



2018 AGM Meeting Minutes

Saturday, January 27, 2018, 12:30pm

Fortius Health & Sport Centre, 3713 Kensington Ave, Burnaby, BC

1. **Call to Order** 1:06 pm
2. **Review and approval of previous AGM meeting minutes from January 28, 2017.** The minutes were approved but the proposed Constitutional changes at the 2017 AGM were rejected due to failure to distribute the proposed changes to members 14 days prior to the date of the AGM, as stipulated in the Constitution. – Motion passed, seconded by Wendy.
3. **Officer's Reports:**
 - i) President – Gabriel Festing: Overview of the year for the BPCA. See full report attached in Annex A.
 - ii) Vice President/Club Development Director – Tanner Braaten: Overview of Club Development. See full report attached in Annex B.
 - iii) Treasurer – Brian Rock: Overview of the 2017 expenditures and revenues. See full report attached in Annex C.
 - iv) Registrar – Gordon Sjodin: Membership report. See full report attached in Annex D.
 - v) Secretary – Bonney Rempel: Overview of Team BC uniforms, website, newsletter. See full report attached in Annex E.
 - vi) Awards Director – Cody Weeks: Overview of the bursary program. See full report attached in Annex F.
4. **Non-Voting Officers' Reports:**
 - i) Records Chair – Bette Festing

Records Chair Report

Most records were broken at Provincials. The online submissions are the most useful. Deadlines have been changed for submissions to 7 days (instead of 14) to avoid overlap the time between the deadline and local, national and world contests. This 7 day deadline is the same as the national record application.

Last year 334 certificates were prepared. This year applicants will have the option to get either certificate or PDF file.

- ii) Officiating Chair – Justin Gray. See full report attached in Annex G.

5. New Business

- i) Constitutional Amendments/Additions: Overall motion to approve change in language throughout Constitution and Bylaws:
 - i. Change the words meet(s) or contest(s) to *competition or competitions*
 - ii. Change the word gear to the word *equipment*
 - iii. Correct the spelling of president in section 4:16
 - iv. Change the word judge to the word *referee* in section 16:02

Motion passed, seconded by Denise.

<p><u>2. TERMINATION OF MEMBERSHIP</u></p> <p>Conditions under which membership in the Society ceases</p> <p>2:01 Any member who desires to withdraw from membership in the Society may notify the Board of Directors in writing to that effect and on <i>acknowledgement of receipt</i> by the Board of Directors of such notice, the member shall cease to be a member <i>and no membership fee refund will be given.</i></p> <p>Conditions under which a member may be expelled</p> <p>2:03 Any member of the Society may be expelled from the Society by a special resolution of the members passed in the <i>Special General Meeting</i> called for that purpose.</p>	<p>Motion passed, seconded by Justin</p> <p>Motion passed, seconded by Blake Taylor</p>
<p><u>3. MEETINGS & MEMBERSHIP</u></p> <p>3:01 Month of AGM (Tabled)</p>	<p>Motion has been tabled, seconded by Bette Festing</p>
<p><u>4. DIRECTORS AND OFFICERS</u></p> <p>Directors</p> <p>4:01 The first Directors of the Society shall be the subscribers to this Constitution and these By-Laws. These Directors shall all retire at the first annual meeting. Thereafter, the number of Directors shall be determined at the first annual meeting, but in no event shall the number of positions on the Board of Directors be less than four <i>or greater than 9 in number.</i></p> <p>Election of Directors</p> <p>4:02 <i>The election of directors will take place at an Annual General Meeting of the members every two years.</i></p>	<p>Motion passed, seconded by Lynne</p> <p>Motion passed, seconded by</p>

