



ALBERTA
POWERLIFTING UNION

Provincial Annual General Meeting – Agenda

Date: September 30, 2025 @ 6:00pm MST

Location: via Zoom

Agenda

1. Roll call/attendance
 - a. Pamela Hodder, Brian Kravstov, Shantelle Szuch, Samantha Fung, Aileen Bishop, Brandon Allen, Chhitji Thakuri, Garvin Cole, Jeannie Jamison, Kayla Livingston, Mimi Frank, Adam Buschert, Mohanad Ibrahiem, Patricia Gamilla, Taelienna Le, Danny Le, Lemuel Erukaye, Paul Petilos, Christina Le, Christine Castro Chan, Owain Wilson, Brent Corcilles, Thomas Thangarajah, Ashley Wallace, Megg Turner, Adwoa Asante, Riva Kessel, Lisa Martinuk (APU Records Chairperson), Shad Aziz, Terrill Moyo IV (late), Adel Ismail (late), Dayanne Vega Acevedo (late), Lamess Kharfan (late), Krisofer Linares (late), Kerry Li (late – not part of voting)
2. Approve last year’s minutes
 - a. Call meeting to order and approval of last year’s minutes
 - b. Approval by Lisa Martinuk, seconded Jeannie Jamison
3. President’s Report – Prepared by Pamela Hodder (attached as Schedule “C”)
 - a. Motion to review by Danny Li, seconded by Jeannie Jamison
 - b. Read by Pamela Hodder
4. Treasurer’s Report – Prepared by Samantha Fung (attached as Schedule “F”)
 - a. Motion to review by Brandon Allen, seconded by Lisa Martinuk
 - b. Read by Samantha Fung
 - c. Question from member regarding statement
5. Approve 2023 Financial Statements (attached as Schedule “G”)
 - a. Approved by Aileen Bishop and seconded by Jeannie Jamison

6. Official Chairman Report – Prepared by Brian Kravtsov (attached as Schedule “D”)
 - a. Motion to read by Aileen Bishop and seconded by Lisa Martinuk
 - b. Read by Brian Kravstov
 - c. Approved by Brandon Allen and seconded by Pamela Hodder
7. Records Chairman Report – Prepared by Lisa Martinuk (attached as Schedule “E”)
 - a. Motion to read by Samantha Fung, seconded by Megg Turner
 - b. Read by Lisa Martinuk
 - c. Motion to approve by Jeannie Jamison, seconded by Brandon Allen
8. Nominations for President
 - a. Pamela Hodder (Acclaimed)
 - i. Reviewed
9. Nominations for Secretary
 - a. Shantelle Szuch (Acclaimed)
 - i. Reviewed
10. Vice-President and Treasurer will be up for election in 2026
 - a. Discussion over the upcoming elections in the next year
11. 2024 Volunteer of the Year and Athlete of the Year Awards
 - a. Review of nominations for both awards; awards do not always have to be granted each year.
 - b. No nominations for Athlete of the Year
 - c. Nomination for Volunteer of the Year – Lisa Martinuk
12. Review Bylaws and Policy and Procedures Amendments
 - a. Schedule "A" – Proposed Bylaw Amendments; and
 - b. Schedule "B" – Proposed Policy and Procedures Document Amendments
 - 33 members on the call – 17 needed for approval of an amendment
 - 35 members on the call by amendment 3, 19 needed for approval
 - See attached Schedule A attachment for discussion and details on edits and approvals
 - See attached Schedule B attachment for discussion and details on edits and approvals

13. Review of Ongoing Projects and Initiatives

- a. Update on new APU website development
 - i. President discussed and showed on her screen some of the updates and developments – Goal to go live and linked from the original website by end of the calendar year (however people can access the information on the new site as it is)
 - ii. Current APU website has poor functionality, difficult to update, not user friendly, does not integrate well
 - iii. Plan to move to a new domain – we purchased albertapowerlifting.com
 - iv. We no longer use personal emails and instead only use approved APU powerlifting emails
 - v. Newsletters and results become integrated and stored in the history on the new site
 - vi. Forms embedded in the site, links to registration forms for meets
- b. Procurement of new technology
 - i. A lot of our current equipment is aging and getting worn down, eg. TVs, monitor, and laptops
 - ii. We have started replacing equipment as things break down
 - iii. We would like to add competition bars to the APU owned equipment, so bars are not being transported between major cities
 - iv. Purchasing cases and containers for protecting banners, scales, etc.
 - v. Plan to better label and mark containers for meet directors and volunteers for organization and loss prevention

14. Bids for Provincials 2026

- a. 2 Bids for Provincials 2026, both in Calgary
- b. Reviewed in the order that the bid was received
- c. Bid #1 reviewed via presentation (Mo Ibrahim, Arshia Arshadi, CJ Thakuri) & questions addressed
- d. Bid #2 reviewed via presentation (Christine Castro Chan, Quentin Chan, Brent Corcilles, and Patricia Gamilla) & questions addressed
- e. Vote tallied by Lisa Martinuk – results of vote: Garrison 21 votes, Kings Fitness 16 votes – Provincial Championships granted to Bid #1
- f. Question brought up regarding possible conflict of interest in the Bid members voting or not. Discussion over this and determined that the Bid members can vote.

