



ALBERTA
POWERLIFTING UNION

Provincial Annual General Meeting – Agenda

Date: July 14, 2024 @ 6:00pm MST

Location: via Zoom

Agenda

1. Roll call/attendance
 - a. See spreadsheet 2024 AGM Roll Call
2. Approve last year's minutes
 - a. Motion to approve - Garvin Cole
 - b. Seconded - Brandon Allen
 - c. No discussion
 - d. Vote - passed
3. President's Report – Prepared by Pamela Hodder (attached as Schedule “C”)
 - a. Reviewed and read by Pamela Hodder
 - b. Motion to approve - Lisa Marinuk
 - c. Seconded - Jeannie Jamison
4. Treasurer's Report – Prepared by Samantha Fung (attached as Schedule “F”)
 - a. Reviewed and summarized by Samantha Fung
5. Approve 2023 Financial Statements (attached as Schedule "G")
 - a. Reviewed and summarized by Samantha Fung
 - b. *Treasurer's report and Financial Statements discussed together*
 - i. Jeannie addressed the concern that a significant operating expense was lumped together and suggested separate it out to provide more transparency
 - ii. Motion to approve - Kevin Gray
 - iii. Seconded - Danny Li
6. Official Chairman Report – Prepared by Brian Kravtsov (attached as Schedule “D”)

- a. Read and reviewed by Brian Kravstov
 - b. No discussion
 - c. Motion to approve – Lisa Martinuk
 - d. Seconded - Kevin Gray
7. Records Chairman Report – Prepared by Lisa Martinuk (attached as Schedule “E”)
- a. Read and reviewed by Lisa Martinuk
 - b. Motion to approve – Lanie Bishop
 - c. Seconded – Kevin Gray
8. Nominations for Vice-President
- a. Brian Kravtsov (Acclaimed)
 - i. Reviewed by Pamela Hodder
9. Nominations for Treasurer
- a. Samantha Fung (Acclaimed)
 - i. Reviewed by Pamela Hodder
10. President and Secretary will be up for election in 2025
- a. Reminder by Pamela Hodder that next year is election year
11. 2023 Volunteer of the Year and Athlete of the Year Awards
- a. Volunteer of the Year: Danny Li
 - b. Athlete of the Year: Nick Manders
12. 2023 APU Hall of Fame Award
- a. Shane Martin
13. Review Bylaws and Policy and Procedures Amendments
- a. Schedule "A" – Proposed Bylaw Amendments; and
 - b. Schedule "B" – Proposed Policy and Procedures Document Amendments
- Discussion and changes documented in the Schedule A and Schedule B text*
14. Discussion prepared by the APU Executive
- a. CPU Membership Types – Elite vs. Performance

- i. Pamela provided information on the background and rationale for the Elite and Performance memberships. She provided details on records and compliance with IPF transgender policy in Elite membership. She provided information on the inclusion focus of Performance memberships.
No questions or additional discussion.

15. Review of Ongoing Projects and Initiatives

- a. Need for more meets and Meet Directors – while we are seeing more meets and meet directors, we are continually aware that there is increased demand. We are hopeful that we see repeat meets continue, though waitlists continue to be long for most events in the last year. We realize that we need to support these meets with referees.
- b. More involvement of APU Clubs at meets – how can we get clubs more engaged and involved in the community? Clubs must have volunteers at meets to be eligible for the club award at the provincials, though we want to explore what else we can do to increase overall involvement.
- c. Continuous improvement in communication to the members via social media, website, and newsletters – working to continue promoting our members attending events, developing the new website, the new video project, keeping information up to date, newsletters aiming for quarterly though feedback is welcome.

16. Bids for Provincials 2025 – Open

- a. Received one bid from Edmonton. Samantha Fung, Byrin Wylie, Ezeiel Amponsah, and Carlie Hornsby are meet directors. Dates TBD. Various venues are options and Samantha reviewed them.
- b. Discussion over parking and nearby hotels.

Bid approved.

17. Open discussion of membership

No topics of discussion or concerns.

18. 2024/2025 Appeals Committee – Appoint 5 new members

- a. Pamela addressed the need to create an Appeals Committee and the purpose of this.

- b. Kevin Gray, Lanie Bishop, Teresa Oldenburger, Danny Li, Brandon Allen all stepped up.

19. Adjournment

- a. Motion to adjourn: Danny Li
- b. Seconded: Lanie Bishop

SCHEDULE "A"
PROPOSED BYLAW AMENDMENTS

Amendment #1 – Proposed by Pamela Hodder

Section 4.4 (Revision)

4.4 Membership Fees

- I. The fees payable in connection with membership to the APU Society are as follows:
 - a. Open Membership. \$50
 - b. Junior Membership. \$30
 - c. Special Membership. \$5
 - d. Referee Membership. \$0
 - e. Youth Membership. \$5

The remainder of the membership fee is set by the CPU and will be incorporated into the membership fee at the time of the purchase.

Proposed Revision:

4.4 Membership Fees

- I. The fees payable in connection with membership to the APU Society are as follows:
 - a. Open Membership - \$55
 - b. Junior Membership - \$35
 - c. Special Membership - \$10
 - d. Referee Membership - \$0
 - e. Youth Membership - \$10

The remainder of the membership fee is set by the CPU and will be incorporated into the membership fee at the time of the purchase.

Reasoning:

The APU has started investing in much needed new equipment for competitions. The APU board's goal is to outfit the large city centers, Edmonton and Calgary, with all the equipment needed to run an event as well replace aging technology (laptops, etc.). This has been a significant expense to the APU's available funds. However, the board feels it is a much-needed investment with aging competition equipment in gyms where meets are hosted and that we should be using the membership fees to give back to our members. Members can see where their membership fees are going by giving them the world class equipment to compete on and high calibre events. Increasing the membership fees by \$5 will allow the APU to continue to be in a good financial position to purchase new equipment and cover costs for storing the equipment in Edmonton and Calgary.

