPU, that a medical review is required. The medical review will not be commenced until all the information listed above is submitted in a legible format. The material submitted by the athlete will be returned to the athlete after the medical review is completed.”

Reason

-To harmonize with recent changes in the CADP allowing for retroactive Medical Reviews.

Second – QU

Passed

8. New Clause 11.21

-To read "Once a decision has been rendered in any TUE or Medical Review application, the decision is not open to appeal by the applicant."

Reason

-For organizations that have fully adopted the Canadian Anti-Doping Program (CADP), the International Standard TUE (ISTUE) rules apply, which allow for appeal. The CPU has not fully adopted the Canadian Anti-Doping Program and as such, there will be no references to the ISTUE rules in the new Testing Agreement.

Second – SK

Passed

From: Sandro D'Angelo, Vice President

Proposal:

To offer an annual Scholarship that would be funded by the CPU and or its Provincial members in the amount of \$250 each to a 4 students (or possibly more students) that have competed in powerlifting as a junior or sub junior and will be attending a Canadian university or College Program. The CPU would set the criteria and invite students to apply.

Seconded by AB

Tabled until next year, proposer will develop criteria.

From: Mark Giffin, CPU President

Request for Stipend Increase for CPU Secretary

Requested amount: \$5000 annual, paid quarterly.

Business Justification (prepared by Mike, on my request):

With a membership level far exceeding anything previously seen, the workload on the Directors has similarly increased by. Many of the administrative tasks done by the President, two VP's and Treasurer are taking a lot of their time, time better spent in planning and execution of programs for the betterment of the organization.

The total time required is approaching 1000 hours in a year, roughly 4 hours a day, too much to expect for a volunteer, or at \$1000 per year. Each task involved is now large enough to receive its own stipend:

Registration Chairman

- troubleshooting any issues, responding to emails from provinces and individual members
- responding to requests for cards for "no credit card" membership purchases
- tracking the above and invoicing provinces for CPU fees
- tracking annual affiliation fees for provinces
- Time: 3 hours a week, 150 hours annual.

Records Chairman

- Adding new records to CPU website
- producing record certificate to send to lifters.
- Time: to produce each website record and certificate ready to mail is 20 minutes, x 420 annual: 140 hours.

Championship Secretary

- coordinating teams for World and other international teams.
 - primarily a communication job, emails, collecting fees, hotel payments, submitting payments, entry forms.
 - 2014 Classic worlds had 18 lifters, it generated about 350 email communications.
- Time: varies, but probably averages 6 hours a week, 300 hours annual.
- working with the Nationals meet director can add another 20 hours or more on to this.

Website/Facebook

- posting of contest results primarily.
 - other updates, pictures, Facebook notices, responding to FB questions, Forum posts
- Time: 4 hours week, 200 hours annual.

CPU Secretary

- keeping the minutes of meetings, annual and special
 - update bylaws, Policies and Procedures as required.
 - monitor CPU Exec forum, set up votes, results
- Time: 2 hours a week, 100 hours annual.

Total: 910 hours annual.

@1000 per office, \$5000 total = \$5.49 per hour.

Recognizing that our current membership levels may not last indefinitely, I would suggest a review of these stipends annually by the other Directors.

Second by ON

Amended that the secretary's stipend be increased to \$5000.00 for 2015 and the above proposals be reworded to fit the bylaws correctly.

Seconded by NL

Passed

6.2 Competitions

Current Wording:

6.2 The dates and groupings and of all CPU National 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.

Proposed Wording: It is proposed these changes take place January 2018.

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

- 1) Classic Sub-junior, Junior & Master Championships & Classic Sub-junior, Junior & Master Bench Press Championships to be held each March/April
- 2) Equipped Championships & Equipped Bench Press Championships to be held each June/July
- 3) Classic Open Championships & Classic Open Bench Press Championships to be held each year October/November

2) If no bids are made for a Championships, other groupings will be considered.

Rationale:

This year we have the largest CPU Nationals in our history with over 340 entries. We are trending toward another year of record membership.

The concerns are:

- The list of clubs or individuals capable of hosting weeklong competitions is growing short
- The abilities of the meet director to attract sufficient volunteers for a weeklong event will be severely challenged
- The current practice of hosting combined Nationals in the very early spring negatively impacts an athlete's ability to prepare for higher level competitions. The suggested dates better reflect the IPF competition calendar
- Equipped lifting is in decline. The intent is to showcase equipped lifting by holding an Equipped Nationals and to attract lifters not selected to compete at Classic Worlds

Seconded ON

Amendment – to split nationals into groupings yet to be determined.

Second by Quebec.

Motion fails

6.3 Competitions

Current Wording

6.3 If an all-inclusive event is to be held, that date of the event must be between March 15 and April 15, not to include Easter weekend, should it fall during this period. Efforts shall be made to hold all national championships at least twelve (12) weeks prior to their respective World Championships.

Proposed Wording

6.3 If an all-inclusive event is to be held, that date of the event must be between February 15 and March 15, not to include Family Day, should it fall during this period. Efforts shall be made to hold all national championships at least twelve (12) weeks prior to their respective World Championships.

Amendment by proposer – remove “not to include Family Day”.

Rationale:

The preliminary nomination deadline for Classic World Championships have preceded the completion of competition of the 2014 and 2015 Nationals. To date, special arrangements have been made however the

future risk is that the IPF preliminary nomination deadline will be missed and Canadian lifters will be excluded from participation at Classic Worlds

Second – Secretary
Motion passed.

16.1 Qualifying Totals

Current Wording

16.1 Canadian lifters wishing to compete in National Championships must meet qualifying totals.

Proposed Wording

16.1 Canadian lifters wishing to compete in National Championships must meet qualifying totals.

- a) Canadian lifters wishing to compete at their first National Championships must first record a total at either a Western or Eastern Championships within the previous two years of their respective national championships.

Rationale

1. Support growth and attendance at Western and Eastern Championships
2. Provide a means for newer lifters to gain experience in competing at a championships level
3. Establish the culture that competing at Western and Eastern Championships is a stepping stone to National and International competition
4. Establish the culture that Nationals is the pre-eminent CPU meet and attendance is earned

Second - QU
Motion passed

Appendix A – National Qualifying Standards

Proposal 1: to raise National Qualifying Standards for Men and Women Powerlifting for all classes and categories by 3% or 5%.

Rationale: A National Championships is elitist by definition. 340+ qualified competitors at 2015 Nationals with 2000 members runs counter to this. Current qualifying standards are too easy to attain. Current standards are artificially distorting attendance at our National Championships and minimizing the relative importance of this meet.

