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British Columbia Powerlifting Association

2026 Annual General Meeting Agenda

Saturday, February 28, 2026, at 9 a.m.
Videoconference

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 March 8, 2025.
3. Officers' Reports:
 - 3.1. Jennifer Luther Thomas, President
 - 3.2. Dennis Leong, Treasurer
4. New Business:
 - 4.1. Bylaws Amendments.
5. Nomination of Voting Officers
6. Elections
7. Announcements.
8. Adjournment.

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

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

GOAL #1 - Improve membership retention

GOAL #2 - Develop the Powerlifting Community

GOAL #3 - Solidify and improve internal processes

Reports

President's Report to the 2026 BCPA AGM

The past two years have been an enjoyable and rewarding term for myself as the President of the BCPA. We've had the pleasure of seeing more non-BCPA run competitions being added to our calendar and we've seen membership growth, increased volunteerism and self-sufficiency outside of the central Lower Mainland hub.

In addition to the thriving local meet scene, we've seen success with larger events. The 2025 BCPA Provincial Championship was the largest ever, with 251 registrants, pushing us to our limits in what we can accommodate in 3 days. This has forced the BCPA to evolve, and we feel more experienced and better equipped to handle bigger and better events.

2025 also saw CanPL Westerns return to BC in Nanaimo, hosted by myself and Renae Witzaney. This was the largest Western Canadian Championships, and 256 out of 463 registrations (55%) coming from BCPA members. This led to a peak in BCPA membership at around ~740 members. The 2024 Canadian National Championships were attended by 89 BCPA members, and the 2025 Canadian National Championships were attended by 116 BCPA members. Every year our members get stronger and increase in number to represent BC on the national stage, with many on the podium, breaking records or making the national team.

A few quick callouts to other successes we've had:

Equipment: The BCPA purchased new equipment for Provincials last year, reupholstered our bench pads, repaired the para benches, created new warmup platforms (that should last us longer and reduce recurring operational expenses).

Committees: The BCPA has had success with our Disabilities Committee this term, seeking involvement and collaboration with representatives for Special Olympics and Para Powerlifting to better the BCPA's inclusion of those groups. For other committees the BCPA has discussed alternative options for the coming term to increase engagement, productivity and outputs from our other committees.

Volunteers: Our volunteers never cease to amaze me in how often, and how much, they show up and support powerlifting in BC. It is very rare these days that competitions struggle for volunteers, and it will often be just a few vacant positions. Even with two large-scale competitions in BC this year, Provincials and Westerns, the BCPA membership showed up and helped out. For that I'm extremely grateful for the support and appreciation this current board receives, which makes running the BCPA much more enjoyable.

Team BC: For multiple years now the BCPA has endeavoured to provide Team BC t-shirts and coaches to those in need at no cost to our athletes. It's rewarding to see the appreciation in our athletes as they represent our province Nationally.

Awards: In 2025 we presented the Craig English award to Brian Rock. Volunteer of the year to Keith Evans and Tu Le. Athlete of the year to Giovana Palacios Toledo and Alexander Wei Rui Ang. Robert O. Smith to Shauna Hammer and Liam Wharton. Our Hall of Fame page on the website has been updated to commemorate their accomplishments.

I'll let other Officers, Chairs and Committee members detail their successes in their reports so as to not steal everyone's thunder.

As this term comes to an end and we look towards the future, should I be re-elected, I'd like to continue leading the BCPA to a more sustainable and efficient future in both governance and equipment. I'd like to see the BCPA:

- Decentralize the calendar by encouraging and supporting more clubs and individuals to run competitions across the Province, allowing the BCPA Board of Directors to focus on strategic advancements and conserving our energy and enthusiasm for our Provincial Championships and a select few other competitions.
- Continue to explore, and hopefully obtain, Provincial Sport Organization (PSO) status.
- Take advantage of our strong financial position to purchase equipment to make us self-sufficient for dual platform meets, which will also make it easier to distribute a subset of our equipment to competitions that don't require our full trailer. It also allows us to add additional capacity to competitions to meet the rising demand, where event space allows.
- Improve our knowledge share through in-person experiences at competitions and written guidelines and processes. The goal is that future iterations of the board have everything they need to be successful from day one as a Director. Losing knowledge and experience causes months-long delays before there's a chance of working on future strategy and evolving the organization.

I truly feel that the BCPA is in a strong position – operationally, financially, and culturally – and I am confident in the future of this organization.

Jennifer Luther Thomas

President, British Columbia Powerlifting Association

Vice-President's Report

This last year we've seen the board start to transition away from running meets and more towards putting our time and efforts purely into running and expanding the association. This decision was not made lightly as there were many concerns that there would not be anyone willing to fill in the gaps. However I can happily report that we are seeing an increasing amount of clubs and individuals step up to help fill our calendar. We felt this change was necessary to help lower the levels of burnout our directors have faced in the past from the pressure to run several meets a year while also trying to put time into the association. I'm very happy to say our calendar going into 2026 looks the fullest that I can remember.

Our efforts to become PSO recognized are still ongoing, CanPL now has the NSO status that is required for us to start our application. Still there are more changes we will need to make to allow this application to be accepted. Going into 2026 we look to finalize these changes in hopes of achieving this goal and all the benefits that can come with it.

As my first term as Vice-President comes to an end. I'm happy to report that I feel that the board and the association are in a very good position. We continue to have a strong level of membership and with that a resilient volunteer base to support it.

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.

