



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)

Minutes

1. **Call to Order**
 - a. Time of commencement: 10:30AM
2. **Determination of quorum**
 - a. All Board of Directors present: Amanda, Dino, Craig, Janet, Tommy, Susan, David
3. **Appointment of scrutineers**
 - a. Janelle Van Den Bosch + Nathan Eisbrenner
4. **Approval of the agenda - Craig Roberts**
 - a. Second to approve agenda - Tommy Howell
5. **Declaration of conflicts of interest**
 - a. None declared
6. **Adoption of minutes of the previous AGM - Nathan Eisbrenner**
 - a. Second to adopt minutes from previous AGM - Craig Roberts
7. **Board and committee reports**
 - a. Appendix I – Presidents Report by Amanda Burg
 - b. Appendix II – Vice Presidents Report by Dino Camiré
 - c. Appendix III – Treasurers Report by David Hrynkow
 - i. Additional Discussion:
 1. D.H. Cost of new platform equipment just under \$6000
 - Includes competition plates, bar and collars.
 - The intention is to upgrade platform equipment, and move current equipment to the warm-up room.
 - The purchase was 40% off with group discount from the commonwealth group (Mat and Susan)

WHERE THE STRONG COME TO PLAY



2. N.E. - How many members do we need for sport Manitoba inclusion?
 - D.H. - Hoping that increased membership next year will increase revenue. There has been some better powerlifting awareness in the past year, with indigenous outreach.
 - A.B. - We need 350 members for Sports Manitoba
 - B.H. - Does Sports Manitoba still want a larger presence across the province for MPA to be included?
 - A.B. - Their requirements are that AGM must be accessible to everyone in the province. We also have a meet in progress in Swan River. We have to demonstrate an effort to be inclusive to people across the province.
 - A.B. - Sports Canada has now included Canada Powerlifting as an NSO (National Sports Organization), which provides more support for MPA to become a part of Sports Manitoba.
 - A.B. - Overall, still in the early days of joining sports Manitoba
- d. Appendix IV – Officiating Chairpersons Report of Referees by Janet Loesel Sitar
 - i. Additional Discussion:
 1. B.H - Are we mentoring someone to take Janet’s position in the future? (in the context of electronics set-up for each meet)
 - J.L.S. - No one is currently being mentored, but she is happy to take volunteers. Melodie is largely capable of doing the position.
 - T.H. - Could we designate a volunteer to tech stuff on setup/teardown?
 - J.L.S. - It can’t just be a random person each time as it’s too much training at the start of each meet.
 - D.H. - Is willing to volunteer to learn tech set-up, maybe write a guide for future people who may need to do set-up
 - C.R. - Good to have board roles better defined on paper as a guide in general
 2. B.H. - Have we considered purchasing a form of portable wifi for each event?
 - J.L.S - Has looked into it, talking to Ryan Stinn about a friend of a friend who has experience. Lots of options available, but unclear which would be best for our situation. We have a router, but we need a connection plan. SymPL works well if we have a good connection, but data can be spotty with the portable wifi, and expensive.
 - C.R. - Some satellite options exists (e.g. starlink, other)
 - J.L.S - Satellite possible, but expensive. Can alternatively purchase “burner phone” plans with a pre-defined amount of data for each meet.
 - D.H. - Could we tether to a Hotspot?
 - J.L.S - Need to be able to run 6-7 computers through it, so that would be difficult
 - Topic was tabled to be discussed further at a future MPA board meeting.

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e. Appendix V – Registrations Chairpersons Report by Susan Haywood

