



Manitoba Powerlifting Association

Annual General Meeting 2025

November 1st, 2025 10:30AM -3:30PM

Winakwa Community Club, 980 Winakwa Rd, Winnipeg, MB R2J 1E7

Or, via Zoom (see website or social media for link)

Agenda Summary

1. Call to Order
2. Determination of quorum
3. Appointment of scrutineers
4. Approval of the last agenda
5. Declaration of conflicts of interest
6. Adoption of minutes of the previous AGM
7. Board and committee reports
8. Business as specified in the meeting notice
9. Elections
10. Nominations
11. Discussion items
12. Adjournment

WHERE THE STRONG COME TO PLAY



Manitoba Powerlifting Association Annual General Meeting 2025

Detailed Agenda

1. Call to Order
2. Determination of quorum
3. Appointment of scrutineers
4. Approval of the last agenda
5. Declaration of conflicts of interest
6. Adoption of minutes of the previous AGM
7. Board and committee reports
 - a) Appendix I – Presidents Report by Amanda Burg - to be added prior to meeting
 - b) Appendix II – Vice Presidents Report by Dino Camiré- to be added prior to meeting
 - c) Appendix III – Treasurers Report by David Hrynkow - to be added prior to meeting
 - d) Appendix IV – Officiating Chairpersons Report of Referees by Janet Loesel Sitar - to be added prior to meeting
 - e) Appendix V – Registrations Chairpersons Report by Susan Haywood - to be added prior to meeting
8. Business as specified in the meeting notice
 - a) Old business
 - i. Membership Update by MPA Board
 - b) New business
 - i. Policy Addition by Craig Roberts: MPA will only send a coach/coaching team to a CANPL Western's Regional Championship or CANPL National Championship if there are a minimum of ____ (to be discussed) athletes competing. MPA will not send a coach/coaching team to any other event.

Rationale: Given the reimbursement costs of a coaching team, it is not feasible for MPA to send coaches to each meet. Given we are a western province, priority will be given to Western's and Nationals.

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9. Elections

a) Secretary

- i. Craig Roberts - incumbent - nominated Amanda Burg

10. Nominations

a) Male Athlete of the Year

- i. Daniel Hrichisen - nominated by Tiffany Lepla
- ii. Call for other nominations from the floor

b) Female Athlete of the Year

- i. Monica Gayot - Nominated by Tiffany Lepla
- ii. Manny Martins-Karman - Nominated by Dino Camire
- iii. Call for other nominations from the floor

c) Volunteer of the Year

- i. Daniel Hrichisen - Nominated by Nathan Eisbrenner

Rationale:

For the upcoming MPA AGM, I would like to nominate Daniel Hrichishen for Volunteer of the Year. I don't believe his role of "website manager" (or whatever it's called) disqualifies him for this award, and besides his reliable execution of those duties, I believe he has been to almost every meet he hasn't competed in. While I'm certain that everyone that meets Dan can recall his infectious positivity, I think I can safely say, his willingness to help wherever he can – whether assigned the task or not – has been greatly appreciated by all the other volunteers he has worked with. A great representation of what it means to be an active member of the MPA.

d) MPA Junior Scholarship Program

- i. No Nominations Received

11. Discussion items – items from the floor

12. Adjournment



Appendix I – Presidents Report by Amanda Burg

Dear members of Manitoba Powerlifting Association,

Since the last AGM, we the board, have collectively oversaw 3 independent meets and 4 MPA run meets, including this year's Provincials. We have held monthly board meetings, in addition to our daily communication via the board group chat. In addition to this, Dino Camire and I attended the CanPL Annual General Meeting, along with 5 Special General Meetings.

Nationals were held in Moose Jaw, SK, where Manitoba had 37 athletes compete.

This year, I am proud to say that Dino Camire and Tommy Howell, not only put together, but executed the new version of the MPA Coaching course. A provincial coaching course will be the expectation of every member province by Canadian Powerlifting in the upcoming years. These men helped Manitoba become the second member province with a coaching course requirement for their respective Provincials.

Provincials were held at the Pembina Curling Club. Over the course of 2 and half days we had 105 athletes compete. The following weekend we held our first MPA Banquet and took the opportunity to award, celebrate, and acknowledge the recipients of last year's AGM awards, along with best club and best lifters. This hopefully will be a carried-on tradition for the association moving forward.