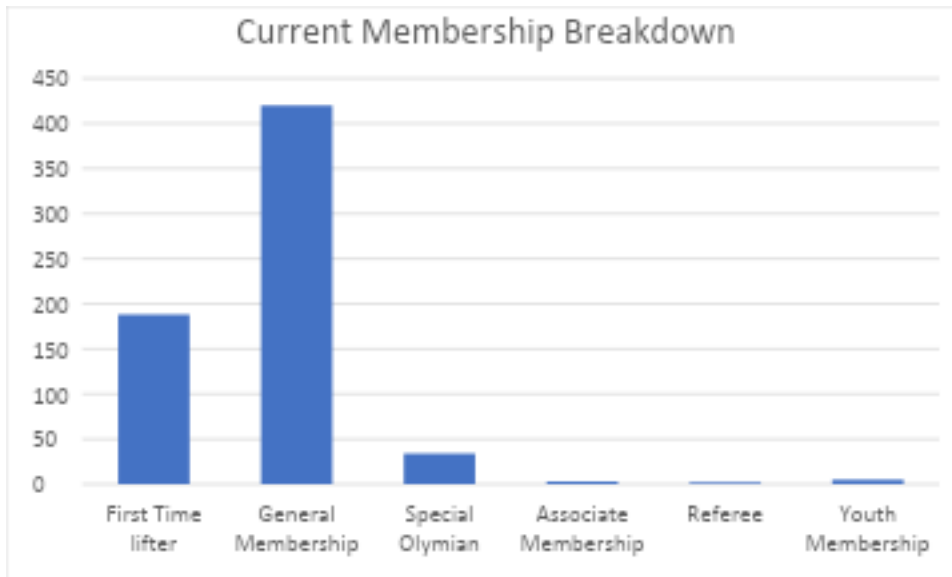
Graeme Gerlach

BCPA Vice-President

Treasurer's Report

Registrar's Report

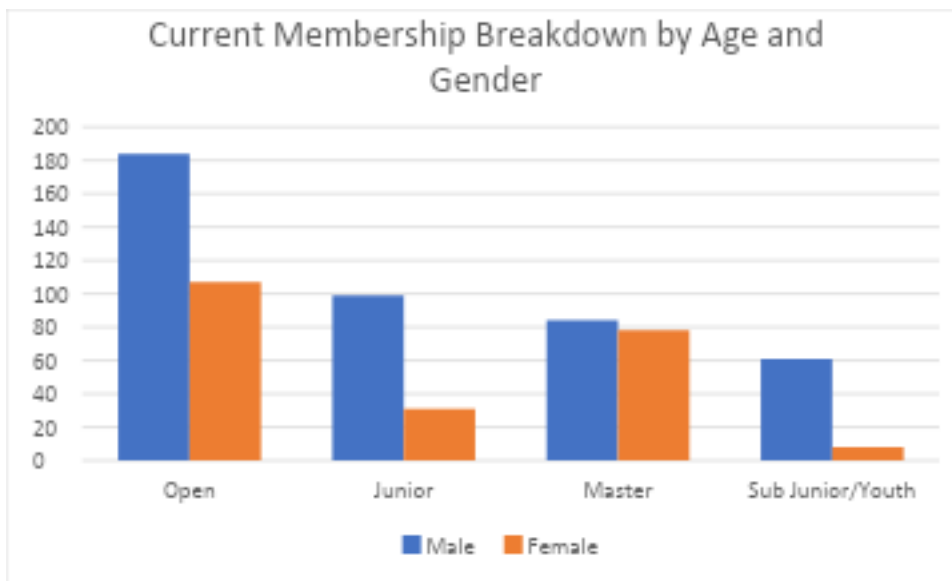
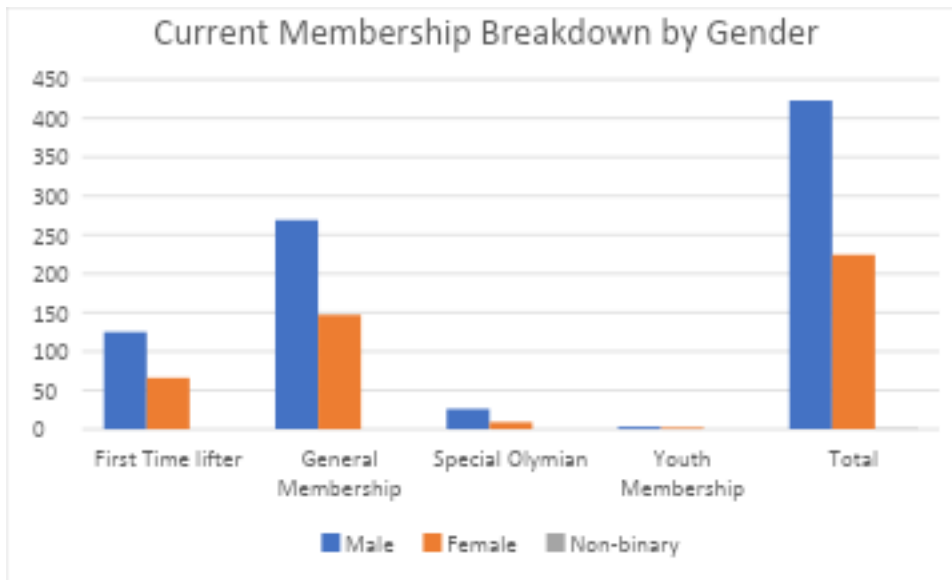
The BCPA membership numbers have consistently been in the mid to high 600s, even surpassing 700 numerous times throughout 2025. At the time of writing this report, the BCPA has 653 active members, with the breakdown shown below.



This year saw a slight decrease in local events which did result in a slightly lower membership number compared to this time last year.

