



British Columbia Powerlifting Association 2019 Annual General Meeting Minutes

Sunday, January 27, 2019, 1:00 pm
Fortius Health & Sport Center, 3713 Kensington Avenue, Burnaby, BC

1. Call to Order.

A meeting notice was sent to the members 14 days prior to the meeting date, in compliance with the requirements of BCPA's Bylaws. BCPA President Gabe Festing confirms that quorum is reached (27 members present in person and 14 members present online) and meeting is called to order at 1:08pm.

2. Review and approval of previous AGM minutes from January 27, 2018.

Proposed by: Shadie Bourget Seconded by: Cody Weeks Vote: All in favour

3. Review and approval of previous SGM minutes from September 15, 2018.

Proposed by: Shadie Bourget Seconded by: Bette Festing Vote: All in favour

4. Officers' Reports.

- 4.1. **Gabriel Festing, President.** Overview of the year for the BPCA. See full report in Annex A.
- 4.2. **Tanner Braaten, Vice President/Club Development Director.** Overview of Club Development. See full report in Annex B.
- 4.3. **Brian Rock, Treasurer.** Overview of the 2017 expenditures and revenues. See full report in Annex C.
- 4.4. **Shadie Bourget, Secretary.** Overview of BCPA administration, Team BC uniforms, and Newsletter. See full report in Annex D.
- 4.5. **Cody Weeks, Registrar and Records' Chair.** Membership report and overview of records. See full report in Annex E.
- 4.6. **Dennis Leong, Webmaster.** Overview of social media/ website. See full report in Annex F.
- 4.7. **Will Steep, Award Director.** Overview of the bursary program, Athlete of the Year and Volunteer of the Year Awards. See full report in Annex G.

Proposed by: Shadie Bourget

Seconded by: Joel Klassen

Vote: All in favour

5. **Non-Voting Officer's Report.**

5.1. Bette Festing, Officiating and Scorekeeper's Chair. Overview of officiating and scorekeeping. See full report in Annex H.

6. **New Business:**

6.1. **By-Laws Amendments.**

<p>1. <u>MEETINGS OF MEMBERSHIP</u></p> <p>Month of Annual General Meeting:</p> <p>3:01 The Annual General Meeting shall be held <i>within the first 3 months of the calendar year</i> at a place within the province and on a day to be fixed by the Board of Directors.</p>	<p>Proposed by Gabe Festing</p> <p>Seconded by Chris Robb</p> <p>Motion passed</p>
<p>Quorum for General and Special meeting</p> <p>3:13 <i>If within 30 minutes from the time appointed for a general or special meeting a quorum is not present, the members present constitute a quorum.</i></p>	<p>Proposed by Cody Weeks</p> <p>Seconded by Mehar Bhogal</p> <p>Motion passed</p>
<p>4. <u>DIRECTORS AND OFFICERS</u></p> <p>4:14 The Society may pay reasonable travelling and other expenses of Directors incurred in connection with the affairs of the Society.</p>	<p>Proposed by Gabe Festing</p> <p>Seconded by Chris Robb</p> <p>Motion passed</p>
<p>13:03 The Society shall accept applications for new Provincial Records in the following age categories in each of the equipped and unequipped categories: Minimum standards to be 80% of CPU equipped standard, with the following exceptions noted below:</p> <ul style="list-style-type: none">a) Sub-juniorb) Juniorc) Opend) Master Ie) Master II (No minimum standard for Women's Master II)f) Master III (No minimum standard for Men's or Women's Master III)g) Master IV (No minimum standard for Men's or Women's Master IV)	<p>Proposed by Gabe Festing</p> <p>Seconded by Dave Ewanchuk</p> <p>Motion passed</p>