Motion to review: Brandon Allen

Seconded: Brian Kravstov

Discussion: Danny asked about estimated increase in revenue. Estimate provided (\$2700 approx).

Motion passed

Amendment #2 – Proposed by Pamela Hodder

Section 5.7 I (Addition)

5.7 Duties of Chairmen

I. Duties of the Officiating Chairman

The Officiating Chairman shall:

(i) be a APU level referee or higher;

(ii) be responsible for testing provincial level referees, including the administration of written and practical examinations and the development and maintenance of the written examination;

(iii) coordinate with his or her counterpart at the national level within the CPU regarding changes to the technical rules from the CPU or IPF and any other matter relevant to refereeing the sport of powerlifting;

(iv) coordinate the referee roster with meet directors for all APU meets and ensure that the competitions have adequate provincial referees; and

(v) monitor changes to the rules of the IPF and communicate any rules changes to the APU referees in an expeditious manner.

Proposed Addition:

5.7 Duties of Chairmen

I. Duties of the Officiating Chairman

The Officiating Chairman shall:

(i) be **an APU provincial** referee or higher;

(ii) be responsible for testing provincial level referees, including the administration of written and practical examinations and the development and maintenance of the written examination;

(iii) coordinate with his or her counterpart at the national level within the CPU regarding changes to the technical rules from the CPU or IPF and any other matter relevant to refereeing the sport of powerlifting;

(iv) coordinate the referee roster with meet directors for all APU meets and ensure that the competitions have adequate provincial referees; **and**

(v) submits a list of referees and number of sessions refereed to the APU Treasurer following an APU meet; and

(vi) monitor changes to the rules of the IPF and communicate any rules changes to the APU referees in an expeditious manner.

Reasoning:

For (i), adding that the Officiating Chairman is a provincial referee or higher provides clarification vs. APU level referee.

Adding (v), on the basis the APU in order to attract and retain our current referee pool, the APU has started paying a \$50.00 referee stipend per session refereed. Noting the duty for the Officiating Chairman to submit the referee list to the APU Treasurer, ensures that referees are compensated correctly and timely following an APU meet. This is presently done and just needs to be added to the list of duties for the Officiating Chairman.

Motion to review: Lanie Bishop

Seconded: Samantha Fung

Discussion: None

Motion passed

SCHEDULE "B"

PROPOSED POLICY & PROCEDURES AMENDMENTS

Amendment #1 – Proposed by Pamela Hodder

Section 1.2 VI (Deletion)

Current wording:

- VI. The total entry fee of a local APU sanctioned meet will not exceed \$155, all inclusive. If the Meet Director requires the meet entry fee to cost more, then the Meet Director must propose to the APU Executive as to why the event should cost more and the APU Executive will decide on a case-by-case basis. This cap shall be reviewed periodically to accommodate other economic trends and increased costs associated with meet directing, if necessary.

Reasoning:

Section 1.2 covers policies and procedures for Provincial Championships and 1.2 VI is related to APU local competitions. This would be more appropriate to moved under Section 1.4 Sanctioning of Competition. See Amendment #5 below.

Motion to review: Kevin Gray

Seconded: Max Hall

Discussion: None

Motion passed

Amendment #2 – Proposed by Pamela Hodder

Section 1.3 I (i) (Addition)

Current Wording:

- 1.3 Qualification for CPU National Championship
 - I. All Members wishing to participate in the CPU national championships (the "National Championships"), shall have first attained the national qualifying total set by the CPU. Such qualifying total must be achieved by the Member at a CPU sanctioned competition within twenty-four (24) months of the National Championships. In addition to the foregoing, such Member shall also have fulfilled one of the following requirements:
 - i. lifted at most recent Provincial Championships;

Proposed Addition:

- 1.3 Qualification for CPU National Championship

- I. All Members wishing to participate in the CPU national championships (the "National Championships"), shall have first attained the national qualifying total set by the CPU. Such qualifying total must be achieved by the Member at a CPU sanctioned competition within twenty-four (24) months of the National Championships. In addition to the foregoing, such Member shall also have fulfilled one of the following requirements:
 - ii. lifted **and volunteered** at most recent Provincial Championships;
 - a. **Members who intend to compete in the 3-lift event at a National Championship, must compete in the 3-lift event at a Provincial Championship to satisfy the requirement; and**
 - b. **Members who intend to compete in a Bench Press Only event at a Nationals Championship, can compete in a 3-lift event OR a bench press only event at a Provincial Championship to satisfy the requirement.**

Reasoning:

To provide clarification on the requirements for a member who has been to Nationals before, and chooses the option to lift at a Provincial Championship to be able to return to Nationals. The APU has noticed a trend of members who are 3-lift athletes, compete in the bench only event at Provincials and not in the 3-lift event, and have not volunteered. The board feels members who opt to only compete at Provincials should also volunteer a minimum of 1 session at provincials to be able to return to nationals.

Motion to review: Danny Li

Seconded: Sandra Drake

Discussion: Jeannie indicated that she is not in favour as she is concerned about reducing provincials involvement. Shantelle provided clarification on the changes and recommended. Garvin expressed concern over the timing of nationals in 2025.

Friendly amendment: Shantelle to bring this into effect for provincials 2025 for subsequent nationals (2026)

Motion to move: Brian Kravstov

Seconded: Pamela Hodder

Motion passed

Amendment #3 – Proposed by Pamela Hodder

Section 1.3 I (vii) (Addition)

Current wording:

1.3 Qualifications for CPU National Championships

In addition, Members who have not previously lifted at a National Championship must fulfill the following requirements:

(vi) record a total at a regional championships within the previous twenty-four (24) months of the upcoming National Championships; and

(vii) lift at a Provincial Championship within the previous twenty-four (24) months of upcoming National Championships.

