



## **British Columbia Powerlifting Association 2023 Annual General Meeting Agenda**

Saturday, February 4th 2023 at 11:00 am  
Videoconference

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1. Meeting Call to Order:
  - 1.1. Establishment of Quorum;
  - 1.2. Election of chairperson;
  - 1.3. Review and approval of AGM Agenda.
2. Review and approval of previous AGM minutes from February 5, 2022.
3. Officers' Reports:
  - 3.1. Jennifer Luther Thomas, President;
  - 3.2. Dennis Leong, Treasurer.
4. New Business:
  - 4.1. Bylaws Amendments.
5. Announcements.
6. Adjournment.

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**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**



## **British Columbia Powerlifting Association 2023 Annual Reports**

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### **2022 BCPA President Report**

2022 was a good year for the BCPA and I believe we are heading in the right direction post-covid. Everyone on the Board of Directors took on a new position in 2022: myself as President, Shadie Bourget as Vice President, Justin Schubert as Registrar, Dennis Leong as Treasurer, Tammy Drover as Secretary and Graeme Gerlach and Blake Taylor as members at large. After working through the transition period that's inevitable with board turnover and learning the responsibilities of new positions, everyone has settled into their new roles and as a board built up a solid level of communication and trust.

This past year, we have been working on increasing the number of competitions and trying to return to a somewhat regular and predictable calendar post-covid while also accommodating CPU calendar changes. We held 8 competitions last year compared to 3 the year in 2021, and our membership numbers reflect that. We also gained an experienced meet director in Kelowna, and Renae will soon be hosting her second meet in BC. I'm hoping that having a competition in Kelowna every year will encourage and grow membership in the Interior.

I would also like to thank Renae for inspiring me to raise the bar with my own and the board's meet directing, and a few of her practices were incorporated into both the Summer Open and Fall Classic.

As meets are once again filling up within 15 minutes, we'd like to encourage more clubs and members to host competitions. Over the next year of our term, we want to continue providing high quality meets to members, and treating our volunteers well. Fortunately, this year we've seen increased volunteerism at competitions and rarely have to recruit last minute signups.

As part of improving the volunteer and competitor experience, here are some of the things that have been implemented or have worked well in our experience:

- Provide higher quality and more desirable food for volunteers (monster, protein bars, chipotle, pizza have all been a hit in the last year).
- Putting drinks for volunteers in coolers full of ice at summer venues where there is no fridge or air conditioning available.
- Providing volunteers with more information to do their job:
  - All announcers at BCPA-run meets receive the announcers guide in advance and are provided with a list of all competitor names, pronunciations and pronouns,
  - ER rack setup guides for the setup crew (setup guides are currently being expanded to include weight trees and platforms)
  - Floor plans so that volunteers know where to set up without much oversight - allowing board members to focus on electronic setup
- Music! A lot of feedback from previous meets have been that our meets aren't "hype" enough and the music sucks. Kiana and Roland put together great playlists this year which have been a hit with volunteers and our younger competitors. These playlists are pre-downloaded and made available for the announcer in case of any network issues.

In 2023, with support from the board, I would like to continue the momentum from this year and work on:

- Explore venues in the Lower Mainland that offer easier access for members who transit and closer to amenities (ideally walking distance or <5 minutes' drive). We currently have Winter Open scheduled at PCDHFC, and for Summer Open the BCPA is waiting to sign a contract with Poirier Sport and Leisure, also in the Tri-Cities. The board has also initiated discussions with community and cultural centers in Vancouver and North Vancouver, and ice rinks (for dry floor season) in Richmond.
- Updating the clubs and gyms page on the website and re-imagining what it means to be a club (or team) in BC.
- Youth Division - the BCPA now has the equipment to allow youth (age 8-14) to compete and this is an area we would like to develop.
- Increasing awareness about who is on the BCPA Board, what the Board does, and encouraging participation and collaboration outside of competitions.

Last year the BCPA gave out several awards at the BC Provincials: Bencher of the Year was awarded to Grego Young and Cindy Leighton. Athlete of the Year was awarded to Marie Joaquin and Matt Vena. BC also has a relatively new award - the Christopher Robb Award - which was awarded to Bette Festing for her knowledge, application and dedication to upholding the IPF rules and standards in BC. On a personal level, I can attest to her dedication to putting on regular and informative referee clinics with a high quality, helping with social media posts, creating a tough but fair exam and detailed feedback for any questions a potential or new referee might have. The ability for new referees to shadow experienced referees in competition before sitting in the chair themselves is invaluable. The BCPA also awarded the Craig English

award - our most prestigious award - to Gabe Festing. Gabe has been involved in powerlifting and the BCPA Board for decades in various capacities and has undoubtedly brought up the standard of powerlifting in BC and we see that same hard work, dedication and passion in his contributions to the CPU as VP of Sport Development.

On the subject of the Festings, 180 of BC's athletes are signed up to compete at CPU Nationals in February which is being hosted by Gabe and Bette. We know they'll do an excellent job and it will be a great first Nationals for a lot of members.

In 2022 BC had approximately 60 athletes travel across the country to St John's, NL to compete at CPU Nationals. This was the debut of the Nationals Committee, which was considered a success by all. A lot of BC's junior and sub-junior lifters made the trip for their first Nationals, performed well and went on to represent Canada at Junior Worlds and Commonwealths. Every year the number of sub-juniors and juniors continues to grow, and as we see them compete at high levels and build their own communities, I hope that it encourages more young people to get into powerlifting and increases junior powerlifter retention.

I'm grateful to be given the opportunity to preside over the BCPA and influence its direction, meet and get to know many more of our members and see what a supportive community there is in British Columbia.

I'd like to thank all of our members who have competed in the last year and volunteered their time to make all of the competitions successful and enjoyable.

I would like to thank the rest of the Board of Directors for their endless support, time and effort dedicated to the BCPA and powerlifting this year: Shadie, Dennis, Justin, Tammy, Graeme and Blake. Some members may notice that the current board of directors does not reflect the members that were elected at the 2022 AGM. Over the past year, three directors resigned: Teesh Castillo, Harveer Dhupar and David Noma. As such, Tammy was appointed to the position of Secretary in December 2022 due to her enthusiasm, passion and skills and experience that made her a great fit for the BCPA Board and the position of Secretary.

This year has been busy and stressful but at the same time enjoyable and rewarding. I'm excited to do it again with you all in 2023.

Jen Luther Thomas  
BCPA President

## 2022 BCPA Vice-President Report

Bonjour !

It is with a lot of enthusiasm that I write my first report as the Vice-President of the British Columbia Powerlifting Association (“BCPA”). This year was spent learning, recalibrating, and growing.

Various matters were worked on, such as administrative duties and strategic development. On the administrative front, we’ve continued to ensure compliance with BC Registries in order to meet the non-profit organization’s legal requirements, such as the Annual Report filing and Bylaw updates.

On the strategic front, we have planned the Board of Directors year’s work and duties in advance (i.e. shortly after the election of the 2022 directors), which we used as a guide for 2022. We plan on doing a strategic planning meeting yearly to ensure that the mission of the BCPA is implemented and that its vision is carried out. Some of the strategic planning elements evolved around the maintenance of the BCPA, standards of practice, volunteers, para powerlifting, the youth membership division and training of new directors. Moreover, the current Board of Directors has great cohesion along with several different skill sets which is a strength that provides a balance in roles and duties that are to be completed within the BCPA.

We’ve also spent time working on bringing up the athlete level of participation to numbers before the pandemic and ultimately growing the sport of powerlifting in British Columbia by organizing more competitions, engaging members with social media posts, asking for member feedback, etc.

For 2023, we would like to focus on visibility, the para powerlifting division, the youth division, and developing clubs and committees. The latter has been a challenge in the past years and we are always looking for candidates to fulfill [committee roles](#), such as Club Development Director, Awards and Volunteer Coordinator and Social Media Director.

Lastly, I would like to thank the entire Board of Directors, all chairpersons, Bette Festing (Officiating Chair), Sara Youd (Scorekeeping Chair), Cody Weeks (Records Chair), and all volunteers, including referees and scorekeepers; the BCPA is increasingly efficient with you and is able to offer more competitions thanks to your contributions. We have noticed a lot of familiar faces for whom we are thankful for (and are always happy to see), and we have also seen a lot of new faces. We are glad to be able to count on so many of you and am personally grateful for the supportive community. I’ve also worked closely with our president Jennifer Luther Thomas this past year and want to extend my gratitude towards her; the work she dedicates to the sport of powerlifting is so very important.

Shadie Bourget  
BCPA Vice-President

## **BCPA Treasurer's Report 2023 Annual General Meeting**

I'm pleased to report a surplus of \$6,011.23 in 2022. The sum of balances from all BCPA bank accounts was \$27,802.59 at the start of 2022 and we ended the year with \$33,813.82.

Total revenues in 2022 were \$66,568.70. 79% of our revenue was generated from membership signups and revenue related to holding BCPA competitions. We raised competition registration fees this year to meet increased costs for medals, trophies, venues, and volunteer food, and payment processing fees, while still keeping our entry fees lower than many competitions in other CPU provinces. We expect the majority of our revenues in 2023 to continue coming from holding competitions.

Total expenses in 2022 were \$60,557.47. The majority of our expenses came from holding competitions, including costs incurred by supporting sanctioned competitions that were not run by the BCPA Board of Directors. CCES drug test fees amounted to \$10,095, all of which were captured in full through competition registration fees from BCPA-run competitions and sanction fees from sanctioned competitions. Equipment storage costs did not increase significantly, but will see a slight increase in 2023 due to increased fees.

Annual financials are typically reported by the Treasurer at the AGM with information from previous years included with the annual income statement for the past year. Unfortunately, I have been unable to ascertain whether the financials reported from 2015 to 2021 are accurate. The reported year end balances do not match our bank account records. The reported year end balance for the financials for 2021 is \$48,341.95. I have been unable to reconcile this amount with our bank accounts. BCPA bank accounts totalled \$27,802.59 at the end of 2021. The sum of year end balances for all of our bank accounts do not match the reported year end balances for AGM financials dating back to 2015. This is concerning, as incorrect balances are amplified as surpluses and deficits from subsequent years are added to them. In a typical financial report, the previous year's year end balance is added to the surplus or deficit from the current year to produce a new year end balance. This resulted in an inflated report of our finances at the end of 2021, misrepresenting our actual financial position by \$20,539.36.

This discrepancy is possibly the result of irregular and non-standard bookkeeping practices. For example, the total revenues from 2015 have been miscalculated and reproduced in every AGM financial report for the last 7 years. My inspection of our bank account records dating back to 2015 show no obvious signs of malpractice, although this assessment is not based on a thorough review of financials. Further review will be required, including discussion with past Treasurers. At this moment, I don't recommend an audit of our finances. Having served on the Board of Directors since 2018, I can confidently say that I have never had reason to suspect that funds were improperly used.

In light of this, I aim to take the following steps before the 2024 BCPA AGM:

- Move our bookkeeping online to software such as Quickbooks, Sage, or Xero.

- Use accounting software integrations to track and reconcile all bank and credit card transactions.
- Engage a neutral, third-party bookkeeper to ensure proper reporting of our finances and continuity with future Treasurers.
- Establish policies for expense reimbursements for Board members, referees, scorekeepers, and volunteers.

We cannot expect future BCPA Treasurers to be professionally trained in accounting or bookkeeping, so we should be engaging a bookkeeper or accounting firm to ensure our records are correct. Doing so will ensure there is continuity when Board members come and go.

I'm aware that this report may be concerning to some members. In the spirit of full transparency, I'd like to remind BCPA members that the BC Societies Act and our By-Laws ensure that our financial records are available for viewing by those who request it. Section 24 (2) of the BC Societies Act describes how Societies must respond to requests for records. Section 9:01 of the BCPA By-Laws describe how books and records of the Society can be accessed by members.

I'm looking forward to hardening our financial processes in the coming year.

