



ONTARIO POWERLIFTING ASSOCIATION

# 2016 AGM MINUTES

Meeting Date: November 11, 2016



# 2016 AGM AGENDA

November 11, 2016 - 8:00 p.m.  
St. Catharines, ON

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## 1.0 ROLL CALL

### 1.1 Board of Directors

<b>Title</b>	<b>Name</b>	<b>Present</b>
President / Interim Records Chairperson	Glyn Moore	Y
Vice President	Lisa Nigh	Y
Secretary	Brandon Ward	Y
Treasurer	Linda McFeeters	Y
Registrar	Karen Maxwell	N
Referee Chairperson	Michael Knott	Y
Website Editor	Julie Ditzend	N
Records Chairperson	(vacant)	

### 1.2 Regional Chairpersons

<b>Title</b>	<b>Name</b>	<b>Present Y/N</b>
Northern	Ron Dillig	Y
Central	Harnek Singh Rai	N
Southwest	Jerry Marentette	N

### **3.0 READING OF THE 2015 AGM MINUTES**

Motion for the reading of the 2015 AGM minutes passed.

### **4.0 DIRECTOR REPORTS**

#### 4.1 President's Report

This has been a year of unprecedented growth. The Executive has worked tirelessly to take the OPA forward in as sensible growth pattern, trying to maintain the tried and tested standards that make Ontario the role model that other Provinces strive to equal, both in quality of meets and standards of refereeing. As we have found, throughout the year, there is no magic cure which allows for an instant growth, this can only be achieved by encouraging new members to become actively involved in refereeing and to become Meet Directors. Some of the decisions that we have made have been slightly outside of the constitution as we have requested that members who do not belong to affiliated clubs consider becoming a meet director. This was done because 70% of the 1000+ members are lifting while not being classed as unattached.

Ontario can hold its head high in the fact that we are now 40% of the CPUs membership and we have held more contests in Ontario than the rest of the country combined. The total number of contests held in Ontario for the calendar year of 2016 when high school contests were added was 26 meets which means we had a contest every other week for the whole year, Add to that number, two Provincial Championships that will combined, have 350 lifters competing and the total of contests held in Ontario this year is 28 contests.

Now each of these contests whether they are high school contests or regular OPA contests require referees to volunteer their time and money to referee to the standards that Ontario expects. We must be careful as we progress not to burn out the generous gifts of time that these volunteers contribute because if we abuse this then we will lose these referees and other people who donate their time in other ways. We must reach out to our membership to become volunteers and take the OPA forward.

*Glyn Moore,  
OPA President*

#### 4.2 Vice President's Report

2016 was a year filled with challenges/opportunities and successful growth among all aspects of vice presidency role and within the OPA.

The primary goal of VP is fundraising. Along with that, be a part of the visible leadership and growth management among members.

To follow are some of the opportunities that I have had to work on or be a part of this past year:

- became administrator of social media and web site (with help from Mike Armstrong as we progressed to a more user friendly format and eventual admin by Julie Ditzend)
- interviewed and created a media group sub committee: Julie Ditzend, web site administrator, Maria Chung, OPA reporter – all social medias, Kinsey Maxwell, Instagram and Facebook, Trent Blanchard, assistant to all
- created a sub committee to head up all activity within the OPA for University and Colleges and build relationships within this group. Initial stage to educate, equip and outreach/encourage. Chris Sousa took the world of OPA powerlifting to the OCAA Summit in the spring. They were very receptive to the growth of the sport. Teighan MacIntyre and Conrad Davies are the contacts and have built a proposal to further the sport and bolster interest within existing groups and help start new. Next steps: To have a contact in every college and university, to outreach via visits to introduce the sport, to work with Bill Jamison to build from High Schools (eventually). To successfully send a university team to international meets. (*See College Sub-committee report*)
- Sales of OPA buttons
- Created a multi level sponsorship program
- a loyalty program for all OPA members causing positivity and loyalty for the OPA
- new relationships being built with LOADED BAR MEDIA and LVD and Jacob Lucs to further give back to the OPA in a non conventional way.
- promote and encourage independent management of regions by the regional directorship, to promote growth of the referee body, to promote and encourage teams to run meets, again within the parameters: educate, equip, encourage
- to build awareness of the OPA: educate, equip and outreach/encourage
- to find more ways to utilize the OPA equipment / possibility of a trailer

All of the above are areas that will continue to be developed. As we are in a season on growth, there has been unique opportunities to think outside the past convention of growth management. The lifter and their loyalty to the OPA is my primary focus.