Proposed Addition:

1.3 Qualifications for CPU National Championships

In addition, Members who have not previously lifted at a National Championship must fulfill the following requirements:

(vi) record a total at a regional championships within the previous twenty-four (24) months of the upcoming National Championships; and

(vii) lift at a Provincial Championship within the previous twenty-four (24) months of upcoming National Championships.

- a. Members who intend to compete in the 3-lift event at a National Championship, must compete in the 3-lift event at a Provincial Championship to satisfy the requirement; and
- b. Members who intend to compete in a Bench Press Only event at a Nationals Championship, can compete in a 3-lift event OR a bench press only event at a Provincial Championship to satisfy the requirement.

Reasoning:

The requirement for members who have not been to a National Championship before to compete at a Provincial Championship is intended to provide the Member with more experience on the platform and prepare them for higher level events. The APU has seen a trend where members who intend to compete in a 3-Lift event at Nationals, compete only in a Bench Press event at Provincials. The APU feels this does not satisfy policy (vii).

Motion to review: Brian Kravstov

Seconded: Kevin Gray

Discussion: None

Motion passed

Amendment #4 – Proposed by Pamela Hodder

Section 1.3 III (Revision)

Current Wording:

- III. The National Championships form requires the authorizing signature of the provincial President. The form shall be sent to the President via mail, email or fax at least one (1) week before the National Championships entry form is due.

Proposed Revision:

- III. The APU President is provided with a list of all Members registered for a National Championship and verifies all Members registered have met the APU and CPU requirements to compete at the National Championship.

Reasoning:

The current wording is redundant and from a time before online registration forms were a thing. Presently, Meet Directors from a National Championship provides Provincial Affiliate President's with a list of registrants for each province to review to ensure the Member has met the Provincial and National requirements to compete at a National Championship.

Motion to review: Lanie Bishop

Seconded: Lisa Martinuk

Discussion: None

Motion passed

Amendment #5 – Proposed by Pamela Hodder

Section 1.4 I (Addition)

Current wording:

1.4 Sanctioning of Competitions

- I. Any person resident in Alberta is able to apply to the Society to have his or her powerlifting and/or bench press competition sanctioned by the Society. To apply for Sanctioned Competition (as defined herein) the applicant must submit an "Sanction Request Form" (as made available on the Society website) eight (8) weeks before the proposed date of the competition along with a draft entry form.

Proposed wording:

1.4 Sanctioning of Competitions

- I. Any person resident in Alberta is able to apply to the Society to have his or her powerlifting and/or bench press competition sanctioned by the Society. To apply for Sanctioned Competition (as defined herein) the applicant must submit an "Sanction Request Form" (as made available on the Society website) eight (8) weeks before the proposed date of the competition along with a draft entry form **and must be accompanied by an E-Transfer to the APU Treasurer in the amount of \$500.00 CDN as payment of the contest sanction fee.**
 - i. **Breakdown of the contest sanction fee is as follows:**
 - a. **\$100.00 acts as a sanction fee**

- b. \$100.00 acts as a rental fee for APU equipment such as scale, banners, youth bars and bumpers, and technology (i.e., laptops, TVs, Referee DRL System); and
 - c. \$300.00 acts as a damage deposit. Deposit will be deducted from final meet invoice sent by the APU's Treasurer after the meet concludes.
 - ii. Meet Directors have the additional option to rent the APU's platform equipment and must notify the APU board of their intention to rent within 2 weeks of the competition. The platform equipment rental fee \$200.00 rental fee and additional refundable damage deposit of \$150.00 (total amount \$350.00) must be paid to the APU Treasurer via E-Transfer 2 weeks prior to the competition. The equipment would include the following:
 - a. Eleiko Charcoal Rack
 - b. Eleiko plate set (459-kg) and set of collars
 - c. StrongArm dish racks
 - d. IPF approved competition bar

Reasoning:

The contest sanction fee is presently only referenced on the Sanction Request Form. Should be included in policy as Meet Directors are required to pay the contest sanction fee when they submit the form for APU Board approval. In addition, added to include the option for Meet Directors to rent the APU's new competition equipment. Revenue from the rental fee will go into maintaining the equipment, storage costs, and towards purchasing new additional equipment.

Motion to review: Max Hall

Seconded: Samantha Fung

Discussion: None

Motion passed

Amendment #6 – Proposed by Pamela Hodder

Section 1.4 V (Addition)

Current wording:

1.4 Sanctioning of Competitions

- V. After a Sanctioned Competition, the meet director must pay a fee of \$100 and \$5 per lifter at the competition to the Society within 4 weeks of the date of the Sanctioned Competition. Failure to pay the required fee will result in that meet director being prevented from hosting future Sanctioned Competitions, as well as that meet director being unable to purchase a membership to the Society until the fees are paid.

Proposed wording:

1.4 Sanctioning of Competitions

- V. After a Sanctioned Competition, the meet director must pay a fee of \$5.00 per lifter at the competition to the Society within 7 days following receipt of the final meet invoice sent by the APU's Treasurer. Failure to pay the required fee will result in that meet director being prevented from hosting future Sanctioned Competitions, as well as that meet director being unable to purchase a membership to the Society until the fees are paid.

Reasoning:

The \$100 sanction fee was removed as this is part of the contest sanction fee (\$500) paid to the APU when the Sanction Request form is submitted (APU Policy Section 1.4 I). The \$100 sanction fee is paid by the Meet Director when they submit the request for sanction. The timeframe for Meet Directors to pay the APU's invoice is reduced from 4 weeks to 7 days. This aligns with the payment due date for the invoice the APU receives the CPU for the doping fees.

Motion to review: Samantha Fung

Seconded: Lisa Martinuk

Discussion: Samantha noted additional rationale for this.

