



Annual General Meeting

October 19, 2019

OPENING

The regular meeting of the MANITOBA POWERLIFTING ASSOCIATION was called to order at 1:01 pm on October 2019, 2019 by Mathew Bowen.

PRESENT

Mathew Bowen
Susan Haywood
Janet Loesel Sitar
Thea Olalia
Amanda Burg
Krista Sanger
Jennifer Cruz
Jordan Smith
Jannelle Van Den Bosch
Kurtis Tallaire
David Hrynkow (1:02)
Josh Japson (1:41)
Russel Salada (1:41)

APPOINTMENT OF SCRUTINEERS

Kurtis Tallaire and Amanda Burg were appointed scrutineers.

APPROVAL OF AGENDA

1st Mathew Bowen 2nd David Hrynkow All in favour

CONFLICT OF INTEREST

Amanda Burg declared that she works at Brickhouse Gym, which profits from hosting meets.

The Board declared that there is a conflict of interest for the proposal for stipends for members of the Board; therefore, they will abstain from voting on the matter.

APPROVAL OF MINUTES

1st Mathew Bowen 2nd David Hrynkow All in favour

PRESIDENT'S REPORT

Read by Mathew Bowen
See attached – Appendix 1



OFFICIATION CHAIRPERSON REPORT

Read by Janet Loesel Sitar
See attached – Appendix 2

TREASURER FINANCIAL REPORT

Presented by Mathew Bowen
See attached – Appendix 3

BUSINESS AS SPECIFIED IN THE MEETING NOTICE

Bylaw Proposal: Create Bylaw 6.27

6.27. At any combined or individually sanctioned MPA Provincial Championships, athletes will be required to make weight in the weight class they elect to compete in. The “21 Day Rule” will apply here; i.e. athletes may change their elected weight class up to 21 days prior to the first day of an MPA Provincial Championship. If an athlete does not make weight for that specific event, they will not be permitted to compete.

Rationale: At Regional and National level championships, competitors must observe the 21 Day rule. This permits competitors and clubs to prepare for strict competition and plan their contests accordingly. It allows meet directors the opportunity to prepare medals and awards accurately, as awards at Provincials are expensive and more awards are ordered. Flights are more likely to be arranged by weight class and this prevents athletes having to switch sessions to compete with their fellows or have to wait for awards later in the day. It adds prestige to these championships and our Provincials competitors, as experienced athletes who may attend higher level championships, ought observe the rules of higher competitions.

1st Mathew Bowen

2nd Jannelle Van Den Bosch

Discussion: This will just be for the provincial championships and not local meets.

MOTION PASSED

Bylaw Proposal: Change Bylaw 9.0

9.0 DEFINITION OF A TEAM OR CLUB



9.1 MPA Clubs and Teams must be registered with the MPA and approved by the MPA Registration Chairperson, who will track and post rosters on the MPA website. Teams/Clubs will be approved and registered based on the following criteria:

- a) Registration is on an annual basis as per the MPA By-Laws. A list of eligible Clubs and teams will be maintained on the MPA website.
- b) In order to represent a club, the lifter must train with at that club on a regular basis (on average at least once per week). Clubs pertain to gyms/facilities who have been approved by the MPA Board of Directors as eligible and willing to host competitions throughout the calendar year
- c) Teams pertain to groups of athletes who do not meet specifications outlined in bylaw 9.1 b), but still maintain the specifications outlined in bylaw 9.2.
- d) Annual fees will be due as early as January 1st each calendar year. The fee for a club will be \$25.00. The fee for a team will be \$100. Fees may be paid as early as January 1st, valid through December 31st each calendar year. A club will only be validated once each calendar year's fee is paid.
- e) Team/Club head coach will submit a roster to the MPA Registration Chairperson during registration and will be responsible to update their roster as needed. People who register under a team/club will only be recognized as members and able to wear team/club merchandise during competition once they have been added to the team roster by head coach, approved by the MPA Registration Chairperson.