A review of Classic SJ, Junior, Open and M1 – M3 Women and Classic SJ and Junior Men for 2015 Nationals revealed:

- There are 165 entries for these classes and categories
- 39 (23%) of these lifters have competed once
- 82 (49%) of these lifters have competed twice

Current Standards - Men

Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Elite	515	570	630	687.5	740	787.5	827.5	860	875
Master	472.5	525	577.5	632.5	680	722.5	760	790	802.5
Class I	407.5	457.5	510	565	615	657.5	695	720	730
Class II	360	402.5	447.5	495	542.5	580	610	635	642.5
Class III	312.5	350	392.5	432.5	472.5	505	535	555	560
Class IV	272.5	307.5	342.5	375	412.5	440	465	485	490
Class V	237.5	270	297.5	325	360	382.5	402.5	422.5	427.5

Proposed Standard at Plus 3% - Men

Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Elite	530	587.5	650	707.5	762.5	810	852.5	885	900
Master	487.5	540	595	650	700	745	782.5	815	827.5
Class I	420	470	525	582.5	632.5	677.5	715	742.5	752.5
Class II	370	415	460	510	560	597.5	627.5	655	662.5
Class III	322.5	360	405	445	487.5	520	550	572.5	577.5
Class IV	280	317.5	352.5	385	425	452.5	480	500	505
Class V	245	277.5	305	335	370	395	415	435	440

Proposed Standard at Plus 5% - Men

Wt.	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Class									
Elite	540	600	662.5	722.5	777.5	827.5	870	902.5	920
Master	495	550	605	665	715	760	797.5	830	842.5
Class I	427.5	480	535	592.5	645	690	730	755	767.5
Class II	377.5	422.5	470	520	570	610	640	667.5	675
Class III	327.5	367.5	412.5	455	495	530	562.5	582.5	587.5
Class IV	285	322.5	360	395	432.5	462.5	487.5	510	515
Class V	250	285	312.5	340	377.5	402.5	422.5	445	450

Current Standards – Women

Wt.	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Class								
Elite	297.5	315	340	365	395	435	475	497.5
Master	270	285	307.5	332.5	357.5	395	432.5	452.5
Class I	230	250	272.5	295	320	355	397.5	422.5
Class II	207.5	220	242.5	262.5	285	315	352.5	370
Class III	180	195	212.5	227.5	250	277.5	307.5	322.5
Class IV	155	167.5	182.5	195	215	237.5	265	275
Class V	132.5	142.5	155	165	182.5	202.5	227.5	232.5

Proposed Standard – at Plus 3% Women

Wt.	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Class								
Elite	305	325	350	375	407.5	447.5	490	512.5
Master	277.5	295	317.5	342.5	367.5	407.5	445	465
Class I	237.5	257.5	280	305	330	365	410	435
Class II	215	227.5	250	270	295	325	362.5	380
Class III	185	200	220	235	260	285	317.5	332.5
Class IV	160	172.5	187.5	200	220	245	272.5	282.5
Class V	135	147.5	160	170	187.5	210	235	240

Proposed Standard – at Plus 5% Women

Wt.	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Class								
Elite	312.5	330	357.5	382.5	415	457.5	500	522.5
Master	285	300	322.5	350	375	415	455	475
Class I	242.5	262.5	285	310	335	372.5	417.5	445
Class II	217.5	230	255	275	300	330	370	390
Class III	187.5	205	222.5	240	262.5	290	322.5	340
Class IV	162.5	175	192.5	205	225	250	277.5	290
Class V	140	150	162.5	172.5	192.5	212.5	240	245

Proposal 2: to raise National Qualifying Standards for Junior Men and Women, Equipped powerlifting and Classic powerlifting by one class as follows:

Men's Required Totals	Equipped	Unequipped
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III (Change to Class II)	Class IV (Change to Class III)
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69	Class IV	Class V
Master 70+	None	None

Women's Required Totals	Equipped	Unequipped
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III (Change to Class II)	Class IV (Change to Class III)
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69	Class IV	Class V
Master 70+	None	None

Rationale: Of the 80 SJ and Junior competitors at 2015 Nationals, 37 (46%) have competed twice or less. A combination of membership growth, higher calibre of lifting and easily achieved qualifying standards are distorting attendance at Nationals, stressing organizational capabilities and reducing the relevance of the national championships. Competing at Nationals is earned. It is not an entitlement of purchasing a membership and competing once or twice.

Proposals withdrawn by proposer in favour of a similar proposal from Mike Knott, below.

Proposal to change the QT standards chart to a higher level, as below

Recommended	Men									137.5	Wilks
Wt. Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg		
Elite	520.0	577.5	637.5	695.0	750.0	797.5	837.5	870.0	892.5	500	
Master	477.5	530.0	585.0	640.0	690.0	732.5	770.0	800.0	820.0	460	
Class I	437.5	485.0	535.0	585.0	630.0	670.0	702.5	730.0	750.0	420	
Class II	395.0	440.0	485.0	527.5	570.0	605.0	635.0	662.5	677.5	380	
Class III	337.5	375.0	415.0	452.5	487.5	517.5	545.0	565.0	580.0	325	
Class IV	312.5	347.5	382.5	417.5	450.0	477.5	502.5	522.5	535.0	300	
Class V	285.0	317.5	350.0	382.5	412.5	437.5	460.0	480.0	490.0	275	

Men's Required Totals	Equipped	Unequipped
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III	Class IV
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69	Class IV	Class V
Master 70+	None	None

Recommended	Women									95.0	Wilks
Wt. Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg			
Elite	312.5	330.0	357.5	382.5	415.0	455.0	500.0	525.0	445		
Master	285.0	300.0	325.0	350.0	377.5	415.0	455.0	477.5	405		
Class I	255.0	270.0	292.5	315.0	340.0	372.5	410.0	442.5	365		
Class II	227.5	240.0	260.0	280.0	302.5	332.5	365.0	377.5	325		
Class III	195.0	210.0	227.5	245.0	265.0	292.5	320.0	337.5	285		
Class IV	170.0	182.5	195.0	210.0	227.5	250.0	275.0	290.0	245		
Class V	142.5	152.5	165.0	177.5	190.0	210.0	230.0	242.5	205		

Women's Required Totals	Equipped	Unequipped
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III	Class IV
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69	Class IV	Class V
Master 70+	None	None

Second by Treasurer
Passed

From: Joe Oliveira, BCPA

1) Proposal: delete s. 17.10, add as s. 16.28 "All National Championships will be concluded at least six weeks before the corresponding IPF World Championship event in the same year is scheduled to begin."

Rationale: using previous year's totals will not result in sending the best team. International championship dates are published well in advance and should be taken into account when scheduling National qualifying events.

Withdrawn in favour of other proposals.

2) Proposal: delete "unless absolutely necessary" from s. 5(c), Appendix C, and replace with ". If necessary, members of the Appeal Committee may be drawn from Committee members and/or Associate Member delegates from the previous year's AGM."

Second – PEI

Motion passed

Rationale: it is an illegal conflict of interest for individuals on a tribunal to hear appeals of their own decisions.

3) Proposal: Add as Appendix C s. 3(c): "Submit, in written form, all evidence or argument he or she wishes to be considered regarding only the issue of how the complaint fulfills one or more grounds of appeal listed in s. 4."

Second – NL

Motion passed

Rationale: an applicant has a legal right to be heard on the question of establishing evidence to prove the tribunal's jurisdiction. [N.B. the privative clause in s. 6 cannot prevent an appeal to a court of law and any jurisdictional decision made without consideration of the available evidence regarding the nature of the complaint would be prima facie invalid].