Motion passed

Amendment #7 – Proposed by Pamela Hodder

Section 1.4 VI (Revision)

Current wording:

1.4 Sanctioning of Competitions

- VI. Meet directors will be responsible for charging a mandatory drug testing fee per lifter in order for a competition to be considered a Sanctioned Competition. The following fee structure will be used: \$15 per lifter for any local competition or Provincial Championships. These fees will be paid to the Society following the competition and used solely for drug-testing purposes. If the amount collected for a single competition exceeds the cost of doping control, the surplus will be put toward drug testing purposes at future Society competitions.

Proposed wording:

1.4 Sanctioning of Competitions

- VI. Meet directors will be responsible for charging a mandatory drug testing fee per lifter in order for a competition to be considered a Sanctioned Competition. The following fee structure will be used: \$15.00 per lifter for any local competition or Provincial Championships. These fees will be paid to the Society within 7 days following receipt of the final meet invoice sent by the APU's Treasurer. The fee is used solely for drug-testing purposes. If the amount collected for a

single competition exceeds the cost of doping control, the surplus will be put toward drug testing purposes at future Society competitions.

Reasoning:

With the APU paying referee stipends to help attract Members to referee and retain existing referees, having members pay a small referee fee as part of their entry fee will assist the APU in paying referee stipends.

Motion to review: Samantha Fung

Seconded: Lisa Martinuk

Discussion: The reasoning was incorrect, and the rationale was outlined by Pamela Hodder. The rationale for the change is consistent with the above amendment and additional clarification on drug testing fees. No additional discussion from members.

Motion passed

Amendment #8 – Proposed by Pamela Hodder

Section 1.4 (Addition)

1.4 Sanctioning of Competitions

Proposed addition:

- VII. Meet directors will be responsible for charging a mandatory referee fee per lifter in order for a competition to be considered a Sanctioned Competition. The following fee structure will be used: \$5.00 per lifter for any local competition or Provincial Championships. These fees will be paid to the Society following receipt of the final meet invoice sent by the APU's Treasurer and used solely for covering referee stipends. If the amount collected for a single competition exceeds the cost of the referee stipends, the surplus will be put toward referee stipends at future Society competitions.

Reasoning:

With the APU paying referee stipends to help attract Members to referee and retain existing referees, having members pay a small referee fee as part of their entry fee will assist the APU in paying referee stipends. Having enough referees to host local meets and our provincials is critical to keep up with the demand for more meets. Our referees are showing burnout and we have seen a decline in referee interest with our present referee pool.

Motion to review: Samantha Fung

Seconded: Max Hall

Discussion: Lanie contributed perspective on how this helps. No additional discussion.

Motion passed

Amendment #9 – Proposed by Pamela Hodder

Section 1.4 VIII (Addition – Moved from Section 1.2 and revised)

Proposed addition:

- VIII. The total entry fee of a local APU sanctioned meet will not exceed \$165, all inclusive. If the Meet Director requires the meet entry fee to cost more, then the Meet Director must propose to the APU Executive as to why the event should cost more and the APU Executive will decide on a case-by-case basis. This cap shall be reviewed periodically to accommodate other economic trends and increased costs associated with meet directing, if necessary.

Reasoning:

The APU believes the current \$155 entry fee is still feasible for meet directors to run successful local competitions even with the increase costs for t-shirts, medals, volunteer food, etc. Meet directors are looking to alternative vendors for better pricing to keep costs within their budget. However, the APU is proposing a \$10 increase to help meet directors and also cover the added referee fee proposed in Amendment #8 (Section 1.4 VI.

Motion to review: Danny Li

Seconded: Samantha Fung

Discussion: Vicky asked about increasing rate immediately for registrations that are not open yet. This will be permitted for meet directors if this motion passes.

Motion passed

If Amendment #5 - #9 passes, then Section 1.4 would read as follows:

1.4 Sanctioning of Competitions

- I. Any person resident in Alberta is able to apply to the Society to have his or her powerlifting and/or bench press competition sanctioned by the Society. To apply for Sanctioned Competition (as defined herein) the applicant must submit an "Sanction Request Form" (as made available on the Society website) eight (8) weeks before the proposed date of the competition along with a draft entry form **and must be accompanied by an E-Transfer to the APU Treasurer in the amount of \$500.00 CDN as payment of the contest sanction fee.**
 - ii. Breakdown of the contest sanction fee is as follows:
 - e. \$100.00 acts as a sanction fee
 - f. \$100.00 acts as a rental fee for APU equipment such as scale, banners, youth bars and bumpers, and technology (i.e., laptops, TVs, Referee DRL System); and
 - g. \$300.00 acts as a damage deposit. Deposit will be deducted from final meet invoice sent by the APU's Treasurer after the meet concludes.
 - iii. Meet Directors have the additional option to rent the APU's platform equipment and must notify the APU board of their intention to rent within 2 weeks of the competition. The platform equipment rental fee of \$200.00 and additional refundable damage deposit of \$150.00 (total amount \$350.00) must be paid to the APU Treasurer via E-Transfer 2 weeks prior to the competition. The equipment would include the following:
 - a. Eleiko Charcoal Rack
 - b. Eleiko plate set (459-kg) and collars

