

Manitoba Powerlifting Association

Manitoba Powerlifting Association

Annual General Meeting 2024

Henderson Library, 10:15am-1:00pm November 2<sup>nd</sup>, 2024

Minutes

1. Call to Order
  - Meeting begins 10:32 am
2. Determination of quorum
  - All board members present – Amanda, Dino, Leah, Janet, Tommy, Sue, Thea, David
3. Appointment of scrutineers
  - Sarah Duncan and Jordan Smith
4. Approval of the last agenda
  - Second to approve last year agenda – Liat Schultz
5. Declaration of conflicts of interest
  - None
6. Adoption of minutes of the previous AGM
  - Second to adopt minutes of the previous AGM – Dino Camire
7. Board, committee and staff reports
  - See appendices, members to review as a recap
8. Business as specified in the meeting notice
9. Elections
10. Nominations
11. Discussion items
12. Adjournment

8. Business as specified in the meeting notice

I. Old business

a. Inventory lists and updates – Amanda Burg

Notes –

- Aside – the website is currently down, Amanda reached out to the creator of the website to try and help fix it. **At the time of these minutes being edited the website is now up and running.**
- The board is purchasing two new Met-XT racks and a new deadlift jack for the platform, \$2100 per rack 350 for the jacks. Thus, moving forward warmup rooms will have 4 racks so that the second Eleiko can be used for rack heights.
- Going to utilize the WPPO (bumper plates) for the warmup room so there is more equipment as well.
- Once the website is up a new inventory list will be put out.

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### Discussion –

- A.L. – referring to appendix III, there is no budget for equipment, and, brings up a concern regarding the funding of many international athletes from Manitoba this year. What is the boards plan to make the money back?
- D.H. – there is no set budget for either, this year there were more athletes attending international meets because of Commonwealths. This is not a yearly expense.
- A.L. – more concerned with the cash position, and if there is a plan to gain back that revenue.
- A.B, D.H. – the fiscal year begins in July, which is why the report looks the way it does. The plan to gain back the revenue is to continue hosting independent meets, but also we are in a good financial position and as a non profit, we are supposed to have minimal cash in the bank.
- B.H – even if we are in a good financial position, at some point we cannot compensate all athletes, the board has to decide a limit. Brock suggests a discussion at the board level to think about how to divvy up the money, perhaps in the form of a set budget that gets handed out according to how many athletes there are.
- D.G. – MPA made a lot of cash pre covid, then during covid we lost some, he expects it to go up and also go down, but mostly generate good cash. Doesn't think it's a big concern.
- L.S – important to keep investing in athletes as a non for-profit organization.
- A.L – suggests looking for corporate sponsors for athletes as an organization.
- M.B – suggests creating a budget with a prudent reserve, fundraising for international meets.
- J.B. – inquires what the threshold we need in our bank account so the government doesn't bother us, Amanda states NFP do not file taxes if revenue is under \$20k, we fall under that umbrella.

**No further discussion, approval of appendix III stands.**

## II. New Business

### a. Discussion of IPF Article 14.1 – Amanda Burg

#### Notes –

- Amanda had a meeting with one of the CPUs VPs on this topic. The CPU plans to release a statement on their enforcement of the article. Until then, we need to wait. What we know for certain right now is the article says if you compete in a non WADA compliant sport, you are sanctioned for 12 months after the date of involvement from any national or international meets at the CPU/IPF level.
- The CPU is approaching this by looking at international team selection: have you competed in any non WADA federation or sport.
- At the provincial level nothing changes, local meets are okay for now, and the onus is on the athlete if they want to apply for an international meet.

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### Discussion –

- S.H. – still wants clarification on local meets and other sports, which we will get when the CPU releases their statement.
  - K.K, N.E. – can organizations like Kornerstone Barbell still run WRPF meets as a business transaction? Yes, like Amanda did for police and fire games.
  - A.L. – suggests the MPA release a statement following the CPU's statement to ensure all athletes are aware of the consequences of competing in a non WADA compliant sport.
  - J.B. – inquires about refereeing a WRPF meet, would this impact the ability to compete internationally? Since it is participating, it would count.
  - **Conclusion of discussion: the onus is on the athlete to ensure that they are compliant with article 14.1. This mostly applies to athletes who are being selected for the international team. The CPU will release a statement of clarification, until then we continue on as usual.**
- b. Amendment to the provincial qualifying totals (Appendix A of the policies and procedures) – Dino Camerie

### Purpose:

To raise the provincial qualifying totals.