It has been an honour and a pleasure for me to be a part of the OPA Executive throughout this past year of continued growth.

*Lisa Nigh*  
*OPA Vice President*

### 4.3 Treasurer's Report

The OPA financial status has remained healthy throughout the year. Increased membership has obviously led to a marked increase in revenue and all revenues have increased except a marginal drop in t-shirt sales, which is a declining revenue stream at best.

All revenues and expenses reported are for 11 months as the OPA fiscal year is January to December. A year end adjustment to Members Equity has been noted on the Income



Statement to reflect the change in position from November 6, 2015 to the fiscal year end.

Please note membership revenue income is as of September 30<sup>th</sup>. The October membership funds and report from Esportdesk had not yet been received at the time of reporting. Revenue will yet increase for the balance of the year with drug testing revenue from Open/Master Provincials as well as Medal and nominal Record revenue.

With the increase in membership, clubs and meets, there will continue to be an Increase In expenses for referee stipends. Athlete travel stipends are proportionately higher as our athletes continue to fill many placements on World teams. Office and Administration expense Includes the purchase of the OPA banner. Storage fees for the OPA equipment reflect a return on our deposit for the rental space in Hamilton last year. The equipment has since been kindly stored with Robert Cilia.

No drug testing Invoices have been received yet this year which is evident with the Increased net income.

Respectfully submitted,

*Linda Mcfeeters*  
*OPA Treasurer*

**Ontario Powerlifting Association****BALANCE SHEET**

(As of 08-Nov-16)

<b>ASSETS</b>	<b><u>2016</u></b>	<b><u>2015</u></b>
<b>Current Assets</b>		
Cash	<b>32,214.08</b>	14,425.45
Accounts Receivable	<b>2922</b>	2,922.00
OPA Medals on Hand	<b>1265</b>	1,555.00
T Shirts on Hand	<b>1453.36</b>	406.86
	<b>37,854.44</b>	19,309.31
<b>CURRENT ASSETS</b>		
Competition & Platform Equipment	<b>9471.49</b>	9,471.49
Accumulated Depreciation Competition & Platform Equipm Depn **	<b>-1183.95</b>	-236.79
<b>TOTAL CURRENT ASSETS</b>	<b>8,287.54</b>	9,234.70
<b>TOTAL ASSETS</b>	<b>46,141.98</b>	9,234.70
<b>LIABILITIES</b>		
Current Liabilities		
Deferred Revenue	<b>0</b>	0
<b>MEMBER'S EQUITY</b>	<b>46,141.98</b>	28,544.01

\*\* Note - Depreciation is calculated at 10 year lifetime with 10% depn per year



### Ontario Powerlifting Association

**INCOME STATEMENT & MEMBERS EQUITY**  
As at Period Ending November 8, 2016

	<u>YEAR-TO-DATE</u> Nov 8/2016	2015
<b>REVENUE</b>		
Membership Revenue	29,345.45	16,271.88
Equipped Provincials	0.00	1,500.00
Drug Fee Revenue	14,685.00	2,770.00
Record Revenue	585.00	2,035.00
Provincial Medals Revenue	580.00	430.00
Toronto Show Revenue	0.00	6,500.00
Club Fees Revenue	1,920.00	1,565.00
Equip Rental/Misc Revenue	1,175.00	
Sponsorship Revenue	1,010.00	150.00
T Shirt Revenue	140.00	980.00
Contest Sanction Revenue	550.00	550.00
<b>TOTAL REVENUE</b>	<b>\$ 49,990.45</b>	<b>\$ 32,751.88</b>
<b>EXPENSES</b>		
CPU Membership Costs	720.00	1,935.00
Equipment Depreciation Expense	868.23	236.79
Equipped Provincial Expenses	0.00	2584.31
Referee Expense	12532.07	8,028.64
Travel Expense - Athletes	8600.00	5,200.00
Insurance Expense	17.28	918.00
Office/Admin	3429.45	698.33
Bank Charges	211.40	204.25
Medals and Trophies	290.00	1,065.16
Super Show Expenses	0.00	3,453.46
Supershow Referees	0.00	857.87
Drug Testing Expenses **	0.00	4,817.45
T Shirts	0.00	303.84
Storage Rental Expense	-80.04	313.07
<b>Total Expenses</b>	<b>\$ 26,588.39</b>	<b>\$ 30,616.17</b>
<b>NET INCOME</b>	<b>\$ 23,402.06</b>	<b>\$ 2,135.71</b>
<b>MEMBERS EQUITY, BEGINNING OF YEAR</b>	<b>\$ 28,544.01</b>	<b>\$ 26,408.30</b>
Year end adjustment for 12/31/15	-5804.09	
<b>MEMBERS EQUITY, NOV 8, 2016</b>	<b>\$ 46,141.98</b>	<b>\$ 28,544.01</b>