- c. StrongArm dish racks
- d. IPF approved competition bar

- II. The APU Executive in its sole discretion will rule on whether or not to sanction any competitions. Any powerlifting and/or bench press competition sanctioned by the Society is a "Sanctioned Competition".
- III. A Sanctioned Competition is open to any Member and must abide by the rules of the Society. Sanctioned Competitions shall not be open to any lifter that is not a Member or a member of the CPU, or another IPF-affiliated organization.
- IV. If a meet director hosts a Sanctioned Competition but grossly and negligently fails to abide by the rules of the Society, the Society may revoke the sanction of the competition and shall not record the results in the Society's records.
- V. After a Sanctioned Competition, the meet director must pay a fee of \$5.00 per lifter at the competition to the Society within 7 days following receipt of the final meet invoice sent by the APU's Treasurer. Failure to pay the required fee will result in that meet director being prevented from hosting future Sanctioned Competitions, as well as that meet director being unable to purchase a membership to the Society until the fees are paid.
- VI. Meet directors will be responsible for charging a mandatory drug testing fee per lifter in order for a competition to be considered a Sanctioned Competition. The following fee structure will be used: \$15.00 per lifter for any local competition or Provincial Championships. These fees will be paid to the Society within 7 days following receipt of the final meet invoice sent by the APU's Treasurer. The fee is used solely for drug-testing purposes. If the amount collected for a single competition exceeds the cost of doping control, the surplus will be put toward drug testing purposes at future Society competitions.
- VII. Meet directors will be responsible for charging a mandatory referee fee per lifter in order for a competition to be considered a Sanctioned Competition. The following fee structure will be used: \$5.00 per lifter for any local competition or Provincial Championships. These fees will be paid to the Society following receipt of the final meet invoice sent by the APU's Treasurer and used solely for covering referee stipends. If the amount collected for a single competition exceeds the cost of the referee stipends, the surplus will be put toward referee stipends at future Society competitions.
- VIII. The total entry fee of a local APU sanctioned meet will not exceed \$165, all inclusive. If the Meet Director requires the meet entry fee to cost more, then the Meet Director must propose to the APU Executive as to why the event should cost more and the APU Executive will decide on a case-by-case basis. This cap shall be reviewed periodically to accommodate other economic trends and increased costs associated with meet directing, if necessary.

Section 2.2 (Revision)

Current wording:

2.2 Record Setting

An eligible Member may set a provincial record of the Society in his or respective age and weight class for the bench press only, squat, bench press, deadlift and powerlifting total. The lifts can be performed at any competition in Canada or internationally, so long as competition was an IPF-affiliated competition and the results are verifiable. Equipped provincial records may only be set by lifters competing in equipment.

Proposed Revision:

2.3 Record Setting

An eligible Member may set a provincial record of the Society in his or respective age and weight class for the bench press only, squat, bench press, deadlift and powerlifting total. The lifts can be performed at any competition in Canada or internationally, so long as competition was an IPF-affiliated competition and the results are verifiable. Equipped provincial records may only be set by lifters competing in equipment.

- i. Sub-Juniors who compete in the Sub-Junior category can take a Junior and/or Open records
- ii. Juniors who compete in the Junior category can take Junior and/or Open records
- iii. Open are only eligible to compete in the Open category, therefore they can only take Open records
- iv. Masters lifters can take any lower level Master and/or Open Records. (i.e., M3 can take an M2, M1 and Open records)
- v. Sub-Juniors, Juniors and Masters who compete in the Open category must break a record in their actual age category by 2.5 kg. The only exception to this is if it is an open record as well, in which case, it can be broken by .5 kg.
- vi. Bench Press from a 3-Lift event can take a Bench Only record if it exceeds it but not the reverse.
- vii. Records cannot “cross over” from Equipped to Classic (Unequipped). If not identified it will be assumed to be Equipped.

Reasoning:

The only place the above is referenced is on the APU’s Records Submission Form. Added to the policy to ensure our members have clarification on which Provincial records they are eligible to take. For “v”, this was copied from CPU Policy 9.19. Having consistency with the CPU policy will help avoid confusion for our Members when looking at requirements for Provincial and National records.

Motion to review: Lisa Martinuk

Seconded: Lanie Bishop

Discussion: Brian provided clarification on the rationale and the issue with a previous lifter. No additional discussion.

Motion passed.

Amendment #11 – Proposed by Brian Kravtsov

(Only to be voted on if Amendment #8 passes)

Section 5.1 (Revision)

Current wording:

- V. Referees who officiate at the Provincial Championships will receive \$50 / session. The cost will be split 50/50 between the Meet Director and APU for each referee. The meet director will be charged their share and the APU will distribute the amounts. Failure to pay on the meet directors behalf will result in no further sanctions until amount owed is paid.

Proposed Wording:

- V. Referees who officiate at **local competitions, and/or** the Provincial Championships will receive **a \$50 stipend per session. Upon completion of the competition, and confirmation of attending referees by the Officiating Chairman, the APU Treasurer will distribute payments accordingly to all permitting referees via the APU Referee Stipend Fund.**

Reasoning:

Providing a stipend to all referees for every session they judge at all local and provincial events, allows for further procurement of the adequate number of referees, while providing compensation for each referee's time and efforts for attending each competition in Alberta.

Motion to review: Kevin Gray

Seconded: Max Hall

Discussion: Danny asked about a policy that is more in line with the CPU expense policy. Pamela addressed that it was difficult to plan for this level of financial commitment. Lanie addressed the cost for referees to sit at provincials especially as national referees are required for record attempts.

Motion passed

Amendment #12 – Proposed by Brian Kravtsov

Section 5.2 (Revision)

Current Wording:

5.2 Dress

- II. Referees and members of the jury (should there be a jury), in addition to the aforementioned tie, shall all be uniformly dressed as follows:
 - (i) Men: collared white shirt, grey or black slacks, blue blazer.
 - (ii) Women: white blouse, grey or black skirt or slacks, blue blazer.

Proposed Wording:

- II. Referees and members of the jury (should there be a jury), in addition to the aforementioned tie, shall all be uniformly dressed as follows:

MEN:

Winter Dress: Dark blue blazer, grey trousers, and white shirt

Summer Dress: White shirt, and grey trousers

WOMEN:

Winter Dress: Dark blue blazer, grey skirt or trousers, and white blouse or shirt.

