

Annual General Meeting (Virtual – Zoom)

December 4, 2021

OPENING

The regular meeting of the MANITOBA POWERLIFTING ASSOCIATION was called to order at 2:00pm on Saturday, December 4, 2021 by Mathew Bowen.

PRESENT

Mathew Bowen
Regine Tolentino
Thea Olalia
Lisa Smith
Jordan Smith
Amanda Burg
Krista Sanger
Brock Haywood
Susan Haywood
Jannelle Van Den Bosch
Janet Loesel Sitar
Jessica Antony
David Hyrnko (2:12pm)

APPOINTMENT OF SCRUTINEERS

Janet Loesel Sitar and Jannelle Van Den Bosch were appointed scrutineers.

APPROVAL OF AGENDA

1st Mathew Bowen 2nd Jessica Antony All in favour

CONFLICT OF INTEREST

There were no conflicts of interest declared.

APPROVAL OF MINUTES

1st Mathew Bowen 2nd Janet Loesel Sitar All in favour

PRESIDENT'S REPORT

Read by Mathew Bowen
See attached – Appendix 1

VICE PRESIDENT'S REPORT

Read by Thea Olalia
See attached – Appendix 2

OFFICIATING CHAIRPERSON REPORT

Read by Janet Loesel Sitar
See attached – Appendix 3

TREASURER FINANCIAL REPORT

Presented by Mathew Bowen

See attached – Appendix 4

Discussion:

- plan to decrease storage costs.
- pull out of storage facility and into an MPA member home

CPU WESTERN CHAMPIONSHIPS REPORT

Presented by Mathew Bowen

See attached – Appendix 5

ETHICS CHAIR REPORT

Presented by Amanda Burg

NIL

BUSINESS AS SPECIFIED IN THE MEETING NOTICE

Bylaw Proposal: New Policy 18.6

Designated Team Manitoba Coaches will be required to wear an MPA top while coaching at Regional/National events, and otherwise dress appropriately for the role of Team Coach.

Rationale: MPA is a provincial brand to be represented at CPU events. Coaches are leaders and should look the part.

1st Susan Haywood

2nd Jessica Antony

All in favor

MOTION PASSED

Bylaw Proposal: Change Bylaw 2.1

Membership Categories

2.1 Categories – The Corporation has the following categories of Members:

- a) Member
- b) Executive Member

Amendment:

Membership Categories

2.1 Categories – The Corporation has the following categories of Members:

a) Member

- A. **Open Powerlifter**
- B. **Junior Powerlifter**
- C. **Sub Junior Powerlifter**

- D. Youth Powerlifter
- E. Masters Powerlifters
- F. Coach
- G. Referee
- H. Special Olympics lifter
- I. Para Powerlifter

b) Executive Member

Rationale: Adds subtypes to Bylaws. Adds subtypes to Bylaws. Adds Coach, Referee and Youth memberships to our constitution, as per recent changes at the CPU level. Specifies which memberships may have different fee schedules. Outlines the types of memberships we have, to be updated with the CPU through the CPU Registrar and eSportsdesk. Coach and referee memberships may not need meet WADA testing compliance and are prohibited from competing. Special Olympics and Para Powerlifting have separate rules.

1st Mathew Bowen

2nd Thea Olalia

5 to 2 vote

MOTION PASSED

Bylaw Proposal: Change Bylaw 2.3

2.3 Executive Member – An Individual who is a Director of the Corporation and who has agreed to abide by the Corporation’s By-laws, policies, procedures, rules and regulations.

Amendment:

2.3 Executive Member – An active MPA Member who meets the prerequisites to be, and is an Officer of the Corporation, and who has agreed to abide by the Corporation’s By-laws, policies, procedures, rules and regulations.

Rationale: Clarifies they must already be active MPA Member. Executive Membership in all other aspects includes members who are both voting and non-voting Officers, and not strictly limited to the board of directors.