### Rationale:

The board has determined the desire to make provincials a more exclusive event and reduce the attendance to a one day to reduce cost on the membership as almost 80% of our membership was able to qualify for provincials. Many provinces use the regional qualifying standards as their provincial standard. We will present three options, one keeping qualifying totals, the same to increasing our totals to the regional qualifying standard, and three in increasing the totals to a new standard based on some research and statistical analysis of the most popular classes.

### Notes – Dino

- The totals were based on pools of athletes from the previous few Provincial Championships. The largest pools were raised, some were lowered. Worked with a statistician to create new totals. The board was presented with three options. Status quo, these slightly increased totals or, adopting the regional qualifying totals as some other provinces have. The board chose option two.

### Discussion –

- M.B. – worries about reduction in revenue if the QTs are higher.
- J.S. – Provincials can be more exclusive while maintaining revenue from the meet.
- B.H. – agrees, states worrying about revenue from provincials should not be a reason to remain status quo. Instead agrees that raising the standard is more

important. not wise to worry about revenue from provincials to not raise qualifying standards. Worry about raising competition standards within the province. Building a pool of athletes in Manitoba who want to compete at a high level is good.

- A.L., L.S. – suggests they get revisited annually to keep them accurate with the demographic of lifters and competition within the province.
- Some general concern with revenue, can do another MPA ran meet.

**No further discussion, totals to be effective January 1 2025.**

- c. Motion – dissolve the Outreach Chairperson into the duties of the President – Amanda Burg & Leah Shore - **motion withdrawn at the AGM**
- d. Motion – amendment to section 8.4 of the policies and procedures – Brock Haywood

Section 8.4 presently reads as it is below:

8.4 The MPA shall maintain an MPA Athlete Hall of Fame. This award shall be presented to lifters who have made outstanding contributions to the MPA through their lifting achievement at Provincial, National and the International level. **To be eligible for this award, a lifter must have been an active member of the MPA for a minimum of 10 years.** If there are multiple nominees per GENDER, the Annual General Meeting voters will first vote on which candidate will be considered for induction. The winners of this award shall be selected by 2/3 majority of the voting members at the AGM. Each year, one male and one female lifter may be inducted into the MPA Hall of Fame, however this award will not necessarily be presented each year if no suitable candidate can be chosen. Recipients may only receive this award one time.

Propose:

To remove the following statement: **“To be eligible for this award, a lifter must have been an active member of the MPA for a minimum of 10 years.”**

Rationale:

When the Procedures were updated years ago this writer (who was the MPA President at the time) copied from the CPU Policies and procedures for the benefit of consistency in our governance. This particular statement eliminates some individuals from the MPA History that achieved significant levels of performance at the National and International level that were not commonplace at the time. Long term membership was not commonplace nor expected. Athletic achievement, especially very significant achievements at the International level should not be ignored by the constraint of a long term membership with our organization. The sentence prior to this one about membership is detailed and significant enough to assist future executives in determining the merit of an Athlete’s performance for consideration.

Discussion –

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- B.H. – There has only been one MPA member who has even won a world championship and wanted to nominate him for this award, even though he has not been involved for 10 consecutive years. Same with Hailey Kostiniak who wouldn't be eligible for it, merits of individuals should outweigh the years in the province.
- A.L. – agrees, this sport is merit based, to expect 10 years is unreasonable.
- S.H. – still thinks there should be a minimum year requirement, what if someone undeserving.
- K.S, J.S. – since its volunteer based no one will be even eligible after one year so it's a moot point. People can still be involved in the MPA and not be an active member.

**Motion to vote** – Now section 8.4 will read as Brock stated above, and the statement “to be eligible for this award, a lifter must have been an active member of the MPA for a minimum of 10 years,” will no longer apply.

opposed, 1 all in favour 34, **motion passes**

- e. Special Announcement – Mat Bowen
  - Mat and Sue got the bid for Commonwealths 2026, it will be held at the Victoria Inn hotel in September of that year.