From: Julie Watkin, OPA

Items for Discussion

1) IPF Bench Only: We would like to propose, at this year's IPF general assembly, the creation of an IPF World Junior/Sub-Junior, Open/Masters Classic Bench only Championship. Currently there is none. The Classic 3 lift championship has now been around for a few years it's time they brought in the Bench Only. One proposal for dates would be to hold them in conjunction with the respective equipped world championships.

Second – Treasurer

Passed.

2) Athlete Hall of Fame Award: CPU should have a Hall of Fame for Athletes equivalent to the Hall of Fame for Builders. (For builders we have The Bill Jamison Award)

Most sports organizations at provincial, national and international levels have their Hall of Fame. Usually sports organizations have two kinds of inductees, Athlete and Builder. In the CPU we have the Bill Jamison Award (BJA), which is our highest honour for Builders, in other words, BJA is the Hall of Fame for Builders. We do not have any Hall of Fame for Athletes (Powerlifters).

We have the Athlete of the Year Award for male and female, which is awarded every year looking at past years performance of the lifters. The BJA is a life-time achievement award for the Builders, we should have the same thing for the Athletes which is equivalent to the BJA.

The name of the award for Athletes could be anything which could be decided at the AGM.

The criteria for the Athlete inductee should include the performance of the lifter and the length of time of their participation in Powerlifting. Many organizations induct the Athlete into the Hall of Fame after their retirement; we do not have to follow this but still give consideration to the length of time of participation seriously. The reason for this a Builder can only be nominated to receive the BJA after a minimum of 15 years of service.

Note that this was presented last year by Ryan Fowler with criteria to be presented in 2015. Our membership wanted to present it regardless. It can be taken out if the criteria are discussed and voted on this year.

Withdrawn in favour of other similar item

From: Ryan Fowler, SPA

Policy and Procedures Changes

1. Current Wording – 12.0 Penalties

12.12 Any member of a provincial association who is found guilty of bringing the sport into disrepute by means of his/her comments, published articles, TV or radio broadcasts or for conduct judged improper, unbecoming, or likely to adversely affect the interests and reputation of the C.P.U., may be requested to appear before a special meeting of the Executive Council. Should the Council decide that a bona fide case of violation exists, it will decide what punishment to impose upon the member.

Proposed Wording – 12.0 Penalties

Any member of a provincial association who is accused of bringing the sport into disrepute by means of his/her comments, published articles, TV or radio broadcasts or for conduct judged as inappropriate or unbecoming or likely to adversely affect the interests and reputation of the CPU will be subject to the following progressive disciplinary action.

- a) Evidence of an incident as described above is received by either the CPU or provincial association. The accused will receive a verbal warning from the provincial association informing the individual of issue at hand and that this discussion is to serve as first warning and that should the behaviour continue, outline the next steps and potential outcomes. Documentation of the discussion by the provincial association is retained and shared with the CPU Executive Council.
- b) Evidence is received by either the CPU or provincial association indicating that a second incident has occurred. The provincial association contacts the accused notifying him/her that a written warning will be issued outlining the issue and the process that will occur should a third incident was to occur. Documentation of the conversation and a copy of the written warning to be shared with the CPU Executive Council.
- c) Evidence is received by the CPU or provincial association indicating that a third incident has occurred, The CPU Executive Council will meet to review the situation and documentation obtained to date and decide the appropriate disciplinary action to be taken. This may include the member in question attending a special meeting of the Executive Council. The discipline handed out by the CPU Executive Council can range from a third and final warning to expulsion from the CPU.

The CPU reserves the right to progress the disciplinary action as appropriate depending on the magnitude of infraction.

Reason: This outlines a transparent process to deal with individuals who may be putting the sport into disrepute. Currently no process exists.

Secunder ON
Passed

2. Current Wording – 13.0 Finance

13.2 C.P.U. Subscription Fees:
g) CPU sanctioned Championship Drug Testing Fee 20.00

Proposed Wording – 13.0 Finance
REMOVE g) CPU sanctioned Championship Drug Testing Fee

Second by ON
Motion fails

Reason: The record application fee was removed last year to reduce the financial burden on top tier lifters who are setting records. The \$20 drug testing fee is another fee that our top calibre lifters are having to pay to compete at Westerns, Easterns and Nationals.

3. Current Wording – 13.0 Finances

13.3 Subscription Fees shall be payable as follows:

- a) Provincial Affiliation Fee: to be Paid in full by January 1 of that year.
- b) I.P.F. Rule Books: payment in full to accompany order.
- c) Sanction Fees, Pro-Forma Bonds: to be paid in full when bids submitted.
- d) Individual Membership Fee: payment in full shall accompany each order.
- e) Classification Awards Badges: payment in full to accompany each order.
- f) Website advertising fee payable January 1, new advertisers prorated for the remainder of the current year

Proposed Wording – 13.0 Finances

13.3 Subscription Fees shall be payable as follows:

REMOVE b) I.P.F. Rule Books: payment in full to accompany order.

Second NL
Passed

Reason: The IPF rulebook is available online, free of charge, the CPU has no reason to collect payment for the rulebook anymore.

4. Current Wording – 13.0 Finances

13.3 Subscription Fees shall be payable as follows:

- a) Provincial Affiliation Fee: to be Paid in full by January 1 of that year.
- b) I.P.F. Rule Books: payment in full to accompany order.
- c) Sanction Fees, Pro-Forma Bonds: to be paid in full when bids submitted.
- d) Individual Membership Fee: payment in full shall accompany each order.
- e) Classification Awards Badges: payment in full to accompany each order.
- f) Website advertising fee payable January 1, new advertisers prorated for the remainder of the current year.

Proposed Wording – 13.0 Finances

d) Individual Membership Fee: payment in full shall accompany each order. If a current member purchases a new CPU card prior to the expiration of their current CPU card, the member shall be entitled to a \$10 discount off the CPU portion of their CPU card.

Reason: One of the challenges we are facing is the retention of members. To encourage members to renew their CPU card prior to it lapsing, an incentive can be offered for renewing prior to the expiration of their current card. This incentive would only be for returning members, with the focus on retention of those returning members through a discount on their CPU card cost. The \$10 savings would come from the CPU portion of the card as the CPU is sitting in a very financially stable position and this is passing some savings back to the members who have invested in the CPU.

Second – PEI
Motion failed

5. Current Wording – 13.0 Finances

13.2 C.P.U. Subscription Fees:

e) Individual Membership Fee 45.00

Proposed Wording – 13.0 Finances

13.2	C.P.U. Subscription Fees	
e)	Individual Membership Fee	35.00 or 45.00

Withdrawn

6. Current Wording – 17.0 National Team Selection

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

Proposed Wording – 17.0 National Team Selection

17.3 A lifter must lift, in either Powerlifting or Bench Press, at the Nationals for that said year, if they wish to compete at the corresponding IPF World Championships, NAPF Championships or Commonwealth Championships. In the event that a full team cannot be filled from those who participated at Nationals for that said year, a lifter who missed Nationals due to unforeseen circumstances may apply to the CPU Executive for consideration for their inclusion on a national team, provided that the lifter lifted at the previous year's Nationals, and had recorded a national qualifying total in the previous twelve months. **Should one of the events listed above be held in Canada, the CPU President may accept application from lifters who have not competed at the most recent National Championship to fill the National Team.**

Reason: The selection of the National Team should apply to all world championships as well as the two other International championships. We want our athletes coming to Nationals to compete to earn spots on the National Team. If an event is being held in Canada, our teams will most likely be larger, however when there are empty spots, it would be a great opportunity to fill teams up.

