

[2025 Annual General Meeting Minutes](#)

[4. MEETINGS OF MEMBERSHIP](#)

[Edit 4:01 and 4:04](#)

[Edit 4:05](#)

[5. DIRECTORS AND OFFICERS](#)

[EDIT 5:01](#)

[EDIT 5:22](#)

[11. Altering Bylaws](#)

[Add 11:02](#)

[12. PENALTIES](#)

[EDIT 12:01](#)

[Schedule A](#)

[Schedule B](#)

[President's Report](#)

[Vice-President's Report](#)

[Treasurer's Report](#)

[Registrar's Report](#)

[Secretary's Report](#)

[Officiating Chair Report](#)

[Records Chair Report – Cody Weeks](#)

[Scorekeeping Chair Report](#)

[Volunteer Committee Report](#)

[Disabilities Integration Committee Report](#)

[Youth Committee report](#)

[2024 Annual General Meeting Minutes](#)

[- Annex A -](#)

[- Annex B -](#)



British Columbia Powerlifting Association

2025 Annual General Meeting Minutes

Saturday, March 8, 2025 at 9 a.m.
Videoconference

1. Meeting Call to Order:

1.1. Establishment of Quorum: 35 members

A meeting notice was sent to the members 14 days prior to the meeting date, as required by the BCPA's bylaws. BCPA President Jennifer Luther Thomas confirms that quorum is reached (five per cent of membership, which represents 34.2 members out of 685 members). There are 35 members present online and quorum is reached. The meeting is called to order at 9:17 a.m. Attendee list in Schedule A.

1.2. Election of chairperson

Jennifer Luther Thomas proposes appointment of Vice-President Graeme Gerlach as the chairperson for the 2025 BCPA Annual General Meeting. Graeme Gerlach reminds members of a few housekeeping rules for the meeting:

- Bylaw vote shall pass by $\frac{2}{3}$ vote;
- Abstained votes do not count towards voting results; and
- We will proceed by Zoom polls which are anonymous.

1.3. Review and approval of AGM Agenda

Approved.

2. Review and approval of previous AGM minutes from March 2, 2024.

Approved.

3. Officers' Reports

All reports were sent electronically with the AGM package two weeks prior to the meeting to give members the chance to review and ask questions during the AGM. The president and treasurer reports were read aloud on March 8, 2025. All reports can be found in Schedule B.

- 3.1. Jennifer Luther Thomas, President
- 3.2. Dennis Leong, Treasurer

Jon Cruz asked a question about the discrepancies in how meet revenues were displayed for the 2023 fiscal year and 2024 fiscal year, as the 2024 version seemed to be broken down into more categories than simply “meet revenue” as in 2023. He inquired about which sub-accounts displayed for 2024 were included in the meet revenue line item for 2023.

Dennis Leong explained that he spreads them out to get a better idea of where revenue from meets is coming in. Dennis also indicated that approximately 95 fewer lifters registered in executive-run meets last year versus in 2023, which also contributed to the drop in meet revenue.

Renae Witzaney asked for clarification around drug testing in the 2024 line items, noting it was listed as \$11,000 last year under expenses. Dennis Leong explained that the CCES fees were lumped under CPU sanction fees this year instead of their own category.

4. New Business

- 4.1. Bylaw Amendments

| | |
|--|---|
| <p>4. MEETINGS OF MEMBERSHIP</p> <p>Edit 4:01 and 4:04</p> <p>Current: 4:01 The Annual General Meeting shall be held within the first 3 months of the calendar year at a place within the province and on a day to be fixed by the Board of Directors.</p> <p>4:04 The first annual general meeting of the Society must be held not more than 15 months after the date of incorporation and after that an annual general meeting must be held at least once in every calendar year and not more than 15 months after the holding of the last preceding annual general meeting.</p> <p>Proposed: 4:01 The Annual General Meeting shall be held within the last 3 months of the calendar year at a place within the province and on a day to be fixed by the Board of Directors.</p> <p>4:04 The first annual general meeting of the Society must be held not more than 15 months after the date of incorporation and after that an annual general meeting must be held at least once in every calendar</p> | <p>Proposed by Graeme Gerlach, seconded by Diana Foxall.</p> <p>Motion is tabled; 23 votes for, one against, two abstentions.</p> |
|--|---|

| | |
|--|---|
| <p>year and not more than 15 months after the holding of the last preceding annual general meeting.</p> <p>Rationale: The first three months of the calendar year are already very busy for board members, with Nationals and the CPU agm also taking place in the same time frame. 4:04 has also become redundant with the existence of 4:01 already laying out the required timeline for the AGM.</p> <p>Renae Witzaney raises concerns about holding the AGM during the last three months of the year as it would mean the period being reported on would be almost two years in the past by that point.</p> <p>Shadie Bourget voiced a similar concern to Renae, but suggested the BCPA could change its fiscal year to allow for the AGM to be held later without losing all relevance.</p> <p>Graeme Gerlach proposes tabling the proposed amendment, Renae seconds to table the proposal.</p> | |
| <p>Edit 4:05</p> <p>Current: 4:05 Every notice of an annual, general or special meeting of the Society shall specify the place, day and hour of the meeting, and shall state the nature of the business of the meeting and such notice shall be given to every Member no later than fourteen Days before such general or special meeting.</p> <p>Proposed: 4:05 Every notice of an annual, general or special meeting of the Society shall specify the place, day and hour of the meeting, and shall state the nature of the business of the meeting and such notice shall be given to every Member no later than twenty-one Days before such general or special meeting.</p> <p>Rationale: There is currently no time difference between the requirement to provide notice of a meeting, as well introduce proposals for said meeting, outline in 11:02. This will allow time for members to introduce proposals before the cut off.</p> | <p>Proposed by Graeme Gerlach, Diana Foxall seconds.</p> <p>Motion passed, 24 votes for, two against, three abstentions.</p> |

5. DIRECTORS AND OFFICERS

EDIT 5:01

Current:

5:01 The first Directors of the Society shall be the subscribers to this Constitution and these Bylaws. These Directors shall all retire at the first annual meeting. Thereafter, the number of Directors shall be determined at the first annual meeting, but in no event shall the number of positions on the Board of Directors be less than four in number or greater than nine in number.

Proposed:

5:01 The first Directors of the Society shall be the subscribers to this Constitution and these Bylaws. These Directors shall all retire at the first annual meeting. Thereafter, the ~~number of~~ Directors shall be determined at the first Annual Meeting, ~~but in no event shall~~ The number of ~~positions on the Board of~~ Directors shall not be less than four in number or greater than nine in number.

Rationale: The bylaws as written required the number of Directors to be defined at the first Annual Meeting. This requires the membership to reference ancient AGM minutes that were typewritten and filed on paper with our society's records keepers. An investigation in 2024 determined that the first AGM set the number of Directors at 7. This proposal removes the requirement for the Society to refer to the first AGM minutes to determine the number of Directors and preserves the spirit of the 2018 amendment limiting the number of Directors between 4 and 9 (inclusive).

Proposed by
Dennis Leong,
seconded by
Graeme Gerlach.

Motion passed; 23
votes for, two
against, four
abstentions.

EDIT 5:22

Current:

5:22 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

Proposed by
Dennis Leong,
seconded by
Rena Witzaney.

Motion passed; 26
votes for, two
against, two
abstentions.

| | |
|---|---|
| <p>designated by the Directors, may co-sign all cheques drawn on the funds of the Society.</p> <p>Proposed: 5:22 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 monies 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. Cheques drawn on the funds of the Society must be signed by the President or the Treasurer, or co-signed by both.</p> <p>Rationale: Clarifies that either the President or Treasurer can be sole signees of cheques. This has been in practice for over 7 years now. Most payments are made with Interac e-transfer, which doesn't require any signatories. Large payments by cheque usually require a certified cheque from our bank, which requires the president or treasurer to be the in-person signatory.</p> | |
| <p>11. Altering Bylaws</p> <p>Add 11:02</p> <p>Proposed:</p> <p>All proposals to amend any bylaw or introduce a new one, must be submitted in writing to the secretary sixteen days before the meeting at which they will be considered.</p> <p>Rationale: This gives a clear timeline of when proposals need to be submitted by, this also gives the secretary time to prepare a package of all proposals to circulate in accordance with 11:02</p> | <p>Proposed by Graeme Gerlach, seconded by Diana Foxall.</p> <p>Motion passed: 26 votes for, one against, three abstentions.</p> |

13. PENALTIES

EDIT 13:01

Current:

13:01 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:

13:01 Any member who is found by the Board of Directors to have contravened any of the ~~bylaws~~ ~~by-laws~~, ~~policies and code of conduct~~ of the Society may be subject to cancellation of his or her membership in the Society.

Rationale:

Housekeeping. This is a blanket proposal to add the words “policies and code of conduct” after the word “bylaws”, if policies are approved, and to remove the hyphen in the word “bylaw” as it is written in the *Act*. If approved, to be corrected through the entire bylaw document. The second part of the blanket proposal is to correct the spelling from “By-Law” to “Bylaw” as written in the *Act*.

NOTE: This was withdrawn at the 2024 AGM pending creation of an ethics process.

Proposed by
Shadie Bourget,
seconded by Diana
Foxall.

Motion passed; 30
votes for, one
abstention.

5. Announcements

Jen Luther Thomas flagged that BCPA Provincials are coming up soon during the last weekend of May at the Christine Sinclair Centre in Burnaby. She indicated she is expecting a big turnout at the meet ahead of Westerns being held in Nanaimo this October.

Jen also noted the feedback survey that was sent to members by email several months ago and summarized the existing results. She put the link to the survey in the Zoom chat so those who wished to share feedback could do so.

6. Adjournment

Diana Foxall and Dennis Leong second, meeting adjourns at 9:58 a.m.

Signed on the 31st day of January, 2026.

DIANA FOXALL

Diana Foxall

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

Schedule A

List of attendees

- Jen Luther Thomas
- Mehar Bhogal
- Dennis Leong
- Graeme Gerlach
- Diana Foxall
- Shadie Bourget
- Justin Schubert
- Tyler McPhail
- Steve Pritula
- David Adshead
- Chris Robb
- Renae Witzaney
- Jordan Phelps
- Pat Kowal
- Morgan Haupt
- Ramtin Manavi-Kherad
- Jonathan Cruz
- Natasha Kozak
- Kim Vernon-Jarvis
- Carmela Smythe
- Johnny Nguyen
- Teresa Gilman
- Angela Thompson
- Jasmin Khangura
- Shauna Hammer
- Andrew Stewart
- Steve Mahon
- Monica Wille
- Leo Rutledge
- Mary Ann Middleton
- Jenna Thomson
- John Quinton
- Cody Weeks
- Bryce Thomson

Schedule B

Officers' Reports

President's Report

2024 feels like a peaceful year for the BCPA, with smooth operations and no major challenges. We are still hovering over 700 active members at any given time, which while we may not have seen rapid growth, it seems that our members are sticking around.