This past summer we saw the first annual Summer Classic MPA ran meet. At the last AGM it was brought up that MPA should run another meet, and we delivered. The meet was held at Winakwa Community Club and was a 1 session meet.

During the regional championships, we had representation across the country, with MPA athletes competing at Easterns (1 athlete), Centrals (4 athletes), and Westerns (43 athletes).

On a personal note, this is my 2nd year of my 3-year term and I can honestly say I could not have done this last year without the support of the current board members. This year was not just mental, emotionally, and physically hard for me with the passing of my father-in-law, but I also took on a new position at work and adjusted to my daughter entering grade one. The support this board has given me is beyond more than any President could ask for and for that and so much more – I want to give them a heartfelt thank you!



Over the course of the next year we plan on getting back to the table with Sport Manitoba, with Canada Powerlifting's new Sport Canada status, this should help us to get back in with Sport Manitoba – why does this matter? If we get back to having Sport Manitoba status, we as a board and our members will be able to access funding that wasn't available to us before.

I look forward to going into my final term as your President and ask that the conversation get started on who you, the membership, would like to see be my successor. I do not take for granted this position and I am proud to represent this association.

Yours in sport,
Alyssa Amanda Burg BA, CPHR
MPA President

Appendix II – Vice Presidents Report by Dino Camiré

Acknowledgements

I would like to begin by sincerely thanking the MPA Board, our dedicated volunteers, referees, and athletes, the true backbone of our Association. Your commitment continues to drive the growth and integrity of powerlifting in Manitoba.

Special thanks to our independent meet directors and MPA board members who organize and host meets throughout the year. Many members may not realize that these events often break even financially. They are not hosted for profit, but out of passion for the sport and a desire to give back. Without these individuals, we wouldn't have such a diverse and vibrant calendar of competitions.

I'd also like to recognize our President, Amanda, for her tireless efforts. Her leadership in organizing Provincials year after year is unmatched. This year, she went even further by coordinating our first banquet in over a decade, a milestone worth celebrating.

2025 Highlights

- **Coaching Certification Program** We successfully launched a mandatory coaching course for handlers at Provincials. The rollout was smooth, with minimal resistance. This aligns with the upcoming national requirement for standardized coaching across Canada Powerlifting.



- **Meet Expansion** We saw the return of the Brickhouse Power Challenge and the One Powerlifting Classic, alongside two exciting new meets; the Summer Classic and the Barbell Brawl.
- **Provincials & Banquet Provincials** were a resounding success, capped off by our inaugural banquet; a long-awaited celebration of our community.
- **National & International Representation** Manitoba athletes had strong showings at Westerns and Nationals. We were also proudly represented at the North American Championships in the Cayman Islands and at the World Championships.

Looking Ahead to 2026

Powerlifting continues to move closer to official recognition as a sport in Canada. Once recognized nationally, Manitoba will follow, opening doors to greater funding, visibility, and participation.

We're thrilled to host the Commonwealth Championships in Manitoba next year, a major milestone for our province. I'm excited to see more athletes competing internationally and new lifters stepping onto the platform for the first time.

Closing Remarks

It's an honour to serve the members of the Manitoba Powerlifting Association. I'm proud of what we've accomplished together and look forward to another year of growth, strength, and community.

Thank you for the opportunity to contribute.
Dino Camiré



Appendix III – Treasurers Report by David Hrynkow

Profit and Loss
Manitoba Powerlifting Association
Fiscal Year: 2024-07-01 to 2025-06-30