Dennis Leong  
Treasurer

## 2022 BCPA Financials

<b>British Columbia Powerlifting Association 2022 Income Statment</b>													
	Jan-22	Feb-22	Mar-22	Apr-22	May-22	Jun-22	Jul-22	Aug-22	Sep-22	Oct-22	Nov-22	Dec-22	Total
<b>REVENUE</b>													
Memberships	\$ 294.41	\$ 374.25	\$ 1,666.66	\$ 2,559.59	\$ 1,277.44	\$ 1,377.24	\$ 598.80	\$ 2,215.28	\$ 3,402.46	\$ 1,626.74	\$ 2,594.36	\$ 1,332.33	\$ 19,319.56
BCPA Meets	\$ -	\$ -	\$ 7,525.44	\$ -	\$ 1,441.58	\$ 7,278.46	\$ 2,333.65	\$ 13,796.11	\$ 1,089.33	\$ 1,286.20	\$ -	\$ -	\$ 34,750.77
Equipment Sales	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Sanction Fees	\$ -	\$ 485.20	\$ -	\$ 485.20	\$ -	\$ -	\$ -	\$ 500.00	\$ 2,085.58	\$ 500.00	\$ -	\$ 3,031.13	\$ 7,087.11
Interest	\$ 0.09	\$ 0.08	\$ 0.09	\$ 0.08	\$ 0.09	\$ 0.08	\$ 0.09	\$ 0.09	\$ 0.08	\$ 0.09	\$ 0.08	\$ 0.09	\$ 1.03
General Revenue	\$ -	\$ -	\$ -	\$ 784.93	\$ 423.19	\$ -	\$ -	\$ 2,410.18	\$ -	\$ 1,353.86	\$ -	\$ 1,349.41	\$ 6,321.57
Income Suspense	\$ 500.00	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 500.00
<b>TOTAL REVENUES</b>	<b>\$ 794.50</b>	<b>\$ 859.53</b>	<b>\$ 9,192.19</b>	<b>\$ 3,829.80</b>	<b>\$ 3,142.30</b>	<b>\$ 8,655.78</b>	<b>\$ 2,932.54</b>	<b>\$ 18,921.66</b>	<b>\$ 6,577.45</b>	<b>\$ 4,766.89</b>	<b>\$ 2,594.44</b>	<b>\$ 5,712.96</b>	<b>\$ 67,980.04</b>
<b>EXPENSE</b>													
Meets	\$ -	\$ -	\$ -	\$ 2,673.30	\$ 1,832.45	\$ 1,892.00	\$ 3,076.28	\$ 5,480.84	\$ 121.07	\$ 3,650.14	\$ 2,233.02	\$ -	\$ 20,959.10
Meetings/Seminars	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 56.78	\$ -	\$ -	\$ -	\$ -	\$ 367.50	\$ 424.28
Office/Stationary	\$ -	\$ -	\$ -	\$ -	\$ 150.21	\$ 27.69	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 177.90
Administration	\$ 169.40	\$ 225.82	\$ 107.10	\$ -	\$ 193.62	\$ 697.63	\$ 373.97	\$ 522.17	\$ 1,047.00	\$ 55.08	\$ 149.99	\$ -	\$ 3,541.78
Supplies	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 1,114.95	\$ 139.43	\$ -	\$ 1,254.38
Supplies (BCPA medals)	\$ 383.88	\$ -	\$ -	\$ -	\$ 818.84	\$ 327.31	\$ -	\$ -	\$ -	\$ 2,983.68	\$ -	\$ 2,079.77	\$ 6,593.48
Advertising	\$ -	\$ -	\$ -	\$ 2,887.50	\$ -	\$ 1,443.75	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 4,331.25
Equipment Storage	\$ 253.74	\$ 750.00	\$ 253.74	\$ -	\$ 876.87	\$ 126.87	\$ 20.00	\$ 1,013.74	\$ -	\$ 380.61	\$ 750.00	\$ -	\$ 4,425.57
Truck Ins/Maint	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Equipment Purchase	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 1,764.00	\$ 1,302.21	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 3,066.21
Trailer Purchase	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Drug Testing	\$ -	\$ -	\$ -	\$ -	\$ 1,425.00	\$ 4,725.00	\$ -	\$ 930.00	\$ -	\$ -	\$ 1,620.00	\$ 1,395.00	\$ 10,095.00
CPU Sanction Fees	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 1,094.00	\$ 1,094.00
Trailer Ins/Maint	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Judges Professional	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 1,012.14	\$ 400.68	\$ 735.25	\$ -	\$ 682.94	\$ 297.05	\$ 1,345.85	\$ 4,473.91
Bursary	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 1,000.00	\$ 1,000.00
Apparel	\$ -	\$ -	\$ -	\$ 469.85	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 469.85
Bank Fees	\$ 1.80	\$ 0.90	\$ 99.90	\$ 4.50	\$ (94.50)	\$ 15.30	\$ 5.40	\$ 8.10	\$ -	\$ 6.30	\$ 7.20	\$ 7.20	\$ 62.10
Expense Suspense	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
<b>TOTAL EXPENSES</b>	<b>\$ 808.82</b>	<b>\$ 976.72</b>	<b>\$ 460.74</b>	<b>\$ 6,035.15</b>	<b>\$ 5,202.49</b>	<b>\$ 12,031.69</b>	<b>\$ 5,235.32</b>	<b>\$ 8,690.10</b>	<b>\$ 1,168.07</b>	<b>\$ 8,873.70</b>	<b>\$ 5,196.69</b>	<b>\$ 7,289.32</b>	<b>\$ 61,968.81</b>
<b>SURPLUS (DEFICIT)</b>	<b>\$ (14.32)</b>	<b>\$ (117.19)</b>	<b>\$ 8,731.45</b>	<b>\$ (2,205.35)</b>	<b>\$ (2,060.19)</b>	<b>\$ (3,375.91)</b>	<b>\$ (2,302.78)</b>	<b>\$ 10,231.56</b>	<b>\$ 5,409.38</b>	<b>\$ (4,106.81)</b>	<b>\$ (2,602.25)</b>	<b>\$ (1,576.36)</b>	<b>\$ 6,011.23</b>
<b>STARTING BALANCE</b>	<b>\$ 27,802.59</b>	<b>\$ 27,788.27</b>	<b>\$ 27,671.08</b>	<b>\$ 36,402.53</b>	<b>\$ 34,197.18</b>	<b>\$ 32,136.99</b>	<b>\$ 28,761.08</b>	<b>\$ 26,458.30</b>	<b>\$ 36,689.86</b>	<b>\$ 42,099.24</b>	<b>\$ 37,992.43</b>	<b>\$ 35,390.18</b>	
<b>ENDING BALANCE</b>	<b>\$ 27,788.27</b>	<b>\$ 27,671.08</b>	<b>\$ 36,402.53</b>	<b>\$ 34,197.18</b>	<b>\$ 32,136.99</b>	<b>\$ 28,761.08</b>	<b>\$ 26,458.30</b>	<b>\$ 36,689.86</b>	<b>\$ 42,099.24</b>	<b>\$ 37,992.43</b>	<b>\$ 35,390.18</b>	<b>\$ 33,813.82</b>	



## 2021 AGM Financials – For Reference Only

BRITISH COLUMBIA POWERLIFTING ASSOCIATION							
Past Financial Records for Reference Only							
<u>REVENUES</u>	<u>2015</u>	<u>2016</u>	<u>2017</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>
Memberships	\$12,375.00	\$17,000.00	\$18,286.00	\$22,250.00	\$22,711.00	\$10,009.56	\$14,089.68
BCPA Meets	\$112,381.00	\$56,800.00	\$51,200.00	\$50,800.00	\$47,400.00	\$0.00	\$18,212.60
Equipment Sales	\$3,000.00	\$1,750.00	\$0.00	\$10,320.00	\$0.00	\$0.00	\$0.00
Sanction Fees	\$200.00	\$500.00	\$500.00	\$700.00	\$2,000.00	\$250.00	\$750.00
Interest	\$25.00	\$20.00	\$30.00	\$30.00	\$40.00	\$14.00	\$0.00
BCPA Apparel	\$0.00	\$0.00	\$7,501.00	\$2,450.00	\$1,200.00	\$0.00	\$0.00
<b>TOTAL</b>	\$140,326.00	\$76,070.00	\$77,517.00	\$86,550.00	\$73,351.00	\$10,273.56	\$33,052.28
<u>EXPENSE</u>	<u>2015</u>	<u>2016</u>	<u>2017</u>	<u>2018</u>	<u>2019</u>	<u>2020</u>	<u>2021</u>
Meets	\$90,571.00	\$36,500.00	\$29,500.00	\$29,400.00	\$29,100.00	\$2,194.50	\$6,602.12
Meetings/Seminars	\$1,552.00	\$2,166.00	\$2,889.00	\$1,490.00	\$780.00	\$653.00	\$0.00
Office/Stationary	\$761.00	\$1,664.00	\$1,340.00	\$652.00	\$1,263.00	\$11.00	\$0.00
Administration	\$1,920.00	\$1,470.00	\$1,218.00	\$1,155.00	\$1,246.00	\$910.00	\$1,551.00
Supplies	\$382.00	\$809.00	\$1,173.00	\$1,051.00	\$992.00	\$1,425.00	\$2,183.00
Supplies (BCPA meda	\$0.00	\$0.00	\$4,355.00	\$0.00	\$2,396.00	\$2,184.00	\$1,036.00
Advertising	\$823.00	\$1,530.00	\$1,398.00	\$0.00	\$1,450.00	\$0.00	\$0.00
Equipment Storage	\$2,400.00	\$2,900.00	\$4,230.00	\$4,721.00	\$2,400.00	\$2,400.00	\$3,000.00
Truck Ins/Maint	\$2,573.00	\$1,530.00	\$800.00	\$2,000.00	\$950.68	\$0.00	\$227.00
Equipment Purchase	\$27,000.00	\$4,073.00	\$15,898.00	\$11,729.00	\$6,833.00	\$4,576.00	\$1,697.00
Trailer Purchase	\$0.00	\$7,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Drug Testing	\$3,800.00	\$8,711.00	\$7,464.00	\$3,900.00	\$7,875.00	\$5,235.75	\$2,820.00
CPU Sanction Fees	\$500.00	\$500.00	\$500.00	\$500.00	\$1,190.00	\$584.00	\$690.00
Trailer Ins/Maint	\$0.00	\$320.00	\$320.00	\$320.00	\$943.84	\$233.00	\$86.00
Judges Professional	\$0.00	\$1,067.00	\$784.00	\$1,290.00	\$606.00	\$214.00	\$200.00
Bursary	\$0.00	\$1,000.00	\$500.00	\$1,000.00	\$1,000.00	\$0.00	\$0.00
BCPA Apparel	\$0.00	\$0.00	\$8,121.00	\$5,040.00	\$800.00	\$0.00	\$0.00
<b>TOTAL EXPENSES</b>	\$132,282.00	\$71,240.00	\$80,490.00	\$64,248.00	\$59,825.52	\$20,620.25	\$20,092.12
<b>Sub Total</b>	\$132,282.00	\$71,240.00	\$80,490.00	\$64,248.00	\$59,825.52	\$20,620.25	\$20,092.12
<b>Surplus/Deficit</b>	\$8,044.00	\$4,830.00	\$(2,973.00)	\$22,302.00	\$13,525.48	\$(10,346.69)	\$12,960.16
<b>Year End Total</b>	\$0.00	\$8,044.00	\$12,874.00	\$9,901.00	\$32,203.00	\$45,728.48	\$35,381.79
<b>Year End Balance</b>	\$8,044.00	\$12,874.00	\$9,901.00	\$32,203.00	\$45,728.48	\$35,381.79	\$48,341.95

## **Officiating Chair's Report Bette Festing January 17, 2023**

Following the 2022 AGM, a new Bylaw was passed where it allowed the Officiating Chairperson to conclude that if a provincial referee required further development and remedial work due to, among other things, an outdated understanding of the IPF rules and demonstrated calls on the platform that were unreasonable or incorrect, that referee would be put on probation for one (1) year to allow for remediation. Those steps were taken towards a referee in 2022.

The competition season was a slow start and the first BCPA competition was until April 30. Prior to that competition a virtual rules clinic was held. This gave new and returning lifters a refresher of the rules and it gave me an opportunity to advise of any new rules that had been passed since the last competition. It was a good turn out and there was good participation by the attendees with lots of questions asked.

Last year, there were 3 opportunities for individuals to take the BCPA Category II written exam. On all 3 dates, there was a good turnout of no less than 4 people each time. From those opportunities, the BCPA gained 6 new referees. We welcomed Jennifer Luther-Thomas, Jonathan Cruz, Kathy Lawrence, Tim Branch, Dennis Leong and Kevin Van Nguyen as the BCPA newest Cat II referees. Since passing their written exam, each of them has made a presence in at least one competition in 2022 and so far in 2023.

Despite the recruitment of these new referees, we are still lacking in female referees. I would encourage anyone that may be interested in taking the exam to reach out to me.

While we have gained new referees, we have also lost referees as well. Lucas Tetrault, who had moved to BC in 2021, made the difficult decision to move his family to Alberta in November of 2022. As such, we regrettably lost him as a national referee. I wish him all the best in Alberta. As well, the BCPA has also lost 3 referees due to those individuals following other passions in their life.

Finally, this year at the BCPA Provincials, I was honoured with receiving the Christopher Robb award. This award is presented to a BCPA referee who best demonstrates professionalism, dedication and knowledge of rules and policies governing the sport of powerlifting within the BCPA. Chris Robb has been a mentor to me since he first proctored my exam way back in the 90's (the exact year doesn't need to age me anymore). His example of professionalism and knowledge of the rules was what I have always strived to follow, so receiving this award was especially special. I look forward to being able to present this award to a deserving BCPA referee.

## **Records Chair Report Cody Weeks**

In 2022, there were 277 records set across 13 competitions. The next 2 pages contain a breakdown which shows how many records were set in each competition and division.

Last year, we announced a simplified records process for all BCPA competitors. The goal was to reduce friction, and we accomplished this in 2 ways. First, we removed the need to apply for records entirely for BCPA competitions. Second, if a competitor wants a certificate, or the record was set outside a BCPA competition, we removed the need to prove unnecessary information. The old application had 16 fields. The new application has 4.

There are no changes planned for the records process in 2023.

### Highlights:

- Scott Robertson had the highest number of records broken by an individual this year, coming in at 14.
- BCPA Provincials saw the most records in a competition this year, with 59 records set.

Thanks,

Cody

**Breakdown of 2022 Provincial Records Broken / Set**

**Total Records Set: 277**

<b>Spring Showdown</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men	1	2			4	4		
Unequipped Women	4	2	5					
<b>Totals</b>	<b>5</b>	<b>4</b>	<b>5</b>	<b>0</b>	<b>4</b>	<b>4</b>	<b>0</b>	<b>22</b>

<b>Nationals</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men	4	7	9	2	2	7		
Unequipped Women	6	3		5	3		3	
Equipped Men	2							
Equipped Women							5	
<b>Totals</b>	<b>12</b>	<b>10</b>	<b>9</b>	<b>7</b>	<b>5</b>	<b>7</b>	<b>8</b>	<b>58</b>

<b>IPF Worlds</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men				1				
<b>Totals</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>

<b>Victoria PL</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men			1					
Unequipped Women	3					5		
<b>Totals</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>0</b>	<b>9</b>

<b>Kelowna</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men								
Unequipped Women	4	5		1	1	5		
<b>Totals</b>	<b>4</b>	<b>5</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>5</b>	<b>0</b>	<b>16</b>

<b>Provincials</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men	2	1	2	3	3	2	4	
Unequipped Women	3	6	5	6	6	8		
Equipped Men					3		5	
<b>Totals</b>	<b>5</b>	<b>7</b>	<b>7</b>	<b>9</b>	<b>12</b>	<b>10</b>	<b>9</b>	<b>59</b>

<b>Summer Open</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Women		2	10					
<b>Totals</b>	<b>0</b>	<b>2</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>12</b>

<b>World Juniors</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men	1	1						
Unequipped Women		2						
<b>Totals</b>	<b>1</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4</b>

<b>Westerns</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men			5					
Unequipped Women	3		7			3		
Equipped Men								
<b>Totals</b>	<b>3</b>	<b>0</b>	<b>12</b>	<b>0</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>18</b>

<b>World Masters</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men	2			4	4			
Unequipped Women							3	
<b>Totals</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>4</b>	<b>0</b>	<b>3</b>	<b>13</b>

<b>Fall Classic</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men	1	1	2			1		
Unequipped Women	2	1	5	7		4		
Equipped Men					6	1		
Equipped Women	1							
<b>Totals</b>	<b>4</b>	<b>2</b>	<b>7</b>	<b>7</b>	<b>6</b>	<b>6</b>	<b>0</b>	<b>32</b>

<b>Victoria Barbell</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men	5	2		1				
Unequipped Women	7	2	6					
Equipped Men							5	
<b>Totals</b>	<b>12</b>	<b>4</b>	<b>6</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>28</b>

<b>Commonwealth</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men		1						
Unequipped Women	2	2						
<b>Totals</b>	<b>2</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>5</b>

# **Scorekeeper's Chair Report**

## **Sara Youd**

### **January 19, 2023**

In April 2022, a Scorekeeper's Clinic was put on through zoom. The clinic was solely for the purpose of being able to have more people that could volunteer as a scorekeeper at BCPA sanctioned competitions.