We are finding our footing with a new stability in the calendar, and some of our events sell out in minutes, where others do not fill up. This is something we're actively discussing solutions to, to ensure anyone who needs competitions to qualify for the higher level competition pathways can do so. Having a clear calendar going forwards has allowed us to comfortably schedule our Provincial Championships, giving members ample time to compete and then register and prepare for Westerns 2025, should they wish.

Volunteerism has remained high across BC, and aside from competitions in our province's interior, we have no problem recruiting for all positions. As it turns out, good food can boost volunteer morale, and some of the top BC meets snacks in 2024 have been: korean jerky (costco), dried mangos, protein shakes and energy drinks. However we are noticing a number of people eating food for the current volunteer session while those volunteers are actively volunteering, instead of saving/prioritizing food for those in 'active service'. We are policing the warm up room when we can, but at some venues this is hard to monitor. We're exactly sure what the solution is yet, but it's something to think about.

Since the last AGM, BC appointed a new Officiating Chair, Mehar Bhogal, who has successfully recruited a number of referees to fill a deficit that existed prior, such as female referees and those who live on Vancouver Island. He has also cultivated a fantastic culture of discussion and sharing to empower new and old referees to feel comfortable in getting feedback or discussing edge cases.

Some of what the BCPA is working towards is delegation, and trying to find a way of successfully empowering committees to take on focused work that frees the board of directors up to do more forward-thinking and fundraising activities. We've also been testing out providing Team BC coaches at higher level events, as we're now regularly seeing above 100 BC athletes attending National Championships, which is a testament to the strength of our members, or that Qualifying Totals need to go up. (Back in my day, at my first Westerns in 2019 we only had 25 BC athletes. Now we regularly have over 100 going to high level events)

In 2024 we've had increased collaboration and communication between ourselves and the Special Olympics BC, which has led to both organizations feeling happier and supported at events. We regularly have at least one flight of Special Olympians at our two-day events. The BCPA will be supporting SOBC for their Summer Games in Prince George this July. We've

recently formed a Disabilities and Inclusion Committee, who have been working with our Officiating Chair to keep improving communication, education and collaboration with SOBC.

All in all, we're happy with the direction the BCPA is going and to see where 2025 takes us.

Jennifer Luther Thomas, BCPA President

Vice-President's Report

2024 was my first year moving from a director into the Vice-President role, I will keep my report short and to the point.

2024 brought us a new set of directors, and with any change of personnel there is always a sense of uncertainty. That sense of uncertainty was quickly squashed, as the new board was quick to work together to solve any problems that arose. During the last year we have been working on the ease of the "set up" and "tear down" process. There have been numerous additional storage changes added to the trailer to aid with this, as well as having better systems in place to help ensure everyone gets to go home as quickly as possible.

2024 also saw the expansion of our Nationals Coaching program, and I'm very excited to have had Johnson Nguyen and Roland Eslava fill these roles at 2025 Nationals. When I joined the board, one of my goals was to bring us on par with the rest of the country by having our members be supported at the highest level of competition in the country.

Looking into 2025, I strive to bring Provincial Sport Organization (PSO) status to the BCPA. If we can achieve this, it will open more avenues to receive funding for our organization. The funding can be used to expand our collection of equipment, spreading it out over the entire province.

Lastly, I would like to thank my fellow Directors and anyone who has volunteered their time in the last year to the sport in any capacity. This sport truly only lives off the backs of people dedicating their time to it.

Graeme Gerlach

Treasurer's Report

BCPA recorded a surplus of \$4,294.65 in the 2024 fiscal year. Total cash as of December 31, 2024, was \$32,028.09, of which \$10,013.87 is earmarked as contingency funds.

The association generated \$107,972.29 in revenues, down \$14,104.57 year-over-year. Membership revenue went up slightly.

Expenses came out to \$103,677.64, down \$24,479.60 year-over-year. Unlike 2023, there were no significant capital expenditures such as purchasing a new trailer for transporting equipment. Expenses for the Administration were up due to clearing out arrears with our law firm, Hamilton Duncan. Expenses for the Judges Professional category were up as we rolled out a new policy to compensate referees for travel. There was an increase in new referees as well, adding to the cost of outfitting them with referee uniforms.

Last year, I recommended the board engage a bookkeeper. After my re-election and re-appointment as Treasurer, I opted to maintain the books myself as it was decided to continue bookkeeping on a cash basis. BCPA's fiscal outlook for 2025 is stable.

[2024 BCPA Financials.pdf](#)

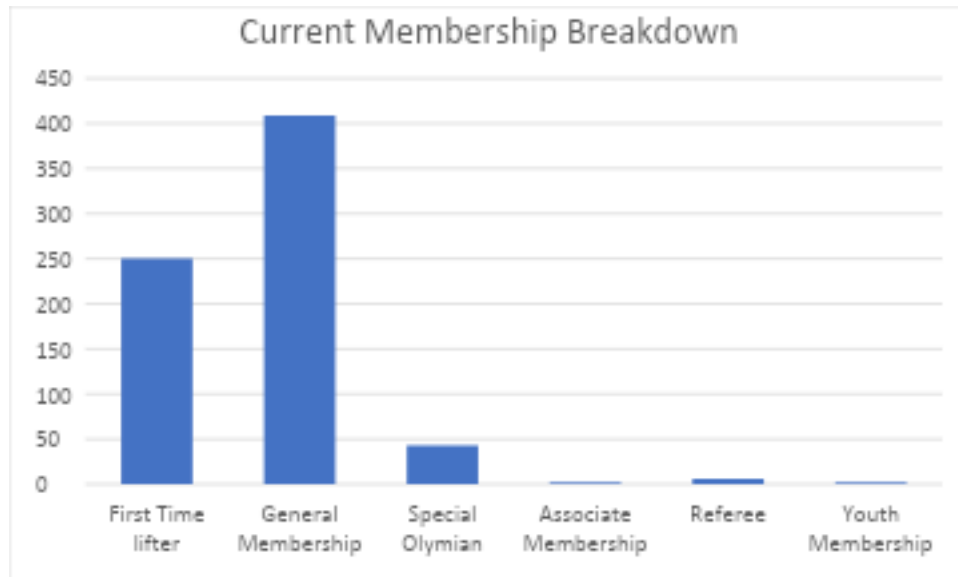
**British Columbia Powerlifting Association
2024 Income Statement**

| | Jan-24 | Feb-24 | Mar-24 | Apr-24 | May-24 | Jun-24 | Jul-24 | Aug-24 | Sep-24 | Oct-24 | Nov-24 | Dec-24 | Total |
|--------------------------|---------------|--------------|----------------|--------------|--------------|----------------|---------------|--------------|---------------|---------------|----------------|--------------|---------------|
| REVENUE | | | | | | | | | | | | | |
| Memberships | \$ 2,994.79 | \$ 1,946.10 | \$ 2,289.91 | \$ 1,749.75 | \$ 2,155.24 | \$ 883.35 | \$ 1,679.06 | \$ 2,617.06 | \$ 2,255.48 | \$ 1,327.34 | \$ 2,968.77 | \$ 3,077.25 | \$ 25,444.05 |
| Competition Registration | \$ 1,147.89 | \$ 10,626.73 | \$ - | \$ - | \$ 9,070.24 | \$ 990.48 | \$ 2,950.35 | \$ 14,629.58 | \$ 592.29 | \$ (189.22) | \$ (180.00) | \$ 12,345.70 | \$ 60,064.04 |
| Equipment Sales | \$ 340.00 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 360.00 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 340.00 |
| Sanction Fees | \$ 510.00 | \$ 500.01 | \$ 500.01 | \$ - | \$ - | \$ 500.00 | \$ 1,830.00 | \$ - | \$ 515.25 | \$ - | \$ - | \$ - | \$ 4,805.27 |
| Admission | \$ - | \$ 1,380.15 | \$ 4,116.55 | \$ - | \$ - | \$ - | \$ 1,906.21 | \$ 627.59 | \$ - | \$ 1,632.24 | \$ 1,332.00 | \$ - | \$ 10,964.74 |
| Merchandise | \$ - | \$ 78.19 | \$ 44.52 | \$ - | \$ - | \$ - | \$ 578.10 | \$ 192.70 | \$ 595.12 | \$ 695.70 | \$ 40.00 | \$ - | \$ 2,225.33 |
| Interest | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - |
| Grant | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 2,000.00 | \$ - | \$ - | \$ - | \$ - | \$ 2,000.00 |
| Sponsorship | \$ 500.00 | \$ 100.00 | \$ 500.00 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 1,100.00 |
| General Revenue | \$ 0.09 | \$ 0.06 | \$ 19.56 | \$ 0.08 | \$ 0.09 | \$ 0.08 | \$ 0.09 | \$ 228.45 | \$ 0.08 | \$ 0.09 | \$ 0.09 | \$ 0.09 | \$ 248.86 |
| Income Suspense | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - |
| TOTAL REVENUES | \$ 5,192.68 | \$ 23,631.26 | \$ 7,470.55 | \$ 1,749.83 | \$ 11,225.57 | \$ 1,773.91 | \$ 6,333.83 | \$ 19,695.40 | \$ 3,959.22 | \$ 3,467.15 | \$ 4,190.95 | \$ 16,113.04 | \$ 107,872.29 |
| EXPENSE | | | | | | | | | | | | | |
| Meets | \$ 694.40 | \$ 10,978.38 | \$ 15,717.09 | \$ - | \$ - | \$ 4,171.85 | \$ 4,225.48 | \$ 563.71 | \$ 661.94 | \$ 3,190.05 | \$ 9,502.80 | \$ 4,180.08 | \$ 53,875.78 |
| Meetings/Seminars | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 1,050.00 | \$ - | \$ - | \$ - | \$ 1,050.00 |
| Office/Stationary | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - |
| Administration | \$ - | \$ - | \$ 1,643.90 | \$ - | \$ 90.00 | \$ 2,984.80 | \$ - | \$ 500.00 | \$ - | \$ 500.00 | \$ 1,500.00 | \$ 57.96 | \$ 7,275.36 |
| Supplies | \$ - | \$ - | \$ 724.66 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 724.66 |
| Supplies (BCPA medals) | \$ - | \$ - | \$ 4,954.23 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 551.28 | \$ - | \$ 3,713.25 | \$ - | \$ 9,218.76 |
| Software | \$ - | \$ - | \$ - | \$ - | \$ 83.99 | \$ 236.26 | \$ - | \$ 822.77 | \$ - | \$ - | \$ 69.78 | \$ 199.90 | \$ 1,412.70 |
| Advertising | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - |
| Equipment Storage | \$ 223.47 | \$ - | \$ 1,520.07 | \$ 227.67 | \$ 227.67 | \$ 227.67 | \$ - | \$ 630.43 | \$ 900.00 | \$ 329.47 | \$ 1,030.80 | \$ 100.80 | \$ 5,387.95 |
| Truck Ins/Maint | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - |
| Equipment Purchase | \$ 84.00 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 730.24 | \$ - | \$ 814.24 |
| Trailer Purchase | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - |
| Drug Testing | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - |
| CPU Sanction Fees | \$ (1,530.00) | \$ (735.00) | \$ 2,985.00 | \$ - | \$ - | \$ 2,745.00 | \$ (2,430.00) | \$ 1,125.00 | \$ - | \$ - | \$ 3,075.00 | \$ 729.00 | \$ 5,964.00 |
| Trailer Ins/Maint | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - |
| Judges Professional | \$ - | \$ 200.00 | \$ 671.50 | \$ 1,267.41 | \$ - | \$ 1,530.03 | \$ 711.10 | \$ 373.36 | \$ 400.00 | \$ - | \$ 3,415.48 | \$ 129.00 | \$ 6,887.88 |
| Bursary | \$ 1,000.00 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 1,000.00 |
| Apparel | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 3,361.91 | \$ - | \$ 813.79 | \$ - | \$ 4,175.70 |
| Insurance | \$ - | \$ 132.19 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 1,471.00 | \$ 1,400.00 | \$ - | \$ - | \$ - | \$ 3,003.19 |
| Bank Fees | \$ 5.40 | \$ 5.40 | \$ 16.20 | \$ 3.60 | \$ 1.80 | \$ 11.70 | \$ 5.40 | \$ 6.30 | \$ 5.40 | \$ 3.60 | \$ 14.40 | \$ 6.10 | \$ 87.30 |
| Expense Suspense | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - | \$ - |
| TOTAL EXPENSES | \$ 477.27 | \$ 10,580.97 | \$ 28,232.67 | \$ 1,489.68 | \$ 403.46 | \$ 11,957.31 | \$ 2,511.96 | \$ 4,041.57 | \$ 8,401.53 | \$ 5,392.12 | \$ 23,835.54 | \$ 6,404.54 | \$ 103,677.64 |
| SURPLUS (DEFICIT) | \$ 4,715.41 | \$ 13,250.29 | \$ (20,762.12) | \$ 261.15 | \$ 10,822.11 | \$ (10,133.40) | \$ 6,821.85 | \$ 15,653.83 | \$ (4,443.31) | \$ (1,924.97) | \$ (19,674.99) | \$ 9,708.50 | \$ 4,264.65 |
| STARTING BALANCE | \$ 27,733.44 | \$ 32,446.85 | \$ 45,699.14 | \$ 24,937.02 | \$ 25,198.17 | \$ 36,020.28 | \$ 25,886.88 | \$ 32,708.73 | \$ 48,362.56 | \$ 43,919.25 | \$ 41,994.28 | \$ 22,319.59 | |
| ENDING BALANCE | \$ 32,448.85 | \$ 45,699.14 | \$ 24,937.02 | \$ 25,198.17 | \$ 36,020.28 | \$ 25,886.88 | \$ 32,708.73 | \$ 48,362.56 | \$ 43,919.25 | \$ 41,994.28 | \$ 22,319.59 | \$ 32,028.00 | |

