

ALBERTA POWERLIFTING UNION

Provincial Annual General Meeting – Agenda

Date: September 26, 2020 30 minutes after the last session of the day

Location: Evolve Strength Sunridge, Calgary, AB

Agenda

1. Roll call/attendance

Byrin Wylie, Shane Martin, Pamela Hodder, Angelina Van Ryswyk,

Sandra Drake, Avi Silverberg, Aileen Bishop, Ashley Tymburski, Julianne Cragg, Jennifer

Nadeau, Tim Nadeau, Teresa Parsons, Jeannie Jamison

2. Approve last year's minutes – Aileen seconded, Approved

3. President's Address – Prepared by Avi Silverberg (attached as Schedule "C") – Byrin seconded, Approved

4. Treasurer's Report – Prepared by Sandra Drake (attached as Schedule "F") – Angelina seconded, Approved

5. Approve 2019 Financial Statements - Approved

6. Official Chairman Report – Prepared by Angelina Van Ryswyk (attached as Schedule "D") - Aileen seconded, Approved

7. Records Chairman Report – Prepared by Angelina Van Ryswyk (attached as Schedule "E") - Byrin seconded, Approved

8. Review Bylaws and Policy and Procedures Amendments

- (See Schedule "A" Proposed Bylaw Amendments and Schedule "B" Proposed Policy and Procedures Document Amendments)

9. Discussion prepared by the APU Executive

- Weight Class restrictions at APU Provincials Championships

10. Review of Ongoing Projects and Initiatives

- Request for Meet Sanction form

- Student Scholarship
- Provincial Team Coach
- Club Competition
- APU Clothing
- Create a best lifter of the year award considered. This will reward Alberta athletes specifically for their hard work within Alberta, Nationally or Internationally. APU Executive to consider further

11. Doping

12. Future Bids for Provincials 2021 – No bids received

13. Open discussion of membership

14. 2020/2021 Appeals Committee – Appoint 5 new members

Jeannie Jamison, Julianne Cragg, Aileen Bishop, Pamela Hodder, Jennifer Nadeau

15. Adjournment

SCHEDULE “A”
PROPOSED BYLAW AMENDMENTS

Amendment #1 – Proposed by Jeannie Jamison - PASSED

Section 5.7 (Revision)

III. Duties of the Results Chairman

- (i) create a top lifter ranking of Society members based on ~~Wilks~~ **current coefficient in use by the IPF** called the “Official APU Ranking”;
- (ii) keep the Official APU Ranking current following each competition **using the current coefficient in use by the IPF** ~~by updating the top Wilks~~; and

Reasoning:

The IPF and CPU have adopted IPF Points as new coefficient for relative lifter rankings and determining “Best Lifters” in IPF powerlifting competitions.

Amendment #2 – Proposed by Jeannie Jamison - PASSED

Section 5.8 (Addition)

- VIII. **The APU Executive may choose to organize a virtual PAGM as an alternate method to hold the PAGM. It would need to be held prior to July 15 and will use a technology that would allow eligible members to communicate adequately and give them the ability to vote as per rules defined in 5.8 VII.**

Reasoning:

Need to have flexibility to have an alternate form of delivery for an AGM should the need and desire arise. If virtual PAGM’s were a possibility, it would allow for a greater number of people to participate without the need for travel, thus allowing for greater involvement.

Amendment #3 – Proposed by Angelina Van Ryswyk – PASSED with amendments

Section 5.8 (Revision)

IV. Every third year, the APU Executive shall be elected by the Members at the PAGM (the “Executive Election”) ~~Each office of the APU Executive shall be voted on individually, and not as a slate.~~ Elections of APU Executive positions will take place at the PAGM and offices will be held for a three-year term. Elections for APU Executive positions will occur in the follow order:

Position	President	Vice President	Secretary	Treasurer	Athlete Representative
Election Year	2020	2020	2020	2020	2020
Next Election Year	2023	2022	2023	2022	2022
Next Election Year	2026	2025	2026	2025	2025
Election every 3 years following					

Reasoning:

The current election schedule could be a risk for the APU organization. Potentially all APU executive could change in one election year, creating a loss of complete Society knowledge. This proposal mitigates this risk by staggering elections years for the Executive positions.