Second – ON
Passed

7. Current Wording – 17.0 National Team Selection

17.4 The first place winners from the previous National Championship shall be given priority as a team member. The remaining team members will be chosen from the pool of athletes that were competing at the previous National Championship, based on Wilk's points.

Proposed Wording – 17.0 National Team Selection

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

Reason: The current wording is not entirely clear and has the potential for sending

someone who has a higher Wilks but not a higher total. (ex: Lifter B and C finish 2nd and 3rd respectively. Lifter C is very light and actually has a higher Wilks than Lifter B, but Lifter B finished 2nd at Nationals because they had a higher total. The current working would let Lifter C have a spot on the team over Lifter B, yet Lifter B actually has a better change of placing higher, therefore earning more Team Points than Lifter C as Lifter B has a higher total.)

Second ON
Passed

8. Add 8.8 (if approved, the current 8.8 will be renumbered to 8.9) The CPU shall maintain a CPU Athlete Hall of Fame which will be presented at the Banquet following the National Championship of the year the lifter is inducted into the CPU Hall of Fame. This award shall be presented to lifters who have made outstanding contribution to the CPU through their lifting achievement at a National and International level. To be eligible for this award, a lifter must have been an active member of the CPU for a minimum of 10 years. The winners of this award shall be selected by 2/3 majority of the voting members at the AGM. Each year, one male and one female lifter may be nominated to receive this award, however this award will not necessarily be presented each year, if no suitable candidate can be chosen. Recipients may only receive this award one time.

Second – MB
Motion passed

Other New Business Items for 2015 AGM

In the current policies and procedures, there are numerous references to the CPU Executive Council. Does this need to be changed to CPU Directors or CPU Officers as the Bylaws no longer have any reference to what the CPU Executive Council.

Just a housekeeping item, being done by CPU Secretary Mike Armstrong

From: Avi Silverberg, APU

By-Law Proposals:

1. Equipped Powerlifting Seminar

For the trial period between 2016-2018, offer a free equipped lifting seminar during the week of Nationals to encourage and educate new lifters on this division of our sport. Shane Martin, APU Vice-President, has offered to facilitate the 2016 seminar, as well as create supporting material and documents.

Section 6.28 (competitions): Every national championship, where appropriate facilitators are present and eager, the meet director should include a space to hold a CPU Equipped Powerlifting seminar. The seminar should last between 1-3 hours and offer opportunities for athletes to ask questions. The CPU Executive will agree on the facilitators and will operate on a volunteer basis founded on experience and desire to run such seminar. A three-year trial period will occur, ending at Nationals 2018, following which the CPU will vote on whether to install this permanently.

Seconder – PE
Passes

2. Equipment on Competition Platform at Nationals

With the increase in membership and size of these events, we are gaining more media and credibility. Falling in line with IPF World Championship regulations will keep the competition platform looking more professional and easier for lifters to use since they will know rack heights beforehand.

Section 6.29 (competitions): All national championships shall have an ER rack or Eleiko rack as the competition platform.

Secunder – SK
Passed

Items for Discussion:

1. Equipped Powerlifting Resource

The CPU should have more resources on equipped powerlifting on the main site. The CPU should produce a manual, available to all CPU members, outlining equipped lifting in an informative manner. The APU proposes that the equipped powerlifting document should replicate, or straight-out model, the APU's Equipped Powerlifting article that was written by APU Vice-President Shane Martin. In this way, the document would serve as a credible source of information to equipped powerlifting.

Secunder – SK
Passed

2. Summary of jobs performed by both CPU Vice-President's Annually

The two VP CPU Executives should be required to report on what major projects or issues they have been engaged with or dealt with over the past year at each AGM – much like the President, Treasurer, and Secretary reports. While there are already some ways in which projects and issues have been outlined (i.e. on the Executive forums), we believe there should be more transparency as to what these Executives are doing with respect to their job description.

Withdrawn, VP reports are included.

From: John MacDonald, PEIPA

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

Proposal: National records shall be eligible to be set at any contest sanctioned under any provincial affiliate of the CPU.

Second – NL
Motion fails



Vice President Report – Sport Development

Nutrabolics Sponsorship

- *A tentative sponsorship agreement was drafted between the CPU and Nutrabolics in May of 2014. After concerns raised by BC, Saskatchewan, and Quebec were reviewed by Nutrabolics, the sponsorship was pulled shortly following. Though the outcome was undesired, it provided a basis for future sponsorship direction.*

Air Canada Sponsorship

- *November 2014 saw negotiations with Air Canada to be a World Team sponsor. In December, an agreement was reached where they would provide a 15% discount off their Flex Fare to any of the IPF World Championship events among their destinations.*

Further Pending Sponsorships

- *Sponsorship proposals are in continued development with further agreements with corporations in negotiations.*

CPU and CWSA developments and areas to address:

- *Provincial bodies will require platform benches to conform to IPC regulations. Referee program to be developed – Develop and incorporate Provincial and National level training to be administered by current CPU IPC referees. Event venues must be wheelchair accessible.*
- *Social media platforms recognizing paralympic athletes in the CPU. Cooperative media with other paralympic sports inviting paralympic athletes to experience a live event. Provide “Introduction to Para-Powerlifting” seminars, workshops*
- *Enhance and maintain information platform – current events, developments, and upcoming meets.*

Projects for 2015

- *CPU promotional video campaign - Launched at 2015 Nationals – will include; CPU history, sport background, lifter testimonies*
- *CPU website – Modernize CPU website, incorporate flash, animation.*
- *Continued canvassing for corporate sponsorship – World Team*



Vice President's Director of Programs Report to the Board

My first year in the role of VP Director of Programs has been nothing short of busy. With the ever increasing number of members I can certainly say that the CPU Board was extremely busy in 2014, not only dealing with the day to day operations of the CPU but also working on and completing several initiatives. Some of the initiative that I took the lead on and am pleased to announce that we accomplished during my first year as VP Director of Programs is:

- We completed the transition of the CPU Constitution to the new Canada Not-for profit Corporations Act (the "NFP Act") and obtained the Certificate of Continuance for the CPU under the NFP Act. Working through this process it was also noticed that the original letter patents actually had the CPU spelled as "The Canadian Power Lifting Union". So we formally changed the name to "Canadian Powerlifting Union".
- We developed a new CPU Transgender Athlete Policy
- We developed a new CPU Social Media Policy which also includes a new Code of Conduct and Discipline Policy.

Along with the above completed initiatives we have also been working with a third party on a mutually beneficial CPU Coaching certification program. We are hopeful that an agreement will be reached shortly and work start soon on developing this program.