| Fiscal Year Comparison | | | |
|-------------------------------|----------------------|----------------------|--------------------|
| | 2024 | 2023 | 2022 |
| REVENUE | | | |
| Memberships | \$ 25,444.05 | \$ 21,791.21 | \$19,319.56 |
| BCPA Meets | \$ - | \$ 93,160.57 | \$34,750.77 |
| Competition Registration | \$ 60,084.04 | \$ - | \$ - |
| Equipment Sales | \$ 1,070.00 | \$ - | \$ - |
| Sanction Fees | \$ 4,805.27 | \$ 2,868.28 | \$7,087.11 |
| Admission | \$ 10,994.74 | \$ - | \$ - |
| Merchandise | \$ 2,225.33 | \$ - | \$ - |
| Interest | \$ - | \$ - | \$1.03 |
| Grant | \$ 2,000.00 | \$ - | \$ - |
| Sponsorship | \$ 1,100.00 | \$ - | \$ - |
| General Revenue | \$ 248.86 | \$ 4,255.77 | \$6,321.57 |
| Income Suspense | \$ - | \$ - | \$500.00 |
| TOTAL REVENUES | \$ 107,972.29 | \$ 122,075.83 | \$67,980.04 |
| EXPENSE | | | |
| Meets | \$ 53,875.78 | \$ 62,079.27 | \$20,959.10 |
| Meetings/Seminars | \$ 1,050.00 | \$ 903.20 | \$424.28 |
| Office/Stationary | \$ - | \$ - | \$177.90 |
| Administration | \$ 7,276.36 | \$ 4,762.75 | \$3,541.78 |
| Supplies | \$ 724.68 | \$ - | \$1,254.38 |
| Supplies (BCPA medals) | \$ 9,218.76 | \$ - | \$6,593.48 |
| Software | \$ 1,412.70 | \$ - | \$ - |
| Advertising | \$ - | \$ - | \$4,331.25 |
| Equipment Storage | \$ 5,387.05 | \$ 6,393.04 | \$4,425.57 |
| Truck Ins/Maint | \$ - | \$ - | \$ - |
| Equipment Purchase | \$ 814.24 | \$ 6,807.22 | \$3,066.21 |
| Trailer Purchase | \$ - | \$ 30,156.00 | \$ - |
| Drug Testing | \$ - | \$ 11,760.08 | \$10,095.00 |
| CPU Sanction Fees | \$ 5,964.00 | \$ 1,232.00 | \$1,094.00 |
| Trailer Ins/Maint | \$ - | \$ 1,400.00 | \$ - |
| Judges Professional | \$ 8,687.88 | \$ 2,575.43 | \$4,473.91 |
| Bursary | \$ 2,000.00 | \$ - | \$1,000.00 |
| Apparel | \$ 4,175.70 | \$ - | \$469.85 |
| Insurance | \$ 3,003.19 | \$ - | \$ - |
| Bank Fees | \$ 87.30 | \$ 88.25 | \$62.10 |
| Expense Suspense | \$ - | \$ - | \$ - |
| TOTAL EXPENSES | \$ 103,677.64 | \$ 128,157.24 | \$61,968.81 |
| SURPLUS (DEFICIT) | \$ 4,294.65 | \$ (6,081.41) | \$6,011.23 |
| STARTING BALANCE | \$ 27,733.44 | \$ 33,813.82 | \$27,802.59 |
| ENDING BALANCE | \$ 32,028.09 | \$ 27,733.44 | \$33,813.82 |

Registrar's Report

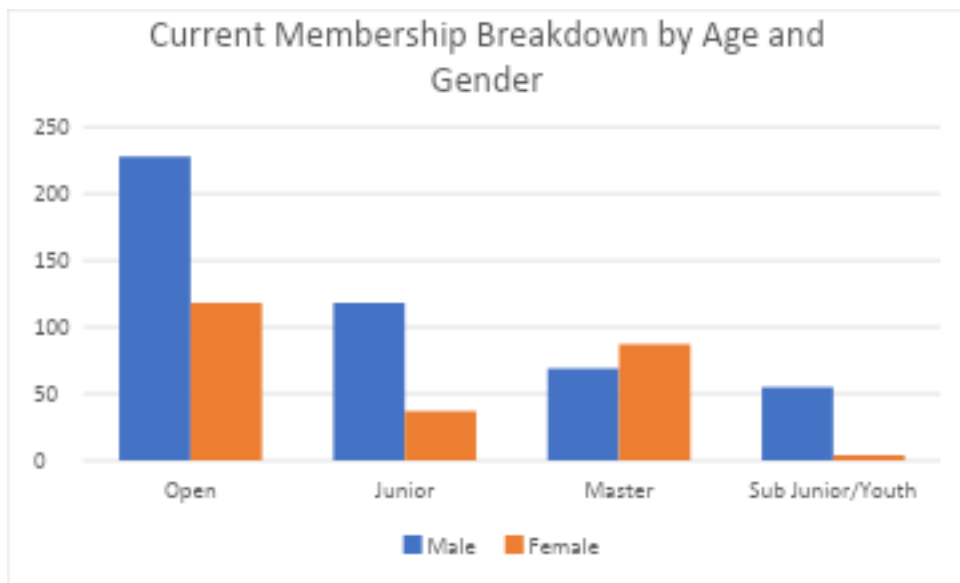
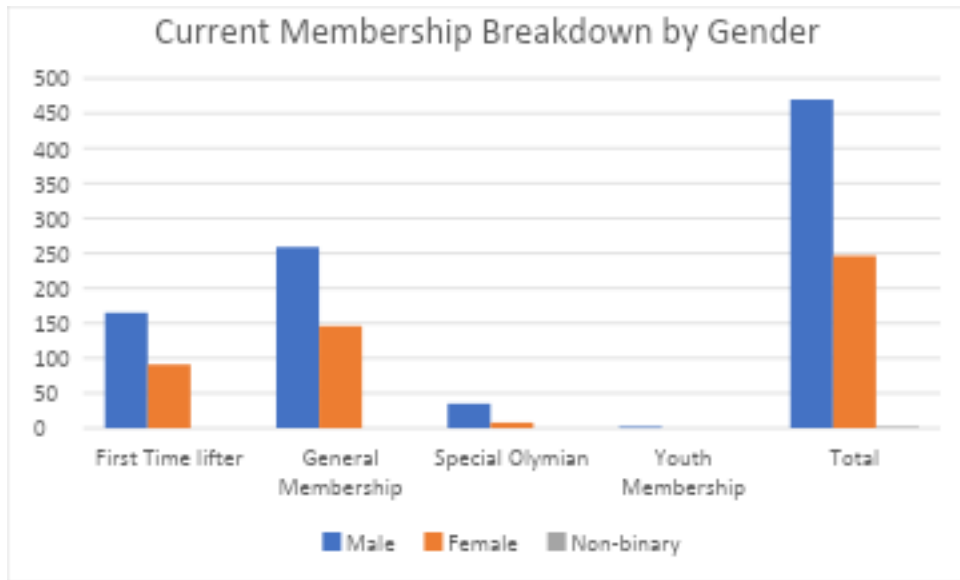
The BCPA membership numbers have consistently been in the mid-high 600s even surpassing 700 numerous times throughout 2024. At the time of writing this report, the BCPA has 713 active members, with the breakdown shown below.