<p>13:06 <i>The BCPA shall accept in-writing nominations for the Craig English award from any BCPA member who is in good standing at the time of submission. This award shall be presented to the member who best exhibits sportsmanship, perseverance, and dedication to the sport of Powerlifting in BC. Eligible nominees must have a minimum of 10 years involvement in the BCPA. The criteria and recipients for this award will be determined by the BCPA Board. The award will not necessarily be presented each year.</i></p>	<p>Proposed by Will Steep</p> <p>Seconded by Bette Festing</p> <p>Motion passed</p>
<p>14:03 Bids to host a sanctioned Society competition must be in writing, clearly stated, and signed by the submitting individual(s). All bids to host a Provincial Championships shall be presented for consideration to the President of the Society by November 30 of the preceding year. All bids must be accompanied by a <i>payment</i> in the amount of \$500.00 as a Pro-Forma Bond, which will be returned to the bidding individual(s) if all conditions of the competition bid have been met. If all conditions are not met, then <i>payment</i> will be used by the Society to cover any costs it incurs to fix the problem.</p> <p>Amendment proposed by Cody Weeks and seconded by Joel Klassen (addition of word payment instead of cheque):</p> <p>...which will be returned to the bidding individual(s) if all conditions of the competition bid have been met. If all conditions are not met, then the <i>payment</i> will be used by the Society to cover any costs it incurs to fix the problem</p>	<p>Proposed by Gabe Festing</p> <p>Seconded by Wendy Yamakazi</p> <p>Motion passed</p>
<p>14:04 Where permission to host a BCPA sanctioned competition is granted, the bidding individual(s) shall pay to the Society a sanction fee in an amount to be determined by <i>the Board of Directors</i>.</p>	<p>Proposed by Gabe Festing</p> <p>Seconded by Lynne Desautels</p> <p>Motion passed</p>
<p>14:08 In order to be eligible to compete at a CPU Regional Championships or CPU National Championships, in addition to any CPU requirements, BCPA members must obtain the relevant CPU qualifying total at a sanctioned IPF member federation competition consisting of 5 or more lifters, and must compete at BC Provincial Championships <i>within 2 years</i> preceding a Regional Championships 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 <i>at least fourteen days prior to the date of that member's Provincial Championships</i> for an exemption to the requirement to attend at Provincials, <i>either as a volunteer or competitor</i>, with supporting documents, and the Board of Directors may grant or withhold such an exemption in its sole discretion.</p> <p>Amendment proposed by Bette Festing and seconded by Cody Weeks.</p> <p>...an exemption to the requirement to attend at Provincials, <i>as a volunteer or competitor</i>, with</p>	<p>Proposed by Gabe Festing</p> <p>Seconded by Wendy Yamakazi</p> <p>Motion passed</p>