Besides the Officials, the scorekeeper is one of the most important people at the contests. If there isn't a scorekeeper to run the score program, the contest can't proceed. Unfortunately, we can't just put any volunteer into that position. That volunteer has to have experience working on the score program, PLmeet, as well as have some knowledge of the IPF Technical Rules.

The clinic was set up so that we were able to go through a contest from start to finish. We went over entering the lifter's information, running through a mock meet and how to identify problems if an issue arose with the score program. As well, we went over some of the IPF Rules, that relate directly with the scorekeeper, eg., weight classes, age categories, records, bombing out, etc.

The clinic was a success. We had a total of 20+ people interested and from that we had 10 people that were able to attend and complete the clinic.

Although we now have 30 qualified scorekeepers with knowledge of the Scorekeeper program, we still only have the same 5-6 people sign up per meet. Emails are sent out when requested by the meet directors, but very little response is received. Volunteers should note that if you go a year without scorekeeping that you will be removed from the roster and asked to take the course again. If your email has changed, please contact me at [scorekeeper@bc-powerlifting.com](mailto:scorekeeper@bc-powerlifting.com).

We are in desperate need for Volunteers on the island, as I was unable to attend in November with Bette, I am hoping we can do a Clinic in Victoria before the next meet on the island.

A huge thank you to those who stepped up in 2022.

## **Apparel Committee Report**

In 2022, the partnership with Inner Strength Products (“ISP”) was brought back. In collaboration with ISP we’ve been able to offer athletes the ability to purchase limited edition BCPA branded tanks, t-shirts, long sleeve shirts, sweaters and hoodies, with a recently designed logo. All proceeds went to Team BC going to Nationals.

ISP already has supply and distribution sorted, which alleviates a lot of the work for the BCPA in ordering, managing and distributing apparel. We would like to thank ISP for this continued partnership and for helping us expand BCPA apparel and branding.

We regularly see athletes wearing the BCPA merchandise at competitions and the gym and have received positive feedback about the quality of the clothing and the logo, and plan to continue to apparel our members in this way.

## **Nationals Committee Report**

The Nationals Committee was formed prior to covid so 2022 was the first year that the committee was able to jump into action! In the lead up to CPU Nationals 2022 the committee consisted of the following members: Jennifer Luther Thomas, Shadie Bourget, John-Wesley Cummings and Graeme Gerlach.

The committee was able to provide ~60 athletes competing in St John’s, NL with a branded t-shirt and socks, and allowed athletes to purchase hoodies at-cost. For the shirts and hoodies a new logo was created, which is also being used for CPU Nationals 2023.

The t-shirt and socks were appreciated by athletes and it made it easy to spot your provincial team mates in the venue. The branding on the socks and the sleeve prints looked good in competition and on social media, and it’s clear that the athlete is representing our province.

The Nationals Committee also arranged for a free training session/meet up at Genesis Athletic Club prior to Nationals 2022, which was a great opportunity for athletes to meet each other, build some camaraderie and pick up their team apparel.

The Team BC WhatsApp group and use of the close friends on Instagram has proven a great way to communicate with athletes in addition to email. It encouraged more of a team mentality and BC athletes were coordinating spectating together, locating scales, best times to visit the training room and mitigating injuries.

Building on the committee’s success of 2022, preparations for Nationals 2023 is well underway. BC has 180 athletes competing, and this combined with the cost of inflation, means providing t-shirts for every athlete is expensive. The Nationals Committee would like to thank all of our Team BC sponsors: Young Guns Weightlifting and Boxing Club, Victoria Barbell, True North Sportswear. Thank you to Iron Throne and The Bar for allowing us to use your gyms. We would

also like to thank everyone who's participated in our fundraising efforts: purchasing apparel through Inner Strength, lifting or spectating at the Deadlift Party, purchasing photos from Shelly, indulging in Purdys chocolate or getting your car detailed by Bardo Detailing.

Lastly, this is the first year that the Nationals Committee is testing out having official Team BC coaches (or handlers) for athletes competing at Nationals. In 2022 Graeme unofficially handled a lot of BC athletes at his own expense. This year we've formalized the coaching position and Graeme will be working with Joel Klassen and Lily Riggs to ensure all BC athletes have access to an experienced handler for their competition.

The Committee is excited to keep working on supporting our athletes competing at CPU Nationals. If anyone is interested in joining the Nationals Committee for 2024 in PEI, please let us know.

## **The Volunteer Committee**

The BCPA heavily relies on volunteers to keep the organisation going and to host and run meets. We would like to make sure that volunteers are treated well and have a good experience when they volunteer within BC. The Awards and Volunteer Committee will be responsible for liaising with the BCPA board and meet directors and suggesting ways that the volunteer experience can be elevated and consistent across meets in BC.

- Select bursary award candidates
- Responsible for the Volunteer of the Year award
- Develop awards for outstanding members and achievements
- Receive nominations for current awards
- Assist with the coordination of volunteers for BCPA run events
- Collect feedback from volunteers on how the BCPA can increase volunteer retention (eg, rewards, prizes, food)
- Create strategies to encourage new volunteers (this can include creating memes for social media!)
- Liaise with the Club Development Director to encourage volunteerism from clubs in BC
- Work with the Officiating Chair and Scorekeepers Chair to increase the number and engagement of Referees and Scorekeepers in BC
- Maintain records of volunteer involvement in BC
- Suggest or create educational content for the BCPA website and social media to inform members about the requirements of different volunteer positions
- Liaise with the BCPA board and other committee members via Discord



# 2023 BCPA Proposed Bylaw Additions and Changes

## 1. GENERAL PROVISIONS (ADD SECTION 1)

ADD 1:01 to 1:06, proposed by Shadie Bourget

### **Addition:**

1:01 Purpose - These Bylaws relate to the general conduct of the affairs of the Society, the British Columbia Powerlifting Association (“BCPA”).

1:02: Definitions - The following terms have these meanings in these Bylaws:

- a) Act - The *British Columbia Societies Act*, SBC 2015, c18.
- b) Annual Meeting - The annual meeting of the Members.
- c) Auditor - A public accountant as defined in the *Act*, appointed by the Members by Ordinary Resolution at the Annual Meeting to audit the books, account, and records of the Society for a report to the Members at the next Annual Meeting, if required.
- d) Board - The Board of Directors of the Society.
- e) Bylaws - Bylaws that contain provisions respecting the internal affairs of the, as described in section 11 of the *Act*.
- f) Days - Days, including weekends and holidays.
- g) Director - An individual elected or appointed to serve on the Board of Directors pursuant to these Bylaws.
- h) Majority (or simple majority) - Voting requirements of more than half of the votes.
- i) Member - Individuals meeting the definition of Members that are admitted as Members of the Society under these Bylaws.
- j) Officer - An individual elected or appointed to serve as an Officer of the Society pursuant to these Bylaws.
- k) Ordinary Resolution -
  - i) a resolution passed at a general meeting by a simple majority of the votes cast by the voting members, whether cast personally or by proxy;
  - ii) a resolution consented to in writing, after being sent to all of the voting members, by at least 2/3 of the voting members;
  - iii) if the bylaws authorize indirect or delegate voting or voting by mail or another means of communication, including by fax, email or other electronic means, a resolution passed by a simple majority of the votes cast, in accordance with the bylaws, on the resolution
- l) Regulations - Regulations made under the *Act*, as amended, restated or in effect from time to time.
- m) Society - The British Columbia Powerlifting Association, a society that is incorporated, amalgamated, continued or converted under the *Act*

- n) Special Resolution - A resolution passed by majority of not less than two-thirds (2/3) of the votes cast on that resolution.
- i) a resolution passed at a general meeting by at least 2/3 of the votes cast by the voting members, whether cast personally or by proxy;
  - ii) a resolution consented to in writing by all of the voting members;
  - iii) if the bylaws authorize indirect or delegate voting or voting by mail or another means of communication, including by fax, email or other electronic means, a resolution passed by at least 2/3 of the votes cast, in accordance with the bylaws, on the resolution;

1:03 Registered Office - The Registered Office of the BCPA will be located in the province of British Columbia at such address as the Board may determine.

1:04 Ruling on Bylaws - Except as provided in the Act, the Board will have the authority to interpret any provision of these Bylaws that is contradictory, ambiguous or unclear, provided such interpretation is consistent with the objectives, mission, vision and values of the BCPA.

1:05 Conduct of Meetings - Unless otherwise specified in the Act or these Bylaws, meetings of members and meetings of the Board will be conducted according to the current edition of the *Robert's Rules of Order*.

1:06 Interpretation - Words importing the singular will include the plural and vice versa; words importing the masculine will include the feminine and vice versa; and words importing persons will include bodies corporate. Words importing an organization name, title, or program, will include any successor organizational name, title or program.

**Rationale:**

General provisions did not exist in the current Bylaws, and terms listed above in 1:02 were not previously defined, some of which caused confusion at the previous AGM.

*(All subsequent Bylaw sections are to be renumbered.)*

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## 4. DIRECTORS AND OFFICERS

EDIT 4:03 proposed by Jennifer Luther Thomas

**Current:**

**4:03** All Directors of the Society must be BCPA/CPU members in good standing at the time of the election.

Eligibility to become a director:

(a) Any individual, who is eighteen (18) years of age or older, who is a resident of Canada. (b) A BCPA member in good standing for greater than two years.

**Proposed:**

**4:03** All Directors of the Society must be BCPA/CPU members in good standing at the time of the election.

Eligibility to become a director:

(a) Any individual, who is eighteen (18) years of age or older, who is a resident of Canada. (b) A **current** BCPA member in good standing. ~~for greater than two years.~~

~~(c) Any individual who has been actively involved in BCPA powerlifting for one (1) year or more, either as an athlete, coach, meet director, or frequent volunteer (more than 3 sessions per year).~~

**Rationale:**

Experience has shown that length of time as a BCPA member is not a good precursor to being an active, committed and/or competent board member. In previous boards, 4:03 (b) has not always been adhered to yet those board members have shown to be engaged and productive in their appointment. This shall complement the proposed changes to 4:05.

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## EDIT 4:04 proposed by Gabe Festing

**Current:**

4:04 Any vacancy in the Directors may be filled by appointment by the Directors. Meetings of the Directors may be called by the President, two or more members of the Directors, or by two or more members.

**Proposed:**

4:04 Any vacancy in the Directors may be filled by appointment by the Directors **until the next Annual General Meeting. An Interim Director shall not possess the voting power of an elected Director but shall be limited to the administration of the duties and powers outlined in Section 4.19, 4.20, 4.21, 4.22 and 4.23 pertaining to their respective roles.**

**Rationale:**

While it would be necessary to appoint a director under certain circumstances, all directors who represent the membership should be voted in by the members. An individual who is appointed by the Board to fulfil a role and the responsibilities of a Director for an interim period should only hold this position until the next meeting of the members. This would ensure clarity and continuity of leadership responsibility, as well as decision-making authority. An interim director should only be assigned the responsibilities associated with the role of the Director/ Officer and not have the ability to influence the direction of the society.

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## EDIT 4:04 proposed by Bette Festing

### **Current:**

4:04 Any vacancy in the Directors may be filled by appointment by the Directors. Meetings of the Directors may be called by the President, two or more members of the Directors, or by two or more members.

### **Proposed:**

4:04 Any vacancy in the Directors may be filled by appointment by the Directors. ~~Meetings of the Directors may be called by the President, two or more members of the Directors, or by two or more members.~~ Notice of any vacancies on the existing Board of Directors shall be given to every member by way of e-mail or notice on the Society's webpage and/or social media outlets. The Board of Directors will have seven (7) days to receive any eligible candidates as outlined in section 4:03. Thereafter a suitable candidate shall be chosen by the Board of Directors.

### **Rationale:**

Ideally, any vacancies in the Board of Directors should be filled by a Board Member at large who were voted in by the members. If it is in the Society's best interest to fill a vacancy outside of the current Board of Directors, then notice of this vacancy should be given to the members to provide an opportunity for eligible candidates to submit their interest.

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## ADDITION 4:05 proposed by Gabe Festing

4.05 Meetings of the Directors may be called by the President, two or more members of the Directors, or by two or more members.

### **Rationale:**

Housekeeping. This is lumped in with 4.04 but should be a separate point.

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## ADDITION 4:05(d) proposed by Jennifer Luther Thomas

### Current:

4:05 Nominations – any nomination of an individual for election as a Director will:

- (a) Include the written consent of the nominee by signed or electronic signature;
  - (b) Comply with the requirements defined in section 4:03; and
  - (c) Be submitted to the BCPA Secretary seven (7) days prior to the annual general meeting.
- This timeline may be extended by Ordinary Resolution of the Board of Directors.

### Proposed:

4:05 Nominations – any nomination of an individual for election as a Director will:

- (a) Include the written consent of the nominee by signed or electronic signature;
  - (b) Comply with the requirements defined in section 4:03; ~~and~~
  - (c) Be submitted to the BCPA Secretary seven (7) days prior to the annual general meeting.
- This timeline may be extended by Ordinary Resolution of the Board of Directors; ~~and~~
- (d) Include a personal statement that should:
- i) demonstrate that the nominee meets the requirements defined in 4:03,
  - ii) describe the nominees motivations for joining the board as a Director,
  - iii) brief history of the nominees involvement in powerlifting,
  - iv) list any skills or experience that may be valuable to the Board of Directors.

### Rationale:

As described in the rationale to the proposed changes to 4:03, length of membership time is not a good indicator that a Director will prove valuable to the BCPA. My understanding is that the two years' requirement may serve to demonstrate experience/knowledge of the sport however that can be obtained without being an active member.

The addition of a personal statement allows voting members to make a more informed decision about who they vote onto the BCPA Board of Directors.

The BCPA will be more successful if quality board members are elected, and voting members will know more about their Directors. Knowing skillsets beforehand will help guide voting to prioritise skills gaps with the intention of building a productive and effective Board of Directors.

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## EDIT 4:10 proposed by Jennifer Luther Thomas

### Current:

4:10 The management and the administration of the affairs of the Society shall be vested in the Directors. In addition to the powers and authority given by the by-laws or otherwise expressly confirmed upon them, the Directors may exercise all such powers of the Society and do all such acts of its behalf as are not by the Societies Act or any of these by-laws required to be exercised or done by the Society at a general or special meeting and the Directors shall have

full power to make such rules and regulations as they deem necessary, provided that such rules and regulations are not inconsistent with the Constitution and these By-Laws.