ACCOUNTS	Jul 01, 2023 to Jun 30, 2024	2025 Budget	Jul 01, 2024 to Jun 30, 2025	2026 Budget
Income				
Equipment Rental	\$6,950.00		\$750.00	\$0.00
Individual Donations	\$600.00	\$150.00	\$230.00	\$250.00
MPA Club Fees	\$875.00	\$1,000.00	\$1,064.00	\$1,000.00
Meet Fees	\$21,710.00	\$22,000.00	\$20,873.40	\$21,000.00
Meet Sanctioning Fees	\$7,430.00	\$7,500.00	\$12,659.00	\$10,000.00
Membership Revenue	\$9,759.96	\$10,000.00	\$11,008.62	\$11,250.00
Sales - Merch, Photos & Spectators, etc.	\$4,271.84	\$4,500.00	\$9,244.14	\$9,500.00
Sponsorships – Business Contributions	\$50.00	\$100.00	\$0.00	\$50.00
Sponsorships – Corporate Contributions	\$500.00	\$500.00	\$1,000.00	\$1,000.00
Total Income	<u>\$52,146.80</u>	<u>\$45,750.00</u>	<u>\$56,829.16</u>	<u>\$54,050.00</u>
Total Cost of Goods Sold	\$0.00		\$300.95	\$500.00
Gross Profit	<u>\$52,146.80</u>	<u>\$45,750.00</u>	<u>\$56,528.21</u>	<u>\$53,550.00</u>
Operating Expenses				
Bank Charges & CC fees	\$794.12	\$800.00	\$1,135.40	\$1,200.00
Banquet Costs	\$0.00	\$0.00	\$2,653.73	\$2,700.00
Board & Annual Meeting Expenses	\$176.79	\$200.00	\$134.21	\$200.00
Board fees	\$3,366.66	\$3,400.00	\$3,110.00	\$0.00
CPU Annual affiliation fee	\$422.00	\$450.00	\$470.00	\$500.00
Contract Services	\$0.00	\$0.00	\$909.50	\$0.00
Depreciation and Amortization of Equipment			\$1,501.34	\$1,870.00
Donations to enhance Powerlifting awareness	\$500.00	\$1,500.00	\$1,000.00	\$750.00
Insurance	\$922.34	\$922.34	\$946.45	\$950.00
International Athlete CPU Fees	\$1,925.00	\$6,050.00	\$4,950.00	\$2,755.00
MPA Scholarship	\$250.00	\$250.00	\$250.00	\$250.00
MPA Team Coach Travel Expense & fees	\$3,910.95	\$6,500.00	\$6,214.21	\$5,500.00
Meet Expenses incl CPU Fees	\$20,881.04	\$21,000.00	\$27,226.70	\$22,500.00
Member Awards	\$152.30	\$300.00	\$50.00	\$300.00
Office Expenses/Supplies	\$614.94	\$700.00	\$628.57	\$700.00
Referees	\$3,208.76	\$3,500.00	\$2,427.60	\$3,500.00
Regional/National Athlete expenses	\$656.31	\$800.00	\$1,050.56	\$1,000.00
Storage, Transportation & Administration	\$4,483.81	\$4,750.00	\$4,762.38	\$5,250.00
Total Operating Expenses	<u>\$42,265.02</u>	<u>\$51,122.34</u>	<u>\$59,420.65</u>	<u>\$49,925.00</u>
Net Profit	<u>\$9,881.78</u>	<u>(\$5,372.34)</u>	<u>(\$2,892.44)</u>	<u>\$3,625.00</u>

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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

Janet Loesel Sitar – Category II

National referees

Krista Sanger – National

Matt Bowen – National

Thea Olalia – National

Amanda Burg – National

David Hrynkow -National

Provincial referees

Wanda Bosek – Provincial

Andy Allden – Provincial

Jordan Smith – Provincial

Riley Bertrand – Provincial

Jorrel Marasigan - Provincial

Euwe Makinano – Provincial

Melodie Sitar – Provincial

Dino Camire – Provincial

Gail-Anne Breeze - Provincial

We currently have 17 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.)

I was fortunate enough to go to the NAPF North American Regional Powerlifting Championships and take the Category II exam. I passed the exam and am now the 3rd International referee in Manitoba.

On June 1 I presented a referee clinic for current referees. This was a refresher and presentation on the changes to the IPF rulebook.



This past year since the last AGM I have presented three CPU Rules seminars. Mar 9 2024 (before The One meet), July 6 (before the Summer Classic), and Sept 7 (before Barbell Brawl). 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 1-8 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

Appendix V – Registrations Chairpersons Report by Susan Haywood

This year has seen an increase in membership.

2018: 137

2019: 144

2020: 163

2021: 77

2022: 183

2023: 210

2024: 208

2025: 227

2025 MPA MEMBERSHIPS

227 total members

158 Open/Masters

51 SubJunior / Junior

1 Referee

0 youth

17 coach

0 associate

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