<p>supporting documents, and the Board of Directors may grant or withhold such an exemption in its sole discretion.</p> <p>Amendment to the amendment proposed by Bette Festing and seconded by Dave Ewanchuck.</p> <p>....and must compete at BC Provincial Championships <i>within 2 years</i> preceding a Regional Championships</p> <p>Amendment to the amendment's amendment proposed by Gordon Sjordin, seconded by Mehar Bhogal.</p> <p>Adding 'at least': <i>at least fourteen days prior to the date of that member's Provincial Championships</i></p>																																																													
<p><u>16. OFFICIATING</u></p> <p>16:01 All BCPA Provincial Referees shall be supplied with a referee's card, and a crest which must be <i>sewn onto</i> the left breast of the jacket.</p>	<p>Proposed by Gabe Festing</p> <p>Seconded by Bette Festing</p> <p>Motion passed</p>																																																												
<p>16:03 e) Must adjudicate at least 75 attempts, 35 of which must be squats, while serving as Chief Referee. First round attempts by each lifter will not be counted.</p> <p>The rationale is to have someone who has never sat in head chair to have those attempts count. Bette and Chris clarified what this would entail.</p>	<p>Proposed by Justin Grey</p> <p>Seconded by Wendy</p> <p>Motion NOT passed</p>																																																												
<p>17:01 BCPA members wishing to compete in a Provincial Championships must, in the 24 months preceding the competition, obtain qualifying standards equivalent to or greater than the following <i>qualifying total</i>:</p> <p><i>Men's Provincial Powerlifting Qualifying total</i></p> <table border="1" data-bbox="203 1528 1344 1848"> <thead> <tr> <th><i>Weight Class</i></th> <th><i>53 kg</i></th> <th><i>59 kg</i></th> <th><i>66 kg</i></th> <th><i>74 kg</i></th> <th><i>83 kg</i></th> <th><i>93 kg</i></th> <th><i>105 kg</i></th> <th><i>120 kg</i></th> <th><i>120+ kg</i></th> </tr> </thead> <tbody> <tr> <td><i>Sub Junior</i></td> <td>255</td> <td>282.5</td> <td>312.5</td> <td>340</td> <td>367.5</td> <td>390</td> <td>410</td> <td>427.5</td> <td>432.5</td> </tr> <tr> <td><i>Junior</i></td> <td>312.5</td> <td>347.5</td> <td>382.5</td> <td>417.5</td> <td>450</td> <td>477.5</td> <td>502.5</td> <td>522.5</td> <td>535</td> </tr> <tr> <td><i>Open</i></td> <td>-</td> <td>375</td> <td>415</td> <td>452.5</td> <td>487.5</td> <td>517.5</td> <td>545</td> <td>565</td> <td>580</td> </tr> <tr> <td><i>Master 1 (40-49)</i></td> <td>-</td> <td>347.5</td> <td>382.5</td> <td>417.5</td> <td>450</td> <td>477.5</td> <td>502.5</td> <td>522.5</td> <td>535</td> </tr> <tr> <td><i>Master 2 (50-59)</i></td> <td>-</td> <td>317.5</td> <td>350</td> <td>382.5</td> <td>412.5</td> <td>437.5</td> <td>460</td> <td>480</td> <td>490</td> </tr> </tbody> </table>	<i>Weight Class</i>	<i>53 kg</i>	<i>59 kg</i>	<i>66 kg</i>	<i>74 kg</i>	<i>83 kg</i>	<i>93 kg</i>	<i>105 kg</i>	<i>120 kg</i>	<i>120+ kg</i>	<i>Sub Junior</i>	255	282.5	312.5	340	367.5	390	410	427.5	432.5	<i>Junior</i>	312.5	347.5	382.5	417.5	450	477.5	502.5	522.5	535	<i>Open</i>	-	375	415	452.5	487.5	517.5	545	565	580	<i>Master 1 (40-49)</i>	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535	<i>Master 2 (50-59)</i>	-	317.5	350	382.5	412.5	437.5	460	480	490	<p>Proposed by Gabe Festing</p> <p>Seconded by Cam</p> <p>Motion passed</p>
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Master 3 (60-69)	-	282.5	312.5	340	367.5	390	410	427.5	432.5
Master 4 (70+)	-	255	280	305	330	350	367.5	382.5	390

Women's Provincial Powerlifting Qualifying total

Weight Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Sub Junior	130	137.5	147.5	160	172.5	190	207.5	220
Junior	170	182.5	195	210	227.5	250	275	290
Open	-	210	227.5	245	265	292.5	320	337.5
Master 1 (40-49)	-	182.5	195	210	227.5	250	275	290
Master 2 (50-59)	-	152.5	165	177.5	190	210	230	242.5
Master 3 (60-69)	-	137.5	147.5	160	172.5	190	207.5	220
Master 4 (70+)	-	127.5	137.5	147.5	157.5	175	190	200

Men's Provincial Bench Press Only Qualifying total

Weight Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Sub Junior	55	60	65	70	77.5	82.5	87.5	90	90
Junior	62.5	75	82.5	90	100	105	110	115	120
Open	-	85	95	105	115	120	127.5	132.5	137.5
Master 1 (40-49)	-	65	72.5	77.5	87.5	90	95	100	105
Master 2 (50-59)	-	60	65	70	77.5	82.5	87.5	90	95
Master 3 (60-69)	-	60	65	70	77.5	82.5	87.5	90	95
Master 4 (70+)	-	55	60	65	70	75	80	82.5	87.5

Women's Provincial Bench Press Only Qualifying total


Weight Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Sub Junior	25	25	27.5	30	32.5	35	37.5	40
Junior	30	32.5	35	37.5	42.5	45	50	52.5
Open	-	40	40	45	50	52.5	60	62.5
Master 1 (40-49)	-	32.5	35	37.5	42.5	45	50	52.5
Master 2 (50-59)	-	27.5	30	32.5	35	37.5	42.5	45
Master 3 (60-69)	-	25	27.5	30	32.5	35	37.5	40