~~9.3 If for any reason the lifter wishes to change clubs, or he/she is unable to follow the above recommendations, he/she must send a written explanation to his/her provincial registration chairman.~~

Rationale: Clubs host competitions and should not be expected to pay as much for registration as teams

1st Mathew Bowen

2nd Amanda Burg

Discussion:

-Clubs are able to make money from meets while teams do not. Why tax the "poor" and not the "rich"?



-As this proposal reads, this would be a rewarding clubs for hosting and making meets possible while demanding a fee for teams to essentially advertise for themselves.

-Why not make the fee \$25 for everyone? It would lessen this revenue stream for MPA, and would encourage many, many clubs / teams to be made. Many clubs / teams with few members each would make the Best Club system not useful.

MOTION WITHDRAWN

Bylaw Proposal: Create Bylaw 8.10

8.10. MPA President shall receive an annual stipend of \$1000. All other voting members of the MPA Board of directors shall receive an annual stipend of \$300.00 to be paid after each year served. Non-voting MPA Executive Members will receive an annual stipend of \$100. Executive Members who resign prior to annual terms served or who do not adequately fulfill duties may have their stipends revoked or prorated at discretion of MPA Board of Directors.

Rationale: MPA Executive Members put in a significant amount of hours per year, currently on a completely volunteer basis (aside from presidential travel to Nationals). For example, I would estimate the President performs 500+ hours of direct work per year plus more or less being on call every day of the year. The proposed bylaw works out to an annual budget of approximately \$3000. Given the growth of the MPA and the significant annual increase in revenue, the current MPA Budget can allow this.

1st Mathew Bowen

2nd Jordan Smith

Discussion:

-What has been done in years prior? No stipend has been provided. But the work has increased exponentially and the MPA is in a good place financially to make these stipends possible.

-If the MPA is no longer in a good position financially, what happens? This can be assessed year to year at each AGM.

MOTION PASSED with 5 votes in favour, 3 against, and 4 abstentions due to conflict of interest



Proposal: Create Non-Voting Executive Position and Bylaw 2.12: Social Media Manager

2.12 Social Media Manager will be responsible for creating social media content for MPA Facebook, Instagram accounts, and for posting significant content to the MPA Website.

- The Social Media Manager will be responsible for approximately 2-3 posts each week, in addition to any significant coverage content that may be updated during competitions.
- The Social Media Manager will be the primary content creator for post content as well as the first point of contact for the public to message on social media.
- The Social Media Manager will work in conjunction with appropriate MPA Executive members to clarify issues and questions that the public may have.
- The Social Media Manager will work with members of the MPA Executive in order to coordinate post content.

Rationale: the past several years the posting duties from various board members has turned over several times. It has been difficult for various different executive members to maintain other duties **and** make time for social media posts. Having dedicated personnel assigned to this task is preferable for concentrated content, consistency and oversight for planning.

1st Mathew Bowen

2nd Jordan Smith

Discussion:

No discussion.

MOTION PASSED

Meeting break at 1:55 pm

Return to call at 2:05 pm

Proposal: New provincial qualifying totals



Average the current standard totals against the IPF Formula for more equitable, modern standards.

e.g. Open Males:

Mathematically, all of the Provincial Open Male Unequipped Totals are based off a Total-At-Class-Weight Wilks score of 314-315 points. E.g.

Current Standard			Proposed Standard (IPF Points Average rounded down to the nearest 2.5 KG from 436.69)		
Weight Class	Total	IPF Points	Weight Class	Total	IPF Points
59	365	437.08	59	362.5	433.51
66	400	442.25	66	395	435.66
74	437.5	448.93	74	425	433.68
83	472.5	451.72	83	457.5	434.69
93	500	446.5	93	490	435.87
105	525	437.3	105	522.5	434.82
120	547.5	423.81	120	560	435.42
120+ (based off 135kg)	560	406	120+ (based off 135kg)	592.5	435.38
Average IPF points: 436.69			Average IPF Points: 434.88		

Rationale: The IPF created the IPF Points system to redistribute fairness equity between the weight classes. Our current standards are based off the now defunct, uneven Wilks Points system. We ought to match the IPF in redistributing fair play amongst our athletes at the provincial level.