Amendment #4 – Proposed by Jeannie Jamison - PASSED

Section 5.1 (Revision)

IV. Members of the Society who are not members of the APU Executive ~~or a Chairman~~ shall have no decision making powers withing the affairs of the Society except for the following cases:

- (i) Special Resolutions, as defined in Section 5.3 hereof;
- (ii) Provincial Annual General Meetings, ad defined in Section 5.9 hereof;
- (iii) Special Meeting, as defined in section 5.10 hereof;
- (iv) Committees, as defined in section 5.12 hereof.

Reasoning:

The wording is quite confusing and could be misleading. It makes it seem that the Chairman may have decision making powers within the affairs of the Society.

Amendment #5 – Proposed by Jeannie Jamison – PASSED with amendments

Section 5.1 and 5.5 (Revision and Addition)

5.1 The APU Executive

V. The APU Executive shall make all reasonable efforts to meet as a group in person not less than every ~~six (6) three (3)~~ six (6) months. If a group meeting in person is not practical or possible, a conference call **or video meeting** shall be held instead.

VI. The APU Secretary will be responsible for keeping the minutes of the meeting. These minutes will be kept and stored with all other APU documents.

5.5 Duties of the APU Executive

III. Duties of the Secretary:

- (vi) take and record the minutes of all Executive meetings

Reasoning:

As the APU continues to grow, the APU Executive should meet regularly to develop and implement the APU mission and values as well as discuss any current APU business. These executive meetings should have minutes taken and recorded by the secretary to align with the Societies Act Section 9 (4).

Additionally, this will provide another level of transparency and professionalism, protecting members of the executive should executive decisions ever be disputed by APU members.

Add the option of a video meeting as an approved meeting format for the APU Executive.

Amendment #6 – Proposed by Jeannie Jamison - PASSED

Section 5.5 and 6.4 (Revision and Addition)

6.4 The Society Seal

I. The seal of the Society shall be kept in the custody of the Society's Legal Council with oversight by the Secretary.

II. The Secretary shall have the duty of certifying documents and ensuring the seal is applied should the situation arise.

5.5 Duties of the APU Executive

III Duties of the Secretary:

- (vii) responsible for Society's seal and the use of seal

Reasoning:

Needed to comply with Societies Act.

SCHEDULE "B"

PROPOSED POLICY AND PROCEDURE AMENDMENTS

Amendment #1 – Proposed by Sandra Drake - **PASSED**

Section 6.2 (Revision)

- V. ~~The Society may use the Society's funds to conduct Drug Testing as it deems necessary and cost feasible.~~
- V. The Society will use drug testing fees collected at meets as listed under Policy 1.4.(VI) to pay for drug testing as required by the CPU and/or CCES

Reasoning:

The APU no longer has the ability to order drug tests. All drug testing decisions (quantity, location) are made through CCES with no input from the APU. The APU will be sent an invoice from CCES which it is required to pay.

Amendment #2 – Proposed by Sandra Drake - **PASSED**

Section 6.2 (Removal)

- III. ~~The meet director of the Provincial Championships shall coordinate with the CPU and CCES to conduct Drug Testing at the Provincial Championships. The cost of the Drug Testing at the Provincial Championships shall be borne by the meet director and he or she shall raise funds through meet fees accordingly.~~

Reasoning:

The APU no longer has the ability to order drug tests. All drug testing decisions (quantity, location) are made through CCES with no input from the APU or any meet director. The drug testing fees that are to be charged for both local level competitions and the Provincial championships are covered under Policy 1.4.IV

SCHEDULE “C”
PRESIDENT’S REPORT

September 10, 2020

To: All APU Members

Since the AGM in 2019, the APU has gone through several Executive transitions.

At the 2019 AGM, Mike Macdonald, Treasurer, resigned from his duties. At the time, Shane Martin, President, assigned Treasurer duties to Renae Witzaney until the 2020 Elections.

However, in March 2020, at the CPU AGM, both Shane and Renae were successfully voted onto the CPU Board as President and Treasurer respectfully. According to CPU bylaws, Board Members cannot hold both National and Provincial Board positions at the same time. Therefore, both Shane and Renae resigned. Prior to resigning, Shane assigned Treasurer duties to Sandra Drake until the 2020 Elections.

I, Avi Silverberg, as the Vice-President assumed the interim President’s role. This was a role I served in from 2014-2017.