15. Open discussion of membership

- a. President opened the floor to the membership for open discussion and questions

- b. Discussion over the concerns over our referees not knowing how to run the score table. Concerns validated and discussed. Other lifters contributed to the discussion as well.
- c. Discussion over mentorship for volunteer positions in the meets.
- d. Member discussed referee issues and adding an APU referee group chat, new rules clinic for lifters. Concerns over helping new lifters and new coaches learn the rules and etiquette.

16. 2025/2026 Appeals Committee – Appoint 5 new members

- a. Aileen Bishop, Garvin Cole, Brandon Allen, Megg Turner, Jeannie Jamison

17. Adjournment

- a. Motion to adjourn by Pamela Hodder, approved by Jeannie Jamison, seconded by Brandon Allen

SCHEDULE "A"
PROPOSED BYLAW AMENDMENTS

Amendment #1 – Proposed by Pamela Hodder

Motion to review Garvin Cole, seconded by Lisa Martinuk

Proposed amendment:

Article I through VIII

All reference to CPU in the APU's Bylaws to be changed to CanPL.

Reasoning:

With the Canadian Powerlifting Union's (CPU) legal name change to Canada Powerlifting (CanPL), the APU's Bylaws need to be amended to reflect the name change.

PASSED AS WRITTEN

Amendment #2 – Proposed by Pamela Hodder

Motion to review by Megg Turner, seconded Brian Kravstov

Section 5.5 II (Addition)

5.5 II Athlete Representative

II. Duties of the Athlete Representative

The Athlete Representative shall:

- (i) provide guidance to new and perspective Members on the requirements to compete at their first Society sanctioned event; and
- (ii) assists with guidance to new and existing members on the competition pathway from first competition to CanPL Nationals; and
- (iii) prepares list of all Members competing at annual international events under the IPF umbrella and provides the list of Members to the APU President and Social Media Chairman; and
- (iv) assists with maintaining the APU website with up-to-date resources for Members; and
- (v) assists with the Society's communication in the form of content for Newsletters and via Social Media to inform and engage Members; and
- (vi) serves as a liaison between Members and the APU Executive.

Reasoning:

As the APU continues to grow, there has been a noticeable rise in inquiries from new and prospective members seeking guidance on how to get started in the sport, understand the competition pathway, and more. It has been challenging to address the inquiries as the information seeking can be very broad in scope. Assigning an Executive member to provide this guidance and ensure the resources on the APU website are current will help reduce the workload of other Board members. Additionally, the Athlete Representative would be responsible for promoting the achievements of our members at local, provincial, and international competitions through social media. In this role, the Athlete Representative can also contribute to improving communication with members by supporting the development of newsletters and collaborating with the Social Media Chairman to create engaging content. The APU Executive will either hold an SGM to elect a member to the position for the upcoming term or appoint a member as interim until next election year.

- Question by member regarding why this would be a voting member vs the other chairperson positions which are not voting members.
- Question by member regarding whether this would be appointed for the next term – President indicated intention to hold SGM to the membership and appoint if no interest is put forward

PASSED AS WRITTEN

Amendment #3 – Proposed by Pamela Hodder

Motion to review by Lisa Martinuk, seconded by Brandon Allen

Proposed Addition:

Section 5.7 VI (Addition)

VI. Duties of the Volunteer Chairman

The Volunteer Chairman shall:

- (i) maintains the database for members volunteering at Society sanctioned meets and CanPL sanctioned event held in the province; and
- (ii) assists Records Chairman with the rankings for the most current year to be published on the APU website.

Reasoning:

With the growing number of members competing at Nationals and the need for APU members to meet specific requirements to be eligible for future Nationals, maintaining an accurate and easily verifiable volunteer database has become increasingly important. Over the past year, APU member

Janique Lafond assisted the APU board with reorganizing the volunteer database and streamline how information is collected from Meet Directors. To help distribute the workload among Executive members, the Volunteer Chairman would be responsible for updating the database after each APU-sanctioned event.