<p>Removal of Officers:</p> <p>4:21 Officers of the Society may be removed from the Board if they fail to attend at least 70% of the meetings of the Board of Directors. Motion tabled.</p>	<p>(opposed by one: Gord)</p> <p>Motion has been tabled, seconded by Wendy</p>								
<p><u>13. RECORDS, AWARDS AND CLASSIFICATIONS</u></p> <p>13:05 The BCPA shall award <i>up to</i> two annual student bursaries. The amounts and number of awards may be increased or decreased annually at the discretion of the BCPA board. The criteria for this award will be determined by the BCPA Board. Eligible applicants must be BCPA members in good standing and must either be entering their first year of post-secondary application or in a full time post-secondary program.</p>	<p>Motion passed, seconded by Walt</p>								
<p><u>14. COMPETITIONS</u></p> <p>14:07 The entry closing dates for all Provincial championships must be stated as <i>20 - 30 days prior to the date of the Championship</i>.</p> <p>14:08 In order to be eligible to compete at a CPU Regional Championships or <i>CPU National Championships</i>, in addition to any CPU requirements, BCPA members must obtain the relevant CPU qualifying total at a sanctioned IPF member federation meet consisting of 5 or more lifters <i>and must compete at BC Provincial Championships 2 years preceding a Regional Championships</i> if the member has not competed at a Regional or higher event. In extenuating circumstances, members may apply in writing to the Board of Directors for an exemption to the requirement to attend at Provincials, with supporting documents, and the Board of Directors may grant or withhold such an exemption in its sole discretion.</p>	<p>Motion passed, seconded by Joel Klassen</p> <p>Motion passed, seconded by Bette Festing (opposed by one: Tanner)</p>								
<p><u>16. OFFICIATING</u></p> <p>16:03 Qualifications for a Category I</p> <p>b) Must be a Category II Referee in good standing for a period of at least <i>1 year</i>. c) Must have adjudicated at least <i>3 competitions and a minimum of 6 sessions</i>.</p> <p>(g) The candidate will be credited with 75 points on their decisions made at the platform as compared with those of the Jury members and not those of their fellow platform referees. The Jury will consist of <i>one Provincial Category I referee or higher and National level referee or higher</i>.</p>	<p>Motion passed, seconded by Bette Festing</p> <p>Motion passed, seconded by Phong Bui</p>								
<p><u>17. QUALIFYING TOTALS</u></p> <p>17:01 BCPA members wishing to compete in a Provincial Championships must, in the 24 months preceding the <i>competition</i>, obtain qualifying standards equivalent to or greater than the following Wilks score:</p> <p>Equipped and Unequipped Powerlifting</p> <table border="1" data-bbox="142 1774 1273 1873"> <thead> <tr> <th>Men's Wilks Point</th> <th></th> <th>Women's Wilks Point</th> <th></th> </tr> </thead> <tbody> <tr> <td>Open</td> <td>350</td> <td>Open</td> <td>300</td> </tr> </tbody> </table>	Men's Wilks Point		Women's Wilks Point		Open	350	Open	300	<p>Motion passed, seconded by Chris Robb</p>
Men's Wilks Point		Women's Wilks Point							
Open	350	Open	300						

Sub-Junior	270	Sub-Junior	200
Junior	310	Junior	245
Master 1	310	Master 1	255
Master 2	<i>One sanctioned event</i>	Master 2	<i>One sanctioned event</i>
Master 3	<i>One sanctioned event</i>	Master 3	<i>One sanctioned event</i>
Master 4	<i>One sanctioned event</i>		

Bench Press Only

Men's Wilks Point		Women's Wilks Point	
Open	80	Open	55
Sub-Junior	<i>One sanctioned event</i>	Sub-Junior	<i>One sanctioned event</i>
Junior	70	Junior	45
Master 1	75	Master 1	50
Master 2	<i>One sanctioned event</i>	Master 2	<i>One sanctioned event</i>
Master 3	<i>One sanctioned event</i>	Master 3	<i>One sanctioned event</i>
Master 4	<i>One sanctioned event</i>		

Where no minimum standards are required a member must have competed in at least one IPF sanctioned event 24 months prior to the intended Provincial, Regional or National Championships.

6. Anti-doping in the CPU

See President's report.

7. CPU Coaching Program

The purpose of the CPU Coaching Certification is to educate coaches and instructors in three primary areas:

1. Fundamental techniques for the 3 lifts of powerlifting
2. Safe and effective training environments
3. a) Ethical guidelines and competition support (coaches)
b) Framework for utilizing the 3 lifts for group training (instructors)

Anyone may enroll in this course (CPU and non CPU members). The course content is designed to develop the skills of coaches, instructors and trainers. It is an excellent means for interested individuals to gain solid and applicable knowledge and expertise on the sport of powerlifting. It will provide knowledge about the sport, including rules and how to recognize technical errors in all three lifts, as well as to learn how to correct errors using varying coaching techniques.

The CPU Coaching Certification will soon be offered in BC, dates to be determined. The BCPA will be seeking suitable course facilitators in the coming year.

The CPU Coaching Certification is a two-day course of classroom and gym instruction. The certification incorporates NCCP modules, combines the practical and theoretical, requires the submission of an athlete training log and a successful in-competition evaluation of the coach candidate.

8. Doug Hepburn memorial fund raising project

Discussed previously in the Registrar's report: Gord is working with a group to have a statue of Doug Hepburn erected at BC Place and the project is ongoing. See Registrar's report.

9. Event Updates

Nine meets are confirmed for 2018 thus far, and the UBC New Year's Powerlifting Championships have already been completed on January 14th. There will be two meets on the island (Vancouver Island Powerlifting Championships and Lift the Rock Powerlifting Championship), and one in Kelowna (Kelowna Hard Knox Open).