1st Mathew Bowen

2nd Thea Olalia

All in favor

MOTION PASSED

Bylaw Proposal: Change Bylaw 2.3

Membership Dues

2.8 Dues – Membership dues for all categories of membership will be determined annually by the Board.

Amendment:

Membership Dues 2.8

Dues –

- a. Membership dues for all categories of membership will be determined by the Board.
- b. Changes to Memberships and associated fees will be announced annually
- c. ***Board Approved Pricing of all Member types to follow here, if motion passes*** (Currently: Open/Master: \$45, Junior/Sub Junior \$35, Youth: \$20)

Rationale: Transparency from the board to the membership. Membership prices vary and ought to be announced and recorded.

1st Mathew Bowen

2nd Thea Olalia

All in favour

MIOTION PASSED

Bylaw Proposal: Change Bylaw 4.1

Regarding Governance 4.1 **Remove Past President as a Director; Add Media Coordinator as a Director.**

Composition of the Board

ARTICLE IV: GOVERNANCE

Composition of the Board

4.1 Directors – The Board will consist of Seven (7) Directors as follows:

- a) President
- b) Vice-President
- c) Treasurer
- d) Secretary
- e) Officiating Chairperson
- f) Registration Chairperson

g) Past President (1-year term after term of office)

h) MEDIA COORDINATOR

Amendment:

4.1 Directors – The Board will consist of Seven (7) Directors as follows:

- a) President
- b) Vice-President
- c) Treasurer
- d) Secretary
- e) Officiating Chairperson
- f) Registration Chairperson
- g) Past President **Media Coordinator**

Rationale: The Past President ought to serve in an advisory position as outlined in the current position description. They ought to be invited to attend board meetings for a one-year period as a non-voting participant (and I propose a position description change later regarding this). Per CPU bylaws where a Provincial President immediately goes on to become a CPU Executive Member (as is common), they are not to hold provincial director positions. I feel director terms ought to be uniform in duration (three years). In case of an unfavorable exit from the position of President, it may be unwise to have them remain a voting director and a potential liability. Contrarily, a Past President may not want to remain a director after their term is up.

Media Coordinator acts as an integral service member between MPA and the public. They are responsible for branding, appearances, promotion, monitoring its Executive in the public eye, member outreach and event planning. They have the potential to be integral in leading the organization in growth and ought to have a seat and vote on the board where they can be more useful performing their roles, and more useful to the organization. Our current Media Coordinator has agreed to become a director if, this motion is passed.

For Reference: [Definition of Media Coordinator as it stands currently in 2.11.1: *The Media Coordinator is responsible for the following: a) The Media Coordinator is to liaise with media contacts, answer media enquiries, monitor media coverage and promote awareness for and of the MPA, its events, and its athletes. b) The Media Coordinator shall write, promote and/or distribute MPA press releases and news stories. c) Acting as the main media contact for events in the lead up to MPA competitions and events d) Liaising with the MPA Executive and MPA Meet directors for the promotion of MPA events. e) Generating ideas for increased media coverage and publicity of the MPA and its athletes.*]

ADDING MEDIA COORDINATOR AS A DIRECTOR

1st Mathew Bowen

2nd Regine Tolentino

All in favour

MOTION PASSED

REMOVAL OF PAST PRESIDENT AS A DIRECTOR

1st Mathew Bowen

2nd Thea Olalia

All in favour

MOTION PASSED

Bylaw Proposal: Change Bylaw 5.1

ARTICLE V: OFFICERS 5.1 Composition – The Officers will be comprised of the President, Vice President, Treasurer, and Officiating Chairperson and Registration Chairperson. The Past President may remain an Officer for one year after their term as President has ended. Non-Voting Officers will consist of the Records Chairperson, Volunteer Chairperson, Media Coordinator.