Some other initiative that we will be working on in the upcoming year is looking for ways to help fund our CPU National Teams (scholarship fund) and hopefully the upcoming year will also see the first phase of the CPU Coaching certification program developed and implemented.

Sandro D'Angelo
VP Director of Programs



Mike Armstrong, Secretary
 4709 Fordham Cres. SE
 Calgary AB, Canada T2A 2A5
 403-402-4142 - mike@powerlifting.ca

Secretary’s Report, 2014

This has been a very busy year for myself, with the new membership registration system going in to effect, increased membership numbers, more meets held, world championships attended, and a business that is doing very well.

The amount of daily communication has increased, a lot of questions about the new card system, about qualifying for and entering the international events, new lifters with rules questions, more contest notifications and results to process, end so on. CPU business is a minimum of 15 hours a week.

Memberships

The esportsdesk system for membership purchase rolled out in September. While not without a few glitches, both technical and process, the rollout was relatively painless and seems to have been well adopted by members and provinces. The number of “no credit card” purchases, that require human involvement has been less than 4%. We ended 2014 with 1606 of the old style cards out, and 391 on the new system, totalling 1997. There is certainly some duplication involved so the 2014 total and change percentage numbers listed below may not be totally accurate. Currently (March 1) the online system is at 1225 members, about 250 ahead of where we were at the same point of 2014.

	2010	2011	2012	2013	14/old	14/new	2014 Total	% change
BC	89	114	137	237	243	114	357	51
AB	85	93	138	174	228	32	260	49
SK	39	64	88	108	142	42	184	70
MB	19	29	47	52	75	13	88	69
ON	247	266	330	395	536	83	619	57
QU	75	66	89	137	140	33	173	26
NS	30	64	43	88	84	14	98	11
PEI	58	60	47	47	52	3	55	17
NL	46	47	29	70	100	54	154	120
NB			2		4	3	7	
IN	2		1	1	2		2	100
Ttl	690	803	951	1309	1606	391	1997	53

Records

413 new national records were set in 2014, down from 446 the previous year, though we expect an increase in that figure this year, with the elimination of the record fee.

Website/Facebook

As in previous years, the site has again been very busy, with the forum accounting for the bulk of the traffic. Results have all been coming in within the one week deadline, and notifications of new contests have also come in within the 6 week prior deadline.

Increasingly the Facebook page is showing to be a better communication tool. A recent post regarding this nationals was viewed 85 times in 24 hours on the forum, but reached over 700 people by the Facebook page. If you have anything important to tell our members, send it to myself for posting on the CPU Facebook page.

World Teams

Arrangement of the world teams was handed over to CPU President Mark Giffin this past year. There were a few problems, Mark may not have realized how big of a job this can be and it is taking a lot of his time, time better spent on other tasks by our president. A proposal is on the agenda to hopefully resolve this issue.

I was again honoured to coach our team at the World Master Championships in the Czech Republic. The European location meant a smaller team for us, so our results were not as spectacular as the previous year, but all team members did Canada proud none the less.

Referees' Report for 2015

It is of vital importance to have referees that meet the IPF standards. In order to maintain this high level, referees are required to increase in their knowledge and their expertise by attending clinics, rules meetings, and championships, and by writing examinations.

Our list of referees has increased, but the availability of referees is insufficient at the Canadian Championships. This year's championships have increased by approximately one hundred lifters. This puts the onus on available referees to do more than three sessions each.

To run proper championships the ideal situation is to have three referees, three members of the jury and one technical controller. Unfortunately this happens very rarely.

It is imperative that we encourage members to attend referees' clinics and pursue this branch of our sport. It is my opinion that more people would be motivated to referee and travel to the Canadian Championships, if we increased the funding.

It has come to my attention that a few individuals have expressed a concern that they may have to let their International Referee status expire, due to the financial burden of travel.

Last year the following people passed their National referees' test: Marc Rioux, Matt Cuthbert, Ron Strong and Avi Silverberg. This year we have eight candidates taking their National referees' exam.

Sadly, last year we lost one of our longstanding National referees. Michael Eldridge passed away on August 26, 2014, in Kentville hospital, Nova Scotia. He was 68. Michael had been an exceptional lifter, holding the Masters1 deadlift record in the 100Kg class at 320.5 Kg. Michael was very diligent as a referee and took the position seriously. It was truly a pleasure working with him.

In conclusion, I have three recommendations.

1. There needs to be a referee's form for National referee candidates. This needs to be filled out and then signed by their provincial referees' chairperson, or their provincial secretary, or their provincial president. The form needs to be sent to the National Referees' Chairperson.
2. Funding should be increased for National referees from \$25 to \$35 per session. International referees should be increased from \$750 to \$1200.
3. To upgrade from the free program Professional Plans, to the \$25 yearly program of 50 units (tests).

Respectfully submitted, William T. Jamison CPU Referees' Chairman

List of Referees 2015

NAME	PROV	LEVEL						
Joe Stockinger	Ab	Inter. 1	Jason Fancy	NL	Nat.	Stan Goss	ON	Nat.
Mike Armstrong	Ab	Inter. 1	Ron Delaney	NS	Inter. 2	Matt Cuthbert	ON	Nat.
Kevin Breiter	Ab	Nat.	John Fraser	NS	Nat.	Ron Strong	ON	Nat.
Kain Lyon	Ab	Nat.	Brian George	NS	Nat.	Heather Ayles	PEI	Nat.
Avi Silverberg	Ab	Nat.	Paul Gibney	NS	Nat.	Steve Flemming	PEI	Nat.
Chris Robb	BC	Inter 2	Bill Jamison	ON	Inter. 1	Louie Levesque	PQ	Inter. 1
Gable Wang*	BC	Inter 2	Harnek Singh Rai	ON	Inter. 1	JS Rheaume	PQ	Inter. 2
Kim Dennis	BC	Nat.	Michael Knott	ON	Inter. 2	Daniel Royer	PQ	Nat.
Surinder Virk	BC	Nat.	Lynton Lam	ON	Inter. 2	Dany Mansour	PQ	Nat.
Pat Kowal	BC	Nat.	Adele Couchman	ON	Nat.	Francis Rousseau	PQ	Nat.
Justin Gray	BC	Nat.	Don Clarke	ON	Nat.	Marc Rioux	PQ	Nat.
Brock Haywood	Man	Inter. 1	Jerry Marentette	ON	Nat.	Ryan Fowler	SK	Nat.
Susan Haywood	Man	Nat.	Mark Giffin	ON	Nat.	Ryan Stinn	SK	Nat.
Jeff Butt	NL	Inter. 2	Glyn Moore	ON	Nat.	Rhea Stinn	SK	Nat.
Perry Price	NL	Nat.	Scot Seguin	ON	Nat.			
			Rick Gazdig	ON	Nat.			



CPU Anti-Doping Committee
Year End Report – 2014

Presented April 6, 2015 - St. John's, Newfoundland - CPU AGM

The Committee is pleased to provide this report to the CPU Executive upon completion of our 4th year using the Canadian Centre For Ethics In Sport (CCES) under contract as the 3rd party collection and testing agency on behalf of the CPU.