Some observations regarding the memberships:

- Male lifters continue to represent a disproportionate amount of the membership for sub-juniors and juniors. Only 11 per cent of lifters in the youth and sub-junior categories are comprised of female lifters. Only 24 per cent of junior lifters are comprised of females.
- With regard to total membership, male lifters make up roughly 69 per cent with female lifters making roughly 31 per cent.
- Open lifters make up the majority of total membership comprising of roughly 44.6 per cent. The percentage of master's lifters grew about 3 per cent to about 24.8 per cent.
- We saw a slight decrease in junior memberships, now sitting at about 20 per cent. Youth and sub-junior lifters make up the remaining 10.5 per cent which is about a 2 per cent increase from the previous year.
- The gap between our general membership and first-time lifter membership has continued to grow with our general membership sitting at 420 members and first-time lifter memberships sitting at 188 members. This shows that we continue to have greater membership retention.



Justin Schubert

BCPA Registrar

Secretary's Report

2025 marked my second year as secretary for the BCPA, which is a largely administrative role that supports the Board to move forward with work to further the growth of powerlifting in BC. Our Board met quite frequently in 2025, which allowed us to stay on top of tasks, make decisions in a timely fashion and have regular dialogue on our priorities throughout the year.

In addition to acting as secretary, I had the privilege of co-running two meets in 2025, both with Shadie Bourget. We ran Winter Open in February at Trinity West University in Langley, followed by Summer Open in July in Coquitlam. Summer Open tends to see very high demand from lifters, and we were pleased to be able to bring quite a few athletes off the waitlist by adding a second platform this past year. I want to acknowledge the exceptional efforts of volunteers and referees to help make this dual-platform meet a success (suddenly needing to recruit twice as many people is no small thing!), which we intend to recreate again in 2026. As demand for meets continues to grow, our Board really seems to be finding our footing in holding dual-platform meets, and the knowledge gained from expanding last year's Summer Open will no doubt be useful in the years to come.

On the social media front, our following continues to grow at a slow pace. We mainly use our social media – Instagram and Facebook – to share news about upcoming meets, relevant updates on rules and requirements, fundraisers and athlete accomplishments. As of February 13, 2026, the BCPA Instagram had 3,357 followers while the Facebook had roughly 2,700 followers.

In closing out my first term on the BCPA Board, I want to give a big thank you to my fellow Board members for all of their patience and support as I've learned the ropes. As well, thank you to everyone who has volunteered – we are so fortunate to have a really strong volunteer culture here in BC and it's something that I (and my fellow Board members) do not take for granted.

Diana Foxall

BCPA Secretary

Officiating Chair Report

I entered the OC position in 2024 with four 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:

The BCPA recruited six new referees in 2025, with one residing on the Island and four being female. Both of these variables have resulted in reduced costs for the Society, as well as overall improved morale.

Since taking the OC position, this marks roughly a doubling in our team with 15 new referees added. We have a strong new presence of Island referees [7], female referees [10], and an overall younger crowd. This was the goal at the outset, and has been adequately achieved.

2. Clarifying Exam Requirements:

By giving candidates clear expectations for the referee exam, we saw a pass rate of 60%. This is a large improvement prior to taking over the position. Candidates who pass the exam feel confident with their knowledge on the platform and often do not need significant assistance afterwards.

3. Expediting the Pathway to National Status:

The BCPA added three new National referees in 2025, in addition to the two added in 2024. This is a result of transitioning to a collaborative approach where those referees who are highly involved are able to see an expedited pathway - no longer needing to wait several years through a passive system, and instead receiving active feedback. I anticipate this number will continue to grow through the next OC term.

4. Increasing Camaraderie and Dialogue:

The BCPA referee culture continues to thrive with an active group chat where referees, both novice and experienced, are able to give input and learn together. It has been a place to vent, discuss struggles, problem solve, and celebrate wins. There is a strong sense of community amongst our team. I strongly believe through this overall system, our group of referees lead the pack across Canada and show what it means to wear the jacket.

Mehar Bhogal

Records Chair Report – Cody Weeks

In 2025, there were 345 BCPA records set across 19 competitions. In the table below is a breakdown detailing how many records were set in each competition and division.

Automated records processing is still working well. Some minor changes were required to handle updated date formats with the source data from symplmeet, but otherwise the scripts have been reliable.

In 2026, I'd like to implement a central public repository of all generated certificates and historic records, where record holders can then access old records, and all generated certificates even without submitting a records application. Long term, this would remove the need to submit records applications for nearly all BC-held competitions, with some small exceptions for name changes and those competing outside their real age class.

Highlights:

- Shauna Hammer had the highest number of records set by an individual again this year, coming in at 32. Amelie Mayo set the second most records with 15. Arthur Timm came in at 12 records set, the most for the men's records this year.
- CanPL Nationals saw 95 records set in BC, accounting for over a quarter of all records in 2025.

Thanks,

Cody Weeks

Records Set	Gender		
Meet	F	M	Grand Total
BCPA Provincials	32	26	58
BCPA Summer Open	3	11	14
CPU Centrals		3	3
CPU Nationals	70	25	95
CPU Westerns	18	19	37
IPF Classic Bench Worlds		1	1
IPF World Equipped	17		17
IPF World Juniors		2	2
IPF World Masters	7	5	12
IPF Worlds Classic Open	2		2
Kamloops High	2	4	6
Langford		4	4
Nanaimo	17	8	25
NAPF	16	6	22
Powerlifting America Price of Glory		1	1
Twin Rivers	2	5	7
UBC		4	4

Victoria Barbell	13	7	20
Winter Open		15	15
Grand Total	199	146	345

Records By Meet							
	UBC	Winter Open	CanPL Nationals	Nanaimo	Kamloops High	IPF Classic Bench Worlds	BCPA Provincials
F							
Equipped							
Open			10	3			1
Master 1			5	5			
Master 2			5				
Raw							
Sub-junior			5		2		3
Junior			6	2			6
Open			17				6
Master 1			6				2
Master 2			6	2			6
Master 3			5				7
Master 4			5	5			1
M							
Equipped							
Junior		2					
Open	4		1				1
Master 3		2		3			
Raw							
Sub-junior		1	3		4		6
Junior			6				
Open			6				6
Master 1			2			1	1
Master 2		5					3
Master 3		3	5	1			4
Master 4		2	2	4			5
Grand Total	4	15	95	25	6	1	58