**Proposed:**

4:10 The management and the administration of the affairs of the Society shall be vested in the Directors. In addition to the powers and authority given by the ~~by-laws~~ By-Laws or otherwise expressly ~~confirmed~~ conferred upon them, the Directors may exercise all such powers of the Society and do all such acts of its behalf as are not by the Societies Act or any of these ~~by-laws~~ By-Laws required to be exercised or done by the Society at a general or special meeting and the Directors shall have full power to make such ~~policies~~, rules and regulations as they deem necessary, provided that such rules and regulations are not inconsistent with the Constitution and these By-Laws.

**Rationale:**

The CPU is empowered with the ability to make policies and procedures which has allowed it to regularly update policies, for example related to Competitions, Awards, etc.

The IPF also maintains bylaws and a constitution which is separate to its rules and policies (how powerlifting is conducted).

The Directors would like the same ability. Currently, any changes to powerlifting related business and that doesn't impact how the society is run is essentially 'set in stone' until the next AGM unless the Directors feel it worthy to call a special meeting of the members. As the AGM is also where elections occur, the (sometimes new) board of directors are beholden to the vision of its predecessors.

As per 3:03 The Board of Directors, or any two members of the Board of Directors, or ten percent or more of the membership of the Society may call a special meeting of the Society for any purpose.

As demonstrated by the CPU recently, if the Directors of the Society receive feedback or a desire to review/change a policy that has been put in place then a special meeting of the members may be called to discuss the policy and propose change.

Between 3:03, and the proposed 4:10 and 4:11, I believe this does not give the board undue influence. Members being notified of policy changes will increase awareness of how powerlifting is conducted in BC and rules and expectations on them. Ideally this will encourage participation on an administrative level.

Members vote in Directors to run the society and act in the best interest of the membership. If in the future members lose confidence in their elected directors they may call a meeting to remove the Director(s) as described in 4:16.

## ADDITION 4:10 proposed by Jennifer Luther Thomas

### **Addition:**

#### **4:10**

The competition names and events: “Winter Open”, “Summer Open”, “Fall Classic”, “Provincial Powerlifting and Bench Press Championships” are reserved for use by the Society. If any individual(s) submit a bid to host a sanctioned Society competition or Provincial Championships the Society shall request that the submitting individual(s) should change the name of their contest. Should the Board of Directors decide that they are unable to host any of the reserved competitions they may allow individual(s) to submit proposals to host one of these competitions.

### **Rationale:**

The BCPA generates its revenue primarily through the profit from hosting competitions and membership fees. The BCPA holding these competitions each year creates an income stream that allows the BCPA to purchase new equipment beyond the obvious (racks and plates) - such as laptops, scales, DRLs, plywood etc

The BCPA also regularly maintains a stock of medals for these competitions (as it's cheaper to purchase in large quantities), has already paid for the screens for t-shirts etc.

These competitions are also an expected and regular fixture on the BCPA calendar, and give athletes an opportunity to meet their volunteer requirements because it is a BCPA run competition. These competitions are typically of a higher standard and in larger venues than a club-run meet, and this by-law allows the BCPA to retain quality control if the competition is run by another individual.

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## ADDITION 4:11 proposed by Jennifer Luther Thomas

### **Addition:**

4:11 Any Policies, Rules or Regulations created or updated by the Directors shall be communicated to the Members promptly (within 4 weeks) and made available on the BCPA website. Any changes to Policies, Rules or Regulations do not take effect until 14 days after issuance of notice.

### **Rationale:**

Members cannot be expected to constantly check the website for potential changes.

Communicating changes to Members promptly ensures that the Directors have done their due diligence in ensuring Members are informed about changes to the BCPA.

This was a change that was seen at a CPU level, and in my experience receiving these emails helps bring awareness to policies and may encourage member participation or volunteering outside of a competition.

Timelines are added to protect members from being blindsided by policy, rules or regulation changes.

### **Proposal:**

All other By-Law numbers be increased for the addition of 4:11

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## EDIT 4:20, proposed by Dennis Leong

### Current:

4:20 The Treasurer shall be custodian of the funds of the Society and subject to the control of the Board of Directors shall pay any and all bills and also make available to the annual meeting an accounting of all moneys of the Society. The Treasurer with the President, or in the absence of the President with such other member officer as may be designated by the Directors, may co-sign all cheques drawn on the funds of the Society.

### Proposed:

4:20 The Treasurer shall be custodian of the funds of the Society and subject to the control of the Board of Directors shall pay any and all bills and also make available to the annual meeting an accounting of all moneys of the Society. The Treasurer ~~with the President, or in the absence of the President with such other member officer as may be designated by the Directors, may co-sign~~, **may, in the absence of the President, sign** all cheques drawn on the funds of the Society.

### Rationale:

Most banking is done online now, which doesn't require the President's signature for each transaction. Cheques should not be subject to the additional requirement of the President's signature.

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## EDIT 4:26 proposed by Jennifer Luther Thomas

### Current:

4:26 Should an Officer choose to host a BCPA organised and run competition, that Officer will be entitled to a \$500 stipend based on available funds.

### Proposed:

4:26 Should an Director **or Directors (maximum 2)** choose to host a BCPA organised and run competition, **each** Director(s) will be entitled **up** to a **\$500 + \$250 per additional day stipend based on available funds. A two-day competition would allow an officer a maximum stipend of \$750, based on available funds.**

### Rationale:

Two changes:

Change Officer to Director - other board members who don't have an office are ineligible. BCPA Directors put in many hours of work in the 3 months before a competition, as well as making themselves available for the duration of the competition (if not physically, "on-call" through electronic communication). This often requires taking time away from work - either using vacation days or missing shifts. Increasing the stipend recognises the effort that Directors put into running a BCPA competition.



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## EDIT 4:27, proposed by Shadie Bourget

### **Current:**

4:27 Officers of the Society may be removed as Officers by a majority vote of the Directors. Officers so removed shall remain members of the Board of Directors.

### **Proposed:**

4:27 Officers of the Society may be removed as Officers by a majority vote of the Directors if absent from three (3) consecutive meetings or for failure to fulfill duties and responsibilities of the position. Officer so removed shall be removed as a Director. ~~remain members of the Board of Directors.~~

### **Rationale:**

Provides clear guidelines if the Board would like to use this bylaw to remove an officer from office. Officers that are removed shall not stay on the Board.

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## ADDITION 4:28 proposed by Gabe Festing

4:28 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.

### **Amend to:**

4:28 Officers of the Society may be removed from the Board of Directors by  $\frac{2}{3}$  resolution of the Board if they fail to attend at least 50% of the meetings of the Board of Directors. This may not apply in the event it will reduce the number of Board of Directors to less than four.

### **Rationale:**

There should be an expectation of participation when stepping on to the Board. Individuals who have committed themselves must contribute equally to the workload and not hinder the society's ability to function.

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## 10. ALTERING BYLAWS

### EDIT 10:01, proposed by Shadie Bourget

#### **Current:**

10:01 The bylaws of the Society may be amended at any general, special or annual meeting of the Society by a special resolution adopted by three-quarters majority vote of the members of the Society present at any special or annual meeting.

#### **Proposed:**

10:01 The bylaws of the Society may be amended at any general, special or annual meeting of the Society by a special resolution adopted by ~~three-quarters~~ two-third (2/3) majority vote of the members of the Society present at any special or annual meeting.

**Rationale:**

Comma; housekeeping.

To be compliant with the definition in the *BC Societies Act* of a majority vote, as also defined in BCPA's new section 1:02(n) bylaws (if passed):

"special resolution" means any of the following: a resolution passed at a general meeting by at least 2/3 of the votes cast by the voting members

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## 12. PENALTIES

EDIT 12:01 proposed by Jennifer Luther Thomas

**Current:**

12:01 Any member who is found by the Board of Directors to have contravened any of the by-laws of the Society may be subject to cancellation of his or her membership in the Society.

**Proposed:**

12:01 Any member who is found by the Board of Directors to have contravened any of the ~~by-laws~~ **bylaws, policies, rules, or regulations** of the Society may be subject to cancellation of ~~their~~ membership in the Society.

**Rationale:**

In keeping with proposals to 4:10

Housekeeping. This is a blanket proposal to add the words "policies, rules or regulations" after the word "bylaws", and to remove the hyphen in the word "bylaw" as it is written in the *Act*. The second part of the blanket proposal is to correct the spelling from "By-Law" to "Bylaw" as written in the *Act* in the entire BCPA Bylaw document.

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## 13. RECORDS, AWARDS, AND CLASSIFICATIONS

REMOVE 13 (to become a policy), proposed by Shadie Bourget

**Rationale:**

Bylaws define the governing rules of the organization while policies define the day-to-day operations of the organization; this bylaw regarding records, awards and classification pertains to operations and therefore should be placed in a policy document. All policies will be communicated to members within four (4) weeks of the changes. The rationale also follows the CPU's lead, who is empowered with the ability to make policies and procedures allowing the organization to regularly update policies as required, without having to wait a year to update an obsolete section for example.

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## 14. COMPETITIONS

ADDITION 14:03 and 14:04 proposed by Gabe Festing

**Current:**

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 payment 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 the payment will be used by the Society to cover any costs it incurs to fix the problem.

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 the Board of Directors.

**Addition:**

14:05 If a competition is postponed, delayed, or fails to operate within a reasonable standard due to faulty or damaged equipment provided by the society, the meet director will not be subject to the sanctioning fee.

**Rationale:**

14:03 and points outlined in the BCPA Competition Sanctioning Form were put in place to ensure that meet directors are accountable for the quality of the competitions they host to in order to uphold high standards of competitions held under the BCPA. The BCPA should be held to a similar standard. The BCPA is responsible for maintenance of the equipment owned by the members. At the time those points were written most of the BCPA equipment was new or in good condition. Now however, ageing and broken equipment has caused delays and/or affected the quality of some competitions which reflects poorly on the meet directors.

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## EDIT 14:03 proposed by Jennifer Luther Thomas

### **Current:**

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 payment 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 the payment will be used by the Society to cover any costs it incurs to fix the problem.

### **Proposed:**

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 payment 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 the payment will be used by the Society to cover any costs it incurs to fix the problem.

### **Rationale:**

My rationale is based on the interpretation this bylaw refers to 'Provincials', as it is different to a 'sanctioned society competition'.

With the changing CPU calendar, and the impact on the timeline of Regionals and Nationals, this timeline may not make sense in the future. Additionally, securing venues that far in advance may not be possible and makes this impractical.

---

## ADDITION 14:05 proposed by Gabe Festing

### **Addition:**

14:05 All competing athletes are subject to a CPU doping control fee which will be collected by the competition meet director. The total of which will be due and payable to the BCPA no later than 3 weeks before the contest date.

### **Rationale:**

This is outlined in the Competition Sanction Form and should be included in our bylaws.

---

REMOVE Section 14 proposed by Jennifer Luther Thomas

**Remove Section 14 - Competitions and turn it into a policy**

**Rationale:**

Rationale from 4:10 also applies here.

Competitions has nothing to do with how the organisation is run and should instead be managed as a policy and made available on the BCPA website.

Following the lead of the CPU, who is empowered with the ability to make policies and procedures which has allowed it to regularly update policies, and the CPU's rules/guidelines on competitions can be found in section 7 of its policies.

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## 15. EQUIPMENT

REMOVE Section 15 proposed by Jennifer Luther Thomas

**Remove Section 15 - Equipment and turn it into a policy**

**Rationale:**

Rationale from 4:10 also applies here.

Equipment has nothing to do with how the organisation is run and should instead be managed as a policy and made available on the BCPA website.

Following the lead of the CPU, who is empowered with the ability to make policies and procedures which has allowed it to regularly update policies, and the CPU's rules/guidelines on competitions can be found in section 15 of its policies.

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## 16. OFFICIATING

EDIT 16:01 proposed by Bette Festing

**Current:**

16:01 The Officiating Chairperson will be appointed by the Directors at the first meeting of the Directors following the annual general meeting in an election year.

The Officiating Chairperson is responsible for the following:

- (a) Testing of provincial referees.
- (b) Maintain an up-to-date list of all provincial referees.

- (c) Maintaining regular communication with the provincial referees concerning developments which involve referees and changes to the IPF Technical Rules.
- (d) Submitting an annual report for the AGM.
- (e) Conducting at least one referee clinic for all potential and current referees annually.
- (f) Having the final authority on matters involving interpretation of the IPF Technical Rules in the BCPA, with the option of contacting the CPU Officiating Chairperson for clarification when necessary.
- (g) Coordinate referees for all BCPA sanctioned competitions.

**Proposed:**

16:01 The Officiating Chairperson will be appointed by the Directors at the first meeting of the Directors following the annual general meeting in an election year.

The Officiating Chairperson is responsible for the following:

- (a) Testing of provincial referees.
- (b) Maintain an up-to-date list of all provincial referees.
- (c) Maintaining regular communication with the provincial referees concerning developments which involve referees and changes to the IPF Technical Rules.
- (d) Submitting an annual report for the AGM.
- (e) Conducting at least one referee clinic for all potential and current referees annually.
- (f) Having the final authority on matters involving interpretation of the IPF Technical Rules in the BCPA, with the option of contacting the CPU ~~Officiating Chairperson~~ **Technical Committee** for clarification when necessary.
- (g) Coordinate referees for all BCPA sanctioned competitions.

**Rationale:**

The CPU policies have been changed to add the Technical Committee where they are, among other things, responsible for providing guidance to the provincial Officiating Chairs.

---

**EDIT 16:01 proposed by Bill You**

**Current:**

16:01 The Officiating Chairperson will be appointed by the Directors at the first meeting of the Directors following the annual general meeting in an election year.

The Officiating Chairperson is responsible for the following:

- (a) Testing of provincial referees.
- (b) Maintain an up-to-date list of all provincial referees.
- (c) Maintaining regular communication with the provincial referees concerning developments which involve referees and changes to the IPF Technical Rules.
- (d) Submitting an annual report for the AGM.
- (e) Conducting at least one referee clinic for all potential and current referees annually.

- (f) Having the final authority on matters involving interpretation of the IPF Technical Rules in the BCPA, with the option of contacting the CPU Officiating Chairperson for clarification when necessary.
- (g) Coordinate referees for all BCPA sanctioned competitions.

**Remove:**

(f) Having the final authority on matters involving interpretation of the IPF Technical Rules in the BCPA, with the option of contacting the CPU Officiating Chairperson for clarification when necessary.