Attached please find an Anti-Doping Results Summary which shows the details of testing done in 2014. The testing program costs were approximately 10% over the budget provided and approved by the Executive (to be confirmed by the CPU Treasurer).

The summaries show the following testing activity:

<u>In-Competition</u>	<u>Out-Of-Competition</u> (successful attempts only)	
(26 men – 8 women)	(6 men – 1 woman)	
Total 34	Total 7	Total Tests - 41

Suspensions

Male

-Kyle Rozendal	Out-of-Comp	Refusal to Test	Permanent
-Preetpal Atwal	In-Comp	Schedule 1 (1) substance (2nd offense)	Permanent

Female

-Shantel Bouthillier	In-Comp	Schedule 1 (4) substances	2 year (May 1, 14 to Apr 30, 16)
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Testing for 2015 will be beginning shortly with a significant Budget increase. Also, under a new Agreement with CCES, they will be assuming more responsibility for coordinating both In and Out-Of-Competition Programs. As well, a Whereabouts Program will be instituted to further develop the CPU Out-Of-Competition Testing Program.

The Committee looks forward to another year working with CCES to provide an effective and high quality Anti-Doping Program within the CPU.

Respectfully submitted,

CPU ANTI-DOPING COMMITTEE

Chris Robb	Harnek Rai
Chairman	Member

CPU Anti-Doping Results Summary – 2014

1. In-Competition Passed Tests (32 passed – 2 failures)

MEN

- Brent Wasylowski Manitoba Provincials Feb 16, 2014
- Dennis Ng Manitoba Provincials Feb 16, 2014
- Tom Kean 2014 Nationals April 4, 2014
- Dave Walters 2014 Nationals April 4, 2014
- Erik Willis 2014 Nationals April 4, 2014
- Vincent Byrne 2014 Nationals April 4, 2014
- Tony Vuong BC Provincial June 25, 2014
- Adam Ramzy BC Provincial June 25, 2014
- Seth Albersworth Alberta Provincial July 5, 2014
- Brody Laybolt Alberta Provincial July 5, 2014
- Beau Hanrahan Alberta Provincial July 5, 2014
- Ahmad Eid Alberta Provincial July 5, 2014
- Blaine Mackie Saskatchewan Provincial September 13, 2014
- Brad Kleefeld Saskatchewan Provincial September 13, 2014
- Kojo Gyennin Western Canadians October 4, 2014
- Andre Ouellet Hebert Saguenay Open November 8, 2014
- Marc Desjardins Saguenay Open November 8, 2014
- Cody Weeks BC Fall Classic November 9, 2014
- Graham Aarsen BC Fall Classic November 9, 2014
- Mike Brennan Powersurge November 15, 2014
- Shane Dixon Powersurge November 15, 2014
- Justin Smith Eastern Canadians November 29, 2014
- Tyler Ramsay Eastern Canadians November 29, 2014
- Mark Plummer Ontario Classic Provincial November 29, 2014
- Philip Brougham Ontario Classic Provincial November 30, 2014

WOMEN

- Rhaea Stinn 2014 Nationals April 4, 2014
- Johanna Reichal Alberta Provincial July 5, 2014
- Breann Thiessen Western Canadians October 4, 2014
- Brianna Chan Powersurge November 15, 2014
- Miriam Schwabe Ontario Classic Provincial November 29, 2014
- Sarah Cowan Ontario Classic Provincial November 30, 2014
- Stephanie Puddicome Eastern Canadians November 29, 2014

2. Out-Of-Competition Passed Tests (6 successful tests & 1 refusal -out of 13 attempts)

MEN

- John MacDonald March 8, 2014
- Tom Nichols March 8, 2014
- Brad Kennedy March 8, 2014
- Yves Brousseau May 5, 2014
- Kelly Branton October 29, 2014

WOMEN

- Alyssa Smith November 16, 2014

3. Suspensions (3)

Out-Of-Competition

MEN Kyle Rozendal Permanent Refusal to Test October 4, 2014

In-Competition

MEN Preetpal Atwal Permanent 2nd Offense November 9, 2014

WOMEN Shantel Bouthillier 2 years Schedule 1 & 5 May 1, 2014 to April 30, 2016

BCPA President's Report

Year Ended December 31, 2014

- 2014 was another very active year for the Sport of Powerlifting in BC. The BCPA hosted 5 Contests in 2014 consisting of the Winter Open, Spring Open, Provincial Championships, Thunderbird Challenge, and Fall Classic. All contests were profitable with high spectator turn out and athlete participation. The end result being a record year for annual CPU memberships in BC. The profitability of the 2014 Contest schedule has also allowed the Executive to continue to upgrade the BCPA equipment with the latest purchases of weight trees and a competition ER rack.
- The Canadian Centre for Ethics in Sports (CCES) conducted 38 doping control tests in 2014. Six of the 38 tests were conducted out of contest. Five in contest tests were administered in BC resulting in four negative and one positive result. The outcome of the positive result was a lifetime ban due to a 2nd offence. Moving forward the BCPA will continue to lobby the Canadian Powerlifting Union and CCES for increased testing within Province and across Canada. In particular the BCPA Executive will place emphasis on the need to increase the number of Out of Contest tests administered.
- The 2015 season is starting strong with the Winter Open, Centaur Powerlifting Championships, Provincial Championships, Fall Classic and Commonwealth Championships currently scheduled to take place. The Commonwealth Championships is precedent setting in that it is the first International Event hosted by the BCPA. Moving into 2015 the primary challenges facing the Executive are the increased need to meet membership demand for quality contests and furthering Club Development within Province. It is anticipated that with emphasis placed on Club Development that the Clubs will with time host additional contests in Province.
- Lastly, I extend thanks to my fellow executive members, BCPA membership and sponsorship groups for their efforts in producing a very successful 2014 for the Sport of Powerlifting in BC.



February 21, 2015

To: CPU Executive

The Alberta Powerlifting Union (APU) saw a year of transition in 2014. In February, Kain Lyon, our former President resigned in his position. As a result, Shane Martin, our current Vice-President, took over Presidential duties until our Provincial AGM in July, where I, Avi Silverberg, was voted in as President. This transitional period has proven to be difficult, as much of the knowledge in running the organization, which was acquired through Kain's term, left with his resignation. It has been evident through our involvement that, historically, the APU has not kept good record-keeping procedures to support Executive transitions, and the current APU Executive has had to work hard to restore effective systems and practices.

Furthermore, sometime recently, after Shane had been trying to solicit sponsorship for the APU, he kept encountering the question 'what is the APU, legally?' Our Treasurer, James Bartlett, did a corporate search on the APU and discovered that it had been a society registered under the Societies Act in Alberta, but was struck (dissolved) many years ago for not filing annual returns. It had actually been struck for so long that we were not able to revive the old entity. Therefore, we had to incorporate a new society. Not being a legal entity posed a real concern for us for a variety of reasons (liability, enforceability, financial reporting) and getting incorporated for us was an urgent issue, which we were able to accomplish in 2014.