This year saw an increase in club-run events allowing for a more consistent competition schedule throughout the year, which in turn has resulted in higher membership numbers.

Some observations regarding the memberships:

- Male lifters continue to represent a disproportionate amount of the membership for sub-juniors and juniors. Only seven per cent of lifters in the youth and sub-junior categories are female lifters. Only 24 per cent of junior lifters are female lifters.
- We see the opposite trend in the masters' categories, with female lifters comprising of 56 per cent of the masters category.
- With regard to total membership, male lifters make up roughly 65 per cent with female lifters making roughly 35 per cent.
- Open lifters make up the majority of total membership comprising of roughly 48.5 per cent. Masters and junior lifters have about the same population of lifters comprising of about 21.5 per cent each. Youth and sub-junior lifters make up the remaining 8.5 per cent.
- The gap between our general membership and first-time lifter membership has continued to grow with our general membership sitting at 409 members and first-time lifter memberships sitting at 250 members. This shows that we continue to have greater membership retention.



Justin Schubert
BCPA Registrar

Secretary's Report

This past year was my first term on the board, and I am grateful to Shadie Bourget for her help onboarding me into the secretary role. Shadie kindly took on some of the tasks that normally belong to the secretary in early 2024, including filing the BCPA's updated bylaws after the 2024 AGM.

The secretary's work is largely administrative, with duties including scheduling regular meetings for the board, drafting agendas, and taking minutes. We had nine board meetings in 2024, including one in-person meeting at the end of December. This frequent cadence allowed the board to act quickly on issues and projects and facilitated faster decision making. We are planning to continue meeting on a near-monthly basis as 2025 continues.

Our social media presence continues to grow on Instagram while Facebook remains a bit more stagnant. The BPCA uses its social platforms to share news and updates, highlight the accomplishments of BC athletes, and respond to questions from members. As of February 22, 2025, the BCPA Instagram account had 3,186 followers and the Facebook account had 2.7k followers – the latter holding steady with last year's figure.

Thank you to my fellow Directors for your support and guidance in my first year on the board.

Diana Foxall

Officiating Chair Report

Officiating in the BCPA had a few zigs and zags this year as I entered with several goals:

- 1) Increase referee participation - specifically national, Island, and female referees
- 2) Clarify exam requirements
- 3) Expedite the pathway to national status
- 4) Increase camaraderie and dialogue

1. Increasing Referee Participation:

In the past year, the BCPA added two new national referees (Tyler McPhail and Jonathan Cruz) and nine local referees. Of the nine referees, six are located on the Island and six are female - this should have a notable impact on the Society. A single referee can cost ~\$500 to travel from the mainland, and multiple referees often travel for these competitions. With the added support, and hopefully more to come, the BCPA should see thousands in savings across the competition year.

2. Clarifying Exam Requirements:

Upon receiving zero materials from the prior Officiating Chair, I attempted to piece together what the exam may have been. Although I was unable to put together a clear picture of the exam content, I was able to conclude that the pass rate was low and those attempting the exam felt unprepared. After being in the sport for a dozen years, there are clearly areas where referees must be highly competent off the top of their head, and other areas where the rulebook can be looked at. A referee should know the details of light colours, wrist wrap measurements, and other meet-day relevant knowledge. They do not need to know the dimensions of a competition rack or plates when it is IPF-Approved equipment on the platform. As such, I created and recorded a highly detailed zoom rules seminar within weeks of taking the position, and told those taking the exam that the questions are nearly entirely from the seminar. This has resulted in a significantly higher pass rate and referees are extremely competent and confident in meet-day relevant knowledge.

3. Expediting the Pathway to National Status:

The long-standing Category 1 and 2 system was replaced with a simple one category system. This stood in line with nearly every other Province as well as the CPU's national system. In other Provinces, this process insists a brand new referee sit in the head chair during their first time refereeing and simultaneously be subject to the practical examination. Accordingly, this was what we followed for the first several months. Upon receiving feedback from BCPA referees and competitors, this system was deemed problematic for two reasons: the practical examination is difficult to fail and is almost simply a formality making it unnecessary; and yet a green referee is overwhelmed as they sit in the most strenuous position as their first experience on the platform.

The process was therefore modified to a more gradual, hands-on, collaborative approach:

1. The practical exam was eliminated. After writing the exam and shadowing the head and side positions, a referee is now fully certified for any position.
2. Unless under extenuating circumstances, a new referee sits in the side chair position until both they and myself as Officiating Chair feel confident in their abilities to sit at the head position.
3. During their first times in both positions, they are paired off with a veteran referee who gives feedback and clarifies nuanced grey areas.

When viewed as a whole, this process allows referees to feel justifiably confident in their abilities as they progress, while still being a faster timeline than the prior two category system.

4. Increasing Camaraderie and Dialogue:

The culture around refereeing in the past was one where opinions were kept to themselves, or a black or white response was given. Like in any sport, officiating has a wide grey area and rules are open for interpretation. A WhatsApp group chat was created where these grey areas could be discussed openly without fear of being 'wrong' and the result has been veteran IPF referees and brand new BCPA referees jointly figuring out how to best approach officiating a lift.

This group chat has also resulted in stronger connections with referees who are unable to frequent all competitions, and created a sense of community.

—

Notably, the majority of our new referees are younger and have rebranded the image of what it means to wear the jacket. It is my hope that we continue to grow our numbers, discuss calls and learn from one another, and overall grow our community.

Mehar Bhogal

Records Chair Report – Cody Weeks

In 2024, there were 289 BCPA records set across 18 competitions. In the table below is a breakdown detailing how many records were set in each competition and division.

The automated records processing has still been working well. It's reduced the workload dramatically for most competitions, and the source data (competition results) has been cleaner than ever thanks to Sara Youd cleaning up the results before submission.

I haven't received any requests for changes to the process and am not planning any further improvements or enhancements in 2025.

Highlights:

- Shauna Hammer and Tate Commandeur had the highest number of records set by individuals this year, coming in at 23 records for Shauna, and 16 for Tate.
- BCPA Provincials saw the most records in a competition this year, with 49 set.

Thanks,
Cody

| Records Set | | | |
|----------------------------|------------|------------|--------------------|
| Meet | F | M | Grand Total |
| Bench Worlds | 2 | 4 | 6 |
| Centrals | | 1 | 1 |
| Commonwealth/Master Worlds | 6 | 6 | 12 |
| Easterns | | 3 | 3 |
| Equipped Worlds | 5 | | 5 |
| Fall Classic | 6 | 8 | 14 |
| Iron Throne | 6 | 7 | 13 |
| Kamloops | 21 | 9 | 30 |
| Nanaimo | 6 | 11 | 17 |
| NAPF | 8 | 2 | 10 |
| Nationals | 24 | 21 | 45 |
| Provincials | 27 | 22 | 49 |
| Summer Open | 5 | 4 | 9 |
| UBC | 2 | | 2 |
| Victoria Barbell | 14 | 8 | 22 |
| Westerns | 27 | 13 | 40 |
| Winter Open | | 7 | 7 |
| World Juniors | 4 | | 4 |
| Grand Total | 163 | 126 | 289 |

| Records By Meet | | | | | | |
|------------------------|---------------------|-----------------|-----------------------------------|-----------------|------------------------|---------------------|
| Meet | Bench Worlds | Centrals | Commonwealth Master Worlds | Easterns | Equipped Worlds | Fall Classic |
| F | | | | | | |
| Equipped | | | | | | |
| Master 1 | | | | | | 1 |
| Open | | | | | 5 | |
| Raw | | | | | | |
| Junior | | | | | | 1 |
| Master 1 | 1 | | 2 | | | 1 |
| Master 2 | 1 | | 4 | | | 2 |
| Open | | | | | | 1 |
| M | | | | | | |
| Equipped | | | | | | |
| Junior | | | | | | 1 |
| Master 1 | 1 | | | 1 | | |
| Master 2 | 1 | | | 1 | | |
| Master 3 | 1 | 1 | | | | |
| Open | 1 | | | 1 | | |
| Raw | | | | | | |
| Master 3 | | | 5 | | | |
| Master 4 | | | | | | 5 |
| Open | | | 1 | | | |
| Sub-junior | | | | | | 2 |
| Grand Total | 6 | 1 | 12 | 3 | 5 | 14 |

| Records By Meet | | | | | | |
|------------------------|--------------------|-----------------|----------------|-------------|------------------|--------------------|
| Meet | Iron Throne | Kamloops | Nanaimo | NAPF | Nationals | Provincials |
| F | | | | | | |
| Equipped | | | | | | |
| Open | | 4 | | | 1 | |
| Master 1 | | 5 | | | 1 | |
| Master 2 | | 5 | | | 1 | |
| Raw | | | | | | |
| Sub-junior | 3 | 3 | | | | |
| Junior | 2 | | 2 | 2 | 1 | 4 |
| Open | | | | | 11 | 10 |
| Master 1 | 1 | 3 | | 2 | 3 | |
| Master 2 | | 1 | | 4 | 3 | 3 |
| Master 3 | | | | | 3 | 2 |
| Master 4 | | | 4 | | | 8 |
| M | | | | | | |
| Equipped | | | | | | |
| Master 2 | | | | | 1 | |
| Master 3 | | | | | | 1 |
| Raw | | | | | | |
| Sub-junior | 2 | | | | 2 | 7 |
| Junior | 3 | | | 1 | 3 | |
| Open | 2 | 1 | 2 | 1 | 9 | |
| Master 1 | | | | | 6 | 1 |
| Master 2 | | 2 | 1 | | | 3 |
| Master 3 | | 1 | | | | 10 |
| Master 4 | | | 8 | | | |
| Youth | | 5 | | | | |
| Grand Total | 13 | 30 | 17 | 10 | 45 | 49 |

| Records By Meet | | | | | | |
|------------------------|--------------------|------------|-------------------------|-----------------|--------------------|----------------------|
| Meet | Summer Open | UBC | Victoria Barbell | Westerns | Winter Open | World Juniors |
| F | | | | | | |
| Equipped | | | | | | |
| Open | | | | 5 | | |
| Master 1 | | | | 1 | | |
| Master 2 | | | | 1 | | |
| Raw | | | | | | |
| Junior | 1 | | 5 | 2 | | 4 |
| Open | 2 | 2 | 4 | 6 | | |
| Master 1 | 1 | | 5 | 3 | | |
| Master 2 | 1 | | | 7 | | |
| Master 3 | | | | 2 | | |
| M | | | | | | |
| Equipped | | | | | | |
| Open | 1 | | 2 | | | |
| Raw | | | | | | |
| Sub-junior | 3 | | 5 | 4 | 4 | |
| Junior | | | | 2 | | |
| Open | | | | 5 | | |
| Master 1 | | | | 1 | 1 | |
| Master 2 | | | 1 | | 2 | |
| Master 3 | | | | 1 | | |
| Grand Total | 9 | 2 | 22 | 40 | 7 | 4 |

Scorekeeping Chair Report

There is not too much to report at this time.