**Rationale:**

From CPU Policies 4.4:

4.4 Member Province's bylaws or policies must not contradict CPU bylaws or policies.

The final authority on rule clarification is the IPF to which the CPU Officials Chair can act as a liaison for communication.

---

## EDIT 16:02 proposed by Bette Festing

**Current:**

16:02 All BCPA Provincial Referees shall be supplied with a referee's card, and a crest which must be sewn onto the left breast of the jacket.

**Proposed:**

16:02 All BCPA Provincial Referees shall be supplied with a referee's card, and a crest which must be sewn onto the left breast of the jacket.

**Rationale:**

To my knowledge, BCPA referees have never been provided with a referee's card and if they have been then the practice was stopped a long time ago. There is no purpose for the referee's card except to keep track of what competition that referee officiated at. It is an unnecessary expense should the BCPA decide to carry on with providing those cards. Currently, the Officiating Chair tracks the referee's participation by a referee roster.

---

## EDIT 16:03 proposed by Bette Festing

**Current:**

16:03 BC will use a two category referee system. Category II referees are only permitted to referee as side referees. Category I referees may act as either Head Referee or as a side referee.

**Proposed:**

16:03 The BCPA BC will use a two category referee system. Category II referees are only permitted to referee officiate as side referees. Category I referees may act as either Head Referee or as a side referee.

**Rationale:**

Housekeeping.

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**EDIT 16:04 proposed by Bill You****Current:**

16:04 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.

**Proposed:**

e) Must adjudicate at least 75 attempts, 35 of which must be squats, while serving as Chief Referee. First round attempts by lifters will count.

**Rationale:**

Amend to be in line with IPF rules that first round attempts are counted. IPF Rules 2023 under Referees, Category 1 test page 33 Item 20 section (d).

---

**EDIT 16:05 proposed by Bette Festing****Current:**

16:05 To maintain a Category II referee status, a Provincial Referee is required to referee a minimum of two times per year. In extenuating circumstances, the Board of Directors may grant an exemption to this requirement.

**Proposed:**

16:05 To maintain a Category II referee status, a Provincial Referee is required to referee officiate a minimum of two times per year. If the Category II referee is unable to meet the minimum requirement, they will be removed from the BCPA referee roster. If, at a later date, that individual requests to become a referee again, they must write the BCPA Category II Provincial Referee Exam and achieve at least the minimum passing grade. In extenuating circumstances, the Board of Directors and the Officiating Chair may grant an exemption to this requirement.

**Rationale:**

Currently the bylaw does not outline what steps would be taken if the referee did not fulfill the minimum requirement. As well, if that individual requests to become a referee again, they would be considered as a new candidate and write the referee exam.

If an exemption is given, this decision should be made with input from the Officiating Chair.



---

## EDIT 16:06 proposed by Bette Festing

### **Current:**

16:06 To maintain a Category I referee status, a Provincial Referee is required to referee a minimum of once per year. If a Category I referee is unable to meet this requirement they will then be changed to a Category II referee. In extenuating circumstances, the Board of Directors may grant an exemption to this requirement.

### **Proposed:**

16:06 To maintain a Category I referee status, a Provincial Referee is required to **referee officiate** a minimum of once per year. If a Category I referee is unable to meet this requirement, they will then be changed to a Category II referee. In extenuating circumstances, the Board of Directors **and the Officiating Chair** may grant an exemption to this requirement.

### **Rationale:**

If an exemption is given, this decision should be made with input from the Officiating Chair. Housekeeping.

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## EDIT 16:07 proposed by Bette Festing

### **Current:**

16:07 If the Officiating Chairperson concludes a provincial referee requires further development and remedial work due to the following, but not limited to:

- (a) An outdated understanding of the IPF rules;
- (b) Demonstrates calls on the platform that are unreasonable or incorrect interpretations of the IPF Rules;
- (c) Shows disrespect to athletes and/or other officials;
- (d) Does not show up on time or leaves early without a prearranged agreement; and/or
- (e) Arrives unprepared for their scheduled session;

The referee will be put on probation for one (1) year to allow for enough time to develop and improve any issues. The Officiating Chairperson will work to assist these referees by providing detailed debriefs (verbal or written), workshops, organized practical reviews, and any other measures deemed necessary. Should the referee complete the probationary period with improvement, the referee shall keep their status. If after the one (1) year probationary period the referee fails to improve to the BCPA standard, their status will be revoked. The revoked referee may apply to take the BCPA provincial referee process after six (6) months of the date of revocation.

**Proposed:**

16:07 If the Officiating Chairperson concludes a ~~provincial~~ referee requires further development and remedial work due to the following, but not limited to:

- (a) An outdated understanding of the IPF **Technical R**rules;
- (b) Demonstrates calls on the platform that are unreasonable or incorrect interpretations of the IPF **Technical** Rules;
- (c) Shows disrespect to athletes, **volunteers** and/or other officials;
- (d) Does not show up on time or leaves early without a prearranged agreement; and/or
- (e) Arrives unprepared for their scheduled session;

the referee will be put on probation for one (1) year to allow for enough time to develop and improve any issues. The Officiating Chairperson will work to assist these referees by providing detailed debriefs (verbal or written), workshops, organized practical reviews, and any other measures deemed necessary. Should the referee complete the probationary period with improvement, the referee shall keep their status. If after the one (1) year probationary period the referee fails to improve to the BCPA standard, their status will be revoked. The revoked referee may apply to take the BCPA provincial referee process after six (6) months of the date of revocation.

**Rationale:**

Housekeeping.

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**EDIT 16:08 proposed by Bill You****Current:**

16:08 Individuals who wish to referee in the BCPA and have obtained their referee status from outside of British Columbia who now reside in the province will be subject to a one (1) year probationary period.

**Proposed:**

Individuals who wish to referee in the BCPA and have obtained their **provincial** referee status from **a province** outside of British Columbia who now reside in the province will be subject to a one (1) year probationary period.

**Rationale:**

To be consistent with 16:07 with clarification of provincial level referees.

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**ADDITION 16:09 proposed by Bette Festing**

**16:09 All referees and any members of a jury will be uniformly dressed in a referee uniform as follows:**

**Men:** Dark blue blazer with the applicable BCPA/CPU/IPF referee badge sewn onto the left breast.  
Grey trousers/dress pants with a white collared shirt and tie. The tie may be of any colour or design of the referee's choice. Any design that may be construed as offensive will not be allowed.  
Dress wear shoes and dark socks must be worn.

**Women:** Dark blue blazer with the applicable BCPA/CPU/IPF referee badge sewn on the left breast.  
Grey trousers/dress pants or skirt with a white blouse or collared shirt. The option of a tie or scarf may be worn and may be of any colour or design of the referee's choice. Any design that may be construed as offensive will not be allowed.  
Dress wear shoes are to be worn. Sandals are not allowed.

All new BCPA referees will be reimbursed for the purchase of the referee uniform (or a portion of) to a maximum of \$200.

All non-competing referees will be given the option to purchase a CPU Referee Membership at no cost. All referees that still compete will be given the option to purchase a BCPA membership at no cost but will still be required to purchase a CPU membership and must officiate at least one full session per membership year. Failing that, the referee must reimburse the BCPA the full cost of the BCPA membership at the time of it was issued.

**Rationale:**

Currently, the referee uniform is followed as per the IPF Technical Rules. The IPF provides all ties/scarves to its referees. The BCPA does not provide any ties/scarves.

The reimbursement of the referee uniform is currently not a bylaw. It is a practice that I am aware of along with certain board members as it does not come up often. If this practice is inadvertently not shared to a new officiating chair or board member, then this benefit could be overlooked.

The CPU Referee Membership and the discount of the BCPA membership is provided to all new and existing referees if the referee so chooses. This information is not written in a bylaw, or policy to my knowledge, and if the information is inadvertently not shared to a new officiating chair or board member, then this benefit could be overlooked. The discount of the BCPA membership for any competing referees that wish to take advantage of this policy, must still fulfil their requirement to officiate at competitions and not abuse it.

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## REMOVE Section 16 proposed by Jennifer Luther Thomas

### **Remove Section 16 - Officiating and turn it into a policy**

**Rationale:** Rationale from 4:10 also applies here.

Officiating has nothing to do with how the organisation is run and should instead be managed as a policy and made available on the BCPA website.

Following the lead of the CPU, who is empowered with the ability to make policies and procedures which has allowed it to regularly update policies, and the CPU's rules/guidelines on competitions can be found in section 16 of its policies.

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## 17. QUALIFYING STANDARDS

### ADDITION 17:02(iv) proposed by Jennifer Luther Thomas

17:02 In order to be eligible to compete at a CPU Regional Championships or CPU National Championships members must:

- (a) Fulfill any CPU requirements;
- (b) Obtain the relevant CPU qualifying standard at a sanctioned IPF member federation competition consisting of 5 or more lifters; BCPA By-Laws Page 14
- (c) Compete at any CPU Provincial Championships within the 24 months preceding a CPU Regional Championships, if the member has not previously competed at a CPU Regional or higher event;
- (d) If they have competed at a CPU Regional or higher event previously:
  - (i) Compete at or volunteer at their Provincial Championships within the 12 months preceding the CPU Regional or higher event that they wish to compete in. For clarity, each member must compete at or volunteer at the Provincial Championships they would be eligible to compete in themselves within the 12 months preceding the CPU Regional or higher event such member wishes to compete in. The minimum obligation of volunteer time shall be determined by the Board of Directors;
  - (ii) Acted as a meet director for a sanctioned powerlifting or bench press competition within the province of BC during the previous (12) months;
  - (iii) Assisted in one (1) BCPA executive run meet as an official or other volunteer role as assigned by the meet director between the previous year's National Championships and upcoming National Championships, or;
  - (iv) Assist the BCPA or one of the committees with its tasks, while not being a member of said board or committee. The minimum obligation of volunteer time and acceptance criteria for the task shall be determined by the Board of Directors.

For an exemption under this section 17:02(d), a member must submit in writing a request for exemption to the Board of Directors at least fourteen days prior to the date of the BC Provincial Championships such member is scheduled to compete or volunteer at. An exemption will be granted only in extenuating circumstances and solely at the discretion of the Board of Directors. Members of the Board of Directors and committee members may be exempt from these requirements upon request.

**Rationale:**

The BCPA is seeing increased volunteerism at meets which is great, but some members still experience barriers to volunteering due to work schedules or location. Allowing members who cannot easily volunteer in-person to still meet their requirements and improve the BCPA through remote contributions should be encouraged as it frees up the board to focus on running meets regularly throughout the calendar year and focus on bigger picture or strategy for the BCPA.

---

**REMOVE Section 17 proposed by Jennifer Luther Thomas**

**Rationale:** Rationale from 4:10 also applies here.

Qualifying Totals have nothing to do with how the organisation is run and should instead be managed as a policy and made available on the BCPA website.

Following the lead of the CPU, who is empowered with the ability to make policies and procedures which has allowed it to regularly update policies, and the CPU's rules/guidelines on competitions can be found in section 17 of its policies.

Additionally - qualifying totals are often a source of confusion for many members. Having qualifying totals stored in policy allows the BCPA executive to amend or clarify as needed. The proposed 4:11 should ensure that members are notified, and fewer athletes can use the excuse they "didn't know" as a reason to not meet provincial requirements.

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## 18. DOPING CONTROLS

**REMOVE Section 18 proposed by Jennifer Luther Thomas****Remove Section 18 - Doping Controls and turn it into a policy**

**Rationale:** Rationale from 4:10 also applies here.

Doping Controls has nothing to do with how the organisation is run and should instead be managed as a policy and made available on the BCPA website.

Following the lead of the CPU, who is empowered with the ability to make policies and procedures which has allowed it to regularly update policies, and the CPU's rules/guidelines on competitions can be found in section 12 of its policies.

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## 19. COACHING

REMOVE 19:01 proposed by Jennifer Luther Thomas

**Current:**

19:01 The Society shall develop a pool of coaches to draw from for National Teams.  
Nominations for membership in the coaching pool shall be provided by the membership.

**Remove:**

~~19:01 The Society shall develop a pool of coaches to draw from for National Teams.  
Nominations for membership in the coaching pool shall be provided by the membership.~~

**Rationale:**

In practice, the BCPA does not do this. At a CPU/International level, coaches apply on behalf of themselves as they know their skills and experience best.  
If the BCPA would like to provide coaches they will open applications.

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REMOVE 19:02 proposed by Jennifer Luther Thomas

**Current:**

19:02 The Coaching Certification Program must be approved/adopted by the Society Executive.

**Remove:**

~~19:02 The Coaching Certification Program must be approved/adopted by the Society Executive.~~

**Rationale:**

There is currently no Coaching Certification Program.

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EDIT 19:03 proposed by Jennifer Luther Thomas

**Current:**

19:03 At all National competitions, the coaches will have the final say as to the lifters' attempts.  
The lifters may make suggestions only. The lifters must be made aware of this situation prior to team selections.

**Proposed:**

19:03 At all National or Regional competitions, the appointed Team BC coaches will have the final say as to the lifters' attempts. The lifters may make suggestions only. The lifters must be made aware of this situation prior to team selections.

**Rationale:**

The BCPA may, in future, wish to provide athletes a coach at a Regional level. Additionally, there are no team selections made by the province. Also, housekeeping to ensure it's clear that we're talking about BC Team coaches, not every athletes personal coach.

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EDIT 19:04 proposed by Jennifer Luther Thomas

**Current:**

19:04 Head Coaches of BCPA Provincial teams at National competitions shall be eligible for reimbursement of up to 50% of their travel and accommodation expenses, subject to availability of funding from the Society.

**Proposed:**

19:04 ~~Head~~ Appointed Team BC Coaches of BCPA Provincial teams at National or Regional competitions shall be eligible for reimbursement of up to 100% of their travel and accommodation expenses, subject to availability of funding from the Society.

**Rationale:**

Attending a Regional or National competition as a coach can be expensive and intense as it is a multi-day ordeal. If the BCPA wishes their coach(es) to be available for multiple athletes during a competition they should be reimbursed fairly.

---

REMOVE Section 19 proposed by Jennifer Luther Thomas

**Remove Section 19 - Coaching and turn it into a policy**

**Rationale:** Rationale from 4:10 also applies here.

Coaching has nothing to do with how the organisation is run and should instead be managed as a policy and made available on the BCPA website.

Following the lead of the CPU, who is empowered with the ability to make policies and procedures which has allowed it to regularly update policies, and the CPU's rules/guidelines on competitions can be found in section 19 of its policies.