Master 4 (70+)	-	25	27.5	30	32.5	35	37.5	40	
Proposed Addition 18:02 <i>Any lifter who has registered CPU anti-doping rule violation shall return all awards from the competition which the positive doping result was found. Failure to do so will result in the lifter being indefinitely expelled from the society until said awards are returned and once the lifter's suspension has expired.</i>									Proposed by Gabe Festing
Proposed Amendment by Bette Festing and seconded by Cam St. Amand: add the wording, at the end, <i>and once the suspension has passed</i> as well as the wording <i>has registered CPU anti-doping rule violation.</i>									Seconded by Bette Festing
									Motion passed

7. Announcements.

A few questions were asked regarding timing of events: Women's provincial will be in mid-october but date is to be determined; Westerns date is also to be determined in March 2019 (CPU bylaws changed to make bids for Westerns every two years instead of annually).

8. **Adjournment.** Meeting is adjourned at 15:04 pm.

X 

Shadie Bourget
BCPA Secretary

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

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

During the year, the CCES attended and conducted 10 in-competition drug tests. It was our intention to increase the number of tests in 2018, however due to a multitude of issues with the CCES the Board had decided to limit the number of tests.

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

Our goal for the coming year will be:

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

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

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

- Annex B -

Vice President's Report - Tanner Braaten

CPU Coaching Program:

The CPU Coaching certification is a nationwide coaching program established by the CPU that is available to both CPU and Non-CPU members. BC as a province requires a facilitator of this program as the existing facilitator has stepped down. This role is important to allow BC coaches the opportunity to become CPU certified coaches. There is going to be a facilitator orientation course offered at the 2019 CPU Nationals in March (Specific details to be announced) and we are searching for potential volunteers/candidates.

BCPA Clubs:

7 new clubs have joined the BCPA and have brought the total of current clubs to 18. Through these 18 clubs the BCPA sanctioned 6 club hosted competitions in 2018 (matching 6 hosted in 2017). The quality of club hosted competitions has been elevated again this year which is great to see.

In an effort to reduce storage needs and to further foster club development the BCPA held an equipment auction for all extra equipment not required for our current level of competitions. This auction was very successful as it was open to BCPA Clubs first resulting in sale of all available equipment.

Upon speaking to BCPA club members, Club owners, and other BCPA members the biggest demand is in a club/team based competition. I have reached out to various associations in different realms of sport to put together a framework for a team based competition at one of our events.

This framework includes a volunteer aspect as well as a performance aspect.

Moving Forward: Unfortunately I have started a new job in Prince George and have relocated there. Since the BCPA is so heavily concentrated in the lower mainland is not feasible for me to remain as part of the board. I want to thank the BCPA Membership for the opportunity to serve you as an executive member over the last 3 years as it has been a tremendously rewarding opportunity.

- Annex C -

Treasurer's Report - Brian Rock

BRITISH COLUMBIA POWERLIFTING ASSOCIATION				
	<u>2015</u> ACTUAL	<u>2016</u> ACTUAL	<u>2017</u> ACTUAL	<u>2018</u> ACTUAL
REVENUES				
Membership	12,375	17,000	18,286	22,250
BCPA Meets	112,381	56,800	51,200	50,800
Equipment Sales	3,000	1,750	0	10,320
Sanction Fees	200	500	500	700
Interest	25	20	30	30
BCPA Apparel			7501	2450
Total	\$140,326	\$76,070	\$77,517	\$86,550
EXPENSE				
Meets	90,571	36,500	29,500	29,400
Meetings/Seminars	1,552	2,166	2,889	1,490
Office/Stationary	761	1,664	1,340	652
Administration	1,920	1,470	1,218	1155
Supplies	382	809	1,173	1051
Supplies(BCPA medals)	0	0	4,355	0
Advertising	823	1,530	1,398	0
Equipment Storage	2,400	2,900	4,230	4721
Truck Insurance/Maint	2,573	1,530	800	2000
Equipment Purchase	27,000	4,073	15,898	11,729
Trailer Purchase	0	7,000	0	0
Drug Testing	3,800	8,711	7,464	3900
CPU Sanction Fees	500	500	500	500
Trailer Ins/Maint	0	320	320	320
Judges Professional	0	1067	784	1290
Bursary	0	1000	500	1000
BCPA Apparel	0	0	8,121	5040
Sub Total	\$132,282	\$71,240	\$80,494	\$64,248
Surplus/Deficit	8044	4830	(2,977)	22,302
Year Ending Total		8044	12,874	9,897
Year End Balance	\$ 8044	\$12,874	\$9,897	\$32,199