\*\* Note - No Drug testing invoicing has been received by the OPA to date

**ONTARIO POWERLIFTING ASSOCIATION**
**Statement of Cash Flows**

As at November 8, 2016

<b>OPERATING ACTIVITIES</b>	<b>2016</b>	<b>2015</b>
Net Income	<b>\$ 23,402.06</b>	<b>\$ 2,135.71</b>
Changes in non-cash operating assets & liabilities		
Accounts Receivable	<b>0.00</b>	<b>200.00</b>
OPA Medals on Hand	<b>290.00</b>	<b>458.00</b>
T Shirts on Hand	<b>-1046.50</b>	<b>95.86</b>
Competition Set & Platform	<b>0.00</b>	<b>-9471.49</b>
- Comp Set & Platform Dep'n **	<b>868.23</b>	<b>236.79</b>
Deferred Revenue	<b>0.00</b>	<b>-1055.00</b>
<hr/>		
<b>Increase (Decrease) in Cash</b>	<b>\$ 17,788.63</b>	<b>-\$ 7,591.85</b>
<b>Cash, Beginning of Year</b>	<b>\$ 14,425.45</b>	<b>\$ 22,017.30</b>
<b>Cash, End of Year</b>	<b>\$ 32,214.08</b>	<b>\$ 14,425.45</b>

\*\* Depreciation calculated at 10yr lifetime use

#### 4.4 Referee Chairperson's Report

*Provided verbally at the meeting.*

#### 4.5 Registrar's Report

Membership growth in 2016 was in a word: explosive. We went from a total of 842 members to a total of 1113. That is an increase of 32% and follows hard on the heels of an increase in 2015 of 48% (43% in 2014). Our membership breakdown is as follows:

M4	4	SPECIAL OLYMPICS	37
M3	23	ASSOCIATE	30
M2	55	HIGH SCHOOL	80
M1	86	SUB-JUNIOR	62
OPEN	411	JUNIOR	325

It's interesting to see that the number of junior members registered in 2016 is nearly equal to the total membership in 2012 (323).

The breakdown on gender basis is 71% male, 29% female, essentially the same as in 2015 and upward trending over previous years but on a very gradual scale (14% female in 2005 and increasing slightly each year).

As of October 26, 2016, the membership consisted of 774 new members which is 70%; 10% higher than last year's membership composition.

The Sub-Junior and Junior categories together combine for a percentage of membership of 35% which is very consistent with the past two years.

*Respectfully submitted and with gratitude for the support from the executive while I learn this new role—*

*Karen Maxwell  
OPA Registrar*

## **5.0 REGIONAL AND SUB-COMMITTEE REPORTS**

### **NORTHERN REGION - Ron Dilling**

- 13 new clubs registered this year.
- 3 OPA meets held this past year.
- Plans to expand number of meets to be held throughout 2017.

### **COLLEGE SUB-COMMITTEE - Conrad Davies**

The OPA is growing significantly and a large portion of this growth is coming from university and college athletes. These young athletes compete at OPA regional meets, junior provincials and Canadian Nationals. They do this because its where the competition is. Everyone wants to compete against others that are at a similar level. This creates a high demand for these meets, the meets get filled up beyond a reasonable capacity which make for long competitions days and resources that are stretched very thin. What we are proposing is an alternative competitive channel that university and college athletes can compete aside from the existing junior meets.