Records By Meet							
	IPF Worlds Classic Open	BCPA Summer Open	NAPF	Twin Rivers	CPU Centrals	IPF World Juniors	CPU Westerns
F							
Equipped							
Open							1
Master 1							1
Master 2							1
Raw							
Sub-junior				2			
Junior			4				2
Open	2	2	7				8
Master 1		1	2				
Master 2			3				1
Master 3							4
M							
Equipped							
Open			1				
Master 1				3			
Master 2		4		2			
Master 3		4			1		1
Raw							
Sub-junior					2		7
Junior						2	1
Open			4				5
Master 1			1				
Master 2		1					3
Master 3		2					1
Master 4							1
Grand Total	2	14	22	7	3	2	37

Records By Meet					
	IPF World Equipped	IPF World Masters	Langford	PL America Price of Glory	Victoria Barbell
F					
Equipped					
Open	9				
Master 1	4				
Master 2	4				
Raw					
Junior					1
Master 1		2			
Master 2		3			2
Master 3		2			
Master 4					5
Youth					5
M					
Equipped					
Junior			3		
Open			1		
Raw					
Sub-junior					1
Junior				1	
Master 1		1			
Master 2		1			
Master 3		3			1
Youth					5
Grand Total	17	12	4	1	20

Scorekeeping Chair Report

Thank you to everyone who volunteered last year and made 2025 successful.

We had a Scorekeeper refresh clinic in May 2025 and added 10 more people to the roster.

Important information when registering for meets:

Lifters:

Please make sure to register with your legal name, this will prevent issues when the results are submitted and uploaded to openpowerlifting.org (where you can find your ranking within all federations around the world.)

If you have a preferred name, let the meet director know and they will add it to the flight list. It will be in brackets for the announcers and scorekeepers.

Meet directors:

Please put preferred names in brackets beside the first name on the flight schedule.

When requesting scorekeepers for meets, please provide six weeks notice by emailing me: scorekeeper@bc-powerlifting.com

Inadequate notice causes me to scramble to find volunteers which in turn can cause issues with your meet.

New:

JLT created "Scorekeeping 101: How to become a scorekeeper in BC" under the **BCPA website**. Under **Organization; Volunteer**; you will find a tutorial on how to become a scorekeeper. This is an "Intro to Scorekeeping" which provides everything you need to know. ***Thank you to JLT who put this together.***



Besides the officials, the scorekeeper and assistant scorekeeper are the most important people at the contests. If there isn't a scorekeeper to run the score program, the contest can't proceed. Anyone who volunteers under this position should have

some knowledge of the IPF Technical Rules and should have the ability to take control of the Scoretable.

Anyone looking to try Scorekeeping can review this section on the website and then email me at scorekeeper@bc-powerlifting.com.

Thank you for another successful year and hope to see you all soon.

Sara Youd

BCPA Scorekeeper Chair

Equipment Committee Report

In 2025, the Equipment Committee continued its goal to provide the membership with the highest standard of equipment for competing. We completed several large projects this year, notably new warmup platforms, repairing the trailer door, increasing the amount of equipment to help support two platform meets, and finally shifting our storage situation to help facilitate easier loading and unloading of equipment.

Going into 2026 we hope to continue our efforts of improving the available equipment and increasing our abilities to hold larger competitions.

Volunteer Committee Report

It always bears repeating that volunteers are the lifeblood of our sport. None of us would have had our first real PR without other people taking time out of their days to sling plates or run logistics at a meet, so we at the BCPA feel that it's especially important to prompt the membership not only to volunteer, but also to take good care of those who choose to do so.

Last year, we mentioned a few data points regarding increased volunteerism, and we believe that trend has continued over the course of 2025. Undoubtedly, the allure of having Westerns hosted on home turf in BC led to higher numbers interested in volunteering to fulfill requirements to participate in higher-level meets, but thankfully none of the local meets ran throughout the year struggled to find volunteers, which is a strong contrast from our experiences during the pre-COVID BCPA era. We even had more than enough volunteers for our first dual-platform, three-day Provincials in 2025, which is a very strong indication that the membership takes volunteering seriously.

Some members of the board (and their significant others) have been putting work into building a more robust database with which we can track volunteers, and this has yielded the following insights:

- Through 4 board-run meets and 2 club meets, we tracked 288 total unique volunteers.
- Of these volunteers, 125 individuals volunteered more at more than one meet.
- Excluding BCPA board members and non-BCPA members, 4 individuals were tied for the most volunteer spots throughout the year: Jordan Phelps, Keith Evans, Kelly Wharton, and Sara Youd.
- Special mention should also go to the referees, who in many cases volunteered for multiple sessions within the same meet out of necessity.

Regardless, we still see many of the same faces come out and help at meets, and it wasn't a surprise that Keith Evans and Tu Le were both awarded Volunteer of the Year as Provincials in 2025. Both of these individuals have been longstanding members of not just the BCPA, but the sport in general, and we have plenty to be grateful for between the both of them.

However, we're also continually trying to encourage new people to sign up and volunteer for the first time, and to facilitate this, our tech-savvy President has cobbled up new interactive walkthroughs at <https://bc-powerlifting.com/volunteer/> to help walk new faces through what could seem intimidating at first glance. These walkthroughs are available for scorekeeping, spotting and loading, and platform chief positions. There is also now an available 'self-checker' that allows volunteers to check if they've met their volunteer requirements based on the more robust database mentioned above.