1st Mathew Bowen

2nd Jordan Smith

Discussion:

-What is happening with the National QTs that are still based on Wilks? If this proposed algorithm for Provincial QTs passes, we will model our proposal for new National QTs at the next CPU AGM similarly.

-Why are some of the totals lower with the new proposal? This is fair using the “landmark” IPF points (436 in the case of Open Mens) and therefore is more accurate despite seeming counterintuitive.

-Shouldn't all the totals increase to correspond to increased difficulty for Regionals / Nationals as well? Perhaps. Tabled as another proposal.

MOTION PASSED



Bylaw Proposal: Create Bylaw 6.28

6.28 Independent Meet Directors:

MPA Competitions may be sanctioned to be operated by Independent Meet Directors i.e. funded and managed by members of MPA Clubs.

In an independently sanctioned meet, the independent meet director takes charge of the advertising, recruitment, setup and execution of the meet. MPA will be there to supply its equipment and referees on meet day, and may act as support, referral and assistance when setting up, but aside from that, preparations are up to the independent director(s). Merchandise, sponsorships, donations, entry fees, admission fees, and exposure are some of the ways of which directors can profit.

Independent meet directors must still use MPA Competition Equipment; as such, the 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. Referees will be paid the corresponding fee per session as outlined by the MPA Referee Policy by the meet director(s) on the day of referee service. Refreshments must be served for volunteers and referees. Additional expenses may include trophies, paperwork, and miscellaneous items. Independent meet directors are to track financial registration information.

The MPA Sanctioning Application includes a questionnaire to be completed and sent to manitobapowerlifting@gmail.com. All proposed items are subject to change and approval of the MPA Board of Directors prior to any event sanctioning, and meet directors will sign a contract with the MPA President completing the event sanctioning. Once a contest has been sanctioned, it may be added to the CPU/MPA Calendar. The meet directors will provide the MPA and its members with an Entry Form prior to opening registrations - the timing of which will be declared at the discretion of the MPA Board of Directors."

Rationale: A similar outline is posted in the sanctioning application. This process ought to be outlined in our bylaws so meet directors have a clear outline to work with. This system has been successful so far, however, the MPA Board of Directors feels an increase in sanctioning fees from \$10 per athlete, to \$15 in 2020 and \$20 in 2021 to be necessary. For example, the MPA only made \$600 for Shake the Interlake (\$200 equipment rental, \$100 sanctioning, 30 athletes x \$10). This figure is less than one quarter of the entry fee funds. As competitions are the backbone of our bank account, increasing this figure is essential if we continue to run more independent meets.



Discussion:

-How much do independent meet directors make? How much they make is not our business. However, we are concerned with how much MPA receives from independent meets and MPA's financial position.

MOTION PASSED

Bylaw Proposal: Create Bylaw 6.29

6.29. MPA will pay the noncompete membership for Referees who are not able to compete due to medical absence in order to be able to referee. The fee will only be paid as needed prior to MPA competitions at the discretion of the MPA Officiating Chairperson. All CPU Referee bylaws will still apply.

Rationale: When referees are not competing due to physical injuries, maternity leaves, or otherwise, they should not have to pay for their CPU Memberships just to be eligible to referee.

1st Janet Loesel Sitar

2nd Mathew Bowen

Discussion:

We are short on referees and need to retain as many referees as possible to run so many meets a year. This is good incentive to referee in these specific cases.