Summer Dress: Grey skirt or trousers and white blouse or shirt

All referees will wear dark-colored formal footwear.

Reasoning:

Maintaining consistency with CPU Officiating and IPF Officiating dress code policy elevates the professionalism of our events. Ensuring that all referees, at every level of competition, adhere to a unified dress code fosters continuity and enhances the professional atmosphere of each competition.

Motion to review: Danny Li

Seconded: Brandon Allen

Discussion: Lanie asked about summer dress sometimes it being too cold. Shantelle discussed the uniformity seeming to be more important than the season.

Motion passed

SCHEDULE “C”

PRESIDENT’S REPORT

June 29, 2024

To: All APU Members

The Alberta Powerlifting Union (APU) has experienced remarkable growth, with membership increasing from 418 in 2022 to recording a record number of members at 615 in mid 2023. At the end of 2023 we had 548 active members, which is a 30% increase over 2022. We continued to see our meets fill up within minutes and waitlists long enough to fill another meet. This exponential growth is a testament to growth of the sports popularity and dedication of our board, members, and the community we have built together.

As the first year of my term as President concludes, I reflect on the challenges and achievements we've encountered. I extend my sincere thanks to Angelina Van Ryswyk, who remained on the board as Interim Vice President to facilitate a smooth transition. In October 2023, Angelina’s professional career required her relocation outside of Alberta, and Brian Kravtsov stepped in as the APU’s Interim Vice President. Brian has provided invaluable insights, knowledge, and connections with both new and long-standing members.

To say it has been an easy year is an understatement. The APU board has faced many challenges and has had to make some difficult decisions. I am immensely grateful and honored to have Brian, Shantelle, and Samantha by my side. We have a fantastic team, and each of us shares the goal of making the APU one of the best powerlifting organizations in Alberta while always putting our members first.

The APU continues to set the bar high with the calibre of meets we are seeing. This past year we welcomed several new meets and new Meet Directors. Each of them successfully executed flawless events that were very well organized and provided our members a positive experience. We hope to see these meets back in the future!

- Wylie Strength Open – Samantha Fung and Byrin Wylie
- 3 Peaks Open – Vicky Iasenzanero and Anmol Ahuja
- Calgary Spring Cup – Dani Clavelle, Danny Li, and Max Amey
- The Gravity Games – Kiley Morrisey and Mohaned Wisam

The APU maintains a robust financial position, ensuring the smooth operation of our organization. Our financial strength is among the highest in the Canadian Powerlifting Union (CPU). With aging competition equipment in the province, the APU board made the decision to invest in new competition equipment. This was not a quick decision and took months to thoroughly review the APU’s annual financial obligations to ensure the APU continues to be in good financial position for years to come. The purchase of the equipment is an investment in our members and provides our members with world class equipment at our sanctioned events.

Key accomplishments the board has made this past year:

- Equipment Purchases: Acquired new competition equipment:

- 2023
 - 2 Referee DRL Light Systems
- 2024 (Q2)
 - 2 Eleiko racks and 2 Eleiko plate sets (459 kg)
 - 2 StrongArm dish racks
 - 2 MET-XT deadlift jacks
 - 2 laptops
- Storage Expansion: Secured an additional storage unit in Calgary for meet equipment, enhancing support for events in Calgary and southern Alberta.
- Financial Security: Addressed a gap by updating bank accounts to remove past board members, ensuring that funds are accessible only to current board members. Established a process for future updates with new board elections.
- Partnership with Special Olympics Alberta:
 - Sanctioned SO powerlifting events by the APU.
 - Collaboration with the Town of Grande Prairie and Special Olympics Alberta for the 2025 Alberta Special Olympics Summer Games.
- Collaboration with Clean Strength Media:
 - New video series for first time competitors covering what to expect at your first meet and an overview of the standards for each lift.
 - New APU video highlighting our community

Plans for the APU for the second half of 2024 and into 2025:

- Equipment Upgrades: Purchase new equipment and replace aging technology, including:
 - 2 competition bars (one for Edmonton and one for Calgary)
 - 2-4 new laptops
- New Website Launch: Introduce a new APU website by the end of 2024, featuring:
 - Up to date content and more user-friendly experience
 - Additional resources for Meet Directors
 - Video series: "What to expect at your first powerlifting meet"
 - A new APU video highlighting our community
- Referees:
 - Continue to grow our provincial and national referee pool
 - Provide more education to our new and current referees
 - Find an application for our Officiating Chairman to connect with referees and for our referees to connect with each other.

As I conclude my first year as President, I extend my heartfelt thank you to the APU board and to every member of our powerlifting community. It has been an honor and a privilege to serve you. I am confident that our current leadership will continue to advance the APU, ensuring the best powerlifting experience in Alberta.

Thank you for your ongoing support and dedication.

Respectfully,



Pamela Hodder
President, Alberta Powerlifting Union

SCHEDULE “D”
OFFICIAL CHAIRMAN REPORT

June 27, 2024

TO: APU Members

The Alberta Powerlifting Union depends on the dedication of its hardworking referees to manage its competitions. Our referees consistently demonstrate their commitment to powerlifting in Alberta by always being available for meets, and providing high quality, consistent judging at every competition. I am proud to say that the APU has some of the finest referees in the country, comprised of an exceptional group of dedicated individuals. I am confident that with our current group and with our future referees, we will continue to maintain the highest of standards and will continue to provide top quality officiating for all members and athletes, at every competition

As of 2024, we currently have 30 Provincial referees, including 5 National referees, and 4 IPF International referees. We have had phenomenal interest in 2024 for new members aspiring to become referees, and between our previous Officiating Chairman Shantelle Szuch and myself, we have tested and successfully passed 5 new referees in 2024, with 4 of them being from the Calgary area, with one test scheduled in the coming months. That being said, I am still hoping to test a couple new male referees in the Edmonton area in the near future. As well in collaboration with Shantelle, I hope to gain a couple more National referees in Alberta, to continue to relieve the heavy workload our National referees have during our Provincial events.