In previous years, the Seneca meet was the only university meet with the addition of the Carleton meet this year. We believe that we should hold a total of 3 or 4 university only regional meets. This would bring the supply of meets up to the demand. We would then eventually want to hold a provincial university championship that schools would send there most competitive athletes. From this we could build a foundation to send a team to university worlds. Offering this new competitive channel will help with the growing pains that our organization is feeling.

#### **High School Awareness:**

- Carlyne Savage and Teighan McIntyre to create template for high school presentations for interested OPA members to present at high schools
- The goal of this initiative is to provide resources, and awareness to high school students interested in powerlifting through presentations and demonstrations
- This can be done by getting in contact with high school gym teachers

#### **Objectives Summary:**

- Hold 3-4 regional meets that only university and college students can compete at
- Hold 1 provincial championship meet that schools would send their best athletes to. Build a team for university worlds. This will decrease the reliance on the junior provincial championships.
- Find an equilibrium where demand for meets equals the supply of meets.
- Build a case for OCAA and OUA designation

#### **Partnership with LVD Fitness:**

- Strength-lifestyle brand
- Charitable contributions to clean water supply, breast cancer research

- Offering to assist with running meets, partnership capacity

### **MEDIA COMMITTEE - Maria Chung**

Under the direction of VP Lisa Nigh, the media team was created in May in order to increase communication and engagement of our increasing membership base. It is important for our members to be loyal to the organization as it is our largest revenue stream. With most of the increase coming from the 18-26 year range, social media was our focus. It has been a tremendous asset to our visibility and growth.

As part of our communication strategy, the theme for the year has been to engage, educate, entertain. Through social media channels and video content, the OPA brand is now seen as more personable, approachable, and relatable.

#### Statistics from May 1 - Nov 10:

- Facebook page likes grew 15% from 1,721 - 1,979
- Instagram accumulated 691 followers, has 50 avg likes, and 20 tags
- Snapchat gained an average 50 new followers with each meet it was at. Stories have been viewed by 85% of them which is a SIGNIFICANTLY high engagement. This signals to us that the community is interested in keeping up to date with what is going on in the community.
- YouTube is utilized for community updates, interviews, and v-logs in order to bring personality to the brand.

#### Overview of our plan for 2017:

The revised theme will be educate, equip, and empower. Educate includes open houses, clinics, info sessions, and workshops that helps OPA achieve brand recognition to non-members. Equip includes activations where facilitators act as point of contact for category subgroups to get involved and compete as well as host meets (for eg. Teighan and Conrad in Univ/College dept). Empower includes outreach and networking initiatives that brings our community closer together to increase loyalty within the existing base.

- Work with media team to produce regular educational video content, including transparency with the Executive team and mutual respect
- Create sub-group to run specific content types in a positive and professional way (for eg. New Lifter Resource, Meet the Exec, Meet OPA Clubs, etc.)
- We will continue to be transparent, respectful, and engaging with the community at large.

### **WEBSITE EDITOR – Julie Ditzend**

First off, I would like to thank the Executive and members of the OPA for their patience during the transition to our WordPress based website. WordPress will allow a seamless transition should a new person take over. The platform is web based, therefore can be done on any

computer at any time. Now that the backbone of the site is built, making updates is much like producing a Word document.

There were a few hiccups in the beginning, luckily, rectified in a timing manner.

With our new application system, registrations are automatically entered into a database, making as it happens data available to meet directors and executive. We also have immediate demographic data and much more right at our fingertips. The same system is used for record applications, sanction a contest form, referee expenses etc.

Lisa's sponsorship program has been added with a Supporters of the OPA page as well as a banner on the home page linked to each respective website.

There are also a few new projects underway, which will be announced shortly.

I look forward to growing the website as our go to information source to members and non a like.

I thank all for the opportunity of giving back to our sport in a manner that works in conjunction with my family dynamics. As well as adding many new skills to my portfolio.

**All reports received and approved**

## 6.0 PROPOSED AMENDMENTS TO THE OPA CONSTITUTION

### 6.1 ARTICLE XVIII - Provincial Championships

#### CURRENT TEXT:

O.P.A. will determine qualifying standards and dates for all Provincial Championships.