### 9. Elections

- I. Vice President
  - a. Dino Camire – incumbent  
Vote by acclamation
- II. Media Coordinator
  - a. Liat Schultz – nominated from the floor, vote by acclamation.
- III. Outreach Chairperson
  - a. Tommy Howel – incumbent

### 10. Nominations

#### I. Male Athlete of the Year

- a. Riley Bresky – Nominated by Jayms Kornelsen

2024 IPF Sub-Junior/Junior Worlds 11th place (6th Heaviest deadlift in the world)  
290.5kg National Record Deadlift  
93kg 2024 Sub-Junior Provincial Champ  
93kg 2024 Sub-Junior Westerns Champion  
Volunteer credits achieved.

- b. Dino Camire – nominated by Kyla Camire  
I'd like to nominate Dino Camiré as athlete of the year. Going to worlds for the second time and commonwealth games to represent Manitoba and Canada.

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- c. Nomination from the floor – Justin Manalo, nominated by Brock Haywood for his win at Commonwealths 2024.

### **Recipient – Dino Camire**

#### II. Female Athlete of the Year –

- a. Monica Gayot – Nominated by Craig Roberts

In her 1st year of powerlifting, Monica has competed 5 times since from December 2023 to September 2024, a task that would cripple most lifters in the MPA.

Despite this, Monica has steadily progressed from a starting total of 395kg in the 57kg class, to an astounding 419.5kg total in August at NAPF (good for a GL of 98.92)

In doing the above, Monica has set records for:

- MPA 57kg Women's Classic Open Squat
- MPA 57kg Women's Classic Open Deadlift
- MPA 57kg Women's Classic Open Total
- NAPF 57kg Women's Classic Open Squat (briefly)
- NAPF 57kg Women's Classic Open Total

Monica Finished:

- 1st at Total Fortification 2023, Best overall female lifter, best overall lifter
- 1st at MPA Provincials, Best overall female lifter, 2nd best overall lifter
- 2nd in her weight class at CPU Western's 2024 (an open world's qualifier event)
- 1st in her weight class at NAPF 2024
- 3rd at CPU Nationals, missing a final deadlift to take 1st place to secure a world champions invite.

In summary, given Monica's continued progress as a lifter (despite a highly fatiguing 5 meets in 9 months), the numerous local and international records she has set, and her high-level results in a HIGHLY competitive OPEN weight class, I do not see how an argument could be made for any other lifter for the MPA Female athlete of the year.

- b. Kayla McMillian – Nominated by Michael Arinze

I am nominating Kayla (Instagram @jigglybuff) for female athlete of the year.

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My reason being the dedication she has put forward though being fairly new to the sport -about 2 years or under- to rise locally and take a spot at the 2024 national championships. Even without a medal; the sheer effort and commitment to the sport is inspiring. I have personally seen her attention to detail and grit in training; as well as nutrition and a multidisciplinary -a professional and competitive synchronized swimmer- approach to training and athletic development. Not to mention the light hearted fun cheer she brings with her into the sport and community.

I think it is important to raise people like that up as an inspiration that no matter when you make the shift to this epic sport; you can stake your claim and that you are visible.

Especially one who is good natured to fellow athletes and behaves with respect and decency to her peers in their encounters in training and in competition. I feel this is an asset to the community and the sport.

And the award might pull someone who I feel is not only an incredible athlete and person closer to the fold of the ever growing community; who I believe one day has the potential to represent not only Manitoba; but even Canada. And this might be a way to encourage the heart and grant visibility to someone who I feel sincerely deserves it.

While also setting a goal for more females thinking of or newly coming into the sport.

And plainly, she is very strong and has not yet begun to tap into her potential. Give her the push she needs. And recognize that she is deserving of the award; in my humblest opinion.

### **Recipient – Monica Gayot.**

#### III. Volunteer of the Year

- a. Mikal Thrones – nominated by Amanda Burg – **Recipient**

My rationale, he shows up to every meet. Always willing to help reload the storage unit back after a meet.

#### IV. MPA Junior Scholarship Program

- a. Liat Schultz – nominated by Leah Shore – **Recipient**

At 21 years old, Liat is one of the youngest meet directors MPA has ever had. Her drive to put in the work it takes of hosting a two session meet while being a student and working is admirable and shows her dedication to the MPA and to powerlifting as a whole.