i. Additional Discussion

1. S.H. - I would like to have a database of CCES members compiled, so it can be searched easily for meets to see if athletes have active CCES completed.
 - D.H. - I would be willing to put a spreadsheet together.
 - B.H. - We would want a more formal program to compile “Profiles” that can be searched. The spreadsheet is simple, but requires a decent amount of manual upkeep.
 - S.H. - I would like to be able to search this database instead of searching/screening the entire Canadian database for each meet.
 - B.H. - Why are we double checking all the members CCES/Membership for each meet? It seems like too much “hand holding”. If lifters come without up to date certifications, they should be denied.
 - A.B. - The onus should be on the lifters, this could be changed as a board.
 - T.L. - Does CCES send out reminders?
 - A.B. - CCES shouldn’t have to send out reminders, the lifter needs to be organized.
 - M.B. - Historically at regional, national and local meets, we had to stop/extend weigh-ins for unfinished CCES’s. So it was originally done to help meet directors have weigh-ins run smoother, by ensuring newer lifters had their certifications ready to go.
 - S.H. - We have to wait until the end of the weigh-in period to let the athlete complete the CCES, which is a waste of time for the refs.
 - D.H. - Agree with Susan, it’s a bit of hand holding, but it does support newer lifters. Also agree an easier to navigate database may help support the Membership Chairperson.
 - Discussion tabled for future board meeting.



8. **Business as specified in the meeting notice**

- a. Old business
 - i. Membership Update by MPA Board
 - 1. Was covered in Susan's report regarding coaching/associate memberships. No further discussion was had.
- 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.
 - 1. 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.
 - 2. Motion Discussion seconded by Amanda.
 - B.H. : Centrals/Easterns: Suggest a threshold of 10 people going to Centrals/Easterns?
 - A.B. : Generally we don't send many lifters, and many of their coaches are from Ontario anyways. We should specify that all 10 athletes would need a coach (i.e. 10 athletes going that requires a coach)
 - M.B. : Do any coaches who have done Regionals have thoughts?
 - J.L.S. - Suggests not sending coaches to centrals/easterns ever. Could also consider a minimum of 10 lifters.
 - T.H. - Of approximately 50 lifters at westerns, approximately 20 lifters generally need a coach from MPA.
 - D.C. - We don't normally survey other lifters from other provinces if they need a coach at Westerns.
 - C.R. - Amend: Policy to:
 - i. MPA will only send a coach/coaching team to a CANPL Regional Championship or CANPL National Championship if there are a minimum of 10 athletes requiring a coach at the event. MPA will not send a coach/coaching team to any other event.

9. **Elections**

- a. Secretary
 - i. Craig Roberts - incumbent - nominated Amanda Burg
 - 1. Vote by acclimation



10. **Nominations**

- a. Male Athlete of the Year
 - i. Daniel Hrichishen - nominated by Tiffany Lepla for:
 - 1. CANPL 2025 Nationals Bench Only Placing First
 - 2. 2025 NAPF Bench Only Placing First
 - ii. Call for other nominations from the floor
 - 1. None

Recipient: Daniel Hrichishen

- b. Female Athlete of the Year
 - i. Manny Martins-Karman - Nominated by Dino Camire
 - 1. Manny qualified for Nationals and Westerns as a M3 84+ kg athlete, a testament to her dedication and strength. But her true power lay in the community she built around her. Before powerlifting. Manny overcame unimaginable challenges. After suffering a broken ankle, doctors discovered cancer in her lung. She fought through treatment, immobilization, muscle loss, but never lost her spirit. Once cancer free, she came to One Family fitness with the singular goal to be the strongest she could be. Manny was the hardest working client I've ever had. She always showed up, enduring pain and self-doubt, but always pushing past her own limits. Her mantra was simple: "She wanted to be the best she could be, then better her best". Her determination and relentlessness was unmatched. She brought unmatched energy to every meet, not just to the platform, but to the warm-up area, the sidelines, and the hearts of everyone she encountered. She cheered for the lifters she just met, chatted with volunteers and officials, and made every space she entered feel like home. Her presence was magnetic and her encouragement was infectious. She was instrumental in welcoming new senior athletes into the sport, and created a safe and empowering space for women and girls of all shapes and sizes. Manny taught them to lift heavy and live boldly. She shared her success and failures to inspire others to take risks and to try, without any regrets or apologies. She embodied the spirit of powerlifting, not just in kilos lifted, but in lives uplifted. Though she passed away on September 1st, 2025, her legacy lives on in every lifter she inspired, every friend she made, and in every moment she made brighter. Manny Martins-Karman was not just an athlete, she was the heartbeat of Manitoba's powerlifting community. This nomination is not only a celebration of her achievements, but a promise to carry forwards the light she brought to us all.