- 1) The OPA Classic for Masters and Open and Equipped Championships for all ages and Classic and Equipped Bench only Championships are to be held between the 1st and 4th weekend in November. The AGM will be held in conjunction with this championship.
- 2) Junior and Sub-junior classic will be held in September or October. Cut-off date for all Provincial Championship applications is (3) THREE weeks prior to competition.
- 3) Meet Director to send List of lifters to President, Referee Chairperson, and Registration Chairperson so that the Registration Chairperson can check for valid CPU cards. (This is required to determine if lifters meet qualifications, determine amount of medals, the lifting order can be created, and to ensure a proper number of referees are made available)

#### PROPOSALS:

1. Article XVIII 1) and 2) to be worded to properly include Classic and Equipped for each of the events - *Mike Knott*
2. Question regarding possible division of Bench press Championships by age to correspond with the split of overall Provincials by age – *Mike Knott (Refer to Discussion Item 7.4 below)*

#### Proposal seconded

##### Discussion:

*Juniors lift with juniors, masters lift with masters, etc.  
Lifter awards to be given according to age category*

#### Passed

3. Any provincial championship deadline must be 4 weeks in advance of the event date - *Maggie Rafferty*

#### Proposal Seconded

##### Discussion:

*Increased number of lifters with additional time period allows for easier preparation (T-shirts, coordinating, etc.), booking venue space, etc.*

#### Proposed Amendment: To increase deadline to 6 weeks

##### Amendment Seconded

##### Discussion on Amendment:

*Six weeks may present conflicts with other open meets  
Proposed amendment withdrawn*

#### Proposed Amendment Failed

#### Original Proposal Passed (Increase to 4 weeks)

**4. Add a requirement that there be at least three National-Level referees in attendance during all sessions for the entire duration of each provincial championships – Chris Fudge:**

A recent situation occurred where a Junior lifter was going for a national record deadlift and unfortunately there were only 2 National level referees on call at that moment of the contest. This was the last year this athlete is a junior and he made the lift but cannot be awarded the record.

REVISED TEXT:

None Submitted – TBD

**Proposal Seconded**

**Discussion:**

*Difficult to require volunteers (referees) to go outside of region*

*The constitution requires if a lifter intends to break a record, they are to notify the meet director in advance. OPA cannot force referee attendance, only incentives may be considered.*

*Cannot be enforced : Proposal withdrawn*

**Failed**

## 6.2 ARTICLE XIX - Provincial Records

CURRENT TEXT:

- 1) Standard application form has to be submitted for Provincial Records no later than 7 Calendar days from the date of the supposed record.
- 2) If a lifter plans to break a record, they need to send formal information in writing to the meet directory providing such time as to try and ensure the proper referees can be available. If a formal request is not submitted records may not be available at that competition. There is no guarantee the proper referees will be available when requested.
- 3) Until December 31, 2015 the cost of the record application is now \$75.00 regardless if you are or are not drug tested. As of January 1, 2016 the cost will be \$0.00. Note that the current cost for National records is \$0, and thus if the record is a National record, no fee is required. Both Canadian and Ontario records are adhering to the 7-day time limit. If they have not received your application and payment within 7 days you lose your chance to claim the accomplishment.
- 4) Ontario Lifters need to send payment with the record application to the Ontario Registration Chairperson for Ontario Records only.
- 5) The Chief Referees seat and one of the two side judges' seats must be occupied by at least a Provincial Category I card holder for Provincial Records.
- 6) Provincial records can be set at any contest held by an IPF affiliate/member country. The onus is on the lifter to show that the referees are officially recognized by the IPF affiliate. As long as the referee is officially recognized it is assumed that he/she is qualified. The lifter must provide a hard copy of the results with the referees' signatures.
- 7) I.P.F. rules must be followed.
- 8) The lifter is responsible for completion and submission of the application form.
- 9) Any lifter who registers a positive doping test shall have all previous O.P.A. records that he/she may have held removed. Records will revert back to the previous record holder.
- 10) An Official Records Certificate will be distributed to all record holders by the Records Chairperson for a fee of \$5.00.



- 11) All awards won at a meet where a lifter tests positive will be returned to the meet director and awarded to the proper lifter.