MOTION PASSED

Bylaw Proposal to Create Bylaw 6.30

6.30 The following MPA Referee expenses reimbursement policy will apply for MPA events.

CPU Referees that referee at an MPA event will be entitled to the following reimbursements:

- Referee Stipend
 - \$35 per session that they referee / jury or TC
- Accommodation Reimbursement



- o Referees will be reimbursed for Accommodations for events that are a minimum of 100km distant from the referee's home address using the following schedule:
 1. \$135 maximum per day. (Hotel receipts required)
 2. Referees are strongly encouraged to share accommodations and travel arrangements in order to reduce the overall cost to MPA.
- Travel Reimbursement
 - o Referees will be reimbursed for travel for events that are a minimum of 75km distant from the referee's home address using the following schedule:
 1. \$0.10 per kilometres driven both ways if applicable (mileage taken from home/city address to venue).
 2. Note: In the event of a multi-day MPA event, referees who lift will only be compensated for their accommodations expenses (not their travel) according to the schedule above. Accommodations will not be paid on the day(s) the referee competes.

1st Janet Loesel Sitar

2nd Kurtis Tallaire

Discussion:

-Meet directors are responsible for booking two rooms for referees. Is the accommodations reimbursement portion of the proposed Bylaw not redundant? Yes.

Motion to remove the Accommodation Reimbursement portion: 1st Susan Haywood 2nd Thea Olalia

MOTION PASSED

Bylaw Proposal: Remove Bylaw 6.10

~~6.10—In Provincial Competitions where there are seven or less competitors in any age category, the weight classes shall be combined and competition placings determined by the appropriate Wilks formula. However the determination of nominees for National Team membership shall still be done according the lifters actual bodyweight class.~~

Rationale: This is no longer necessary with the growth of our membership, nor still in practice recently.

1st Thea Olalia

2nd Mathew Bowen



Discussion:

-No discussion.

MOTION PASSED

Bylaw Proposal: Change Bylaw 6.13 and 18.2

6.13/18.2 At all National championships, ~~the coaches have the final say as to the lifters' attempts. The lifters may make suggestions only. The lifters must be made aware of this situation prior to team selections.~~ The team coach and athlete must agree on attempts except in the case that the athlete surrenders choice to the coach willingly. The team coach may take suggestions from athletes' personal coaches. In flights or sessions that the team coach must recruit help in coaching athletes, the appointed person must also make the decisions with the athletes except in the case that the athlete surrenders choice to the coach willingly.

Rationale: With all due respect, though appointed team coaches are qualified, they simply cannot know everything about how each athlete performs. They should not have sole decision-making in this situation.

1st Thea Olalia

2nd Mathew Bowen

Discussion:

-This matches what already happens. However, athletes competing internationally should know that Canada team coaches do have the final say at Worlds / NAPFs.

MOTION PASSED

Bylaw Proposal: Change Bylaw 6.26

6.26 MPA Will host annually the MPA Provincial Bench Press Only Championships where lifters may compete in single event (unequipped or equipped) or double event (unequipped and equipped). MPA Qualifying Standards to apply. ~~Note: Lifters may still compete in Bench Press Only or Double Events at the MPA Provincial Championships.~~

Rationale: This is redundant and caused confusion this year.



1st Thea Olalia

2nd Mathew Bowen

Discussion:

-No discussion.

MOTION PASSED

Bylaw Proposal: Change Bylaw 8.3

8.3 Where a Best Lifter Award is to be presented, the winner shall be selected from among all lifters, and shall be decided using the **Wilks Formulae IPF Points**.

Rationale: The Wilks formula is no longer used by the IPF.

1st Thea Olalia

2nd Kurtis Tallaire

Discussion:

-No discussion.

MOTION PASSED

Proposal for an MPA “Hall of Fame”

Suggest that there are two categories:

- MPA Athlete Hall of Fame
- MPA Builder/Administrator Hall of Fame

Recommend using similar guidelines from the CPU Constitution for the parameters to determine who would be eligible for the MPA Athlete Hall of Fame. Guidelines copied below:

8.0 Awards and Classifications

8.8 The CPU shall maintain a CPU Athlete Hall of Fame which will be presented at the Banquet following the National Championship of the year the lifter is inducted into the CPU Hall of Fame. This award shall be presented to lifters who have made outstanding contribution to the CPU through their lifting achievement at a National and International level. To be eligible for this award, a lifter must have been an active member of the CPU



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.