**British Columbia Powerlifting Association  
2022 Annual General Meeting Minutes**

Saturday, February 5 2022, 12:00 pm  
Zoom Videoconference

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**1. Meeting Call to Order.**

**1.1. Establishment of Quorum; 31 presence.**

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 Dennis Leong confirms that quorum is reached (5% of membership, which represents 29 members). There are 31 members present in total online and quorum is reached. The meeting is called to order at 12:06pm. Attendee list in Annex A.

Proposed by: Dennis Leong                      Seconded by: Lynne Desautels                      Vote: Majority (26)

**1.2. Review and Approval of Agenda as amended.**

Dennis proposed an amendment of point Nomination officer to director (Dennis/Chris).

The Agenda approved as amended.

Proposed by: Dennis Leong                      Seconded by: Sara Youd                      Vote: All in favour

**2. Review and approval of previous AGM minutes from February 6, 2021.**

Dennis Leong asked if there are any questions or corrections to make. None were observed.

Proposed by: Dennis Leong                      Seconded by: Diana Foxall                      Vote: All in favour



**3. Officers' Reports.**

All reports were sent electronically and in advance with the AGM package, to give members the chance to review and ask questions during the AGM. The president and treasurer reports were read. All reports can be found in Annex B.

3.1. **Dennis Leong, President.** Overview of the 2021 year for the BPCA.

3.2. **Lynne Desautels, Treasurer.** Overview of the 2021 expenditures and revenues for the BCPA. There were revenue increases and less expenses due to having less items to purchase. Ended up in a positive year.

Proposed by: Dennis Leong

Seconded by: Don Lovell

Vote: All in favour

**4. New Business.**

**4.1. By-Laws Amendments.**

<p><u>4. DIRECTORS AND OFFICERS (EDIT 4:18)</u></p> <p><b>Current:</b></p> <p>4:18 The Officers of the Society shall be elected by the Directors from among Directors at the first meeting of the Directors next following the meeting of members at which the Directors are elected.</p> <p><b>Proposed:</b></p> <p>4:18 The Officers of the Society shall be elected by the Directors from among Directors at the first meeting of the Directors <del>next</del> following the annual general meeting in an election year. <del>of members at which the Directors are elected</del></p>	<p>Proposed by: Gabe Festing</p> <p>Seconded by: Sara Youd</p> <p>Motion passed by majority</p>
<p><u>13. RECORDS, AWARDS, AND CLASSIFICATIONS (ADD 13:02.2)</u></p> <p><b>Addition:</b></p> <p>13:02.2 All existing Provincial Records for the women's 72kg class were retired as of December 31, 2020.</p>	<p>Proposed by: Gabe Festing</p> <p>Seconded by: Mary Ann Middleton</p> <p>Motion passed by majority; 1 objection</p>

13. RECORDS, AWARDS, AND CLASSIFICATIONS (EDIT 13:06)

**Current:**

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:

- (a) Sub-junior
- (b) Junior
- (c) Open
- (d) Master I
- (e) 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)

**Proposed:**

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:

- (a) Youth1 (unequipped only)
- (b) Youth 2 (unequipped only)
- (c) Youth 3 (unequipped only)
- (d) Sub-junior
- (e) Junior
- (f) Open
- (g) Master I
- (h) Master II (No minimum standard for Women's Master II)
- (i) Master III (No minimum standard for Men's or Women's Master III)
- (j) Master IV (No minimum standard for Men's or Women's Master IV)

Friendly amendment proposed by Renae Witzaney and seconded by Angela Thompson: add the words "(unequipped only)" after each youth category. Gabe Festing agreed.

Proposed by:  
Gabe Festing

Seconded by:  
Carmela  
Smythe

Motion passed  
by majority  
with a friendly  
amendment;  
29 in favour

<p><u>13. RECORDS, AWARDS, AND CLASSIFICATIONS (EDIT 13:06)</u></p> <p><b>Current:</b></p> <p>13:06 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 as a volunteer. The criteria and recipients for this award will be determined by the Board of Directors. The award will not necessarily be presented each year</p> <p><b>Proposed:</b></p> <p>13:06 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. <b>Nominations for this award shall be submitted to the Board of Directors 30 days prior to the date of the Provincial Championships.</b> 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 as a volunteer. The criteria and recipients for this award will be determined by the Board of Directors. The award will not necessarily be presented each year.</p>	<p>Proposed by: Gabe Festing</p> <p>Seconded by: David Noma</p> <p>Motion passed by majority; 30 in favour</p>
<p><u>13. RECORDS, AWARDS, AND CLASSIFICATIONS (EDIT 13:07)</u></p> <p><b>Current:</b></p> <p>13:07 The BCPA shall present up to two (2) Athlete of the Year awards annually. This award is to recognize BCPA athletes' performance on the platform. Recipients should have competed nationally and/or internationally in the past year to be considered. The criteria and recipients for this award will be determined by the Board of Directors.</p> <p><b>Proposed:</b></p> <p>13:07 The BCPA shall present up to two (2) Athlete of the Year awards annually <b>at its Provincial Championships.</b> This award is to recognize BCPA athletes' performance on the platform. Recipients should have competed nationally and/or internationally in the past year to be considered. The criteria and recipients for this award will be determined by the Board of Directors.</p>	<p>Proposed by: Gabe Festing</p> <p>Seconded by: Sara Youd</p> <p>Motion passed by majority; 29 in favour 3 opposed</p>

<p><u>13. RECORDS, AWARDS, AND CLASSIFICATIONS (EDIT 13:08)</u></p> <p><b>Current:</b></p> <p>13:08 The BCPA shall present up to two (2) Bencher of the Year awards annually, named the Robert O. Smith award. This award is to recognize BCPA Bench Only athletes' performance on the platform. Recipients should have competed nationally and/or internationally in the past year to be considered. The criteria and recipients for this award will be determined by the Board of Directors.</p> <p><b>Proposed:</b></p> <p>13:08 The BCPA shall present up to two (2) Bencher of the Year awards <b>annually</b>, named the Robert O. Smith award <b>annually at its Provincial Championships</b>. This award is to recognize BCPA Bench Only athletes' performance on the platform. Recipients should have competed nationally and/or internationally in the past year to be considered. The criteria and recipients for this award will be determined by the Board of Directors.</p>	<p>Proposed by: Gabe Festing</p> <p>Seconded by: Tyler McPhail</p> <p>Motion passed by majority; 29 in favour 2 abstention</p>
<p><u>13. RECORDS, AWARDS, AND CLASSIFICATIONS (EDIT 13:09)</u></p> <p><b>Current:</b></p> <p>13:09 The BCPA shall accept in-writing nominations for the Christopher Robb Award from any BCPA member who is in good standing at the time of submission. This award shall be presented to a BCPA referee who best demonstrates professionalism, dedication and knowledge of rules and policies governing the sport of powerlifting within the BCPA. The recipients for this award will be determined by the Board of Directors. The award will not necessarily be presented each year.</p> <p><b>Proposed:</b></p> <p>13:09 The BCPA shall accept in-writing nominations for the Christopher Robb Award from any BCPA member who is in good standing at the time of submission. <b>Nominations for this award shall be submitted to the Board of Directors 30 days prior to the date of the Provincial Championships.</b> This award shall be presented to a BCPA referee who best demonstrates professionalism, dedication and knowledge of rules and policies governing the sport of powerlifting within the BCPA. The recipients for this award will be determined by the Board of Directors. The award will not necessarily be presented each year.</p>	<p>Proposed by: Gabe Festing</p> <p>Seconded by: Lynne Desautels</p> <p>Motion passed by majority; 30 in favour 2 opposed</p>

<p><u>14. COMPETITIONS (EDIT 14:02)</u></p> <p><b>Current:</b></p> <p>14:02 The Society shall conduct Provincial championships in each accepted category as per the current CPU constitution.</p> <p><b>Proposed:</b></p> <p>14:02 The Society shall conduct <u>BCPA sanctioned competitions</u> <del>Provincial championships</del> in each accepted category as per the current CPU <u>constitution policies</u>.</p> <p>Discussion by Dennis to clarify the competition type and effectively alter the bylaw to read BCPA competitions and not Provincials. Gabe confirmed.</p>	<p>Proposed by: Gabe Festing</p> <p>Seconded by: Margo Croft</p> <p>Motion passed by majority; 30 in favour 1 opposed</p>
<p><u>14. COMPETITIONS (EDIT 14:03)</u></p> <p><b>Current:</b></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 payment 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 the payment will be used by the Society to cover any costs it incurs to fix the problem.</p> <p><b>Proposed:</b></p> <p>14:03 Bids to host a sanctioned <del>Society</del> competition must be in writing, clearly stated, and signed by the submitting individual(s). All bids to host a <del>Provincial Championships</del> <u>BCPA sanctioned competition</u> 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 payment 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 the payment will be used by the Society to cover any costs it incurs to fix the problem.</p> <p>Dennis proposed a friendly amendment to remove the following requirement: "by November 30 of the preceding year".</p> <p>Gabe does not want to accept the friendly amendment because it does not</p>	<p>Proposed by: Gabe Festing</p> <p>Seconded by: Mary Ann Middleton</p> <p>Motion tabled</p>

<p>go with the spirit of his proposal and should ask for a vote.</p> <p>Dennis revoked the amendment because it was not in the spirit of Gabe's amendment. Gabe wishes to table this discussion for next year's AGM for the purposes of cleaning up the bylaws.</p>	
<p><u>14. COMPETITION (EDIT 14:06)</u></p> <p><b>Current:</b></p> <p>14:06 Guest lifters are not eligible to be awarded Best Overall Athlete or set BC Provincial records or place at a BCPA Provincial Championships.</p> <p><b>Proposed:</b></p> <p>14:06 Guest lifters are not eligible to be awarded Best Overall Athlete or set BC Provincial records or place at <b>the a</b> BCPA Provincial Championships.</p>	<p>Proposed by: Gabe Festing</p> <p>Seconded by Margo Croft</p> <p>Motion passed by majority; 29 in favour 1 opposed 0 abstention</p>
<p><u>14 COMPETITIONS (EDIT 14:08)</u></p> <p><b>Current:</b></p> <p>14:08 The entry closing dates for all Provincial championships must be stated as 20 - 30 days prior to the date of the Championship.</p> <p><b>Proposed:</b></p> <p>14:08 The entry closing dates for all Provincial championships must be stated as <b>45 20—30</b> days prior to the date of the Championship.</p> <p>Britta commented that the deadline is cutting it short for entries, for example for individuals in the interior trying to qualify. Gabe clarifies that it is only for BC Provincials.</p> <p>Britta proposed a friendly amendment from “all provincial championships” to “Provincials” and Dennis corrected to “<b>the BCPA Provincial Championships</b>” to be similar to other bylaws. Gabe accepted.</p> <p><b>Revised proposed with friendly amendment:</b></p> <p>14:08 The entry closing dates for <b>the BCPA Provincial Championships</b> must be stated as <b>45 20—30</b> days prior to the date of the Championship.</p> <p>Renaë clarified that you don't need the qualifying total to be able to register at Provincials and can be achieved after registration which alleviated Britta's concern.</p>	<p>Proposed by Gabe Festing</p> <p>Seconded by JW Cummins</p> <p>Motion passed with friendly amendment by majority; 27 in favour 1 opposed 0 abstention</p>

14.COMPETITION (MOVE 14:09 to 17:02)

**Current:**

14:09 In order to be eligible to compete at a CPU Regional Championships or CPU National Championships members must:

- a) Fulfill any CPU requirements;
- b) Obtain the relevant CPU qualifying standard at a sanctioned IPF member federation competition consisting of 5 or more lifters;
- c) Compete at any CPU Provincial Championships within the 24 months preceding a CPU Regional Championships, if the member has not previously competed at a CPU Regional or higher event;
- d) If they have competed at a CPU Regional or higher event previously, compete at or volunteer at their Provincial Championships within the 12 months preceding the CPU Regional or higher event that they wish to compete in. For clarity, each member must compete at or volunteer at the Provincial Championships they would be eligible to compete in themselves within the 12 months preceding the CPU Regional or higher event such member wishes to compete in. The minimum obligation of volunteer time shall be determined by the Board of Directors. For an exemption under this section 14:08(iv), a member must submit in writing a request for exemption to the Board of Directors at least fourteen days prior to the date of the BC Provincial Championships such member is scheduled to compete or volunteer at. An exemption will be granted only in extenuating circumstances and solely at the discretion of the Board of Directors. Members of the Board of Directors and committee members may be exempt from these requirements upon request.

**Proposed:**

~~14:09 In order to be eligible to compete at a CPU Regional Championships or CPU National Championships members must:~~

- ~~a) Fulfill any CPU requirements;~~
- ~~b) Obtain the relevant CPU qualifying standard at a sanctioned IPF member federation competition consisting of 5 or more lifters;~~
- ~~c) Compete at any CPU Provincial Championships within the 24 months preceding a CPU Regional Championships, if the member has not previously competed at a CPU Regional or higher event;~~

Proposed by:  
Gabe Festing

Seconded by:  
Chris Robb

Motion passed  
by majority;  
28 in favour  
1 abstention

~~d) If they have competed at a GPU Regional or higher event previously, compete at or volunteer at their Provincial Championships within the 12 months preceding the GPU Regional or higher event that they wish to compete in. For clarity, each member must compete at or volunteer at the Provincial Championships they would be eligible to compete in themselves within the 12 months preceding the GPU Regional or higher event such member wishes to compete in. The minimum obligation of volunteer time shall be determined by the Board of Directors. For an exemption under this section 14:08(iv), a member must submit in writing a request for exemption to the Board of Directors at least fourteen days prior to the date of the BC Provincial Championships such member is scheduled to compete or volunteer at. An exemption will be granted only in extenuating circumstances and solely at the discretion of the Board of Directors. Members of the Board of Directors and committee members may be exempt from these requirements upon request.~~

To be moved to bylaw 17:02 under qualifying total.



14. COMPETITION (EDIT 14:09)

**Current:**

d) If they have competed at a CPU Regional or higher event previously, compete at or volunteer at their Provincial Championships within the 12 months preceding the CPU Regional or higher event that they wish to compete in. For clarity, each member must compete at or volunteer at the Provincial Championships they would be eligible to compete in themselves within the 12 months preceding the CPU Regional or higher event such member wishes to compete in. The minimum obligation of volunteer time shall be determined by the Board of Directors. For an exemption under this section 14:08(iv), a member must submit in writing a request for exemption to the Board of Directors at least fourteen days prior to the date of the BC Provincial Championships such member is scheduled to compete or volunteer at. An exemption will be granted only in extenuating circumstances and solely at the discretion of the Board of Directors. Members of the Board of Directors and committee members may be exempt from these requirements upon request.