- Annex D -

Secretary's Report - Shadie Bourget

Dear BCPA members,

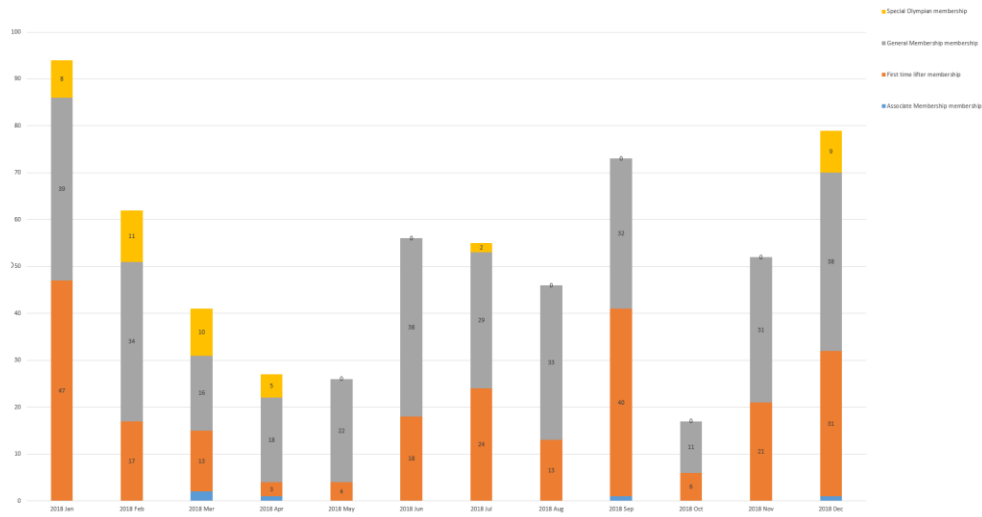
It was my pleasure to work with the BCPA Executive during this past year. As I became familiar with the BCPA as an organization, in 2018, the main projects for the secretary were the following:

- **Administrative duties:** BCPA maintained accurate documentation and meet legal requirements with the help of Hamilton Duncan Law firm by completing the transition of the Constitution and Bylaws to conform to the *New Societies Act* in British Columbia. We also ensured that important records such BC Registry filing, meeting minutes, etc. are completed.
- **Team BC apparel:** BCPA re-launched the Team BC apparel in November 2018 with competition t-shirts, jackets, hoodies, gym bags and deadlift socks. Fifty-four items were distributed and all items are available at cost. We would like to diversify BCPA clothing with limited edition apparel and continue Team BC apparel, by offering another opportunity to order Team BC clothing before Westerns.
- **BCPA Newsletter:** BCPA released two issues of the Newsletter "The Expeditor", to 365 electronic subscribers. Paper copies are available during BCPA main events (Winter Open, Provincials, Fall Classic). The Newsletter features BC powerlifting news, athlete and club profiles, award winners, as well as articles written by members.

- Annex E -

Registrar and Record's Chair - Cody Weeks

- 628 Active Members in 2018
 - 341 General - 237 First Time - 45 Special O - 5 Associate
 - Up 25% from last year
- Net Membership Dues
 - \$21,899.10
 - Up 26% from last year
- Retention rate was 43% from compared over 3 years.
- Membership by month:



Records:

- 315 records broken over 15 competitions in 2018
- 93 records at Nationals

	Open	Junior	Sub Jr	Master 1	Master 2	Master 3	Master 4
Unequipped Women	33	14	2	20	38	24	
Unequipped Men	36	37	20	19	25	11	6
Equipped Women					5		
Equipped Men	11	7		1	3	3	

- Took over from Bette Festing half way through the year
- Goal is to automate the entire process

- Annex F -

Webmaster's Report - Dennis Leong

- Facebook Page Likes increased from 1,950 to 2,100
- Instagram followers increased from 700 to 1,145



Implemented social media scheduling

- More consistency with event announcements
- More consistency with delivering messages across multiple platforms

Multi-platform Payment System

- Square Payment terminals offer convenient payment options at BCPA events

Bitly Link Management

- Reduces size of link URLs, making them easier to remember
- Consolidates link traffic in one place for analysis
- Useful for Instagram, where links can't be clicked

- Annex G -

Award's Director's Report - Will Steep

\$500 Bursary: Each year, BCPA awards two \$500 Bursaries (1 male, 1 female) to members who are full time students.