As further evidence of the APU's inattention, when the new Executive took over no one knew anything about the APU's finances, not even Kain, our former President. The former Treasurer at this time was uncooperative and unwilling to work with us, and we were essentially unable to function from a financial standpoint. As a result, after James was voted in as our Treasurer, we started a new bank account, had the funds transferred to Calgary, and instituted various financial transparency measures. For example, our bylaws now provide that we are to have audited financials, or have the financials reviewed by an APU sub-committee. Additionally, all Executive members now have full bank account access, instead of just one person (i.e. the Treasurer). What is more, our bylaws provide that any APU member can come to the office of the Treasurer and review the financial information of the Society.

In thinking about the current state of the APU, there have also been some shining moments that we would like to highlight:

Membership Numbers

We ended 2014 with 262 members, up from 237 in 2013, and we are already on track to be in the low 300s by the end of 2015.

Marketing Strategy

We have created a number of marketing strategies to promote the APU, including: (1) creating a brand new website that integrates various multi-media components, a website that is also intuitive and user-friendly; (2) increasing our Facebook presence through regular content and advertising, now having 700 followers; and, (3) collaborating with a professional filmmaker to create an APU-specific promo video (filmed at the 2014 Western Canadian Championships), a video that has already been shared amongst the powerlifting community broadly and viewed over 6300 times.

Doping Control

We are beginning to create a budget for doping control and work with meet directors to fund more drug tests at local competitions. In 2014, the APU was able to fund nine drug tests over three separate competitions. This number of tests is an increase from year's past, funding and testing only three athletes in 2013, and none in previous years (these are tests that have been funded outside of the CPU budget).

Student Scholarship

We have created an APU Student Scholarship fund. In 2014, we accepted application for the inaugural scholarship, an award of \$500, which was based on an athlete's involvement within the sport, including: volunteerism, athletic accomplishments, and commitment to growing the sport in Alberta. While the APU anticipates the application

requirements will change, this is an initiative that we will be continuing to offer student-athletes in Alberta for years to come.

Meet Sanction Form

We have implemented a sanction form for contests. This form asks meet directors to provide important information regarding their event prior to obtaining sanctioning from the APU. While this process has been adopted by other Provincial associations, it is new in Alberta, and we hope it allows the APU to support meet directors in hosting high-quality competitions. Furthermore, we anticipate this process to facilitate first-time meet directors in hosting competitions.

Coaching Program

We are in the process of developing a coaching program, a program that we hope to have fully developed by the end of our Executive's three-year term in 2017. The goal of such a program is to endorse qualified coaches, as well as allow athletes to seek credible coaching expertise within the province. This year, we have implemented a Provincial Team coach, Brody Laybolt, who has travelled to this year's National Championships to support our athletes in their competition. We hope that through this role we can see an increase in the performances from our Alberta athletes, ultimately improving both individual and team rankings. We have allotted a \$500 stipend for this Provincial Team coach position, which will be reviewed at this year's Provincial AGM.

Club System

Starting in 2012, and continuing this year, we are working to support our club development throughout the province. This year, we have shifted our club direction slightly, only endorsing clubs that we view as credible places for athlete development and coaching. We have wanted to avoid sanctioning clubs that merely register to gain advertising on our website, to clubs that truly have a vested interest in growing the sport of powerlifting in Alberta. Ultimately, we see the club structure and coaching program as linked, and moving forward we will be putting a lot of resources into facilitating the development of these clubs (offering opportunities to borrow APU-owned powerlifting equipment, advertising clubs on our website and Facebook pages, sanctioning various events at these locations – such as training camps, etc). In 2014, we had eight powerlifting clubs registered with the APU.

World Team Athletes

At the 2014 IPF Classic World Championships we had two APU athletes compete on Team Canada: Kojo Gyennin and Breann Thiesen. Kojo placed 4th overall in the 74k open category, securing a silver medal squat and bronze medal deadlift. Breann placed 3rd overall in the 52k junior category, securing a silver medal squat.

In summary, the APU has had many challenges over the past year, but the current Executive has worked hard to restore the organizational structures of the Society to a positive state. We have also moved forward with many new initiatives that ultimately help foster the growth of powerlifting in Alberta, as well as put us in a position to be the most credible and professional powerlifting organization in the province. This year, the APU is putting forward a bid to host the 2017 CPU National Championships in Calgary, a process that is already underway, and supported by the Calgary Sport Tourism Board. We hope that the CPU Executive and Provincial Presidents support our application.

With respect,

Avi Silverberg
Alberta Powerlifting Union
President



Like 2013, 2014 was another record-breaking year for Ontario. By the end of November 2014, just prior to the beginning of the new registration system, we had 540 members, a 37% increase over the previous record-breaking year. 2015 promises to surpass last year. At the time of this report, we have 452 members. Our growth continues across all age groups with the junior/sub-junior category remaining strong at one third of our members.

In 2014, Ontario hosted

- Eleven open meets,
- Two Provincial championships
- Three Regional high school meets
- High School Championships
- University and College Meet
- National Championships

At the time of this report, we have 10 open meets on the calendar, seven of which are full. Our flagship Toronto Super Show filled within two days of releasing registration. In addition to the open meets, we have 4 regional high school meets plus the high school championship. We are pleased that we have added our Northern region to our high school program.

In 2014 Ontario had three athletes at Open Worlds with Sarah Leighton placing fourth in her weight class and four athletes at Master Worlds.

We were able to add 3 new category two provincial referees to our roster and had two upgrades to category one and two to national referee. At present we have 30 active referees in Ontario. However, given the demand for meets, we always need more.

Last year, over 40% of our members were new. Thus far, 2015 appears to show a similar trend. With the influx of so many new members it is our task to not only welcome them but to also share our culture of participation and involvement. This is the most significant challenge that Ontario faces in the coming year or two.



St.John's, April 1015

**CPU BOARD OF DIRECTORS
CPU PROVINCIAL PRESIDENTS**

The QPF recruited 165 members and ran 7 competitions in 2014. Less meets but more lifters attended them. Biggest year ever for our Provincial federation. Three of our members were drug tested, two in competition and one out of competition with negative results.

Jessica Benedetto attended the World classic event in June. She took 5th place and won the silver in bench press. She also attended the Arnold Classic with Jean-François Caron. Jessica took 4th place and Jean-François took 2nd.

Our Facebook page is more and more popular. Francis Rousseau has developed a complete database to facilitate the job with membership, entries, records, meet results and individual results. In a click, we can get all personal and qualification information, as soon as the meet results are sent to our website. We don't have to go through all the results to check if a lifters is qualified for Provincials or Nationals.

Once again, we were granted \$5,000 from the Quebec government in 2014. Doesn't look like any increase will come any time soon, with government budget cuts.

Quebec will be bidding for the 2017 Nationals, to be held in the City of Saguenay. Joël Boulianne will be presenting the bid at the next AGM.

We would like to take this opportunity to nominate Jessica Benedetto as CPU female powerlifter of the year, and Jean-Sebastien Rheume as CPU Male powerlifter of the year.

So another challenging year is still ahead of us and we will be working on breaking the 200 members in 2015.