ARTICLE V: OFFICERS 5.1 Composition – The MPA Executive Membership will consist of Voting Officers (i.e. the Board of Directors) and Non-Voting officers. Voting officers will consist of the President, Vice President, Treasurer, Secretary, Officiating Chairperson, Registration Chairperson and Media Coordinator. Non-Voting Officers will consist of the Past President, Records Chairperson, Volunteer Chairperson, Social Media Manager, Webmaster.

Rationale: Housekeeping of a fundamental bylaw; assumes the earlier proposals pass. If it doesn't, this motion will be amended to have correct role compositions included.

1st Mathew Bowen

2nd Thea Olalia

All in favour

MOTION PASSED

Bylaw Proposal: Change Bylaw 8.1

ARTICLE VIII: FINANCE AND MANAGEMENT 8.1 Fiscal Year – The fiscal year of the Corporation will be January 1 to December 31, or such other period as the Board may from time to time determine.

Amendment:

ARTICLE VIII: FINANCE AND MANAGEMENT 8.1 Fiscal Year – The fiscal year of the Corporation will be July 1 to June 30, or such other period as the Board may from time to time determine.

Rationale: The Board has from “time to time” determined this is a better timeline for our annual calendar, so it ought to be presented in the bylaws as the posted fiscal year.

1st Mathew Bowen

2nd Janet Loesel Sitar

All in favour

MOTION PASSED

Bylaw Proposal: Change Bylaw 2.9.0 2.9.1

2.9.0 Past President 2.9.1 The Past President is responsible the following:

- a) The Past President will serve as a director in an advisory position for a term of one year in order to provide historical context, guidance and advice on procedures and policy.
- b) The Past President will provide continuity of leadership when there is a change in the Directors.
- c) The Past President will act as interim signor during changes in presidency for up to one year.

Amendment:

2.9.0 Past President 2.9.1 The Past President is responsible the following:

- a) The Past President will serve **in an advisory position to the Directors** for a term of one year in order to provide historical context, guidance and advice on procedures and policy. **The Past President will be invited to Board of Directors meetings but may not hold a director vote.**
- b) The Past President will provide continuity of leadership when there is a change in the Directors.
- c) ~~The Past President will act as interim signor during changes in presidency for up to one year.~~

Rationale: Removal of voting officer status (as described in Item D earlier). Cannot be a signor if not a director. Signing authority needs to transfer as soon as possible.

1st Mathew Bowen

2nd Thea Olalia

All in favour

MOTION PASSED

Proposal: Change Policy 6.1 to include Special Olympics and Para Powerlifting

6.1 Competitions sanctioned by the MPA shall include:

- Provincial Powerlifting Championships, in all IPF recognized age categories
- Provincial Bench Press Championships, in all IPF recognized age categories

Amendment:

6.1 Competitions sanctioned by the MPA shall include:

- Provincial Powerlifting Championships, in all IPF recognized age categories
- Provincial Bench Press Championships, in all IPF recognized age categories
- Provincial Special Olympics Powerlifting Championships, in all IPF recognized age categories and in accordance with CPU Procedures
- Provincial Para Powerlifting Championships, as per World Para Powerlifting Rules and Regulations and in accordance with CPU Procedures

Rationale: We are sanctioning these athletes in our events, they ought to be recognized in our policies. We plan to follow up with CPU for proper integration of both Special Olympics and Para Powerlifting into our policies. Identification for sanctioning is the purpose of this proposal; policies may be added later.

1st Mathew Bowen

2nd Thea Olalia

All in favour

MOTION PASSED

Proposal: Change Policy 6.10

The entry closing dates for all Provincial Championships must be stated as 14 days (two weeks) prior to the date of the Championship

Amendment:

The entry closing dates for all Provincial Championships must be stated as 28 days (four weeks) prior to the date of the Championship

Rationale: Provincials take longer to prepare with regards to merchandising, sponsorships, awards and equipment. Two weeks is not enough time to prepare.