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

Jonathan Cruz

Disabilities Integration Committee Report

In 2025, the BCPA continued supporting inclusive participation through collaboration, education, and ongoing improvements to competition experiences for both Special Olympics and para powerlifting athletes. The following reflects updates and observations shared with the Disabilities Integration Committee from athletes, coaches, board members, officials, and meet experiences throughout the year.

Special Olympics Powerlifting

In February 2025, Officiating Chair Mehar Bhogal delivered a virtual clinic for Special Olympics coaches focused on practical ways to improve lift execution while maintaining consistent technical standards. Leading into the Special Olympics Summer Games, Mehar also reviewed differences between Special Olympics and IPF rules to clarify expectations for coaches, athletes, and officials.

Many local and BCPA-run meets continued reserving flights for Special Olympics lifters, and BCPA provided equipment, technical operations, refereeing, and scorekeeping for the Special Olympics BC Summer Games in Prince George on July 12, 2025. No significant lifter issues or bomb-outs were reported, reflecting improved preparation and familiarity with competition standards.

Feedback shared this year highlights how much Special Olympics athletes have progressed over the past decade, supported by coaches who have also grown in the sport. Athletes are now officiated to the same standards as all competitors, and overall lifting quality continues to improve across competitions.

Relationships between BCPA officials and SOBC coaches have continued to grow across regions. With upcoming staffing changes at SOBC, the committee sees value in prioritizing new relationship-building and maintaining open communication with both SOBC leadership and coaches. Looking ahead, a key focus will be better understanding the current needs of SOBC powerlifting, including competition opportunities, establishing record keeping, and ongoing education support.

Para Powerlifting

At the 2025 Western Canadian Powerlifting Championships in Nanaimo, para referees officiated on the platform, representing a positive step forward in athlete support and technical expertise. While the athlete tunnel presented some space limitations for wheelchair access, athletes were still able to access the platform successfully. These observations will help inform accessibility planning for future events.

BCPA para benches were repaired and repainted during the year to support equipment readiness and athlete use at competitions. Ongoing accessibility observations continue to provide helpful guidance for improving meet environments.

Interest has been expressed in maintaining para powerlifting records within BCPA. This would require a bylaw amendment. Continued committee discussion and feedback will help identify additional opportunities to improve accessibility and athlete support moving forward.

Summary

Progress toward inclusive participation continues through shared learning, collaboration, and practical improvements at competitions. In the coming year, the committee will focus on strengthening relationships, improving communication, and listening more closely to the experiences and needs of athletes with disabilities, while identifying opportunities that support long-term participation, connection, and growth within BCPA.

Respectfully submitted,

Shauna Hammer

Youth Committee report

A youth committee was formed in 2024 with the intent of investigating options for youth powerlifting development within the BCPA. For reference, the youth category in BCPA consists of ages 8-13 inclusive, broken into three categories (Youth 1, Youth 2, Youth 3). These age categories are associated primarily with elementary and middle-school aged children. Highschoolers are generally classified as Sub-Juniors (ages 14-18) and Juniors are generally post secondary school age (ages 19-23).

Last year consultation was completed with several elementary, middle, and high schools throughout the province and yielded that only one high school had a dedicated weight training club, but that this was more overall strength training than being SBD specific and that the majority of participants were boys and involved with the schools' football team – with some limited exceptions. Consultation with schools this year provided no significant changes to last years' information.

Given the lack of access in school - private gyms and recreation centres were identified as the primary access points for Youth lifters, however most private gyms were noted to have age limitations that prohibited children under the age of either 13 or 16 depending on the gym and requirements. Some private gyms had private training programs for Olympic weightlifting as young as 6, however no powerlifting programs (although they would learn the basics of squat and deadlift through weightlifting). Overall there was a significant general limitation in access for children in these age categories unless their parents are participating in powerlifting and have personal relationships with private gym owners to permit access and training.

This year Committee member Jenna Thomson focused on creating the first sub-junior only meet – the Kamloops High School Cup – which was held in May of 2025 with hopes of increasing powerlifting access and interest in the high school age group in the area. Three sub-junior girls and fifteen sub-junior boys participated in this inaugural meet and had the opportunity for exposure to the competitive side of the sport.

2025 also saw BCPA's first Youth lifter compete at both Provincials and Nationals, with George McRae competing in the Youth 2 category in May 2025 and at Westerns in October 2025. There were also increases in participation in the Sub-Junior among both men and women with zero sub-junior women competing at BCPA provincials in 2024 and one competing in 2025, and 10 sub-junior men competing in provincials in 2024 and 19 in 2025.

Future focuses for the committee remain on developing a potential learning/training opportunity for individuals in the youth and potentially sub-junior categories. This would likely have to be promoted through elementary and middle schools with their permission. An alternative may be encouraging coaches and/or private powerlifting gym owners to hold youth-only training seminars or mock-meets to develop interest in the sport for children at a younger age.

Report submitted by **Morgan Haupt**

2026 BCPA Proposed Bylaw Additions and Changes

2. MEMBERSHIP

Edit 2:12

Proposed by: Jen Luther Thomas

Current

2:12 It is the responsibility of the Members to advise the Registrar of changes in address, telephone or other information.

Proposed

2:12 It is the responsibility of the Members to **keep their contact and personal information accurate and up to date through the Society's designated membership system, or by otherwise notifying the Registrar as directed** ~~advise the Registrar of changes in address, telephone or other information.~~

Rationale

Members have been keeping their contact and personal information up to date in esportsdesk for years. This proposal intends to modernize the bylaw without changing intent.