Proposal to read:

The MPA shall maintain an MPA Athlete Hall of Fame which will be presented at the Awards Ceremony of the MPA Provincial Championship of the year the lifter is inducted into the MPA Hall of Fame. This award shall be presented to lifters who have made outstanding contribution to the MPA through their lifting achievement at a National and 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 elected 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.

Parameters for admission into the MPA Builder/Administrator Hall of Fame would reflect an ongoing commitment to the sport of Powerlifting within the province of Manitoba and the MPA by supporting, volunteering and promoting the sport through ongoing administrative duties, officiating or through continued contributions to the sport. To be considered for this recognition Candidates would need to have been members of the MPA for at least 10 years and could have fulfilled various roles on the MPA Executive or have been active in coaching athletes and running meets.

1st Mathew Bowen

2nd Kurtis Tallaire

Discussion:

-Is the 10 year requirement too long? What if they pass away before 10 years of active membership?

MOTION PASSED

Proposal to increase the provincial qualifying landmark IPF Points

Increase the landmark IPF Points (from the algorithm passed earlier) by 7%, rounded up to the nearest 2.5 kg increment total in all age and weight classes.



1st Janet Loesel Sitar

2nd Jordan Smith

Discussion:

-This would increase the difficulty aside from just “converting” from Wilks to IPF Points.

MOTION PASSED

ELECTIONS

- Secretary
 - Thea Olalia nominated, with no nominations from the floor. Thea Olalia accepted.
- Registration Chairperson
 - Lisa Smith nominated, with no nominations from the floor. Lisa Smith Sitar accepted.
- Social Media Manager (if passed)
 - Amanda Burg nominated, with no nominations from the floor. Amanda Burg accepted.

AWARDS

- Volunteer of the Year
 - Pre-accepted nominees: Drew Simpson (Nominated by Janique Philippe), Dean Smith (Nominated by Thea Olalia)
 - Nominations from the floor: Mikal Thrones (Nominated by Kurtis Tallaire)
- Junior Scholarship
 - One applicant: Vicky Bui
- Hall of Fame (if passed)

Athletes Category:

- Rick Crilly (Nominated by Brock Haywood)

Rick is the only member of the MPA ever to win an IPF World Championship in the Open category. Rick lifted and won the 75 kg weight class at the 1986 IPF Men’s Open World Championships in The Hague Netherlands. Rick’s totals for that event were also retired CPU records. Rick was a well-rounded lifter with and exceptional Benchpress pressing 185 kg at the Worlds and 195 kg locally.



- o Dwayne Feakes (Nominated by Brock Haywood)

Dwayne competed primarily as a Junior lifter in the CPU. He was a technician in the Squat still retaining a retired record in the 60 kg Junior category of 200 kg and having the long-time 67.5 kg CPU Open squat record of 250 kg which is a world class squat. Dwayne chose to end his career and made the commitment to his family shortly after becoming an Open lifter. His achievements are worthy of consideration for the longevity of his records and the high level of performance he achieved at an early time in his life.

- o Cathy Tascona (Nominated by Brock Haywood)

Cathy was a long-time competitor for the MPA at the National and International level. Cathy competed as a 44 kg lifter at the IPF Women's Open Worlds from 1985 – 1988 finishing 5th twice and placing 6th and 7th overall. In 1987 in Perth Australia Cathy set Canadian Records that were retired when the weight classes changed in 2010. Kathy was a pioneer for Women's lifting in Manitoba and her retired MPA and CPU records along with her competitiveness on the International stage make her a worthy inductee to the MPA Hall of Fame.

- o Deanna Panting (Nominated by Brock Haywood)

Deanna Panting competed in the later part of the 80's representing the MPA and the CPU both Nationally and Internationally respectively. Deanna has retired Junior and Open CPU records in the 75 kg weight class. At the 1987 IPF Women's Worlds in Perth Australia Deanna received the Silver medal for Canada and her lifts at this event are the retired CPU and MPA records. Deanna went on to compete in Bodybuilding as well as Women's Skeleton for the Canadian National Team and was a pioneer in these sports as well.