1st Mathew Bowen

2nd Thea Olalia

All in favour

MOTION PASSED

Proposal: Add Policy 6.30 - Technical Secretary

6.30 - Technical Secretary

All competitions shall have a Technical Secretary appointed by the Officiating Chairperson. The Technical Secretary must be a Provincial level or higher referee, who is required to oversee preparation of the competition documentation (score sheets, score cards, flight creations, weigh-in documents, conversion charts, etc.). Technical Secretary will ensure all documentation is prepared and dispersed correctly throughout the competition and provided to the meet director at the end of the competition.

Rationale: Meet directors are not always referees and may not understand the finer aspects of powerlifting rules. Come meet day, often we find errors in preparation and execution of paperwork when handled by less experienced/non-official meet directors. This is a task for a sports official, not an event planner.

1st Mathew Bowen

2nd Thea Olalia

All in favour

MOTION PASSED

Proposal: Change Policy 6.6

6.6 Bids to host Provincial Championships must be in writing, clearly stated, and signed by the submitting officer. All bids shall be presented for consideration at the Annual General Meeting of the MPA.

The Meet Director holding Provincials should include in their bid a referee, who is Provincial level or higher, to be the Technical Secretary who is required to do the paperwork (including flights, score sheets, etc.)

Amendment:

MPA Provincial Championships shall be directed, or co-directed, by at least one member of the MPA Board of Directors. Provincial Championships shall remain "MPA Funded" (i.e. MPA shall incur all expenses and receive all profits) but stipends may be presented to MPA Funded meet directors at the discretion of the MPA Board of Directors. Provincial Championships will not be subcontracted to Independent Meet Directors.

Rationale: Provincials is our most important/largest competition(s) of the year. It is the greatest revenue generator for the organization and ought to be protected as such. The board should determine when, where and how it takes place.

1st Mathew Bowen

2nd Thea Olalia

All in favour

MOTION PASSED

Proposal: Change Independent Meet Director Policy

6.27

MPA charges a non-refundable, mandatory \$200 Equipment Fee prior to retrieving equipment. A sanctioning fee of \$100 + **[\$15 per entrant (effective Jan 01, 2020), \$20 (effective Jan 01, 2021)]** applies as well....

Amendment:

MPA charges a non-refundable, mandatory \$200 Equipment Fee prior to retrieving equipment. A sanctioning fee of \$100 + **[\$20 per entry + \$15 per athlete to CPU for**

drug testing] applies. For Bench Press only meets the sanctioning fee is \$50 per session + [\$10 per entry + \$15 per athlete for drug testing].

Rationale: “\$100 per session” to clarify per event vs. per session. “\$20 per entry” to account for multiple entry athletes; MPA will receive \$20 per event they enter. The addition of the \$15 drug testing fee because it is now a mandatory charge that MPA must provide to CPU after every event. If an athlete competes twice, they only pay the \$15 drug testing charge once.

1st Mathew Bowen

2nd Thea Olalia

All in favour

MOTION PASSED

Proposal: Change Policy 8.4

8.4 The MPA shall maintain a MPA Athlete Hall of Fame. This award shall be presented to lifters who have made outstanding contribution 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. 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 nominated to receive this award, 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.

Amendment:

8.4 The MPA shall maintain an MPA Athlete Hall of Fame. This award shall be presented to lifters who have made outstanding contribution 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.

1st Mathew Bowen

2nd Janet Loesel Sitar

All in favor

MOTION PASSED

ELECTIONS

Social Media Manager

Nominations: Jessica Antony (has accepted the nomination) – has been acting in this position; willing to formally perform the role until next election

AWARDS

- Athlete of the Year
 - Female nomination: Janet Loesel Sitar
 - Nominated by Mathew Bowen + David Hrynkow
 - Male nomination: David Hrynkow
 - Nominated by Mathew Bowen
- Volunteer of the Year
 - Nomination: Wanda Bosek
 - Nominated by Mathew Bowen