## 11. Round Table

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- a. Andrew Laanglar – immediate disqualification on squats for dumping the bar  
Discussion –
  - J.S. In the rule book – the chief referee can DQ any athlete for any reason, this would fall under this. Similar situation with lifters who aggressively unrack the bar and the collars come lose. The chief referee can issue warnings at the athlete talk of potential safety issues.
  - B.H. – depends on the scenario, if it was intentional or not.
  - S.H. – better to give people a warning
  - Suggests to make the athlete meeting mandatory for new lifters to avoid hazards like these.
- b. Kurt Kornelsen – point of clarification on CPU policies for coaching box
  - The coaches are not supposed to leave the box, even if an athlete is injured on the platform.
  - There has been an increase in this, something tommy will consider when putting together the coaching program.

No further discussion.

12.Meeting adjourned 1:00pm



## Manitoba Powerlifting Association

To the members of the Manitoba Powerlifting Association:

This past year has been a solid year of learning and self growth since moving into the President's role from being the interim Vice-President. My main goal this past year was to focus on learning the role and seeing how we can improve MPA as a governing body for our sport.

I first and foremost would like to thank Thea Olalia, Past President, for taking the time to ensure a smooth transition. Throughout this past year, I knew I could rely on her, Mathew Bowen, and Brock Haywood for guidance.

Since moving into the role as President, along with the aid of the rest of the board we were able to implement solid changes for our membership. The first change was ensuring all the MPA inventory was housed in a secure, insured storage unit. The second change was to streamline the independent meet director guide, which was overseen by Vice President, Dino Camire. We also oversaw the roll out of two different memberships within the CPU.

The start of 2024, saw our Provincials held once again at the 17 Wing Theatre. The goal behind this event was to showcase the best of Provincial powerlifting outside the gym setting.

We had a total of 5 independent meets, with 3 MPA ran meets this past year. With each event filling up faster than the last, that only shows our membership is growing.

Going into my second year, within my term, I strongly believe with collaboration with the rest of the MPA board, we can help ensure that our membership continues to grow.

We will do this with respecting our federation and drawing attention to our sport. 2025 will be an exciting year, as we look forward to hosting more independent meets, Nationals will be held in March, our Provincial Championships will be held in May and our Regional Championships will be held at a later date within the year.

Thank you everyone for your continued support and as always if you ever have any questions or concerns, please reach out to me.

Sincerely,

Alyssa Amanda Burg, BA, CHPR – CANDIDATE

President Manitoba Powerlifting Association



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### Vice President's Report:

I want to start by thanking the current board and former board member Matthew Bowen for supporting my transition from Community outreach to vice president. This year I have learned a lot about our community, the successes and challenges involved in promoting the growth of our sport and am thankful for the membership allowing me to contribute to the sport. 2024 saw our membership grow to 220 members, many who are masters 1234 and youth.

This year saw a new CPU board and some changes to the sport in both rules (membership types) and in the popularity of our sport. Our Manitoba board consists of mostly new members who worked well together to create streamlined ways to host events, seek sponsorship and become involved in our sport.

We had a robust array of both independent and MPA ran meets this year, we saw a successful 2 day provincials at 17 wing and the first "Money meet" in Keystone hosted by Kurtis Taillaire and Tommy Howell. Our financials show substantial growth as well, this will allow us to support our athletes into 2025 and promote the sport of powerlifting in Manitoba.

I'm very excited to be a part of the board, a part of many new projects including a coaching program developed by Tommy Howell, a powerlifting podcast as well as the new qualifying standards for provincials for 2025. Thank you for the opportunity to serve you and if I am re-elected, I hope to continue to serve you for another 2 years.