5. DIRECTORS AND OFFICERS

Edit 5:17

Proposed by: Jen Luther Thomas

Current

5:17 Should a Director choose to host a BCPA organized and run competition, each Director will be entitled to 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.

Proposed

5:17 Should a Director choose to host a BCPA organized and run competition, each Director will be entitled to a base \$500 stipend based on available funds. Competitions requiring more than one day will entitle each Director to a \$250 stipend per additional **competition** day **subject to** ~~based on~~ available funds.

No more than two (2) Directors per competition day may receive a stipend under this provision, except for the BCPA Provincial Championships, where up to

three (3) Directors per competition day may be eligible.

To be eligible to receive a stipend for a given competition day, a Director must be present and acting in a meet director capacity for more than fifty percent (50%) of that day's scheduled competition duration.

Where a Director is required to miss a day of their regularly scheduled workday in order to complete essential preparations for an upcoming championship, they may be eligible to receive fifty percent (50%) of the additional daily stipend (\$125) for a maximum of one (1) day, except for the BCPA Provincial Championships where the maximum will be two (2) days (\$250 total).

All competition-related stipends must be approved by the Board of Directors.

Rationale

This amendment introduces clearer limits and eligibility criteria to ensure that Director stipends for BCPA-organized competitions are applied fairly, consistently, and responsibly, and in alignment with the Society's fiduciary obligations. The current bylaw does not establish a maximum number of Directors eligible to receive a stipend for a single competition day, which could result in outcomes inconsistent with the intent of the provision.

Additional updates to this bylaw recognize the essential preparatory work undertaken by Directors in advance of competitions, which may require time away from regular employment. These duties commonly include, but are not limited to: vehicle rentals, preparing and loading equipment, acquiring competition supplies (plywood, flooring protection, etc.), purchasing volunteer refreshments, picking up and sorting t-shirts, collecting medals and awards. This work is an integral part of successfully running a BCPA competition and is appropriately acknowledged within defined limits within this bylaw amendment proposal.

These bylaw proposals also recognize that the BCPA Provincial Championships, due to uncapped registration, represent a significantly larger and more complex event than other BCPA-organized competitions. As the flagship competition hosted in British Columbia each year, Provincials requires a greater level of planning, coordination, and on-site involvement from the BCPA Board of Directors to ensure a high-quality experience for everyone in attendance.

Add 5:18

Proposed by: Graeme Gerlach

Add

5:18 Should a director be required to miss a day of their regularly scheduled work day, to perform any of their duties. They will be entitled to a daily stipend of \$300. All daily stipends must be approved by the board of directors at a meeting of the directors.

Rationale

On occasion directors are required to miss work in order to fulfill their duties to the society. This helps to recover any financial loss due to missed time away from work.

8. THE SEAL

[Remove section](#)

Proposed by: Jen Luther Thomas
Current

8. THE SEAL

Custody of the Seal:

8:01 The seal of the Society shall be kept in the custody of the Secretary of the Society.

Affixing the Seal:

8:02 The seal of the Society shall not be affixed to any document or instrument unless authorized by the Directors and then only by and in the presence of such officers as the Directors may authorize and such persons as shall be authorized to affix the seal of the Society and shall sign every instrument to which the seal is affixed in their presence.

Proposed

Remove section 8 "THE SEAL" including 8:01 and 8:02 in its entirety. Subsequent bylaw numbers shall be adjusted.

~~8. THE SEAL~~

~~**Custody of the Seal:**~~

~~8:01 The seal of the Society shall be kept in the custody of the Secretary of the Society.~~

~~**Affixing the Seal:**~~

~~8:02 The seal of the Society shall not be affixed to any document or instrument unless authorized by the Directors and then only by and in the presence of such officers as the Directors may authorize and such persons as shall be authorized to affix the seal of the Society and shall sign every instrument to which the seal is affixed in their presence.~~

Rationale

To my knowledge, the BCPA doesn't have a seal, I've never seen evidence of a seal, and we've never used it. This section is redundant and should be removed.

14. RECORDS, AWARDS, AND CLASSIFICATIONS

Add

Proposed by: Shannon Huff

Proposed:

The Society shall accept applications for new provincial records and maintain provincial records for Para Powerlifting, under the condition that three WPPPO Technical Officials (referees) were adjudicating the lifts. Records should be kept for all combinations of the IPF age categories, and the WPPPO recognized weight and gender categories as noted below:

- (a) The men's weight classes: 49kg, 54kg, 59kg, 65kg, 72kg, 80kg, 88kg, 97kg, 107kg, 107+kg
- (b) The women's weight classes: 41kg, 45kg, 50kg, 55kg, 61kg, 67kg, 73kg, 79kg, 86kg, 86+kg

Rationale: It is important that athletes compete in their international weight categories before representing Canada at international events. It is important that para athletes are officiated according to the rules of their sport body where possible, prior to representing Canada. It is important to include para powerlifting athletes in events and in record keeping, as they are members of the BCPA, and CANPL is the Canadian affiliate for the WPPPO. BC has active WPPPO technical officials willing to officiate local meets. The WPPPO age categories have several overlapping groups that calls for multiple podium medals and records for a single lifter in a single category (Rookie age 15-17, Next Gen age 18-20, Elite age 15+, Legend age 45+) and this is not the precedent for IPF/BCPA meets. It may add burden for meet directors to use WPPPO age categories and complicate the record keeping process.

Add

Proposed:

Para powerlifting technical officials (referees) shall have completed their certification course or renewal course within 5 years of the date of the competition.

Rationale: WPPPO certifications expire, unlike IPF. Technical officials must renew every quadrennial, when the new rulebook comes out in the year following the Summer Paralympics, in order to remain officially certified at the WPPPO level.