Builders Category:

- o Danny Tarabalka (Nominated by Brock Haywood)

Without the unheralded efforts of Danny Tarabalka, the MPA would NOT be where it is today. I know that all members of the present MPA Executive (except for Susan Haywood) have never met Danny or know who he is. Let me explain; Danny kept the records, stored and hauled ALL of the equipment for any event that the MPA was conducting in the mid 80's to the mid 90's. Served as the MPA Vice President, lifted, cleaned the MPA training facility, promoted the sport



throughout Manitoba and especially in the North where his work with the Manitoba Lung Association often took him to remote communities. Danny was the “Chief Cook and Bottle Washer” for the MPA for many years and spent a great deal of his own time and money to promote, nurture, and grow the sport within Manitoba. Danny was a true friend of the MPA and is most deserving of having his commitment to the resurrection of the MPA in the early 80’s, aiding the MPA in achieving the distinction of being the only provincial powerlifting governing body to achieve PSO status with Sport Manitoba up until 2003. Danny served to volunteer at the National Championships that the MPA hosted in the early to mid 90’s and never seemed to waiver in his contributions to our sport. For these reasons and many that have not been mentioned Danny Tarabalka should be considered for the Hall of Fame in the Builder category of the MPA.

- o Bruce Markham (Nominated by Brock Haywood)

Bruce Markham should be also considered for the MPA HOF as an athlete however, he also made significant contributions as a Builder to the MPA. Bruce served as the MPA president from 1991 – 2007 (I believe). He was on the MPA Executive in one form or another from 1986 until 2016. Bruce served in every capacity possible in his representation of the MPA. He has been one of the longest serving MPA and CPU executive members ever in the history of our sport. Bruce also kept the records, oversaw the financials, drafted our constitution, developed our former logo, encouraged others to participate in powerlifting in Manitoba by mentoring athletes, executives, referees and anyone who needed a hand. If you wanted to learn about the sport of powerlifting in Manitoba, Bruce was your man. He is a walking encyclopedia of historical and relevant facts of our sport locally, nationally and internationally. Bruce was the glue that held the MPA together through the lean years when the MPA overall membership was as low as 12 members and the Executive consisted of himself and a couple of others. As an inaugural inductee into the MPA HOF Builders division this writer cannot think of a more worthy candidate than Bruce Markham.

- o Nominations from the floor: Brock Haywood (Nominated by Amanda Burg)

DISCUSSION ITEMS

-Clarification of club affiliation – Sent in advance by Andrew McPherson as he cannot attend



“Is a club limited to one location or is it centered around the group training together? IE could you put together a club with people training together at least once a week, regardless of which gym they go to? What percentage of members need to be present for it to be acceptable?”

The rule states training at least 1x per week as minimum. Does that mean the club trains together in its entirety or is there an allowable absentee rate?

The way it reads to me “club” is a bit ambiguous whether it is affiliated to a specific gym/location or if it more of a team that trains together minimum 1x/week.

I just wanted to check to make sure if we start a new club we have a full understanding of the framework of the system.”

A team does not have to be affiliated with a gym. Training together is not monitored by MPA.

-Kurtis Tallaire asks what can be done to ensure Volunteers are properly executing their duties. Kurtis Tallaire, Mathew Bowen, and Janelle Van Den Bosch to make short 1-min videos highlighting each volunteer role.

-Other Items from the floor:

Proposal for a minimum referee participation

All MPA referees need to referee at least once in a 12-month period in order to retain their status as an active referee.

1st Krista Sanger

2nd Janet Loesel Sitar

Discussion:

-Is once a year enough to help with scheduling issues? Perhaps committing to two meets a year, or available for 3 meets? We will start with once a year.

MOTION PASSED

Proposal to change MPA’s fiscal year to end June 30th each year



Rationale: At this year's AGM we were only able to present up until December 2018, which is almost a year ago. Ending the fiscal year at the end of June allows time to finish up books before the October AGM each year, but keeps the information still relevant when presented.