- Applications open in the summer (June/July).
- We received 10+ applicants in 2018.
- 2018 recipients: **Denae Swadden and Mike Brion**. Congratulations!

Athlete of the Year award: Adam Ramzy and Alison Kam

Volunteer of the Year award: Arthur Field and Mary Ann Middleton

- Annex H -

Officiating and Scorekeeper's Chair - Bette Festing

Officiating Chair Report

I took over the Officiating Chair position from Justin Gray on August 28, 2018. Justin Gray had been the BCPA Officiating Chair for almost 7 years. During that time he was a source of information and assisted in the recruitment of new referees. I wish to personally thank him for his years of service and dedication to the BCPA.

Referee Announcements

In January of 2018, Josh Simpson, successfully completed the Provincial Cat II Referee exam.

At the CPU National Championships in February of 2018 in Calgary, AB, Brian Rock, successfully completed his CPU Referee exam and became BC's 6th National level referee.

At the 2018 Fall Classic, Gabe Festing and Zack Currie, were examined on the Provincial Cat 1 referee test. They were both successful and scored high marks on their practical exam.

In September of 2018, we gained two new female Provincial Cat II Referees, Sarah Weijand and Christina Gee.

New IPF Rules

As of January of this year, the IPF implemented some new rules and implemented a new formula to replace the Wilks formula. To determine overall winners, the IPF Points will now be used.

Notable changes:

- ◆ Approved underwear now includes boxer briefs
- ◆ T-Shirt must be worn in Squat, Bench Press and Deadlift
- ◆ Qualified medical person on duty at all IPF events
- ◆ Breaks between each discipline if more than 1 group will now be 10 minutes

Referee Standards

In stepping into this role, one of my main initiatives is to ensure that our Referees are of a high standard, both in their knowledge of the IPF Rules and in their appearance and conduct. Our referees are a highest reflection of our province.

The written exam for our Provincial Cat II referees has been revised to reflect the new IPF Rules and to make it applicable to our provincial competitions. This is not to say that the exam has been made easier, just revised. It is still expected for all level referees to keep up to date with the IPF rules, the BCPA and CPU Bylaws.

A new practice has been implemented which took place at the 2018 Vancity Showdown. A new referee will not be automatically able to officiate at their first competition. They will attend and shadow the referees and be walked through the equipment check and weigh-in process. They will also be afforded the opportunity to sit with a referee during the competition. They will not make any calls or make any comments to influence the referees, but will be able to have the same view as the referee. This helps the new referee get used to the

position and essentially get their feet wet before they start making calls.

Rules Clinics

In addition, to the Rules Clinic that will be held following the AGM today, steps will be taken to have more clinics throughout the year. Announcements will be made to our membership of upcoming clinics. Following the clinics, members will be given the opportunity to take the Provincial Cat II exam. I will be looking to try to recruit more referees in 2019.

Scorekeeper's Chair Report

In an effort to keep up with the growth in the sport and the need for more competitions, it was recognized that more volunteers were required. In 2017, the BCPA decided that training volunteers for the scorekeeper's position would decrease the burden on the same few people who were familiar with the scorekeeping program to attend at most (if not all) of the competitions. As well, having qualified scorekeepers at the scorettable alleviated the stress of making sure that the scoreprogram (and the scorettable) was run properly.

As a BCPA Scorekeeper, they are required to volunteer as much as they are able to. This not only keeps them familiar with the scoreprogram, but also allows for us to not have to use the same scorekeeper for every competition. They are knowledgeable with the IPF Rules and certain sections of the rules are highlighted as it applies to being a scorekeeper.

In 2017, we recruited and trained 11 volunteers to become scorekeepers.

In 2018, we recruited and trained 11 more volunteers to become scorekeepers.

Despite the high number of scorekeepers, we have had some people move away or just not attend at competitions at all. As such, we will be looking to recruit and train more volunteers this year to become active scorekeepers.