Add

Proposed:

Para powerlifting athletes must have a physical impairment in their lower limbs or hips that meets the minimum impairment criteria outlined by WPPPO, however, athletes do not have to be formally classified by the International Paralympic Committee's system in order to compete provincially.

Rationale: Classification is a process that typically is offered in the days prior to international para powerlifting events, that involves medical documentation, physical/technical assessments by experts, and potential observation performing a bench press, and it done by doctors, nurses or physiotherapists trained in classifying athletes for para powerlifting. It is done to determine if athletes have appropriate impairments to keep the sport fair, but is a major barrier to entry at a local/provincial level. It is invasive and very inaccessible as athletes often have to travel internationally to be assessed.

15. COMPETITIONS

Add 15:05

Proposed by: Jen Luther Thomas

Add

15:05 Where an event is not sanctioned by the BCPA but is determined by the Board of Directors to be a related powerlifting event, the organizer(s) may, upon mutual written agreement, be required to pay to the Society a rental or access fee, in an amount determined by the Board of Directors, as a condition of access to existing BCPA equipment, resources, or other support.

Such fees shall be reasonable, aligned with prevailing market rates for comparable equipment or services, and established no less than three (3) months prior to the commencement of the event.

Subsequent bylaw numberings will be updated.

Rationale

This bylaw is intended to apply to non-BCPA-sanctioned powerlifting events, including grassroots competitions and events sanctioned by organizations outside of the Society (for example: CanPL, the IPF, the NAPF, or the Commonwealth Powerlifting Federation). These events can benefit BCPA members by supporting the growth of the sport in British Columbia and increasing accessibility to participation.

As the Society collectively owns a central inventory of competition equipment, it is reasonable that organizers of non-BCPA-sanctioned powerlifting events in British Columbia may wish to rent or access BCPA-owned equipment or resources.

Historically, arrangements for the use of BCPA equipment at non-BCPA-sanctioned events have varied and, in some cases, did not adequately reflect the increased wear and tear associated with larger external competitions. This amendment establishes a clear, consistent framework for access to BCPA equipment and resources that reflects market expectations and protects society-owned assets.

The reference to “existing equipment” is intentional. This bylaw is not intended to obligate the BCPA to purchase additional equipment to support non-BCPA-sanctioned events, except where necessary to repair or replace damaged or non-compliant equipment, or where such purchases align with the Society’s strategic objectives and duties to its Members.

Edit 15:05

Proposed by: Jen Luther Thomas

Current

15:05 All competing athletes are subject to a CanPL 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.

Proposed

15:05 All competing athletes are subject to a CanPL 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 after~~ the contest date, **or no later than 15 days from the date on the BCPA invoice.**

Rationale

The CanPL doping control fee is collected per unique competitor, which is unable to be calculated until after the competition has occurred. As such, CanPL invoices the BCPA after the competition, so BCPA cannot invoice meet directors until after the CanPL invoice has been received.

Edit 15:10

Proposed by: Jen Luther Thomas

Current

15:10 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.

Proposed

15:10 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, **Special Olympics, or Para Powerlifting athletes.**

Rationale

In practice Special Olympics and Para Powerlifting abide by their own rules and regulations, and in the interest of sport development should not be required to abide by these rules.



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 style="text-align: center;">4. MEETINGS OF MEMBERSHIP</p> <p style="text-align: center;">Edit 4:01 and 4:04</p> <p>Current:</p> <p>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:</p> <p>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>Proposed by Graeme Gerlach, seconded by Diana Foxall.</p> <p>Motion is tabled; 23 votes for, one against, two abstentions.</p>
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~~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.~~

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.

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.

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.

Graeme Gerlach proposes tabling the proposed amendment, Renae seconds to table the proposal.

Edit 4:05

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.

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.

Rationale: There is currently no time difference between the requirement to provide notice of a meeting, as well introduce proposals

Proposed by
Graeme Gerlach,
Diana Foxall
seconds.

Motion passed 24
votes for, two
against, three
abstentions.

<p>for said meeting, outline in 11:02. This will allow time for members to introduce proposals before the cut off.</p>	
<p style="text-align: center;">5. DIRECTORS AND OFFICERS</p> <p style="text-align: center;">EDIT 5:01</p> <p>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.</p> <p>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.</p> <p>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).</p>	<p>Proposed by Dennis Leong, seconded by Graeme Gerlach.</p> <p>Motion passed: 23 votes for, two against, four abstentions.</p>
<p style="text-align: center;">EDIT 5:22</p> <p>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</p>	<p>Proposed by Dennis Leong, seconded by Renae Witzaney.</p> <p>Motion passed: 26 votes for, two against, two abstentions.</p>

<p>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.</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 style="text-align: center;">11. Altering Bylaws 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 Secretary