We will be looking to host a Scorekeeping clinic April 12 or 13, 2025. In person and online, open to all who wish to either freshen up or learn to scorekeep (including the Interior and Island folks). More to come, keep an eye out for more information across the BCPA social media platforms.

The BCPA thanks all the volunteers who continue to step up for the meets, without you, these meets cannot run.

Thank you and see you soon.

Sara Youd

BCPA Scorekeeper Chair

Volunteer Committee Report

Volunteerism is the heart of our sport, and because of this, the BCPA has sought to elevate the volunteer experience from meet to meet over the past couple of terms.

Informal surveys amongst the membership has shown that our recent switches to volunteer food has been well-received. Being mostly powerlifters ourselves, the swap to stocking more protein bars and Fairlife shakes has been frequently praised. Also, pork jerky and dried mangoes have been cited as positive additions to any volunteer room.

2024 was the year of trying new things when it came to serving proper meals. Nando's at Fall Classic was stated as being one of the most flavourful food offerings to date, but suffered from logistical issues such as being relatively hard to eat within the 10 minute break between lifts, especially since cutlery was required for consumption. We've found that the other top-ranked food by the membership – Chipotle – mainly solved this problem by being portable and easy-to-eat, as well as fixing another rampant issue of having volunteers in future/previous sessions eating current session volunteer's food. By issuing a single substantial unit of food to each volunteer and having it specifically named on the outside, we avoid "volunteer food bandits" coming in and infringing on other people's food, reducing waste and additional costs. The additional profit margins can thus be passed on to the membership by various means such as upgrading BCPA equipment.

Summer Open and Fall Classic also floated sushi party trays for volunteers during a few sessions, and results were mixed. During Summer Open, some trays were left largely untouched by the beginning of the next session, and given the short durations of time that raw fish and cooked rice are fit for human consumption at room temperature, lots of food was wasted. However, during Fall Classic, the same amount of food wasn't quite enough and an extra order of pizza was necessary to keep volunteers fed. The overarching issue with sushi was that while delicious and very positively received by the volunteering membership, portioning is not quite straightforward and can present issues when trying to satisfy people over longer spans of time.

From a quantitative perspective, while we're still relatively reliant on a core group of people to get both the technical and logistical needs of a powerlifting meet up and going, we're also observing that the number of unique volunteers has risen from year to year. For example, Winter Open employs about an average of 53 volunteer opportunities across both days to keep platforms running efficiently. Of those 53 volunteer positions, 2023 had those spots occupied by 41 people, with the remaining 12 spots being specific people within that subgroup of 41 volunteers putting time in twice, or in some cases, three times across the entire weekend. In contrast, 2024 had only one confirmed person pulling a double volunteer shift the entire weekend, outside of board members (or in some cases, significant others of board members). This is one data point in a trend of overall increased volunteerism across the BCPA.

The overarching message here is that the BCPA has set out to elevate the volunteer experience, and from the data points we're collecting, so far we've been relatively successful at attracting a solid volunteer base from which we can draw from to keep BCPA-led meets efficiently-run. While a certain amount of people do in fact volunteer simply to fulfill requirements to participate at higher-level meets, a large number of people do so to give back to the powerlifting community, and I believe that satisfaction has been high amongst our volunteers.

In short, we're thankful for all of you and the time you each dedicate to giving back. If there's anything that we can do to elevate your experience as a volunteer even further, please don't hesitate to let us know.

Disabilities Integration Committee Report

Chris Hatcher and Shauna Hammer were pleased to be appointed to the Disabilities Integration Committee in August 2024. The committee has been actively working under the leadership of Jennifer Luther Thomas (BCPA President) and Mehar Bhogal (BCPA Officiating Chair). While the mandate continues to evolve, the committee's primary objectives are:

- Identifying the competition opportunities that Special Olympics, para, and blind lifters are seeking and ensuring these are incorporated into the BCPA calendar as early as possible.
- Exploring education opportunities—both for the BCPA to learn more about these organizations and to support their athletes and coaches in preparing for competition.
- Gathering feedback from coaches and athletes on the BCPA's inclusion efforts and identifying areas for improvement.

As part of this initiative, the committee met with Special Olympics BC (SOBC) to discuss how the BCPA can better support their athletes and coaches. The meeting was productive, with both organizations exploring how Special Olympics athletes and coaches have grown in their understanding of the sport. The discussion also addressed discrepancies and areas of confusion in competition rules, with the goal of providing greater clarity and ensuring better support for athletes and coaches.

SOBC expressed appreciation for the collaboration with the BCPA and indicated they are striving to align SOBC events with the same competitive standards as other powerlifting competitions.

SOBC is hosting its Provincial Games this summer in Prince George. The BCPA has already supported SOBC athletes by ensuring that several BCPA-run meets served as qualifying events for these Games. Additionally, flights were guaranteed for Special Olympics lifters at multiple BCPA competitions.

To further assist SOBC coaches and athletes, Mehar Bhogal delivered a virtual rules clinic on February 16, 2025, aimed at preparing coaches for the upcoming Provincial Games. In preparation, Mehar conducted a detailed review of both Special Olympics and IPF rules, identifying key differences. The recorded clinic will be made available on the SOBC website. Mehar has also been invited to attend the coach technical meetings for the Special Olympics Provincial Games.

The committee looks forward to further strengthening its collaboration with SOBC and expanding efforts to encourage and facilitate participation from para, blind, and other athletes with disabilities in the sport of powerlifting.

Respectfully submitted by Shauna Hammer

Youth Committee report

The BCPA Youth Committee was formed in 2024 with the intent of investigating options for youth powerlifting development within the BCPA. The youth category is a relatively new age category for powerlifting and has had limited participation to date. For reference, the youth category in BCPA consists of ages eight to 13 inclusive, broken into three categories (Youth 1, Youth 2, Youth 3). These age categories are associated primarily with elementary and middle-school aged children, with 13-year-olds being split between middle schools and high schools depending on the school district.

Consultation occurred with several schools throughout the province. While this consultation was not exhaustive, the conversations yielded some likely trends that there is a lack of powerlifting or weightlifting clubs in elementary schools or middle schools – and the schools canvassed did not necessarily have gym equipment that would facilitate creation of such a club. A few high schools were noted to have weightlifting clubs, some had weight training/gym clubs. One high school had a dedicated powerlifting club however this school starts at grade 9 (age 14) and therefore there are no youth category athletes, and the teacher associated with the club reports that it has morphed more into a general strength training club although he still emphasizes SBD.

Given the lack of access in most schools for the youth aged athletes this leaves training access for this age group to commercial and private gyms in the community. The commercial gyms and recreation centres contacted all required that members be a minimum of 13 years old and accompanied by a parent for at least their first visit. Most gyms required that unaccompanied participants be 16. Some private gyms, primarily weightlifting or CrossFit dedicated gyms, do have youth programs – most of these programs were noted to start around age 12 or 13. Several private gyms had weightlifting, or weightlifting introduction, programs for as young as eight or nine, some private gyms had general fitness classes available for six to nine-year-olds and nine to 12-year-olds. Some private powerlifting specific gyms allow children aged 13 or 14 and may or may not require a parent to be present. Several were willing to consider younger athletes, but on a case-by-case basis, and upon approval. Several private trainers offer 1:1 coaching in barbell movements for as young as eight or nine.

As there are parallels to be drawn between the two sports, there was a survey of youth participation in weightlifting given the higher level of access to training facilities and specific training as well as general historical community/sport visibility. At the BC Weightlifting Association youth provincial championships, there were approximately five lifters that were in the 10-13 year old range, and none under the age of 10. Participation at local level youth meets was also low with the vast majority of youth athletes being in the 14-21 year old range and often only zero to two athletes appearing in the under-14 range. This indicates that despite weightlifting's greater accessibility, their youth category is also relatively under-developed. It is noted that membership costs for youth lifters with BCWA is quite inexpensive at \$25, and their equipment costs are also lower as they are not required to wear approved brands. Youth may also wear form-fitting two-piece clothing, or any singlet – further reducing the cost barrier to entry into competition.

Overall several barriers to entry into youth powerlifting were noted:

- lack of access to gyms and training equipment for children in the youth age category

- if parents are not involved in powerlifting or part of gym culture/attendance children would be unlikely to be able to access anything other than 1:1 coaching/training or specific youth weightlifting programs that already exist.
- cost associated with attending private gyms/weightlifting classes/coaching or 1:1 coaching in the absence of access to commercially available and affordable gyms
- cost associated with membership and brand approved equipment

Committee member Jenna Thomson has focused on creating a sub-junior only meet in the Kamloops area and is set to put on the Kamloops High School Cup on May 3, 2025. She is hoping to increase powerlifting visibility for the high school (sub-junior) age group in the area.

Future focuses for the committee could be on developing an exhibition meet or learning/training opportunity for individuals in the youth category. This would likely have to be promoted through elementary and middle schools with their permission and would be a substantial endeavor on the part of BCPA in time and cost as it would require provision of equipment and volunteers as well as a venue. An alternative may be encouraging coaches and/or private powerlifting gym owners to hold youth-only training seminars to develop interest in the sport for children at a younger age. Another avenue may be development of a relationship with BCWA to attempt joint recruitment and training and hosting of youth events.

Report submitted by Morgan Haupt



British Columbia Powerlifting Association

2024 Annual General Meeting Minutes

Saturday, March 2, 2024, 12:00 pm
Zoom Videoconference

1. Meeting Call to Order.

1.1. Establishment of Quorum; 62 members.

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 Jennifer Luther Thomas confirms that quorum is reached (5% of membership, which represents 31 members of 620 members). There are 62 members present in total online and quorum is reached. The meeting is called to order at 12:12pm. Attendee list in Annex A.