The current APU Board consists of:

President: Avi Silverberg
Vice President: Vacant
Treasurer: Sandra Drake
Secretary: Angelina Van Ryswyk
Athlete Rep: Vacant

The APU Board has worked effectively despite these changes.

In consultation with Alberta Health Services and the CPU, we created a Return To Play document that outlines a detailed plan on how to host competitions in a safe and effective manner in a COVID-19 context.

The 2020 APU Provincial Championships will be the first competition in Alberta since restrictions went into place in March. We are using this competition as a learning experience and hope to work with Meet Directors to create a 2021 schedule.

As you will see in our financial statements, the APU entered the pandemic in a strong financial position, and we have all of the necessary funds to get through these times without cause for concern.

We are proud of our financial position.

One major change at the CPU level that impacts the APU is how drug tests are administered at the provincial level. The APU used to be able to ‘order tests’ on a per meet basis, and put APU funds toward these tests. That is now not the case.

At the beginning of the year, we must tell the Canadian Centre of Ethics in Sports (CCES) how much money we have to contribute to the drug testing pool, and CCES selects the competitions they will test at.

This will change how we implement doping control fees at the meet level in the future, a topic that will be discussed at the 2020 AGM.

The 2020 AGM is an election year, and we look forward to having a committed Executive run and serve in their positions to better powerlifting in Alberta.

Sincerely,

Avi Silverberg
Interim APU President

SCHEDULE “D”

OFFICIAL CHAIRMAN REPORT

September 12, 2020

TO: APU Members

The Alberta Powerlifting Union relies on many hardworking referees to help run its contest. This year was a transition year for the Officiating Chairman position as Shane Martin was successfully voted as CPU President, and therefore, it was required that he step down from all duties with the APU. As such I, Angelina Van Ryswyk, was appointed by the APU to take over the Officiating Chairman position. I am very excited to start this role and to continuing the standard of quality refereeing within our organization. As someone who has been a referee with the APU since 2015, I can say with certainty that the APU has some of the best referees in the country and such an amazing group of dedicated individuals. I know that we will continue upholding the high standards that we have set for ourselves with the group of referees that we have.

As of 2020, we currently have 23 Provincials referees, 3 National Referees and 2 IPF International referees. We had two National referees expire in the past year, however, we gained a new National referee at the 2020 National Championship as Sandra Drake successfully passed her National Referee test in Winnipeg. Congratulations Sandra!

In addition, we also gained 3 new Provincial referees in Pam Hodder, Rory Storm, and Ashley Colter. It is excellent to see three referees from different areas of the province (Calgary, Edmonton, and Grand Prairie respectively) as it helps ensure we can facilitate meets in more than 1 or 2 locations. Congratulations Pam, Rory, and Ashley!

Unfortunately, due to the pandemic, 2020 did not see as many contests this year. However, I am pleased to see that our referee compliment has come out in full force to support the 2020 Provincial Championship, albeit under different circumstances.

Looking ahead this year, there are referees interested and on a waitlist. I am looking for a male referee in Edmonton, Calgary as well as in the northern region as we would like to ensure that our northern region is supported for future meets.

The hardest working referees this year were **Hannah Gray** and **Angelina Van Ryswyk** with **5** events each officiated in 2019.

New Provincial Referees	New National Referees	Expired Referees (2019)
Pam Hodder	Sandra Drake	
Rory Storm		
Ashley Colter		

SCHEDULE “E”

RECORDS CHAIRMAN REPORT

September 12, 2020

TO: APU Members

The Alberta records are up to date as of September 12, 2020. Unfortunately, due to the pandemic, athletes have not had an opportunity to break as many records this year as normal.

Record Updates

Although meet results are frequently reviewed by the Records Chairman for broken records, it is still the responsibility of the athlete to contact the Records Chairman if they break a record or if one is missed. This is especially important when Alberta athletes compete in a local meet in another province and break an Alberta record. This includes if athletes participate in local meets in other countries as well.

Overall the Alberta records are healthy and well-maintained and I look forward to seeing more records broken over the course of the upcoming year!

Angelina Van Ryswyk
APU Records Chairman

SCHEDULE "F"

TREASURER'S REPORT FOR THE 2019 FINANCIAL YEAR

See Attached PDF Documents