This will also be my last year as QPF President, after running our Provincial federation for 20 years. We have a great group of dedicated members who will keep the flame burning hopefully for many years.

Louis Levesque
President



2014 Started off as a rebuilding year for the PEI Powerlifting Association, with many of the executive positions being changed and with the addition of a few.

- President – John MacDonald
- Vice President – Heather Ayles
- Secretary – Sam Arsenault
- Treasurer – Tyler Ramsay
- Director at Large – Justin Smith
- Doping Officer – Natasha Dunn

New Lifters

This year PEIPLA has worked hard by bringing new lifters to the sport. This was done by holding several seminars and mock meets as well as starting Powerlifting Clubs.

Highschool Program

We continue to support the PEI School Athletic Association's Powerlifting program which has 3 meets per calendar year. We expect to see several of these lifters transition into the PEIPLA / CPU.

Meets

We held two more meets than normal, which are expected to be annual events.

- PEI Provincials – Equipped & Classic
- Prince County Open – First meet west of Charlottetown
- Atlantic Raw Championship – 5th Annual
- Domina Classic – First all womens meet
- Eastern Canadians

International Competitors

This year we seen 5 lifters attend International events

- Dave Forner – Arnold Sports Festival
- Justin Smith – Arnold Sports Festival
- John MacDonald – Arnold Sports Festival, North American Championships, IPF Men's Open
- Brad Kennedy – IPF Men's Masters
- Jill MacFarlane – North American Championships

Referees

2014 seen PEIPLA gain 2 more Provincial Referees

- Tyler Ramsay – January 2014
- Tilman Gallant – January 2014

We have 1 more referee since the start of 2015

- Jill Sproul – January 2015

We have 2 referees taking their National Referee Test at this years Nationals.

- Tyler Ramsay
- Justin Smith

CPU National Championship Evaluation Feedback Form

This is a form to be filled in by the CPU Directors who have attended the National Championship. One copy of the form will be sent to the CPU Secretary and one copy to the National Championship organizer and one to the provincial association.

The purpose of filling in this form is to review how the most important technical details regarding the championship were organized and run.

Name of the Championship: _____

Name of the Organizer: _____

Date of the Championship _____

Name of the CPU official or officials completing the form: _____

Ratings: 5 = excellent, 4 = very good, 3 = good, 2 = below average, 1 = bad (or not applicable/available)

No	Item	Rating
1	Transportation from airport to hotels and back	
2	Transportation between the hotel and venue	
3	Hotel: How was the quality of the hotel and quality of the breakfast(if provided)	
4	Hotel: Was a scale available at the hotel and was the scale accurate to the competition scale?	
5	Venue: How was the space of the venue and over all interior organization of the space, score table, light system, score sheets, etc. Was the audience seating well positioned to view the lifting and score sheet?	
6	Venue: Was there adequate signage outside the venue and was there signs with directions to show the way to weigh in rooms, doping control rooms, etc?	
7	Venue: Staging. Was the stage well organized: built up from the floor, space for spotter/loaders, good plate holders, space for the referees to position their chairs, good position of the jury table? All required equipment available, brush and bleach for cleaning the bar, and cleaning the floor, etc?	
8	Venue: Was the platform stable and not slippery?	
9	Venue: Was the equipment used on the platform of good quality? Bar, weight, racks and bench?	
10	Venue: Was the score table staff experienced and well organized? Was the announcer experienced and qualified?	
11	Venue: Was the sound system of good quality? Was it easy to hear in both the competition venue as well as the warm up area?	
12	Venue: Was there a separate and visible to all display for the weight on the bar as well as the current lifter?	
13	Venue: Was there a visible to all clock system for counting down the time?	
14	Venue: Was the main score sheet of good quality(projector/screen) and was it visible to the audience?	
15	Venue: Competition computer program. Was the information	

	complete and accurate?	
16	Venue: Was there a sufficient number of screens in the venue and warm up area presenting the order of lifting and current results?	
17	Venue: Music. Was the music well managed and not inappropriate?	
18	Venue: Spotters. Were the spotter/loaders fast and accurate and the safety of the lifters was good?	
19	Warm up: How was the space in the warm up room?	
20	Warm up: How was the number of warm up platforms?	
21	Warm up: How was the quality of the warm up equipment?(platforms, racks, bars and plates)	
22	Warm up: Were there a sufficient number of chairs in the warm up room for lifters to sit and to wrap knees?	
23	Warm up: Was the warm up room monitor and controlled for the number of coaches allowed per lifter?	
24	Warm up: Was the sound system able to be heard in the warm up room?	
25	Warm up: Was there free drinks for the lifters and coaches available in or near the warm up room?	
26	Warm up: Was the passage to and from the platform for the lifters well prepared with good space for the lifter and coach? (not allowed to be crowded by people watching the competition)	
27	Warm up: Was there sufficient chalk available in the warm up room?	
28	Weigh in: Was the weigh in room prepared and ready with a scale, table, and chairs?	
29	Weigh in: Was access to the weigh in room well controlled if it was a public bathroom?	
30	General: Did the organizer provide free food and drink to working officials and volunteers?	
31	General: Did the organizer co-operate well with the CPU officials when and if required to make any corrections?	
32	General: State the overall impression of the organization	

Notes: Below will be additional notes on the above items where explanation may be warranted.

Eg: No 3: Average rating 2.5, they provided segways for a 3km journey.

Conclusion statement:

Signed by CPU Directors

Position and Title

Bill Jamison Award Nominee – Mike Knott

Ontario Powerlifting Association would like to nominate Mike Knott for the 2014 Bill Jamison Award.

Mike has been involved with Canadian Powerlifting as a lifter, meet director, referee, OPA executive, and an enthusiastic advocate of our sport. Mike started lifting in 1999, wrote his referees exam in 2001, became a national referee in 2007 and an international referee in 2011. Mike has been a steady presence in our sport and a source of both history and knowledge.

As Ontario's long time referees chairperson, Mike has developed the referee exams that have since been adopted by our other provinces. He is also working with the IPF to start up web-based referee exams for the CPU and all the provinces.

With the addition of para-powerlifting to the CPU, Mike has jumped in and taken the course for the para-powerlifting referees and will be contributing a considerable amount of time, energy and knowledge to the Para Pan Am games this year in Toronto.

Mike's club, the London Powerlifting Club has been and continues to be a long time contributor to the sport in Ontario and assists us in our challenges as we continue to experience unprecedented growth.

All of the above are quantifiable contributions to our sport both provincially and nationally. It is, however, the less quantifiable aspects that make Mike such a key member of our association. In Ontario, Mike is the back bone we all rely upon to keep us upright and moving forward. There is rarely a meet where he is not present either in an official capacity as a referee or a less official capacity running a computer. We would not be able to manage our current membership without his cheerful, able and self-effacing support. We continue to see this level of commitment and involvement on a Provincial and national level. It is a gift to have individuals such as Mike who can be relied upon year after year to not just show up and collect accolades but to quietly work in the background so that everyone else has the opportunity to have their moment in the spot light. Mike is the personification of what it means to truly support and grow our sport.

Ontario Powerlifting Association Membership