WHERE THE STRONG COME TO PLAY



- ii. Monica Gayot - Nominated by Tiffany Lepla for
 - 1. 2025 CANPL Nationals Placing First
 - 2. 2025 NAPF PLacing 4th
- iii. Call for other nominations from the floor
 - 1. Baylie Gigolyk nominated by Susan Haywood
 - First open powerlifter from MPA to go to an IPF Open World Championship in 32 years.
 - 2025 CANPL Nationals placing second in equipped
- iv. Discussion:
 - M.B. - Manny should get a form of Memorial award. It would be a shame for Manny to go unrecognized if she does not win athlete of the year.
 - S.D. - We should have some form of Manny-Martins award for an athlete who encompasses her attributes/values. Winning athlete of the year is great, but a recurring award would be good to help carry on her legacy and memorialize her.
 - A.B. - I agree, we could acknowledge her at the banquet.

Recipient: Manny Martins-Karman

- c. Volunteer of the Year
 - i. Daniel Hrichishen - Nominated by Nathan Eisbrenner
 - 1. Rational: 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.

Recipient: Daniel Hrichishen

- d. MPA Junior Scholarship Program
 - i. No Nominations Received



11. **Discussion items – items from the floor**

- a. S.H. - Regarding the MPA Scholarship: Given there were no applicants should we attempt to advertise it better? The name is Junior scholarship, but it's applicable to anyone in a post-secondary program.
 - S.D. - What is this for?
 - S.H. - We have a \$250 award for a scholarship.
 - S.D. - How does someone apply for this?
 - A.B. - If someone is attending post-secondary education, they can apply with a rationale of why they should get the scholarship. It would then be discussed as a board and be announced to the membership and presented to the successful applicant. But yes, it was poorly advertised this year.
 - S.D. - It would be interesting to know how many scholarships have been given out in the past.
 - A.B. - Since it was started in ~2019, we have given out ~4
 - S.H. - It should be more publicized then.
 - T.L. - Normally it gets its own social media post each year, haven't seen one this year
 - C.R. - One wasn't made this year. It was sent in email and in the social media post with the other nominations. It did not get its own post.
- b. J.L.S. - 2 spots left for total fortification. A couple people will be taken on the waiting list.
- c. A.B. - The membership needs to start considering who they want for MPA president next year.
- d. N.E. - As the records chair, as a reminder, athletes have 7 days from the end of a competition to submit your records. Past that, the record will not be counted as per the policies. There are too many meets during the year, so if there are long delays in submissions, then the next meet is already happening and someone may already be trying to break that record, and no one else will be aware that you broke that record previously if it was not submitted.
- e. G.K. - Returning to the scholarship, the \$250 isn't really worth as much as it was previously due to inflation
 - D.H. - MPA has limited funds to provide this scholarship
 - G.K. - I would like to match that \$250 for the scholarship for the next 10 years.
 - S.H. - It could be renamed to the Manny Martins-Karman Award!
- f. J.V.B. - I was the first person to be the volunteer chairperson in 2017, so it will be interesting to see what the next person does with it. I can pass on the spreadsheet and e-mail to the next person.

WHERE THE STRONG COME TO PLAY



- g. M.B - Thanks to Janelle, and thanks to Leah and Liat and anyone else who has stepped down this year. Janelle and Janet have been the only constants since 2017 when the new board took over. So it should be recognized that it has been 8 years in a row, so thank you to Janelle and Janet. My concern leaving this meeting was that there are a decent amount of holes in the executive chairs and in the smaller positions that there is no promotion of them to be filled. Hopefully they get filled because the amount of work can be overwhelming.
- h. M.B. - We are also very excited for Westerns and Commonwealth's coming up! 7 new Eleiko racks that will be re-dispersed after the meet, 4 of which are staying in Manitoba. Western's is looking up, and if anyone wants to help, please reach out! Best wishes to Leah and Liat who couldn't attend due to their various travels.

12. **Meeting Adjourned- 12:02**



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>

WHERE THE STRONG COME TO PLAY



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