1st David Gurvey

2nd Janet Loesel Sitar

Discussion:

-No discussion

MOTION PASSED

Bylaw Proposal: Create Bylaw 6.31

6.31 The MPA shall award one Male Lifter and one Female Lifter of the Year at the AGM. Nominations can be submitted ahead of time or from the floor.

1st Mathew Bowen 2nd Thea Olalia

MOTION PASSED

Nominations from the floor

- Men: Darryl Conrad, Riley Bertrand, Jared McIntyre
 - Riley Bertrand received majority vote by 8 votes.
- Women: Susan Haywood, Krista Sanger, Regine Tolentino
 - Krista Sanger received majority vote with 8 votes.

ADJOURNMENT

Meeting adjourned 4:24 pm

APPENDIX 1: 2019 AGM PRESIDENT'S REPORT

Not unlike the year before, the past year has seen the MPA grow to even greater heights. As a membership, MPA broke the 150 member barrier and currently



sits at **172 active members**. Our peak membership figure the year before was 142 members, so this demonstrates a minimum 21% growth in membership over the past year.

We had a decrease in our Nationals team size from 29 to 15 members travelling to Ottawa - not unexpected a year ahead of our Nationals in 2020. The team was able to look sharp with jacket uniforms supplied by Eagle Homes and coached by Starke's Mark Oser. We came home with 10 medals, including four golds.

In September, Manitoba sent 32 athletes to CPU Westerns! This is our first 30+ member team in MPA history. As a team, this was likely our best performing, most cohesive unit we have ever sent to a CPU Event. Sponsored in uniform by Apex Elite and coached by Henry de Guzman, we took home handfuls of golds and Riley Bertrand came home the Best Junior of the event.

There has been some turnover in the MPA Executive and we want to recognize and thank former Board Members Alyssa Amanda Burg and Henry de Guzman for their work behind the scenes in keeping the MPA heart beating. It is likely our membership does not know how much work the board does behind the scenes. Our executive members give days/weeks worth of volunteer time per year to this organization for largely thankless jobs. Without our Executive, this Association would not function! Thank you both!

2019 saw a growth in the Team/Club system. 2018 had a total of 7 MPA Teams/Clubs. This figure has increased to 10 in 2019. At 2019 Provincials, we saw battles from most of these teams, with Brickhouse Barbell Club coming out on top for the second year running.

In 2019, we saw the reintroduction of Special Olympics in MPA at the Brickhouse Power Challenge. It has been our pleasure to work with Brent Lohmer and his team, getting them formally involved MPA competitions once again.

Since the last AGM, we have seen 7 MPA events come and go; that will work out to 8 events in the calendar 2018 year. We saw the introduction of separate Bench Press Only and Powerlifting specific meets this year. Of these,

Our participation numbers have skyrocketed. Prior to 2019, we had only surpassed 42 lifters/three flights on one occasion. In 2019, the Brickhouse Power Challenge had 60 registrants (2 sessions/5 flights total), becoming our first full 2 session powerlifting meet. The membership came out and blew that out of the water at MPA Provincials where we had **80 Competitors (8 flights over 4 sessions)**! Regarding significant MPA purchases, our greatest purchase was a full competition Eleiko Paralympic Powerlifting set which we received discounted from the CPU in a change of ownership. MPA will be fundraising to repay this bill as best we can in the coming weeks. We are planning to develop a club with Paralympic athletes in 2019 and to utilize this set at the 2020 Nationals, which Susan will be speaking on in a moment.

This year, we are able to present awards for scholarships and for Volunteer of the year. We have been able to give bigger, better prize packs to our lifters and provide



higher quality competitions, more frequently. Our next year should continue this trend and I look forward to riding into it with all of you.