Proposed by: Jennifer Luther Thomas Seconded by: Graeme Gerlach Vote: Majority

1.2. Appointment of chairperson.

Jennifer Luther Thomas proposes appointment of Graeme Gerlach as the chairperson for the 2024 BCPA Annual General Meeting.

Graeme Gerlach reminds members of a few housekeeping rules for the meeting:

- Bylaw vote shall pass by $\frac{2}{3}$ vote;
- Abstained vote do not count towards voting results; and
- We will proceed by Zoom polls which are anonymous.

1.3. Review and approval of Agenda as amended.

Shadie Bourget proposed the addition of "3.3 Officiating Chair Report". Kelly Wharton proposed a correction to item 6. Nominations of "Directors", instead of "voting officers".

The Agenda is approved as amended.

2. Review and approval of previous AGM minutes from February 4, 2023.

Graeme Gerlach asked if there are any questions or corrections to make. Jennifer Luther Thomas noted the correct 4:03 (need to be in red, struck through). Shadie Bourget is to correct the minutes and resubmit bylaws with the change.

Proposed by: Jennifer Luther Thomas Seconded by: Diana Foxall Vote: Majority (46 in favour, 10 abstentions)

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. Jennifer Luther Thomas, President. Overview of the 2023 year for the BPCA (see report).

3.2. Dennis Leong, Treasurer. Overview of the 2023 expenditures and revenues for the BCPA (see report).

3.3. Bette Festing, Officiating Chair.

Gabe Festing asked a question regarding storage fee costs and the old trailer that could be used as storage, to save BCPA money. Graeme Gerlach responded that it is a project for the new board and this suggestion is taken into consideration.

4. Old Business.

4.1. Tabled Bylaw Amendment. No old business or tabled bylaw amendment.

5. New Business.

5.1. By-Laws Amendments.

| | |
|--|---|
| <p><u>HOUSEKEEPING</u></p> <p>Replace "his or her" by "their".</p> | <p>Proposed by: Graeme Gerlach</p> <p>Seconded by: Meahar Bhogal</p> <p>Motion passed by majority (49)</p> |
|--|---|

| | |
|--|--|
| | yes, 3 no) |
| <p style="text-align: center;"><u>1. GENERAL PROVISIONS (ADD SECTION 1)</u></p> <p>Addition: 1:01 Purpose - These Bylaws relate to the general conduct of the affairs of the Society, the British Columbia Powerlifting Association (BCPA).</p> <p>1:02: Definitions - The following terms have these meanings in these Bylaws:</p> <ul style="list-style-type: none"> a) Act - The <i>British Columbia Societies Act</i>, SBC 2015, c18. b) Bylaws - Bylaws that contain provisions respecting the internal affairs of the, as described in section 11 of the <i>Act</i>. c) Days - a calendar day, inclusive of weekdays, weekends and statutory holidays. d) Director - An individual elected or appointed to serve on the Board of Directors pursuant to these Bylaws. e) Member - Individuals meeting the definition of Members that are admitted as Members of the Society under these Bylaws. f) Officer - An individual elected or appointed to serve as an Officer of the Society pursuant to these Bylaws. g) Provincial Championship - reference to Provincial Championships that is prepositioned by “BC” or “BCPA” is understood to be the annual Provincial Championships. Generic “Provincial Championship” may refer to any event occurring within the province that is sanctioned by the BCPA. h) Regulations - Regulations made under the <i>Act</i>, as amended, restated or in effect from time to time. i) Society - The British Columbia Powerlifting Association, a society that is incorporated, amalgamated, continued or converted under the <i>Act</i> <p>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.</p> <p>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.</p> <p>1:05 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.</p> | <p>Proposed by: Shadie Bourget</p> <p>Seconded by: Jordan Phelps</p> <p>Motion passed by majority (52 yes, 4 abstain)</p> |

| | |
|---|--|
| <p>(Housekeeping note: capitalize all definition words in the bylaws) (<i>All subsequent Bylaw sections are to be renumbered.</i>)</p> | |
| <p style="text-align: center;"><u>1. MEMBERSHIP (EDIT 1:06)</u></p> <p>Proposed: 1:06 The membership fee for each class of members, if any, shall be determined by the Board of Directors subject to review by the members at any meeting of the members of the Society. Any changes to the membership fees for existing members will be communicated to active members at least 14 days prior.</p> | <p>Proposed by: Jennifer Luther Thomas</p> <p>Seconded by: Mehar Bhogal</p> <p>Motion passed by majority (34 yes, 10 no, 18 abstentions)</p> |
| <p style="text-align: center;"><u>1. MEMBERSHIP (EDIT 1:13)</u></p> <p>Proposed: 1:13 A member must uphold the integrity and spirit of the Society in accordance with the Constitution, By-Laws and code of conduct.</p> <p>Point of clarification by Gabe Festing - The proposal does not clarify which code of conduct. Dennis Leong proposed a friendly amendment: "BCPA Code of conduct" and to add to definitions but cannot be done.</p> <p>Jennifer Luther Thomas proposed a friendly amendment to add "BCPA" before Constitution, Bylaws and Code of Conduct. Graeme Gerlach agreed.</p> <p>New version: 1:13 A member must uphold the integrity and spirit of the Society in accordance with the BCPA Constitution, By-Laws and Code of conduct.</p> | <p>Proposed by: Graeme Gerlach</p> <p>Seconded by: Mehar Bhogal</p> <p>Motion passed by majority (52 yes, 7 abstain)</p> |
| <p style="text-align: center;"><u>3. MEETING OF MEMBERSHIP (EDIT 3:03)</u></p> <p>Proposed: The Board of Directors, or any two members of the Board of Directors, or 10 percent, or thirty members, of the Society may call a special meeting of the Society for any purpose.</p> <p>Rationale was not included in the proposal, and clarified by Graeme Gerlach: if there are 1000 members, a special meeting would need 100 members, and it removes power from the members to call an SGM. Didn't want to take away the 10% required.</p> | <p>Proposed by: Graeme Gerlach</p> <p>Seconded by: Mehar Bhogal</p> <p>Motion not passed (19 yes, 28 no)</p> |

| | |
|--|--|
| <p style="text-align: center;"><u>3. MEETING OF MEMBERSHIP (EDIT 3:07)</u></p> <p>Proposed: Notice of any annual, general or special meeting shall be deemed to be given to every member if mailed, e-mailed or handed to every member, and in addition a notice of the annual, general or special meeting may be advertised in any newspaper circulating in the city of Vancouver or the Society's newsletter, webpage and/or social media outlets.</p> | Proposed by: Graeme Gerlach Seconded by: Margot Croft Motion passed by majority (53 yes, 3 no) |
| <p style="text-align: center;"><u>4. DIRECTORS AND OFFICERS (EDIT 4:21)</u></p> <p>Proposed: 4:21 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 monies 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. Cheques drawn on the funds of the Society must be signed by the President or the Treasurer, or co-signed by both.</p> <p>Dennis Leong explained his rationale, most payments are done through e-transfer and by one person.</p> <p>Renae Witzaney explained that only having one signature on cheque is now a common practice. The only concern is if someone steps down, the organization's hands may be tied (eg. situation with CPU president).</p> <p>Gabe Festing opposed this proposal for the same reason as last year; the proposal raises concerns and reduces financial oversight. Gabe Festing suggests that the language should allow that the president has to be in the loop of major expenses. The proposal undermines stakeholder and reduces financial integrity of the board.</p> <p>Dennis Leong thanked everyone for their input and explained that bylaws already direct what the treasurer can do. Cheques is only one way to remit payment, everything else e-transfer, cash, and none of those protections are in place for those. The goal is to remit payment to vendors in a timely manner.</p> <p>Gabe Festing clarifies that bylaws are put in place to protect Society.</p> | Proposed by: Dennis Leong Seconded by: Diana Foxall Motion not passed |
| <p style="text-align: center;"><u>4. DIRECTORS AND OFFICERS (EDIT 4:27)</u></p> <p>Current:</p> | Proposed by: Dennis Leong |

| | |
|---|--|
| <p>4:27 Should a Director or Directors (maximum 2) choose to host a BCPA organized 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.</p> <p>Proposed: 4:16 Should a Director or Directors (maximum 2) choose to host a BCPA organized and run competition, each Director(s) will be entitled up to a base \$500 stipend + \$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. Competitions requiring more than one day will entitle each Director to a \$250 stipend per additional day based on available funds.</p> <p><i>(Clean version)</i> 4:16 Should a Director choose to host a BCPA organized and run competition, each Director will be entitled a base \$500 stipend based on available funds. Competitions requiring more than one day will entitle each Director to a \$250 stipend per additional day based on available funds.</p> <p>Gabriel Festing sought clarification regarding removing the cap which also removes the number of eligible directors to run a competition.</p> <p>Scott Robertson questioned the availability of funds and asked what funds is this taken from (e.g. profit left over from a competition or proceeds that come in right away).</p> <p>Dennis Leong confirmed that it is the BCPA funds, separate from the competition, and that there won't be additional competition days unless competitors sign up.</p> | <p>Seconded by: Diana Foxall</p> <p>Motion passed by majority (45 yes, 8 no, 8 abstentions)</p> |
| <p style="text-align: center;"><u>4. DIRECTORS AND OFFICERS (ADD 4:30)</u></p> <p>Proposed: Should a member of the Society choose to assist a Director in the hosting of a competition, they shall be entitled to an equal stipend of a Director. Any stipend given to a member in this role, must be approved by the board.</p> <p>Graeme Gerlach explained the rationale: most competitions are directed by board members, and it is a very big ask to have someone run a meet without help. Allowing members to help run BCPA competitions is also a chance for mentorship.</p> | <p>Proposed by: Graeme Gerlach</p> <p>Seconded by: Diana Foxall</p> <p>Motion not passed (22 yes, 19 no, 20 abstention)</p> |