10. Election of Officers:

- i) Nominations of nine (9) officers for 2018-2020 board of directors: Gabriel Festing, Tanner Braaten, Wendy Yamazaki, Brian Rock, Cody Weeks, Lynne Desautels, Shadie Bourget, Dennis Leong, and Will Steep accepted their nominations and were voted in unanimously.
- ii) Nomination of non-voting officers: Bette Festing and Justin Gray accepted their nominations to remain as Records Chair and Officiating Chair, respectively.

11. Announcements

12. Adjournment

BCPA Mission: To provide infrastructure and support for provincial powerlifting competitions.

BCPA Vision: To be the number one most-recognized strength sport in BC.

GOAL #1 - Improve membership retention

GOAL #2 - Develop the Powerlifting Community

GOAL #3 - Solidify and improve internal processes

- Annex A -

President's Report - Gabriel Festing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- Annex B -

Vice President's Report - Tanner Braaten

Club Development: 6 new clubs have joined the BCPA and have brought the total of current clubs to 11. Our goal is to continue to grow and develop clubs through the following avenues:

- Club/team based competitions.
- More club events including but not limited to competitions.

It continues to be a goal of the BCPA to encourage clubs to host competitions.

In 2015 there was 4 club hosted meets.

In 2016 there was 5 club hosted meets.

In 2017 there was 6 club hosted meets.

We are expecting to improve upon this number again in 2018. Moving forward the BCPA wants to be able to offer more club meets to its membership.

In addition to club development; I have also been working on the live streaming our competitions. Some of our venues have created some challenges but we have been working with our regular venues to try to ensure we can have a stream available at each BCPA hosted event.

- Annex C -

Treasurer's Report - Brian Rock

BRITISH COLUMBIA POWERLIFTING ASSOCIATION

	<u>2015</u> ACTUAL	<u>2016</u> ACTUAL	<u>2017</u> ACTUAL
REVENUES			
Membership	12,375	17,000	18,286
BCPA Meets	112,381	56,800	51,200
Equipment Sales	3,000	1,750	0
Sanction Fees	200	500	500
Interest	25	20	30
BCPA Apparel			7501
 Total	 \$140,326	 \$76,070	 77,517
 EXPENSE			
Meets	90,571	36,500	29,500
Meetings/Seminars	1,552	2,166	2,889
Office/Stationary	761	1,664	1,340
Administration	1,920	1,470	1,218
Supplies	382	809	1,173
Supplies(BCPA medals)	0	0	4,355
Advertising	823	1,530	1,398
Equipment Storage	2,400	2,900	4,230
Truck Insurance/Maint	2,573	1,530	800
Equipment Purchase	27,000	4,073	15,898
Trailer Purchase	0	7,000	0
Drug Testing	3,800	8,711	7,464
CPU Sanction Fees	500	500	500
Trailer Ins/Maint	0	320	320
Judges Professional	0	1067	784
Bursary	0	1000	500
BCPA Apparel	0	0	8,121
 Sub Total	 \$132,282	 \$71,240	 \$80,494
 Surplus/Deficit	 8044	 4830	 (2,977)
 Year Ending Total		 8044	 12,874
 Year End Balance	 \$ 8044	 \$12,874	 \$9,897

2017 BCPA FINANCIAL NOTES

REVENUES

BCPA MEETS

-AGAIN HELD 4 MEETS. THE BIG 3 PLUS THE INAUGURAL 2017 VANCITY SHOWDOWN. A JOINT VENTURE UNDER A BREAK-EVEN ANALOGY.

EXPENSES

BCPA SUPPLIES

-REDESIGNED AND PURCHASED ADDITIONAL STOCK MEDALS FOR THE BIG THREE BCPA MEETS.

EQUIPMENT STORAGE

- LEASED A BIG STEEL BOX CONTAINER, IN APRIL, TO HOUSE ADDITIONAL BCPA EQUIPMENT THAT WAS STORED OFF SITE.

EQUIPMENT PURCHASE

- ER RACK(2)
- ELEIKO COMP SET
- ELEIKO COLLARS (2)
- LIGHTING SYSTEM
- VIDEO CAMERA
- PIPE/DRAPE

BREAK-EVEN

CREATED A LINE OF BCPA APPAREL. SOLD TO BCPA MEMBERS AT COST.