PASSED AS WRITTEN

Amendment #4 – Proposed by Pamela Hodder

Motion to review by Presley Prusak and seconded by Brian Kravstov

To be read only if Amendment #2 passes

Section 5.8 IV (Amendment)

Current wording:

- IV. Every year, members of 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 for APU Executive positions will occur in the follow order:

Position	President	Vice President	Secretary	Treasurer	
Election Year	2023	2024	2023	2024	
Next Election Year	2025	2026	2025	2026	
Next Election Year	2027	2028	2027	2028	
Election every 2 years following					

Proposed amendment:

- IV. Every year, members of 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 for APU Executive positions will occur in the follow order:

Position	President	Vice President	Secretary	Treasurer	Athlete Representative
Election Year	2023	2024	2023	2024	-

Next Election Year	2025	2026	2025	2026	2025
Next Election Year	2027	2028	2027	2028	2027
Election every 2 years following					

Reasoning:

Straight forward. If the addition of the Athlete Representative is added to the board, then the election years would also need to be added to in the APU's Bylaws.

PASSED AS WRITTEN

SCHEDULE "B"

PROPOSED POLICY & PROCEDURES AMENDMENTS

Amendment #1 – Proposed by Pamela Hodder

Motion to review by Patricia Gamilla seconded by Brandon Allen

Proposed amendment:

Section 1 through 10

All reference to CPU in the APU's Policies & Procedures to be changed to CanPL.

Reasoning:

With the Canadian Powerlifting Union's (CPU) legal name change to Canada Powerlifting (CanPL), the APU's Policies & Procedures need to be amended to reflect the name change.

PASSED AS WRITTEN

Amendment #2 – Proposed by Pamela Hodder

Motion to review Jeannie Jamison seconded by Garvin Cole

Section 8.1 I (Amendment)

Current Wording:

8.1 National Championships

- I. Coaching positions may be assigned to lead and manage athletes at the CPU National Championships. Where suitable candidates are presented, a head coach will be appointed, as well as assistant coaches, intern coaches and a team manager for teams larger than 20 athletes. The APU may provide a stipend to the staff according to this structure:

Head Coach - \$80/session + (\$25 x number of athletes coached)

Assistant Coach - \$50/session + (\$15 x number of athletes coached)

Intern Coach – Unpaid

Team Manager - \$500

Proposed amendment:

8.1 National Championships

- I. Coaches may be assigned to lead and manage athletes at the CanPL National Championships. Where suitable candidates are presented, team coaches will be appointed and a team manager for teams larger than 20 athletes. The APU may provide a stipend to the staff according to this structure:

Coach - \$80/session + (\$25 x number of athletes coached)

Team Manager - \$500

Reasoning:

The experience level of coaches within the APU has steadily increased since the introduction of the APU offering coaching for our Provincial Teams at Nationals. Alberta now boasts some of the most experienced coaches in the country, with several team coaches serving in Team Canada coaching roles. The current structure was established to support the ongoing development of coaches across the province. Moving forward, it would be ideal to ensure that all coaches operate on an equal footing—as a cohesive team—with consistent responsibilities and equitable compensation.

VP spoke to this issue and why the changes were proposed for any new lifters or members who may have been unsure of the history behind the old model and format

PASSED AS WRITTEN

Amendment #3 – Proposed by Pamela Hodder

Motion to review by Ashley Wallace seconded by Brandon Allen

To be read only if Amendment #2 passes

Section 8.1 II (Amendment)

Current wording:

- II. The positions available for the Provincial Team Coaching staff will include: Head Coach, Assistant Coach, Team Manager, and Intern Coach.

Proposed amendment:

- II. The positions available for the Provincial Team Coaching staff will include: Coach and Team Manager.

Reasoning:

If amendment #2 passes, then Section 8.1 II would need to be updated to reflect the removal of Head Coach, Assistant Coach, and Intern Coach.

PASSED AS WRITTEN

Amendment #4 – Proposed by Pamela Hodder

To be read only if Amendment #2 and 3 passes

Motion to review by Brian Kravstov seconded by Kris Linares

Section 8.1 III (Amendment)

Current wording:

- III. Team Manager will be responsible for devising a coaching schedule for our National team, develop correspondence between the athletes and the appointed coaches. The manager will make sure all athletes are made aware of any deadlines and overall assisting in the organization of the team. Intern coaches are unpaid positions for coaches new to the sport or coaches wanting to gain experience at a higher level. Interns would help both the Head and Assistant Coach.

Proposed wording:

- I. Team Manager will be responsible for devising a coaching schedule for our National team, develop correspondence between the athletes and the appointed coaches. The manager will make sure all athletes are made aware of any deadlines and overall assisting in the organization of the team. Any changes to the coaching schedule must be discussed and agreed upon with the Team Manager. Team Manager will be responsible for communicating any coach changes to athletes, if already assigned a coach.

President discussed the rationale and reasoning behind this change.

PASSED AS WRITTEN