| | |
|--|---|
| <p>Gabe Festing opposed this proposal because it lacks criteria. The proposition must have structure, a selection process, otherwise it has potential for turning into selecting people they want instead of putting it out for tender. There may be a shortage in meet directors but incentivizing with money might not pull the right people in.</p> <p>Jordan Phelps also opposed because BCPA seems to acquire new meet directors without having to pay other people.</p> <p>Isaiah Wolf commented that he agrees but as someone who is looking forward to hosting a meet, there is no need for a stipend, and likes the proposal.</p> | |
| <p><u>13. RECORDS, AWARDS, AND CLASSIFICATIONS (EDIT 13:06)</u></p> <p>Current:</p> <p>13:03 The Society shall accept applications for new Provincial Records in the following age categories in each of the equipped and unequipped categories: Minimum standards to be 80% of CPU equipped standard, with the following exceptions noted below:</p> <ul style="list-style-type: none"> (a) Youth 1 (unequipped) (b) Youth 2 (unequipped) (c) Youth 3 (unequipped) (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) <p>Proposed:</p> <p>13:03 The Society shall accept applications for new provincial records and maintain provincial records for all combinations of the recognized weight, gender, age, lifting style (equipped/unequipped), and discipline (Squat, bench press, deadlift, bench only, and competition total) categories except those listed below:</p> <ul style="list-style-type: none"> (a) Youth 1 (All categories) (b) Youth 2 (All categories) (c) Youth 3 (All equipped categories) | <p>Proposed by: Cody Weeks</p> <p>Seconded by: Diana Foxall</p> <p>Motion passed by majority (42 yes, X no, X abstention)</p> |

| | |
|---|---|
| <p>13:03.1 Minimum standards for provincial record categories that have not been previously set are to be defined at the discretion of the Society, but may not exceed the corresponding minimum standards for CPU national records.</p> <p>Gabe Festing called for question. This question would forgo discussion and the proposal would go directly to a vote. Vote on the call for question: 28 yes and 15 no. A simple majority is required and the call for question passed. The proposal went to vote without discussion.</p> | |
| <p><u>14. COMPETITIONS (EDIT 14:03)</u></p> <p>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.</p> <p>Jennifer Luther Thomas clarified that BCPA does not do this in practice.</p> <p>Gabe Festing explained that this part of the bylaw puts a limitation on meet directors.</p> | <p>Proposed by: Jennifer Luther Thomas</p> <p>Seconded by: Gabe Festing</p> <p>Motion passed by majority (53 yes, 1 no, 6 abstention)</p> |
| <p><u>14. COMPETITIONS (ADD 14:11)</u></p> <p>14:11 At the BCPA Provincial Championships athletes cannot change their entered age and weight class 21 days before the contest starts. Any athlete who does not make weight will not compete. This policy does not apply to youth division athletes.</p> <p>Scott Robertson thinks that people should not get penalized for not making weight; we want people to compete.</p> <p>Gabe Festing opposes the bylaw proposal as it does not benefit athletes.</p> <p>Diana Foxall explains that several members often ask questions regarding weight change cutoff for Provincials.</p> <p>Gabe Festing explains that IPF does not mandate this on local levels.</p> <p>Morgan Haupy questions what other provinces do. Graeme Gerlach explained that most provinces allow people to lift if they miss weight (maybe as a guest lifter).</p> | <p>Proposed by: Jennifer Luther Thomas</p> <p>Seconded by: Diana Foxall</p> <p>Motion passed by majority (37 yes, 16 no, 9 abstention)</p> |

| | |
|--|---|
| <p>Mehar Bhogal explains that the biggest issue with weight changes is the scheduling part.</p> <p>Mel Kasper likes the idea to lift as guest lifter. It would provide less barrier to be able to compete. Guest lifter would a compromise.</p> <p>Jennifer Luther Thomas is amenable to a friendly amendment.</p> <p>Benjamin Yu said that athletes should have standards held up and that making weight is part of the sport.</p> <p>Jonathan Cruz explained that it would affect small percentage of lifters and that a standard should apply.</p> | |
| <p><u>15. EQUIPMENT (EDIT 15:01)</u></p> <p>Proposed: 15:01 Lifters may wear under their singlet a blank t-shirt, a t-shirt from any BCPA, CPU, or IPF sanctioned competition, a t-shirt with the lifter’s approved active club logo, a t-shirt from an approved BCPA sponsor or another t-shirt which meets the technical specifications established by the IPF. No other t-shirt will be permitted. Lifters may not reverse their t-shirt.</p> <p>Gabe Festing agrees with the proposal until the second part (second part is a referee practice). It is a policy, not a bylaw. He proposes a friendly amendment to remove “lifters may not reverse their t-shirt”. Megar Bhogal accepted.</p> <p>Passed: 15:01 Lifters may wear under their singlet a blank t-shirt, a t-shirt from any BCPA, CPU, or IPF sanctioned competition, a t-shirt with the lifter’s approved active club logo, a t-shirt from an approved BCPA sponsor or another t-shirt which meets the technical specifications established by the IPF. No other t-shirt will be permitted.</p> | <p>Proposed by Mehar Bhogal</p> <p>Seconded by Emily Wiggins</p> <p>Motion passed by majority (50 yes, no, 5 abstention)</p> |
| <p><u>15. EQUIPMENT (ADD 15:02)</u></p> <p>Addition: 15.02 Lifters may wear any IPF Approved Singlet regardless of the Nationality listed on the Singlet.</p> | <p>Proposed by Mehar Bhogal</p> <p>WITHDRAWN (policy not bylaw)</p> |

| | |
|--|--|
| <p><u>16. OFFICIATING (EDIT 16:01)</u></p> <p>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.</p> <p>The Officiating Chairperson is responsible for the following: (<i>omitted</i>)</p> <p>Proposed: 16:01 The Officiating Chairperson Committee, consisting of a minimum of one and a maximum of three individuals, will be appointed by the Directors at the first meeting following the annual general meeting in an election year. The responsibilities of the Officiating Committee include:</p> <p>Graeme Gerlach explained that the motion does not address 16:01 to 16:05 and who has final authority for interpretation. He questioned how the committee would deal with matters.</p> <p>Gabe - Answer (see recording)</p> <p>Dennis Leong questioned whether anything prevents an Officiating Chair from seeking input from other referees, or to spread the workload?</p> <p>Gabe Festing responded that nothing explicitly prevents this and that Bette Festing has often called in all referees for rule interpretation, and often defaulted on Chris Robb's interpretation.</p> | <p>Proposed by Gabe Festing</p> <p>Seconded by Diana Foxall</p> <p>Motion does not pass</p> |
| <p><u>Motion to consider all Mehar's proposal (add numbers 16:03, 16:04, 16:05 and 16:06, 16:10) as omnibus</u></p> | <p>Proposed by Jordan Phelps</p> <p>Seconded by Gabe Festing</p> <p>Motion passes (41 yes, 1 no, 9 abstention)</p> |
| <p><u>16. OFFICIATING (EDIT 16:03)</u></p> <p>Current: 16:03 The BCPA will use a two category referee system. Category II referees are only permitted to officiate as side referees. Category I referees may act as either Head Referee or as a side referee.</p> | <p>Proposed by Mehar Bhogal</p> <p>Seconded by Jordan Phelps</p> <p>Motion passes by majority (32</p> |

| | |
|--|-----------------------------------|
| <p>Proposed: 16:03 The BCPA will use a one category referee system. All referees are deemed as Category I and may officiate as either Chief Referee or Side Referee.</p> <p>Mehar Bhogal discussed all proposals and several members provided input, including several referees, both in favour and against.</p> <p>Gabe Festing explained that the proposals are not written properly, especially if there are no Cat1 referees. The one tier system was not working and BC adopted this two-tier system. As a result, BC athletes are much more prepared than athletes from other provinces, because of the two tier structure.</p> | <p>yes, 13 no, 10 abstention)</p> |
| <p><u>16. OFFICIATING (EDIT 16:04 and REMOVE 16:04(b) and (c))</u></p> <p>Current: 16:04 Qualifications for a Category II Referee are as follows: (a) Must achieve a passing score of 90 percent or more on a Category II written examination. Qualifications for a Category I Referee are as follows: (b) Must be a Category II Referee in good standing for a period of at least 1 year. (c) Must have adjudicated at least 3 competitions and a minimum of 6 sessions. (d) Must take a Category I practical examination at a 3 lift competition with at least 20 lifters. (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. (f) The candidate will be credited with 25 points, and observed competence by the examiner/s during equipment check, weigh in and while seated at the platform. A deduction of 0.5 (half a point/mark) will be made for any error that may contravene the technical rules. The examiner will be a Provincial Category I Referee or higher. (g) The candidate will be credited with 75 points on their decisions made at the platform as compared with those of the Jury members and not those of their fellow platform referees. The Jury will consist of one Provincial Category I referee or higher and National level referee or higher. (h) The candidate must score at least 90 percent on their total examination. This includes the 75 points on their decisions made at the platform and 25 points from performance of the necessary duties (i.e. equipment check, weigh in and platform control).</p> <p>Proposed: 16:04 Qualifications for a Category I Referee are as follows: (a) Must achieve a passing score of 90 percent or more on an online or in-person written examination. (b) Must shadow the Chief Referee and Side Referee positions during a 3-lift competition with at least 20 lifters.</p> | <p>OMNIBUS</p> |

| <u>ELIMINATION OF CURRENT BYLAW 16:04 B and C</u> | |
|--|---------|
| <p><u>16. OFFICIATING (EDIT 16:05)</u></p> <p>Current: 16:05 To maintain a Category II referee status, a Provincial Referee is required to 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.</p> <p>Proposed: 16:05 To maintain Category I referee status, a Provincial Referee is required to officiate a minimum of once per twelve months. If the Category I 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 I 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.</p> | OMNIBUS |
| <p><u>16. OFFICIATING (EDIT 16:06)</u></p> <p>Current: 16:06 To maintain a Category I referee status, a Provincial Referee is required to 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.</p> <p>Proposed: ELIMINATE ENTIRELY. REDUNDANT UNDER PROPOSED CHANGES.</p> | OMNIBUS |
| <p><u>16. OFFICIATING (ADD 16:10)</u></p> <p>Addition: 1) The Officiating Chairperson will be responsible for creating and maintaining both a written and video Lifters' Meeting guide. a) Meet directors must send these guides to all athletes prior to the competition. b) The Chief Referee must hold an in-person Lifters'</p> | OMNIBUS |