New Provincial Referees	New National Referees	Expired Referees
Kayla Livingston	Erin Matheson	
Connor Lutz		
Breanne Cropley		
Arshia Arshadi		
April Goodfellow		
Brian Colbourne		

Respectfully,

Brian Kravtsov

Officiating Chairman, APU

SCHEDULE "E"
RECORDS CHAIRMAN REPORT

June 27, 2024

TO: APU Members

The records are up to date as of June 25, 2024.

Congratulations to all our members who set Provincial Records over the past year. The past year saw approximately 210 records broken in multiple age and weight classes, from Youth I to Masters IV. The current year is shaping up to be another record breaking one!

This year also brought in the adoption of the new process for our members of applying for their records. This process has helped streamline the process and brings us on par with many other provinces and with what is done at the National level.

I look forward to another year of sharing in our member's success.

Sincerely,

Lisa Martinuk

Records Chairman

SCHEDULE "F"



TREASURER'S REPORT FOR THE 2023 FINANCIAL YEAR

July 1, 2024

TO: APU Members

Significant Changes and This Report

Un-audited simplified financial statements for the year end December 31, 2023 were prepared and should be read in conjunction with this report. These financial statements are prepared in accordance with Accounting Standards for Not-For-Profit Organizations. These financial statements are merely a compilation and there is no report being issued with these statements expressing any level of assurance. This is due to the significant cost of an audit or review by an external accounting firm.

An additional financial transparency measure which has been added to the bylaws, provides that:

"Any Member, through written request to the Treasurer, shall be entitled to see the books, accounts and records of the Society during normal business hours at the place of residence or business of the Treasurer."

This provision of the bylaws was added during 2014 at the APU's own will, it does not have a precedent, and goes well beyond what has ever been done in Canadian powerlifting with respect to transparency. The books are open for all members to view, should they wish.

Operations - Revenues

The APU earns income through six revenue streams: (i) selling memberships; (ii) meet fees; (iii) club fees; (iv) donations; (v) seminars; and (vi) other.

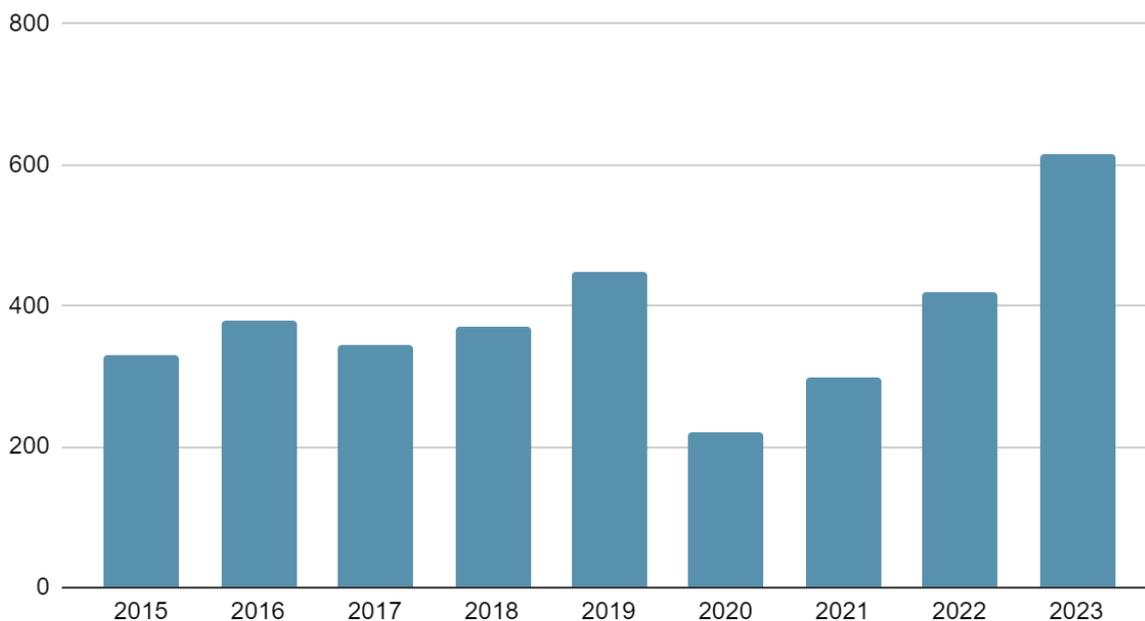
**Please note that some of these figures referenced below may not agree with the financial statements because they are prepared on a cash basis.*

Memberships

Membership fees are billed at the following annual rates: \$50 open, \$30 Junior, \$5 youth, \$5 special, and \$0 referee only . The fees we pay on these amounts are credit card fees, convenience fees and sales tax on fees. The other portion of the membership fee collected by the CPU is directly deposited to the CPU on a monthly basis. As of December 31, 2023, APU membership stood at 615, generating \$21,306 in revenue (2022 – 418 members - \$16,506 in revenue). Refer to the table following for a breakdown of our 2022-2023 membership statistics. The statistics speak for themselves - the sport is growing at a very fast pace! With the Youth division doubling in numbers, this is prime time for powerlifting!