DISCUSSION ITEMS

Jordan Smith: Qualifying Totals – potentially update to reflect GL points

<https://docs.google.com/spreadsheets/d/1X50JB9R1Pif-i0ZJznxm1OVjil5jKLW1SGJvfLUwboA/edit>

ADJOURNMENT @ 3:50pm

Appendix 1

2021 Manitoba Powerlifting Association President Report

As an understatement, the past year has been incredibly difficult for people around the world. Shortly after our 2020 AGM, we were able to run a two-day Provincial Championships event for our Subjunior/Junior/Masters lifters. As COVID-19 numbers rose, our ability to put forth another 2020 contest was quickly extinguished. As restrictions tightened throughout the second and third waves of COVID-19, we went into a nearly 11-month layoff between our partial 2020 Provincials, and our combined 2021 Provincials held in September. With events on hold, registrations and revenues took a hit. As an MPA Executive, all we could do was bide our time and prepare for a return to the platform.

As 2022 looms, I look to the future to see how we can continue to grow the sport of Powerlifting in Manitoba. You will notice a theme focusing on our memberships in my business proposals today. Squats, Bench Presses, and Deadlifts do not occur in sanctioned competitions without solid infrastructure, and more importantly, the personnel to support them.

In short, life dealt our family a handful this year. In my occasional absence, our MPA Executive Members stepped up to the plate beyond all expectations. I want to publicly thank MPA Vice-President, Thea Olalia, for providing respite for me over the summer as my wife Brianna and I moved, got married, and prepared for the birth of our first child, Aspen. Thea independently directed the 2021 Provincial Championships on behalf of MPA without any hiccups. She also managed Team Manitoba at CPU Westerns 2021. She will have words to share on both of these events.

Janet Loesel Sitar, our Officiating Chairperson, took the lead on developing the MPA Youth Division as per the new CPU directive. Her drive to continue to develop both the quantity and quality of our referees has been admirable. She was also the only lifter from Manitoba to attend the IPF Classic World Championships this year in Sweden, earning a bronze medal!

I have high hopes that the MPA Youth Division will see the debuts of our future best and brightest. While previously lifters had to be 14 years of age in order to compete, we will now see children as young as 8 years old competing on MPA and CPU platforms! In 2022 we plan to outreach to schools and communities in hopes of scouting interested young strength enthusiasts. Spread the word!

After acquiring a legal Paralympic Powerlifting set following CPU Nationals 2020, our plan to develop a Para team was derailed (COVID-19). MPA and acting Para team coach Guy Page are in the process of developing a Para Powerlifting club. We aim to attract athletes from other sports and are preparing to network appropriately with that objective. We hope to see Para Powerlifters at our MPA Competitions throughout the new year, and an end goal would see MPA Para athletes compete at the National level and beyond.

Although we will only see two local competitions this year, MPA will host its typical 6-8 local competitions in 2022. We will hone our strengths and build on our weaknesses. We will build the MPA brand by way of outreach, apparel, sponsorship, and media. We will strengthen our club systems, referee pools and provincial teams. My message to you all today is this: 2022 is full steam ahead!

Respectfully,

Mathew Bowen

MPA President
CPU National Referee

Appendix 2

2021 Manitoba Powerlifting Association Vice-President Report

It goes without saying that the pandemic has continued to affect our sport this past year. After the second half of our 2020 Provincials were cancelled in November due to the Public Health Orders, it was unclear when and how the sport could continue in our province.

Almost a whole year later, we were able to hold our 2021 Provincials safely at the beginning of September. It was inspiring and heartwarming to see our membership pick up right where we left off: volunteers from all over Manitoba allowed us to hold this event without a hitch. Iron Image Barbell Club in Selkirk, Manitoba was our presenting sponsor and gracious host. We had a total of 48 competitors, and a whopping 23 were first time lifters! We saw great lifting and many provincial and even some national records fall.