| | |
|---|--|
| <p>Meeting for every session at BCPA sanctioned competitions.</p> <ul style="list-style-type: none"> i) The in-person Lifters' Meeting must begin thirty minutes prior to the competition starting, or after weigh-ins and equipment check are complete. ii) The in-person Lifters' Meeting must not extend beyond a duration of ten minutes. <p>2) Contingent upon referee availability, referees must establish a two-person weigh-in process.</p> <ul style="list-style-type: none"> a) Referee one lining up lifters in order of the weigh-in sheet to the weigh-in area; verifying ID is present; and filling in weigh-in cards prior to competitors entering the weigh-in room. b) Referee two recording bodyweight; assessing undergarments; verifying weigh-in card details and ID; and handing out attempt cards. <p>3) A Jury shall be established at competitions contingent upon referee ability; and meet director resources.</p> <ul style="list-style-type: none"> a) At the Provincial Championships, the Jury must consist of three National Referees or higher b) At non-Provincial Champions, the Jury must consist of three Provincial Referees or higher | |
| <p><u>16. OFFICIATING (ADD 14:10)</u></p> <p>Current: 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>Proposed: ELIMINATE ENTIRELY, REDUNDANT UNDER PROPOSED CHANGE</p> | <p>Proposed by Mehar Bhogal</p> <p>Seconded by Jennifer Luther Thomas</p> <p>Motion passed by majority (47 yes, 1 no, <input checked="" type="checkbox"/> abstain)</p> |
| <p><u>17. QUALIFYING STANDARDS (EDIT 17:01)</u></p> <p>17:01 Effective 2021, BCPA members wishing to compete in the BCPA Provincial Championships must, in the 24 months preceding the competition, obtain qualifying standards equivalent to or greater than the CPU Regional qualifying standard.</p> <p>Lifters may compete in weight classes other than the one in which they obtained the qualifying total. Lifters must compete in the discipline (equipped or unequipped) that they acquired the qualifying total in. Qualifying attempts for single lift competition must be attained at a single lift competition or from the</p> | <p>Proposed by Jennifer Luther Thomas</p> <p>Seconded by Diana Foxall</p> <p>Motion passed by majority (43 yes, 2 no, 8 abstain)</p> |

| | |
|--|---|
| <p>bench press portion of a 3 lift competition., and lifters who obtain the equipped qualifying total will automatically also qualify to compete unequipped.</p> <p>Scott Robertson explained that this is to the detriment of all equipped lifters, as athletes will now need to compete at both equipped and unequipped to get both qualifying standards.</p> <p>Laine Jackart explained that it is important to register a total in each division.</p> | |
| <p><u>17. QUALIFYING STANDARDS (EDIT 17:02) (vote 21)</u></p> <p>Proposed: 17:02 In order to be eligible to compete at a CPU Regional Championships or CPU National Championships members must:</p> <ul style="list-style-type: none"> (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: <ul style="list-style-type: none"> (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 BCPA By-Laws Page 16 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, or; (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. (iv) Assist the BCPA or one of the committees with it's 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. <p>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 registration closing date of the event they are seeking an exemption for BC Provincial Championships such member is scheduled to compete or volunteer at. An exemption will be granted only in extenuating circumstances and</p> | <p>Proposed by Jennifer Luther Thomas</p> <p>Seconded by Diana Foxall</p> <p>Motion passed by majority (43 yes, 2 no, 5 abstain)</p> |

| | |
|---|--|
| <p>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.</p> | |
| <p>POLICY PROPOSAL</p> <p>Sections for policies: Remove as approved and add sections 16. Officiating, 17. Qualifying Standards, and 19. Coaching in the BCPA policies</p> <p>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 policy changes will be communicated to members within four (4) weeks of the changes.</p> <p>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.</p> <p>In addition, many of the members who attend the AGM are not as well versed in the rules as referees need to be, and may not be best suited to vote on matters relating to officiating. Removing 'Officiating' from the bylaws into policy enables the Officiating Committee and BCPA Board to regulate each other, but also give autonomy to those individuals who are typically appointed <i>after</i> and AGM, where their hands are tied for the next year (calling an AGM may be overkill for this purpose).</p> <p>For qualifying standards, the CPU calendar is constantly changing, sometimes at the last minute, which makes it hard for the BCPA to keep up when our qualifying standards are tied to the AGM cycle. There is a provision that these may be changed by the board of directors, but that then becomes confusing for athletes to find which applies to them (bylaws or an update posted somewhere else). Having one singular 'source of truth' that is easier to find and read and can be updated as necessary, will benefit BCPA members. As stipulated, any policy changes have to be communicated to the members which enables all members to be kept up-to-date on any changes to qualifying standards.</p> <p>Gabe Festing agreed with the sections BCPA has listed, with addition to 15 and 16 but the proposed document does not include them. The issue with policies is</p> | <p>Proposed by: Board of Directors</p> <p>Seconded by Benjamin Yu</p> <p>Motion passed by majority (29 yes, 9 no, 13 abstain)</p> |

| | |
|---|--|
| <p>a potential for a majority of directors to make policies. Giving the BCPA this ability is detrimental</p> <p>Dennis Leong agreed and explained that is why BCPA needs robust policies. BCPA needs to get this off the ground, as it did not pass the previous year, to get things better for members in good faith and work together to create the best policies.</p> <p>Jennifer Luther Thomas commented that this backfired on CPU for the past few years; recently, CPU AGM intended to give more voting power to directors and it was voted down.</p> <p>Gabe Festing reiterated that we don't want to be calling SGM but this initial document should be approved by the member. What happened at CPU AGM is because of the added workload. He also extended his help to board members on policy proposals.</p> | |
| <p><u>17. PENALTIES (EDIT 12:01)</u></p> <p>Proposed: 12:01 Any member who is found by the Board of Directors to have contravened any of the bylaws by-laws, policies and code of conduct of the Society may be subject to cancellation of his or her membership in the Society.</p> | <p>Proposed by Shadie Bourget</p> <p>WITHDRAWN (to be discussed later as BCPA has to have an ethics process by June 2024)</p> |

A special resolution authorizing amendments to the Bylaws as set out in the Notice of Meeting was disseminated to all members of the Society. BE IT RESOLVED THAT the following provisions be amended in the Bylaws: New section 1 (1:01 to 1:05) (addition, and following sections renumbered); edit 2:06 (previously 1:06), edit 2:13 (previously 1:13), edit 4:07 (previously 3:07), edit 4:16 (previously 3:27), edit 14:04 (previously 13:01), correct 5:03 (previously 4:03), add 14:03.1, edit 15:03 (previously 14:03), remove 15:10 (previously 14:10), add 15:10, remove Sections 17, 18 and 20 (previously 16, 17 and 19). Any one (1) director of the Society be and is hereby authorized to attend to such amendments to the Bylaws and to make such filings with the regulatory authorities as may be necessary and advisable.

6. Nomination of Directors.

Graeme Gerlach explains that the Board of Directors will consist of seven (7) directors, unlike previous years.

Dennis Leong explained read Bylaw 4:01. The first Board of Directors decided the number of directors in 1977, and the minutes state that the number on the board is seven (7). The BCPA's

recommendation is to make a bylaw change in the future to set the number of directors. Jennifer Luther Thomas also explained that supporting letters state seven (7) directors.

The following incumbent members accepted their nomination: Jennifer Luther Thomas, Shadie Bourget, Dennis Leong, Justin Schubert, Graeme Gerlach.

BCPA received the following (6) nominations:

- Jeffrey Anderson
- Diana Foxall
- Morgan Haupt
- Kiana Delsouz
- Gabe Festing
- Mehar Bhogal

Nominations from the floor were not accepted because there were greater than seven (7) nominations, which is the maximum number of directors on the Board.

Each incumbent member and nominated member presented themselves to the members.

Gabe Festing withdrew his nomination as no confirmation was received regarding the validity of nomination.

7. Election of Officers

The votes proceeded through an anonymous Zoom poll.

Jennifer Luther Thomas: 47 yes

Shadie Bourget: 48 yes

Justin Schubert: 41 yes / 10 abstentions

Dennis Leong: 48 yes / 3 abstentions

Graeme Gerlach: 41 yes / 10 abstentions

Diana Foxall: 35 yes / 16 abstentions

Kiana Delsouz: 20 yes / 31 abstentions

Jeffrey Anderson: 23 yes

Mehar Bhogal: 32 yes / 19 abstentions

Morgan: 22 yes / 29 abstentions

The following seven (7) officers elected are: Jennifer Luther Thomas, Shadie Bourget, Justin Schubert, Dennis Leong, Graeme Gerlach, Diana Foxall, Mehar Bhogal.

Dennis Leong thanked everyone that stepped forward. Jennifer Luther Thomas seconded.

8. Announcements.

Blake Taylor stepped down from the position of director after serving for four (4) years on the Board of Directors and was thanked for his several contributions.

Bette Festing recently stepped down from the Officiating Chair position, which she held for over five (5) years. Her contributions were recognized and was thanked for her commitment and work to improve officiating in BC.

9. Adjournment. Meeting is adjourned at 15:48 pm.

Proposed by: Graeme Gerlach

Seconded by: Mehar Bhogal

Vote: Majority

Signed on this 2nd day of April 2024.

Shadie Bourget
BCPA Director

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

| First Name | Last Name |
|------------------|------------|
| Andrew | Stewart |
| Andrew | Wong |
| Angela | Thompson |
| Audrey | Yun |
| Benjamin | Yu |
| Carmela | Smythe |
| Cody | Weeks |
| Colton | LaJeunesse |
| Diana | Foxall |
| Donald | Lovell |
| Emily | Wiggins |
| Fable | Witzaney |
| Gabe | Festing |
| Gregory | Goana |
| Hanjun (Sabrina) | Jiang |
| Iman | Alroumani |
| Isaiah | Wolf |
| Jasmin | Khangura |
| Jeff | Anderson |
| Jenna | Jankowiak |
| Jeremy | Klaus |
| John | Quinton |
| Johnson | Nguyen |
| Jonathan | Cruz |
| Jordan | Phelps |
| Katherine | Lawrence |
| Kathleen | Thomson |
| Keith | Evans |
| Kelly | Wharton |
| Kevin | Weiss |

| First Name | Last Name |
|------------|---------------|
| Kiana | Delsouz |
| Kim | Vernon-Jarvis |
| Kimberley | Hess |
| Kristine | Bayntun |
| Laine | Jackart |
| Mackenzie | Lee |
| Marc | Vezina |
| Margot | Croft |
| Mehar | Bhogal |
| Melissa | Kasper |
| Michael | Infante |
| MONICA | WILLE |
| Monica | Ma |
| Morgan | Haupt |
| Natasha | Kozak |
| Oleanna | San Antonio |
| Mary Ann | Middleton |
| Pat | Kowal |
| Ramanjot | Ghuman |
| Ramtin | Manavi-Kherad |
| Renaë | Witzaney |
| Roland | Eslava |
| Scott | Robertson |
| Shauna | Hammer |
| Teresa | Gilman |
| Theresa | Kwan |
| Timothy | Branch |
| Tyler | McPhail |
| Vincci | Diguangco |
| Wendy | Yamazaki |
| Jennifer | Luther Thomas |
| Shadie | Bourget |
| Dennis | Leong |
| Justin | Schubert |

| First Name | Last Name |
|------------|-----------|
| Graeme | Gerlach |

- Annex B -

Reports