**Proposed:**

d) If they have competed at a CPU Regional or higher event previously:

- Compete at or volunteer at their Provincial Championships within the 12 months preceding the CPU Regional or higher event that they wish to compete in. For clarity, each member must compete at or volunteer at the Provincial Championships they would be eligible to compete in themselves within the 12 months preceding the CPU Regional or higher event such member wishes to compete in. The minimum obligation of volunteer time shall be determined by the Board of Directors.
- Acted as a meet director for a sanctioned powerlifting or bench press competition within the province of BC during the previous twelve (12) months, or
- Assisted in two (2) local competitions as an official or other volunteer role as assigned by the meet director between the previous year's National Championships and upcoming National Championships.

For an exemption under this section 14:08(iv), a member must submit in writing a request for exemption to the Board of Directors at least fourteen days prior to the date of the BC Provincial Championships such member is scheduled to compete or volunteer at. An exemption will be granted only in extenuating circumstances and solely at the discretion of the Board of Directors. Members of the Board of Directors and committee members may

Proposed by:  
Rena  
Witzaney

Seconded by:  
Harveer  
Dhupar

<p>be exempt from these requirements upon request.</p> <p>Friendly amendment proposed to add “As an official” to assist in any BCPA executive run competition. Renae believes it excludes club meets but provides three avenues to qualify. The friendly amendment was refused.</p> <p>Brian Rock proposed an amendment: add the words “one BCPA executive run meet” instead of “two (2) local competitions as an official or other volunteer”</p> <p>Dennis Leong commented on the volunteer requirement. Bette Festing also provided clarifications, when it came to competing at Provincials and volunteer requirements: club run meet rely on their own volunteers but can ask BCPA to use their volunteer base. She clarified that the exemption includes those who cannot make any competition to meet the requirement for qualification.</p> <p>Renae Witzaney raised concerns about the division between club run competitions and BCPA run competitions as a member coming from another province. Dennis explained the workload of directing competition was on the Board of Directors and trying to steer away from that, while increasing volunteer engagement, and that this requirement is not meant to volunteer at local meets.</p> <p>Dennis Leong proposed a friendly amendment, to change 14 to 17. Renae Witzaney agreed.</p>	<p>Amendment proposed by Brian Rock</p> <p>Seconded by Mary Ann Middleton</p> <p>24 in favour 2 opposed 3 abstention</p> <p>Motion passed as amended; 25 in favour 1 opposed 1 abstention</p>
<p><u>14. COMPETITION (EDIT 14.10) (now 14:09)</u></p> <p>14:10 All BCPA-sanctioned competitions must be adjudicated by at least one referee of Category I Provincial rank or higher at all times, with all remaining referees of Category II Provincial Rank or higher.</p> <p><b>Proposed:</b></p> <p>14:10 All <del>BCPA-sanctioned</del> <b>BCPA sanctioned</b> competitions must be adjudicated by at least one referee of Category I Provincial rank or higher at all times, with all remaining referees of Category II Provincial Rank or higher.</p>	<p>Proposed by Gabe Festing</p> <p>Seconded by Bette Festing</p> <p>Motion passed by majority; 27 in favour 1 opposed 1 abstention</p>

16. OFFICIATING (ADD 16:01, 16:06 (now 17:07) and 16:07 (now 17:08))

**16:01** The Officiating Chairperson will be appointed by the Directors at the first meeting of the Directors following the annual general meeting in an election year.

The Officiating Chairperson is responsible for the following:

- a) Testing of provincial referees.
- b) Maintain an up-to-date list of all provincial referees.
- c) Maintaining regular communication with the provincial referees concerning developments which involve referees and changes to the IPF Technical rules.
- d) Submitting an annual report for the AGM.
- e) Conducting at least one referee clinic for all potential and current referees annually.
- f) Having the final authority on matters involving interpretation of the IPF Technical Rules in the BCPA, with the option of contacting the CPU Officiating Chairperson for clarification when necessary.
- g) Coordinate referees for all BCPA sanctioned competitions.

Friendly amendment by Morgan Haupt to add the word “regular” instead of “constant” in subsection (c), agreed by Gabe.

**Addition:**

**16:07** If the Officiating Chairperson concludes a provincial referee requires further development and remedial work due to the following, but not limited to:

- a) An outdated understanding of the IPF rules;
- b) Demonstrates calls on the platform that are unreasonable or incorrect interpretations of the IPF Rules;
- c) Shows disrespect to athletes and/or other officials;
- d) Does not show up on time or leaves early without a prearranged agreement; and/or;
- e) Arrives unprepared for their scheduled session;

The referee will be put on probation for one (1) year to allow for enough time to develop and improve any issues. The Officiating Chairperson will work to assist these referees by providing detailed debriefs (verbal or written), workshops, organized practical reviews, and any other measures deemed necessary. Should the referee complete the probationary period with improvement, the referee shall keep their status. If after the one (1) year probationary period the referee fails to improve to the BCPA standard, their status will be revoked. The revoked referee may apply to take the BCPA provincial referee process after six (6) months of the date of revocation.

Proposed by  
Gabe Festing

Seconded by  
Sara Youd

Motion passed  
by majority;  
28 in favour  
1 abstention

<p><b>Addition:</b></p> <p>16:08 Individuals who wish to referee in the BCPA and have obtained their referee status from outside of British Columbia who now reside in the province will be subject to a one (1) year probationary period. These individuals will be reviewed by the BCPA Officiating Chairperson. The probationary period will allow for enough time to evaluate the individual and assist them by providing detailed debriefs (verbal or written), workshops, organized practical reviews, and any other measures deemed necessary. Should the BCPA Officiating Chair decide that the individual's skills are satisfactory they shall be awarded their BCPA referee status. If after the one (1) year probationary period the referee fails to meet the BCPA standards, they will not be permitted to referee in the BCPA. The individual may apply to take their BCPA referee process six (6) months after the end date of their probationary period.</p>	
<p><u>17. QUALIFYING TOTALS</u></p> <p><b>Current:</b></p> <p><b>17. QUALIFYING TOTALS</b></p> <p><b>Proposed:</b></p> <p><b>17. QUALIFYING TOTALS STANDARDS</b></p>	<p>Proposed by Gabe Festing</p> <p>Seconded by Lynne Desautels</p> <p>Motion passed by majority; 25 in favour</p>
<p><u>17:02</u></p> <p>Does not need to be addressed as it was modified earlier.</p>	<p>NA</p>
<p><u>ADD 17:03, proposed by Gabe Festing</u></p> <p><b>Addition:</b></p> <p><b>17:03 In extenuating circumstances, qualifying standards may be adjusted or removed at the discretion of the Board of Directors.</b></p> <p><b>Rationale:</b></p> <p>The board should be given the power to make these changes if needed in the best interest of the members and the Society.</p>	<p>Proposed by Gabe Festing</p> <p>Seconded by: Tyler McPhail</p> <p>Motion passed by majority; 28 in favour 1 abstention</p>

## **5. Nomination of Voting Officers.**

The following incumbent members accepted their nomination: Dennis Leong, Shadie Bourget, Jennifer Luther Thomas and Blake Taylor. Lynne Desautels and Brian Rock are stepping down; Dennis thanked them for their contributions over the last few years.

BCPA received five (5) new nominations:

- David Noma nominated by Dennis Leong
- Justin Schubert nominated by Shadie Bourget
- Teesh Castillo nominated by Jennifer Luther Thomas
- Graeme Gerlach nominated by Jennifer Luther Thomas
- Harveer Dhupar nominated by Jennifer Luther Thomas

All five individuals have accepted their nominations. There are no objections to any of these nine nominations. There will not be any nominations from the floor because there were nine (9) nominations which is the maximum number of directors on the Board.

## **6. Election of Officers**

### Incumbents

Shadie Bourget: 29 in favour; 1 abstention

Dennis Leong: majority

Jennifer Luther Thomas: 28 in favour; 2 opposed; 1 abstention

Blake Taylor: 28 in favour; 2 opposed; 2 abstention

### Nominations

Teesh Castillo: 24 in favour; 1 opposed; 4 abstentions

Harveer Dhupar: 24 in favour; 2 opposed; 3 abstentions

Graeme Gerlach: 26 in favour; 2 abstentions

David Noma: 22; 1 opposed; 4 abstentions

Justin Schubert: 26 in favour; 2 abstentions

All nine (9) officers are elected.

## **7. Announcements.**

Gabe Festing thanked the two members who are stepping down from the Board of Directors; Brian Rock contributed for over 10 years on the Board of the BCPA and Lynne Desautel kept the books. Both provided notable contributions and BCPA wouldn't be here without them

Motion to thank Brian Rock and Lynne Desautels from Don Lovell and seconded by Megan O'Connell; passed.

Don Lovell also asked about provincial championships. Dennis confirmed towards the end of June and announced that Gabe and Bette Festing will be hosting.

**8. Adjournment.** Meeting is adjourned at 14:31 pm.

Proposed by: Dennis Leong

Seconded by: Sara Youd

Vote: Majority

Signed on this 22th day of May 2022.



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Shadie Bourget  
BCPA Secretary

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**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 -

**Attendee List (name and CPU membership number where provided)**

1. Shadie Bourget #119853
2. Britta Budden
3. Margot Croft
4. Jonathan Cruz
5. John Wesley Cummings
6. Lynne Desautels
7. Harvir Dhupar
8. Bette Festing #65048
9. Gabe Festing #54712
10. Diana Foxall
11. Joel Gagnon
12. Graeme Gerlach
13. Morgan Haupt #232059
14. Kim Hess #199427
15. Pat Kowal #157050
16. Dennis Leong #54860
17. Don Lovell #54966
18. Tyler McPhail #258038
19. Mary-Ann Middleton #75485
20. David Noma
21. Meghan O'Connell #82764
22. Rolf Popp
23. Chris Robb #53713
24. Brian Rock #55607
25. Justin Schubert
26. Carmela Smythe #133679
27. Jennifer Luther Thomas #244656
28. Angela Thompson
29. Monica Wille #131469
30. Renae Witzaney
31. Sara Youd



## **British Columbia Powerlifting Association 2021 Annual Reports**

Saturday, February 5, 2022, 12:00 pm  
Videoconference

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### **President Report – Dennis Leong**

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

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

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

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



BCPA VICE-PRESIDENT'S REPORT  
AGM-FEBRUARY 5/2022

GREETINGS TO ALL MEMBERS,

WE ALL THOUGHT 2021 WAS GOING TO BE A BETTER YEAR FOR  
POWERLIFTING AND THE BCPA.

THIS YEAR WAS SLIGHTLY MORE PRODUCTIVE, IN MEET NUMBERS, THAN  
2020: THE BCPA WAS ABLE TO SANCTION AND HOST 3 MEETS IN 2021, PLUS  
THE 2021 WESTERN CHAMPIONSHIPS, A CPU SANCTIONED MEET, WAS  
HELD IN NOVEMBER AT THE RICHMOND OLYMPIC OVAL, WITH RAVE  
REVIEWS. CONGRATULATIONS TO MEET DIRECTORS GABE AND BETTE  
FESTING FOR A JOB WELL.

GYMS ARE OPEN SO TRAIN HARD AND STAY SAFE

REGARDS  
BRIAN ROCK

## Treasurer Report – Lynne Desautels

BRITISH COLUMBIA POWERLIFTING ASSOCIATION							
<b>REVENUES</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>
Memberships	\$12,375.00	\$17,000.00	\$18,286.00	\$22,250.00	\$22,711.00	\$10,009.56	\$14,089.68
BCPA Meets	\$112,381.00	\$56,800.00	\$51,200.00	\$50,800.00	\$47,400.00	\$0.00	\$18,212.60
Equipment Sales	\$3,000.00	\$1,750.00	\$0.00	\$10,320.00	\$0.00	\$0.00	\$0.00
Sanction Fees	\$200.00	\$500.00	\$500.00	\$700.00	\$2,000.00	\$250.00	\$750.00
Interest	\$25.00	\$20.00	\$30.00	\$30.00	\$40.00	\$14.00	\$0.00
BCPA Apparel	\$0.00	\$0.00	\$7,501.00	\$2,450.00	\$1,200.00	\$0.00	\$0.00
<b>TOTAL</b>	<b>\$140,326.00</b>	<b>\$76,070.00</b>	<b>\$77,517.00</b>	<b>\$86,550.00</b>	<b>\$73,351.00</b>	<b>\$10,273.56</b>	<b>\$33,052.28</b>
<b>EXPENSE</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>
Meets	\$90,571.00	\$36,500.00	\$29,500.00	\$29,400.00	\$29,100.00	\$2,194.50	\$6,602.12
Meetings/Seminars	\$1,552.00	\$2,166.00	\$2,889.00	\$1,490.00	\$780.00	\$653.00	\$0.00
Office/Stationary	\$761.00	\$1,664.00	\$1,340.00	\$652.00	\$1,263.00	\$11.00	\$0.00
Administration	\$1,920.00	\$1,470.00	\$1,218.00	\$1,155.00	\$1,246.00	\$910.00	\$1,551.00
Supplies	\$382.00	\$809.00	\$1,173.00	\$1,051.00	\$992.00	\$1,425.00	\$2,183.00
Supplies (BCPA medals)	\$0.00	\$0.00	\$4,355.00	\$0.00	\$2,396.00	\$2,184.00	\$1,036.00
Advertising	\$823.00	\$1,530.00	\$1,398.00	\$0.00	\$1,450.00	\$0.00	\$0.00
Equipment Storage	\$2,400.00	\$2,900.00	\$4,230.00	\$4,721.00	\$2,400.00	\$2,400.00	\$3,000.00
Truck Ins/Maint	\$2,573.00	\$1,530.00	\$800.00	\$2,000.00	\$950.68	\$0.00	\$227.00
Equipment Purchase	\$27,000.00	\$4,073.00	\$15,898.00	\$11,729.00	\$6,833.00	\$4,576.00	\$1,697.00
Trailer Purchase	\$0.00	\$7,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Drug Testing	\$3,800.00	\$8,711.00	\$7,464.00	\$3,900.00	\$7,875.00	\$5,235.75	\$2,820.00
CPU Sanction Fees	\$500.00	\$500.00	\$500.00	\$500.00	\$1,190.00	\$584.00	\$690.00
Trailer Ins/Maint	\$0.00	\$320.00	\$320.00	\$320.00	\$943.84	\$233.00	\$86.00
Judges Professional	\$0.00	\$1,067.00	\$784.00	\$1,290.00	\$606.00	\$214.00	\$200.00
Bursary	\$0.00	\$1,000.00	\$500.00	\$1,000.00	\$1,000.00	\$0.00	\$0.00
BCPA Apparel	\$0.00	\$0.00	\$8,121.00	\$5,040.00	\$800.00	\$0.00	\$0.00
<b>TOTAL EXPENSES</b>	<b>\$132,282.00</b>	<b>\$71,240.00</b>	<b>\$80,490.00</b>	<b>\$64,248.00</b>	<b>\$59,825.52</b>	<b>\$20,620.25</b>	<b>\$20,092.12</b>
<b>Sub Total</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>	<b>2018</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>
<b>Sub Total</b>	<b>\$132,282.00</b>	<b>\$71,240.00</b>	<b>\$80,490.00</b>	<b>\$64,248.00</b>	<b>\$59,825.52</b>	<b>\$20,620.25</b>	<b>\$20,092.12</b>
<b>Surplus/Deficit</b>	<b>\$8,044.00</b>	<b>\$4,830.00</b>	<b>\$ (2,973.00)</b>	<b>\$22,302.00</b>	<b>\$13,525.48</b>	<b>\$ (10,346.69)</b>	<b>\$ 12,960.16</b>
<b>Year End Total</b>	<b>\$0.00</b>	<b>\$8,044.00</b>	<b>\$12,874.00</b>	<b>\$9,901.00</b>	<b>\$32,203.00</b>	<b>\$45,728.48</b>	<b>\$35,381.79</b>
<b>Year End Balance</b>	<b>\$8,044.00</b>	<b>\$12,874.00</b>	<b>\$9,901.00</b>	<b>\$32,203.00</b>	<b>\$45,728.48</b>	<b>\$35,381.79</b>	<b>\$48,341.95</b>