Last month, 16 MPA competitors and 4 referees made their way to the 2021 CPU Western Championships in Richmond, British Columbia. Led by our Team Coach Joey Simms, MPA had a strong showing, totaling 9 podium finishes, many provincial records, and a few more national records. These lifters have also now also checked off the Regional meet requirement on route to Nationals 2022! Three of our National Referees – Susan Haywood, Janet Loesel Sitar, and I - and Provincial Referee David Hrynkow flew out to help officiate. Westerns was a full 3-day, 7-session meet; It was surreal to see our sport at this scale again after a year and a half.

As we look on to our second and final local meet of the year, the Total Fortification Meet next weekend, we continue on with our “new normal.” We’ve survived (hopefully) the worst of this pandemic. It will continue to affect how we hold meets but it won’t stop us. The board and I are ready to work alongside our membership to continue to grow this beautiful sport of ours in Manitoba.

Yours in Sport,

Thea Olalia

CPU National Referee
MPA Vice President

Appendix 3

2021 Manitoba Powerlifting Association Officiating Chairperson Report

As of today, there are 5 National referees, 1 Cat I referee, 1 Cat II referee and 7 Provincial referees in the MPA. Due to the reduced powerlifting activities in Manitoba, some referees may not yet have renewed their MPA membership but will be given time to do so in order to remain in good standing.

A two-part online referee clinic was held in January and February of 2021. This clinic was attended by 12 people interested in becoming an MPA referee. The first part was a detailed review of the IPF Technical Rulebook. The second part was a discussion of typical scenarios that a referee might have to deal with at a meet. Cat II referee Brock Haywood also attended and gave sage advice based on his many years of experience.

A shorter online referee clinic was held Nov. 21, 2021. Four interested people attended along with David Hrynkow, an MPA referee.

Two people took the written test on Nov. 28, 2021. They did not pass but expressed the intent to study and take the test again. Another test will be held in January as several people have expressed interest. An additional test will be held for Brandon area people at a time convenient for everyone.

Janet Loesel Sitar, national

Mat Bowen, national
Krista Sanger, national,
Amanda Burg, national
Thea Olalia, national
Brock Haywood, Cat I
Sue Haywood, Cat II
Jennifer Grace-Cruz, provincial
David Hrynkow, provincial
Jorrel Marasigan, provincial
Shannon Mutch, provincial
Gord Grimolfson, provincial
Ashleigh Wiebe, provincial
Janique Odette, provincial

Appendix 4
2021 Manitoba Powerlifting Association Financial Statement
Year Ended June 30

2021

Membership Revenue		3038.63
Record Application Fees		59
Meet Revenue		<u>5726</u>
		8823.63
Bank Fees		263.53
Insurance		1017
Meet Expenses		3357.26
Storage and Admin		1286.99
Misc.		366.25
Board Fees		2900
CPU Fees		1524.5
Scholarship		250
Equip. Purchase		448.99
Referees		250
		11664.52
Deficiency		-2840.89

Cash Balance \$7,607.07 at Fiscal Year End

Appendix 5
2021 Manitoba Powerlifting Association CPU Western Championships Report

I am excited to confirm with you all that we did indeed have a successful competition in Vancouver.

Athletes: Positive feedback all-around from the lifters. I was able to have meaningful conversations with nearly every athlete that represented the province. I think the situation of most athletes organizing their own handler, plus having me there as back up and for confirmation of the rules and numbers was successful. And athletes who do not have their own handler take peace in knowing they have someone to help and reach out to.

MPA: I enjoyed all my interactions with all MPA officials and supporters in attendance. Happy to see multiple referees a part of the Regional competition.

Myself: Noted by Sue, Thea and others – team shirts would have been a great idea. Another way to encourage camaraderie and help identify Team Manitoba members better. Overall, I am so thankful for this opportunity. It got me excited for future meets, and more involvement in the future.

Thank you!

Joey Simms