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

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

GOAL #1 - Improve membership retention

GOAL #2 - Develop the Powerlifting Community

GOAL #3 - Solidify and improve internal processes

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**

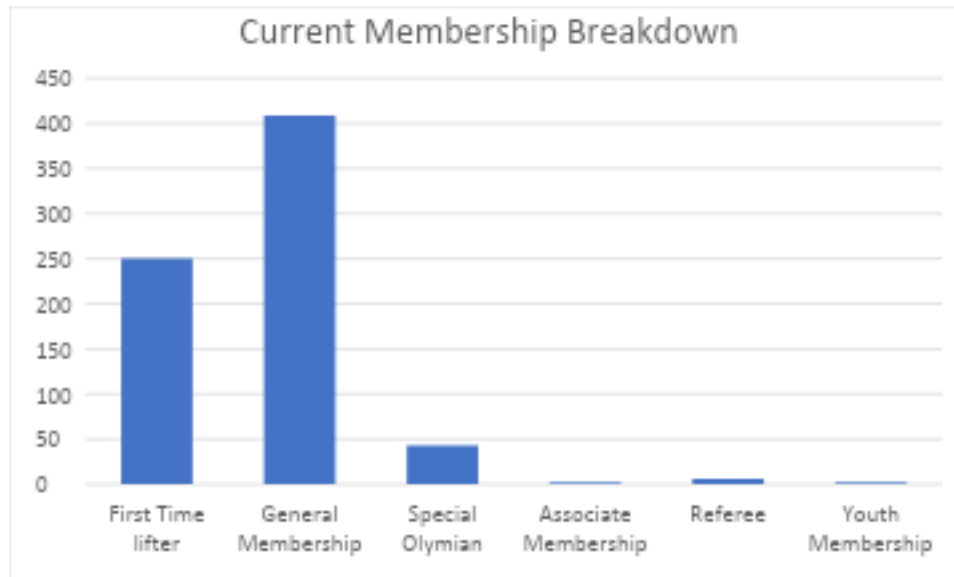
	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Total
REVENUE													
Memberships	\$ 2,994.79	\$ 1,946.10	\$ 2,289.91	\$ 1,749.75	\$ 2,155.24	\$ 883.35	\$ 1,679.06	\$ 2,617.06	\$ 2,255.48	\$ 1,327.34	\$ 2,968.77	\$ 3,077.25	\$ 25,444.05
Competition Registration	\$ 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	\$ 4,190.85	\$ 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	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
CPA 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	\$ 28,292.67	\$ 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)	\$ (19,674.69)	\$ 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	\$ 32,028.09	

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

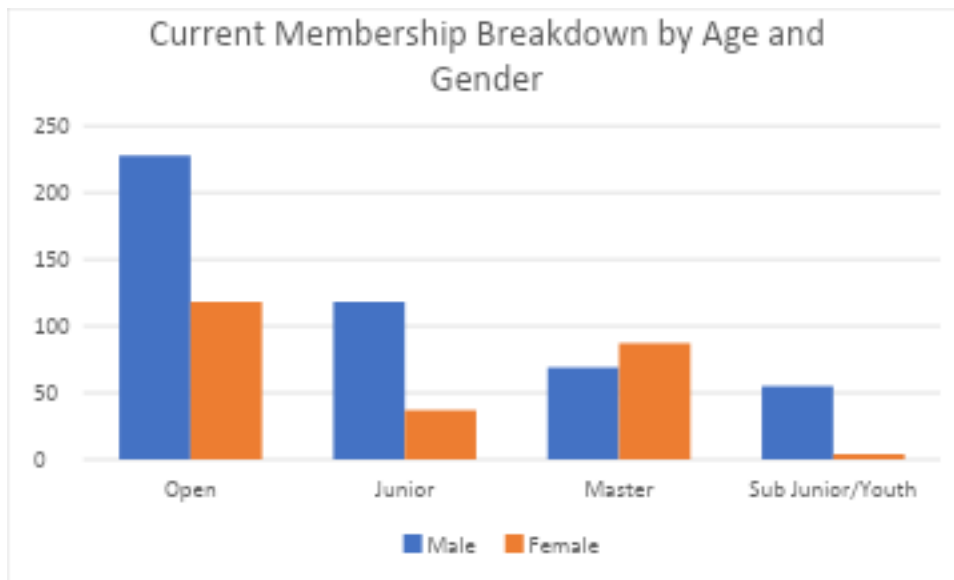
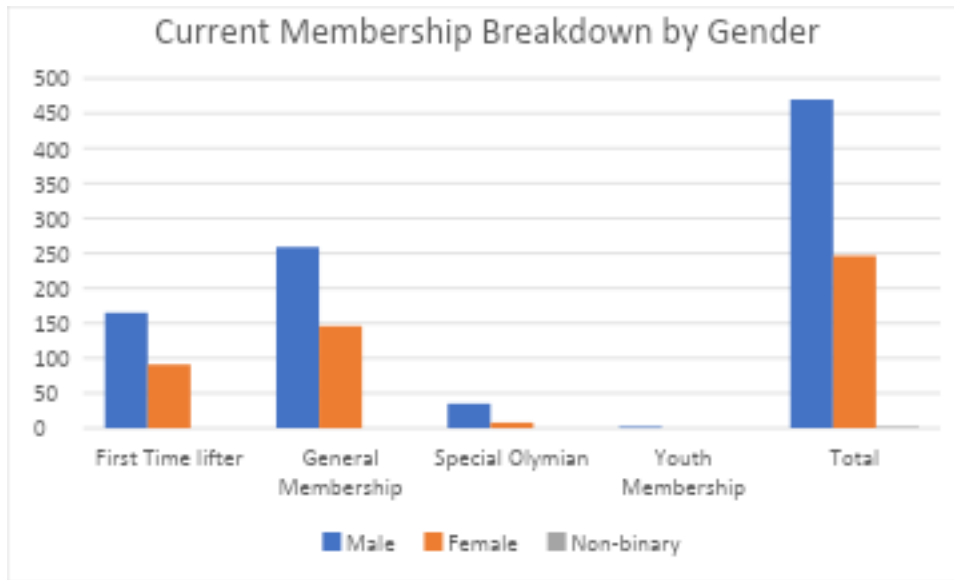
The BCPA membership numbers have consistently been in the mid-high 600s even surpassing 700 numerous times throughout 2024. At the time of writing this report, the BCPA has 713 active members, with the breakdown shown below.



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:

0. Increase referee participation - specifically national, Island, and female referees
 1. Clarify exam requirements
 2. Expedite the pathway to national status
 3. 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:

9. lack of access to gyms and training equipment for children in the youth age category
10. 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.
11. cost associated with attending private gyms/weightlifting classes/coaching or 1:1 coaching in the absence of access to commercially available and affordable gyms
12. 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