## **Secretary Report – Shadie Bourget**

In 2021, the main duties for the secretary were administrative in nature. BCPA maintained accurate documentation and continued to meet non-profit society's legal requirements with the help of Hamilton Duncan Law Firm. BC Registry filings of the Annual Report and the change of directors following Gabe Festing's resignation were completed. Important records such as executive meeting minutes and annual general meeting minutes were also completed on a continuous basis. BCPA's bylaws were also updated with the BC Registry, following the 2021 AGM.

In 2021, BCPA's main goals were to restart competitions and increase engagement with members, which will continue to be the main focus for the upcoming year, by maintaining everyone's safety.

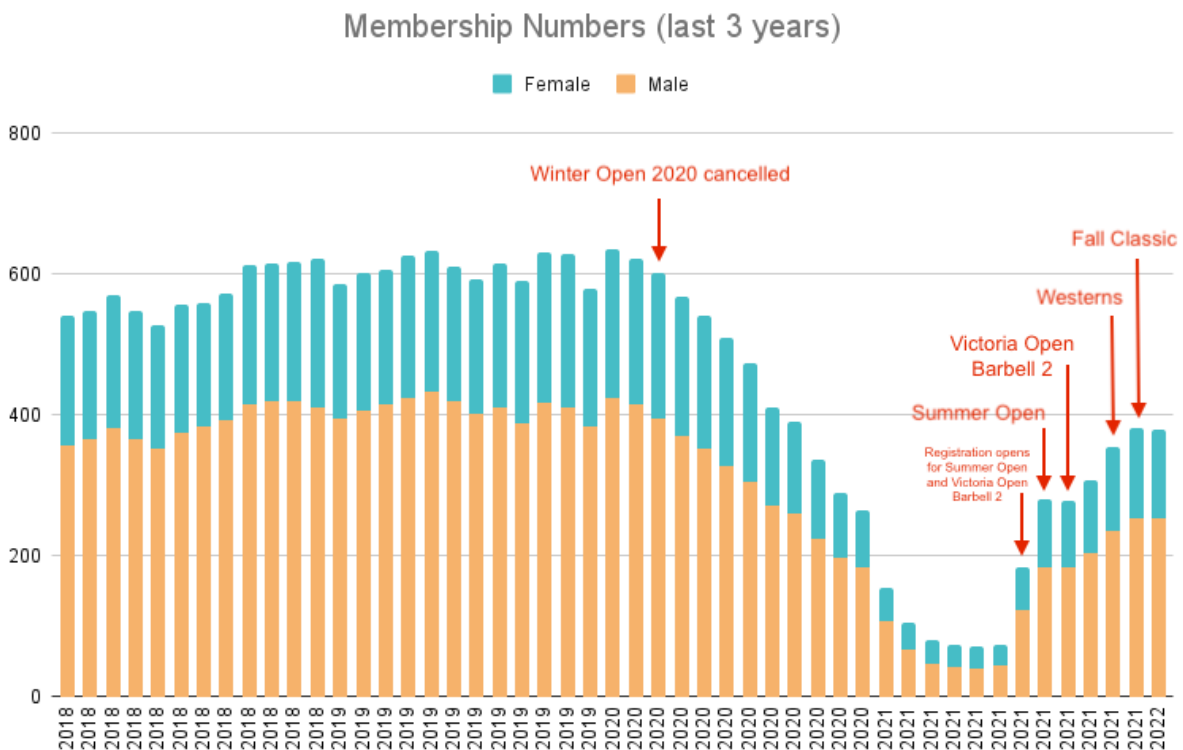
For 2022, another objective is to bring back BCPA clothing as well as a volunteer appreciation event, such as a volunteer BBQ.

## Registrar Report – Jennifer Luther Thomas

The BCPA suffered a severe loss of memberships during the last two years due to covid, and in 2021 we saw those numbers start to recover. At the time of writing (Jan 22, 2022) the BCPA has 381 active members, and the breakdown can be seen below:

Membership Type	Active Members
First Time Lifter	128
General Membership	246
Special Olympian	2
Associate Membership	2
Provincial Youth Membership	0
Referee	3

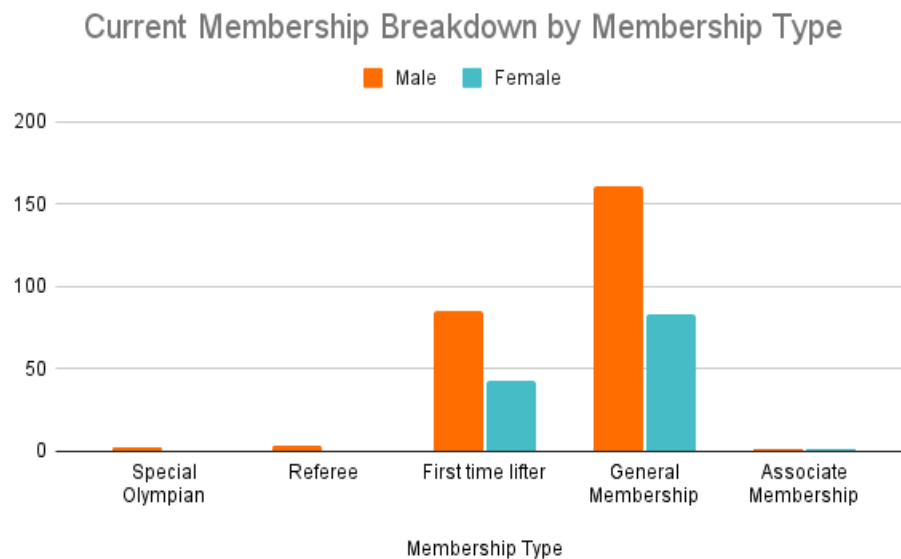
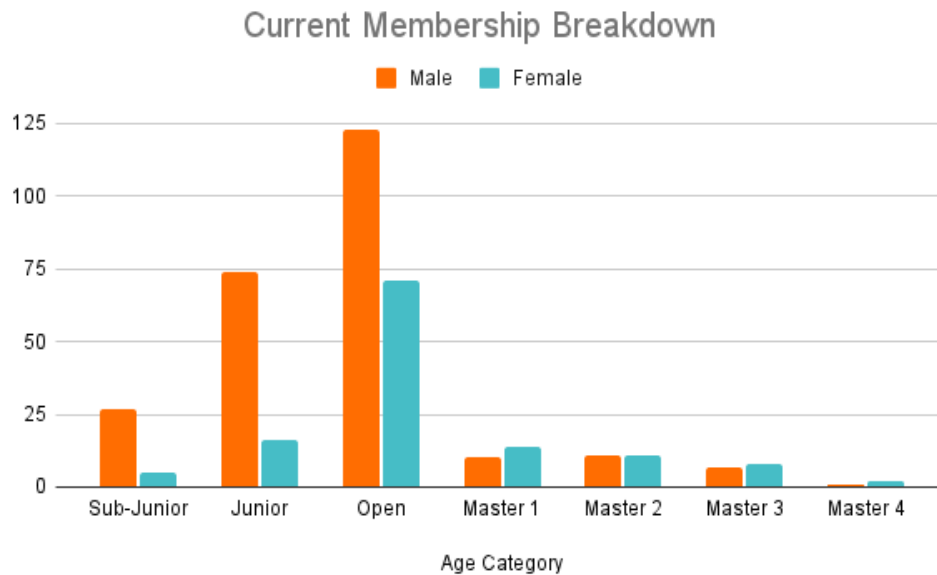
Below shows the membership numbers for the past 3 years, with significant events added. Within the last year the BCPA sanctioned four events, which saw membership numbers increase again to just over half pre-covid membership numbers.



For the next 1-2 years I am hopeful that membership numbers will continue to increase if the BCPA is able to sanction more competitions and return to a pre-covid cadence of one meet per month.

Observations about the population of the current BCPA membership:

- There are 4-5x the number of male sub-junior and junior males compared to female.
- There are approximately double the number of males compared to females for both first time and general memberships.
- Female masters lifters outnumber male masters lifters.
- Currently there are no youth memberships (under 14) but the BCPA plans to accommodate youth lifters moving forwards.
- Referee memberships were new last year, to provide a membership option for referees who no longer compete.
- Only 2 Special Olympians, as there have been no meets specifically for Special Olympians. Special Olympians are planning to resume competitions this year.



## **Officiating Chair's Report – Bette Festing**

**January 9, 2022**

Competitions in BC didn't start up until August of 2021. In preparation for the start of competitions, a Rules Clinic was held on August 21, 2021, in Victoria, BC. The clinic was held virtually and for anyone wishing to take the referee exam, in person attendance was available. There was a good turnout with approximately 30 people attending virtually and one attending in person.

In 2021, BC gained 2 new National referees. Lucas Tetrault, who was previously a SPA member, has moved to BC and is now a BCPA member. He made his debut at the BCPA Summer Open. Mehar Bhogal successfully completed his CPU National written and practical exam at the 2021 CPU Westerns held in Richmond in November.

In addition, BC gained a new Category II referee. Tyler McPhail from Vancouver Island successfully passed his written exam in September and stepped up to be Technical Controller for 2 days at the CPU Westerns.

Finally, I want to welcome back Kevin Weiss who had previously been a BCPA member and referee. He had moved to Alberta for a few years and has now returned to BC accompanied with Renae Witzaney. They are both APU provincial referees and experienced meet directors. I look forward to working with them in the future.

Arrangements will be made to host a virtual Rules Clinic sometime this year. As well, opportunities will be given for anyone wish to take the CPU Cat II Referee exam.

## **Record's Chair Report – Cody Weeks**

In 2021, there were 246 records set across 6 competitions. The next page contains a breakdown which shows how many records were set in each competition and division.

Due to the new women's weight classes introduced in 2021, 72kg records are no longer listed. The new 69kg and 76kg weight classes saw many records being set across the different divisions as a result. The delisted records will be retired pending a BCPA bylaw amendment at this AGM.

With the help of the meet directors providing standardized results, the records process has become almost fully automated. The only manual step remaining is uploading results and emailing certificates to record breakers. As a result, we can easily grant records for BC competitions based on the results rather than the record application form. Going forward, the records application form is not required for breaking a BCPA records at competitions in BC. However, participants won't receive certificates unless they submit an application within 7 days of the competition. For any BCPA records set at competitions outside of BC, submissions are still required for records and certificates.

Thanks,

Cody

## Breakdown of 2021 Provincial Records Broken / Set

**Total Records Set: 246**

<b>NAPF</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men								
Unequipped Women					2			
Equipped Men								
Equipped Women								
<b>Totals</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>2</b>

<b>BCPA Summer Open</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men	1	7	9			4		
Unequipped Women	7	5	7	2	5	6	4	
Equipped Men	1							
Equipped Women				1	1	1		
<b>Totals</b>	<b>9</b>	<b>12</b>	<b>16</b>	<b>3</b>	<b>6</b>	<b>11</b>	<b>4</b>	<b>61</b>

<b>Victoria Barbell</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men			2	1	3		5	
Unequipped Women	5				5		2	
Equipped Men								
Equipped Women				4	5	5		
<b>Totals</b>	<b>5</b>	<b>0</b>	<b>2</b>	<b>5</b>	<b>13</b>	<b>5</b>	<b>7</b>	<b>37</b>

<b>IPF Worlds</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men				2	2			
Unequipped Women								
Equipped Men								
Equipped Women								
<b>Totals</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>4</b>

<b>CPU Westerns</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men	11	11	9			4	10	
Unequipped Women	21	14	8	9	11	6	2	
Equipped Men	3							
Equipped Women						1		
<b>Totals</b>	<b>35</b>	<b>25</b>	<b>17</b>	<b>9</b>	<b>11</b>	<b>11</b>	<b>12</b>	<b>120</b>

<b>BCPA Fall Classic</b>	<b>Open</b>	<b>Junior</b>	<b>Sub-Jr</b>	<b>M 1</b>	<b>M 2</b>	<b>M 3</b>	<b>M 4</b>	
Unequipped Men		2	4					
Unequipped Women	1		10					
Equipped Men					5			
Equipped Women								
<b>Totals</b>	<b>1</b>	<b>2</b>	<b>14</b>	<b>0</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>22</b>



## **Scorekeeper's Chair Report – Sara Youd**

As of January 2022, we are down from 36 to 20 qualified scorekeepers. 16 have been removed due to inactivity and lack of response to emails regarding competitions. I had sent an email before Westerns advising all scorekeepers that if they haven't volunteered yet to sign-up to avoid being removed from the roster. 16 of those people did not respond and thus were removed.

However, out of these 20 people it is still the same 5 people stepping up to every competition.

Moving forward, I ask that scorekeeper assistant position be added to the volunteer signup to allow for more people to show interest. Come March, I recommend a Scorekeeper clinic be held.

Thank you,  
Sara Youd