Thank you all for coming out today and for your vested interest in Manitoba Powerlifting,

*Mathew Bowen,
RPN MPA
President CPU
National Referee*

APPENDIX 2: OFFICIATING CHAIRPERSON REPORT

The current MPA referee roster :



Cat 1 referee – Brock Haywood

Cat 2 referee – Susan Haywood

National referees – Krista Sanger, Mat Bowen, Janet Loesel Sitar (passed this year at Nationals), Amanda Burg (passed this year at Westerns)

Provincial referees – Thea Olalia, Jennifer Grace-Cruz, Henry de Guzman, Jorrel Marasigan, Ashleigh Wiebe, Janique Phillippe (passed this year at the Brandon clinic)

Inactive referees – CJ Stewart, Kristy Fisher, Gord Grimolfson. Referees must maintain their MPA/CPU membership to be active. These referees have told me they are not interested in refereeing at the current time.

This year we held one referee clinic in Brandon on Aug 9. Six people attended the clinic and took the test. One passed the test with over 90% correct answers – Janique Phillippe. Results for the remaining testees were 87%, 80%, and lower. Because the meet was being held in Brandon, we encouraged as many local people as possible to take the test, even if they might not have thought they were ready. The clinic before the test is not an educational clinic; if you don't already know the rules, you won't learn enough to pass in the 1 hour discussion. The test was held online. Although this making marking the tests easier, it is imperative to have good wifi at the testing location. Even though the gym had wifi, we ended up spread out around the building trying to get a decent signal for everyone.

Upcoming referee clinics:

- Powerlifting Rules clinic for people interested in becoming a referee, and who also just want to learn about the powerlifting rules (ie new competitors.) This will allow people to learn the basics and have a discussion about how much studying and memorizing is required to pass the test. Tentatively planned for November, to be held at Brickhouse gym.
- Regular referee clinic and test just before the Total Fortification Meet in December. (Note: The OPA has agreed to let one of their members test with us, so schedule permitting, she will do so in December.)
- An advanced referee clinic for those interested in passing the National referee test. Tentatively scheduled for January.

This year we also developed a referee reimbursement policy. Referees have been given an honorarium at each meet of \$25. In order to cover the cost of travel and accommodation for longer trips, we used the CPU reimbursement policy as a model to come up with the following scheme:

New MPA Referee Expenses policy – Effective Sep 1, 2019

The following MPA Referee expenses reimbursement policy will apply for MPA events.



CPU Referees that referee at an MPA event will be entitled to the following reimbursements:

Referee Stipend

- \$35 per session that they referee / jury or TC

Accommodation Reimbursement

Referees will be reimbursed for Accommodations for events that are a minimum of 100km distant from the referee's home address using the following schedule:

1. \$135 maximum per day. (Hotel receipts required)
2. Referees are strongly encouraged to share accommodations and travel arrangements in order to reduce the overall cost to MPA.

Travel Reimbursement

Referees will be reimbursed for travel for events that are a minimum of 75km distant from the referee's home address using the following schedule:

1. \$0.10 per kilometres driven both ways if applicable (mileage taken from home/city address to venue).
2. Note: In the event of a multi-day MPA event, referees who lift will only be compensated for their accommodations expenses (not their travel) according to the schedule above. Accommodations will not be paid on the day(s) the referee competes.



<u>The Manitoba Powerlifting Association Inc.</u>			
STATEMENT OF INCOME & Expenses			
FOR THE YEAR ENDING December 31, 2018			
			<u>2018</u>
Member Revenue			\$1,875
Meet Entry Fees			2,206
Sponsor Revenue			1,150
Sanctioning Fees and Equipment Rental			720
Misc. Revenue			869
			<u>\$6,820</u>
Honorariums and Referees			775
Uniforms and Apparel			1,112
Meet Expenses			3,833
Drug Testing			1,456
CPU Fees			284
Misc. Expenses			859
Total Expenses			8,319
Net Income			-\$1,499



<u>The Manitoba Powerlifting Association Inc.</u>				
Balance Sheet				
as at December 31, 2018				
ASSETS				
				2018
Cash				\$8,535
Misc. Amounts Due				\$620
Equipment				\$2,291
				\$11,446
LIABILITIES				
Members Equity				11,446
				\$11,446