- Annex D -

Registrar's Report - Gordon Sjodin

2017: 499 members

- 1 associate
- 187 first time lifters
- 278 general
- 33 special Olympics

2016: 469 members

- 2 associates
- 212 first time lifters
- 213 general
- 42 special Olympics

2017 total membership dues: \$18,135
Less CC fees \$712.30
Less conv fee \$2.00
Total \$17,420.70

2016 total membership dues \$17,050
Less CC fees \$669.75
Less conv fee \$4.00
Total \$16,376.25

2017 Gross revenue from memberships up \$1085 from \$17,050 to \$18,135 -- affected by a decrease in the BCPA membership cost. \$5 move given to CPU portion. We would have seen a greater increase in revenue had we not volunteered this to the CPU. (Many provinces did not absorb this increase like we did).

Overall membership was only up by 30 lifters on the year, about 6%, but we did see a relatively large increase in returning lifters with 65 more than the previous year.

Personal projects over the last year include:

1) Doug Hepburn Statue project: Working with a group to have a statue of Doug Hepburn erected at BC Place. The project is ongoing. I have requested proof of the real-estate space in writing from the group. I do not recommend we undertake any fundraising efforts until this proof is granted at some magnitude. A few members of the group have worked on previous public statues and are not accustomed to this type of request. Once this is in place I recommend the BCPA support this project.

2) Taken on the CPU Registrar position, currently working in this new role and filling the BCPA registrar position. Will resign this meeting from the BCPA board and recommend Dennis Leong to the board.

3) Volunteer work at Invictus Games in Toronto. This meet was very visible and a good opportunity to put a positive light on powerlifting in general. It was a good opportunity to represent our sport at an international public level.

Would like to resign from the board but stay on with the Doug Hepburn statue project, if approved by the new board. Would like to thank the current board for being great to work with and recommend all of them if they choose to stay on for another term.

- Annex E -

Secretary's Report - Bonney Rempel

WEBSITE redevelopment was completed in 2016 and has become a useful tool for both Executive and the membership. We started an "e-club" through the website, 2016 membership reached over 145 people with 2017 membership soaring to 282 members.

BRANDING The new BCPA logo launched in 2016 and has given us the opportunity to revitalize the whole Brand of the association. From sandwich board signage, to backdrop banners, table skirting and NEW pipe & drape. The navy blue/red brand has stepped up our public appearance. With the purchase of new pipe & drape kits and table covers, the association has further experienced savings in meet rental costs. A booth, showcasing the BCPA was set-up at the Van City Showdown to further promote our Association in October.

TEAM BC As part of our mandate to increase membership retention, our goal was to create a stronger "Team" environment amongst our lifters. Starting at the Quebec Nationals in 2016, a Provincial uniform was created and available at cost. Since then, we have distributed over 140 pieces of branded TEAM BCPA apparel. This year

we awarded all BC athletes who competed in a World competition, a commemorative hoodie. Coming soon to 2018 we will have BCPA lifting socks available!

It is with my deepest regret that I will be stepping off the board in 2018. It has been my pleasure to serve this organization for the past two years.

- Annex F -

Award's Director - Cody Weeks

Volunteer of the Year award: Meara Mulholland and Lynne Desautels

Athlete of the Year award: Bonney Rempel, Stephen Cascioli

\$500 Bursary: One Applicant: Landyn Hickmott

- Annex G -

Officials Chair Report - Justin Gray

As our sport has enjoyed rapid growth in recent years it has become a challenge to schedule enough referees for a full calendar of competitions. In a typical year the BCPA now sanctions 9 contests and some of these run over two days. Referee recruitment over the past year has been a top priority.

For the first time a referee clinic was offered to help prepare participants to write the BCPA Category II Provincial Referee written exam. A total of 16 people attended one of two clinics that were offered last fall, and 9 of the attendees have since successfully completed their exam. Given the success of these clinics I will certainly continue to offer more of them next year. Below is a summary of our referee numbers for the past four years.

		Year			
		2014	2015	2016	2017
Rank	IPF Cat I	0	1	1	1
	IPF Cat II	2	1	1	2
	National	4	4	5	4
	Provincial Cat I	6	7	7	9
	Provincial Cat II	2	2	6	14
Total		14	15	20	30

While recruiting new referees remains a priority, it is also important to encourage current referees to progress through the ranks. We especially need more Provincial Cat II referees who are eligible to complete their

Category I practical exam so that they can serve as head referees at contests. Recruiting more women to referee is also a top priority.

Currently the BCPA does not have any minimum requirements for referees to maintain active status. Over time this can lead to an inflated roster that does not reflect the number of referees that are available to officiate. The BCPA should consider establishing such requirements, but do so in a way that takes into account that referees that live in some regions of the province officiate less often only because of the travel involved.

Finally, I wish to recognize our referees for lending their time and expertise to officiate at contests throughout the year and for maintaining a high standard of judging that is both fair and consistent.