Dino Camire  
MPA Vice President



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## 15. Appendix III – Treasurers Report

### Profit and Loss

Manitoba Powerlifting Association

Date Range: 2023-07-01 to 2024-06-30

ACCOUNT NUM ACCOUNTS	Jul 01, 2023 to Jun 30, 2024	2025 Budget
Income		
Equipment Rental	\$6,950.00	
Individual Donations	\$600.00	\$150.00
MPA Club Fees	\$875.00	\$1,000.00
Meet Fees	\$21,710.00	\$22,000.00
Meet Sanctioning Fees	\$7,430.00	\$7,500.00
Membership Revenue	\$9,759.96	\$10,000.00
Sales - Merch, Photos & Spectators, etc.	\$4,271.84	\$4,500.00
Sponsorships – Business Contributions	\$50.00	\$100.00
Sponsorships – Corporate Contributions	\$500.00	\$500.00
Total Income	\$52,146.80	\$45,750.00
Total Cost of Goods Sold	\$0.00	
Gross Profit	\$52,146.80	\$45,750.00
Operating Expenses		
Bank Charges & CC fees	\$794.12	\$800.00
Board & Annual Meeting Expenses	\$176.79	\$200.00
Board fees	\$3,366.66	\$3,400.00
CPU Annual affiliation fee	\$422.00	\$450.00
Donations to enhance Powerlifting awareness	\$500.00	\$1,500.00
Insurance	\$922.34	\$922.34
International Athlete CPU Fees	\$1,925.00	\$6,050.00
MPA Scholarship	\$250.00	\$250.00
MPA Team Coach Travel Expense & fees	\$3,910.95	\$6,500.00
Meet Expenses incl CPU Fees	\$20,881.04	\$21,000.00
Member Awards	\$152.30	\$300.00
Office Expenses/Supplies	\$614.94	\$700.00
Referees	\$3,208.76	\$3,500.00
Regional/National Athlete expenses	\$656.31	\$800.00
Storage, Transportation & Administration	\$4,483.81	\$4,750.00
Total Operating Expenses	\$42,265.02	\$51,122.34
Net		1.34)



## Manitoba Powerlifting Association

### 16. Appendix IV – Officiating Chairpersons Report of Referees by Janet Loesel Sitar

The current MPA referee roster:

International referees:

Brock Haywood – Category 1

Sue Haywood – Category 1

National referees

Krista Sanger – National

Matt Bowen – National

Janet Loesel Sitar – National

Thea Olalia – National

Amanda Burg – National

David Hrynkow -National

Provincial referees

Wanda Bosek – Provincial

Andy Allden – Provincial

Jordan Smith – Provincial

Riley Bertrand – Provincial

Ashleigh Wiebe – Provincial

Jorrel Marasigan - Provincial

Euwe Makinano – Provincial

Melodie Sitar – Provincial

## Manitoba Powerlifting Association

New referees

Leah Shore – Provincial

Dino Camire – Provincial

Gail-Anne Breeze - Provincial

We currently have 19 active and qualified referees. Some others are taking breaks from powerlifting or refereeing and/or have not updated their memberships and are thus considered inactive. (A reminder. MPA referees are required to have a current membership and to referee at least once per year to be considered an active referee.)

Since the last AGM, we have had 3 people passing the written referee test.

This past year since the last AGM I have presented four CPU Rules seminars. Dec. 3 2023 (before the Total Fortification meet), Mar 2 2024 (before The One meet), May 4 (at 17 Wing for military lifters), and Oct 27 (before Movement). These seminars are offered to help lifters learn the rules and are aimed at first time lifters and to anyone interested to come and improve their knowledge of the rules and ask questions. Seminars are usually offered at the gym holding an upcoming meet and simultaneously online for those who cannot come in person. Attendance is typically between 6-15 people, mostly brand new lifters.

We have continued to use the SymPLmeet scoring and referee system consistently at MPA meets. It is a meet scorekeeping program with an online referee scoring option. Referees can use their phones or a tablet to indicate the white light/red light/errors for each lifter and it automatically updates the scoresheet. We have been giving feedback to Ryan Stinn, the developer, and he has been including improvements to the program regularly. The program has become more stable and easier to use with its ongoing improvements and our increased familiarity with it.

Janet Loesel Sitar, Officiating Chairperson



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## 17. Appendix V – Registrations Chairpersons Report by Susan Haywood

Checks all athletes entered in a competition to ensure they are up to date on their CPU membership and their CCES, gives them a gentle reminder to make sure they are current.

### FYI HISTORY OF MEMBERSHIPS

2018 137 MEMBERS

2019 144 "

2020 163 "

2021 77 "

2022 183 "

2023 210 "

2024 208 "

Susan Haywood