	2023		2022	
	Members	Revenue	Members	Revenue
APU - Open membership	388	\$ 17,278	267	\$ 13,111
APU - Junior membership	157	\$ 3,688	106	\$ 3,174
APU - Special membership	52	\$ 260	37	\$ 182
APU - Youth membership	16	\$ 80	8	\$ 39
APU - Referee Only	2	\$ 0		
	615	\$ 21,306	418	\$ 16,506

APU - Year End Annual Membership



Meet Fees

The APU charges a \$100 sanction fee, a \$100 equipment rental fee, and a \$300 equipment damage deposit (returned upon safe return of equipment) for each meet hosted in the province which is sanctioned by the APU. This fee is paid by the meet directors. Additionally, the meet director must pay

\$5 per lifter at each meet. The APU held 8 local meets plus Provincials in 2023, generating a total of

\$5,785 (7 meets in 2022 - \$5,180) in meet fees. Note that beginning in 2020, drug testing fees have been listed as a separate line item. Prior to this, they were included in meet fees.

Drug Testing Fees

In 2015 the APU passed a motion to create a drug testing reserve fund. The model to support this fund was a \$20 fee for each lifter who takes part in an Alberta sanctioned local meet and \$30 for Provincials. Our current reserve net balance is \$14,627 (2022 -\$14,567). See the table following for a detailed continuity of the fund. As of 2019, the APU no longer orders its own tests. All drug testing decisions (quantity, location) are made by CCES. We do not receive a report from CCES on tests conducted in Alberta under the new testing protocol. In late 2020, the CPU determined that provinces will pay

\$15/lifter for all sanctioned meets for drug testing fees. The APU amended our bylaws at the 2020 AGM to reflect this change and going forward, meet directors are now charged \$15/lifter for drug testing fees.

	2023	2022
Drug Test Fund, beg of year	\$ 14,567	\$ 14,597
Additions	10,530	7,590
Funds used	(10,470)	(7,620)
Drug Test Fund, end of year	\$ 14,627	\$ 14,567

Operations – Expenditures

The APU incurs various expenses in the course of its day-to-day operations. The APU Executive has large discretion as to where it directs the funds of the APU. Expenses that the APU typically incurs include:

- Stipend for the President and Vice President to attend the CPU annual general meeting and other various administrative costs. As the 2023 AGM was held virtually, there were no costs associated with attending this meeting.
- Stipends for coaches and assistant coaches to the Canadian National Powerlifting championships
 - 2023 Nationals held in Richmond, B.C.

- Travel costs for referees to remote locations to help build new powerlifting communities within Alberta (none in 2023).
- One \$500 APU scholarship was awarded to a current member who is attending a post-secondary institution. The recipient of the 2023 was Carla Swanepoel - Congratulations!

Other Notes

Similar to our drug testing reserve fund, we have set up a legal reserve fund. We have set aside \$10,000 of our operating funds for any potential legal fees in the future.

Under revenues, the line Sales of Product Income refers to payment received from members that attended Nationals 2023 and purchased a Team Alberta Jacket.

In the latter half of 2023, APU decided on a trial run for a reffing stipend to all our referees who had refereed any local meets. This was to keep the interest and retention in referring going as well as to help out those that may have traveled to ref at a local meet. We love and thank all of our referees that keep the sport going and for the opportunity for a local meet to run as smoothly as they have been. APU had only given stipends at provincials prior to this.

The APU started the 2023 year with a bank balance of \$62,973 and finished the year with \$63,303.

Expenses Going Forward

Recently in 2024, APU had purchased new plates and racks from Eleiko and dish racks from Strong Arm. Total cost of 2 racks and 2 full sets of competition plates and 2 dish racks cost the APU just under \$30,000. One set will be kept in Calgary for local meets in the area. The other set will be kept in Edmonton for local meets in the area as well. We know how important it is to have the best quality equipment available for lifters to use on the platform. This investment is to give back to the lifters and to keep generating more interest in the sport!

The current balance of the APU bank accounts are: \$38,586.92 (July 1, 2024).

Samantha
Fung
Treasurer

SCHEDULE "G"

Alberta Powerlifting Union

(A not-for-profit organization)

Financial Statements (un-audited)

December 31, 2023



Statement of Operations

As at December 31, 2023

2023

2022

Revenue

Membership fees	21,306	16,506
Meet fees	5,785	5,180
Drug Test fees	10,530	7,590
Club fees	1,000	600
Donations	-	-
T-Shirt Sponsorship and Reimbursement	1,000	1,700
Provincials Income	-	-
Sales of Product Income (2023 Nats Apparel)	4,032	605
	<hr/>	<hr/>
	43,653	32,181

Expenditures

Annual dues	1,090	888
Advertising	-	-
Drug testing	10,470	7,640
Coaching and Ref stipend	5,120	3,770
Equipment Write Off Expense	-	5,000
Interest and bank charges	612	665
Professional fees	747	3,736
Office and administration expense	9,233	5,016
Meet Expenses	-	-
Ref Stipend	3,200	1,300
Travel	-	-
Scholarship	500	1,000
Supplies and Awards	282	315
T-Shirt Expense	-	-
Provincials Expenses	-	-
Team Alberta Apparel (2023 Nats)	6,706	1,388
	<hr/>	<hr/>
	37,960	30,698

Excess (Deficiency) of revenue over
expenditures

5,693 1,483

Statement of changes in Net Assets

	2023	2022
<hr/> As at December 31, 2023 <hr/>		
Balance, beginning of year	92,648	91,165
Excess (Deficiency) of revenue over expenditures	<u>5,693</u>	<u>1,483</u>
	<hr/>	<hr/>
Balance, end of year	98,341	92,648

Statement of Financial Position

2023

2022

Period ended December 31, 2023

Assets

Cash	63,303	62,973
Accounts receivable		
Prepaid expenses	-	-
	<u>64,208</u>	<u>62,973</u>
Equipment	<u>35,038</u>	<u>29,675</u>
	<u>98,341</u>	<u>92,648</u>

Liabilities & Net Assets

Accounts payables	<u> </u>	<u> </u>
Deferred revenue	-	
Unrestricted	<u>98,341</u>	<u>92,648</u>
	<u>98,341</u>	<u>92,648</u>

Approved by the Board,

_____, Director

_____, Director