PROPOSALS:

- 1. *“Until December 31, 2015 the cost of the record application is now \$75.00 regardless if you are or are not drug tested. As of January 1, 2016 the cost will be \$0.00. Note that the current cost for National records is \$0, and thus if the record is a National record, no fee is required. Both Canadian and Ontario records are adhering to the 7-day time limit. If they have not received your application and payment within 7 days you lose your chance to claim the accomplishment”* **This needs to be cleaned up to reflect present day - Mike Knott**

**Proposal Seconded**

**Discussion:**  
*Clarify intent of proposal is to clean-up wording to confirm that a fee for a provincial record is NOT required. Remove the old reference to the December, 2015 cut-off date.*

**Passed**

- 2. *“The Chief Referees seat and one of the two side judges' seats must be occupied by at least a Provincial Category I card holder for Provincial Records”* **As with National and International records, we should consider having 3 P1 or higher for provincial records - Mike Knott**

**Proposal Seconded**

**Discussion:**  
*Clarify intent of proposal is to be consistent with National requirements.*

**Passed**

REVISED TEXT:

None submitted – TBD

### 6.3 ARTICLE XXI – Definition of a Team or Club

CURRENT TEXT:

- 1) The Club must be registered under a Provincial Organization.
- 2) In order to represent a club, the lifter must train with that club on a regular basis (at least once a week).
- 3) If, for any reason, the lifter wishes to change clubs or is unable to follow the above recommendations, he must send written explanation to the provincial registration chairperson and approval by the O.P.A. executive.
- 4) Each club must provide at least one member to volunteer at one of the provincial championships held every year.

PROPOSAL:

- 1. **Add, “a club must have a minimum of at least 3 registered members to qualify as a**

**club” – Frank Nadeau:**

We have some clubs that are not having any members, and some are using this as a method of advertising for their businesses, thus if there are no members, there should be no club affiliation.

**REVISED TEXT:**

None submitted – TBD

**Proposal Seconded****Discussion:**

*Difficulty with monitoring and policing compliance*

*Question about evidence of advertising-only club*

*What about a member in a remote area who has registered their own club and is a sole member*

**Failed**

## 6.4 ARTICLE XXII - Levels of Competition

**CURRENT TEXT:**

- 1) In Ontario there are five levels of competition. All age divisions are determined as per the IPF rules:
  - i) NOVICE - is a lifter who has never made Class III in a sanctioned competition.
  - ii) SUB-JUNIOR – from the day he reaches 14 years and throughout the full calendar year in which he/she reaches 18 years.
  - iii) JUNIOR - from 1 January in the calendar year he reaches 19 years and throughout the full calendar year in which he reaches 23 years.
  - iv) SENIOR - is a lifter who has made a Class I rating or higher in a sanctioned contest.
  - v) MASTER - a master is 40 years and over. There are several classifications of Master which are determined by the IPF classifications.
  - vi) High School Competitions – limited to Belt and Wrist Wraps. Must wear proper T-Shirt and Shorts, or Wrestling Singlet.

**PROPOSAL:****1. Include College and University categories in Levels of Competition – Mike Knott**

We should include College and University in the list for Level of Competition and they can be placed with High School if the are to use the same equipment. We also need to document the allowed equipment for specific competitions such as high school, college, and university

**REVISED TEXT:**

None Submitted – TBD

**Proposal Seconded****Discussion:**

*Intent of proposal is to clean-up wording to recognize college and university divisions with respect to attire, equipment. Would not introduce new qualifying standards. Records for college & university athletes currently documented.*

*What equipment is allowed?*

*What membership rule is applied?*

**Proposal did not pass - Tabled for further discussion.**

## 6.5 ARTICLE XXII - Levels of Competition – QUALIFYING

### CURRENT TEXT:

- 7) **QUALIFYING COMPETITIONS:** To lift at the Nationals Classic you must lift at the provincial Classic, if you want to lift at the National Equipped you must lift at the Provincial Equipped. If you want to lift National Equipped and Classic you must lift in Provincial Equipped and Classic. If you wish to lift at the National Bench press, you must lift at the Provincial Bench-press Championship.

### **QUALIFYING COMPETITIONS:**

- 1) To compete in an Ontario Championship, the lifter must hold a valid Ontario issued C.P.U. card and be an Ontario resident. Proof of residency must be provided to the Registration Chair if required.
- 2) If a lifter is qualified to lift at the Ontario Seniors and the Ontario Masters/Juniors, then he/she can chose which Ontario Championship to attend and then be given the choice whether to lift Open or Masters/Junior at the Nationals.
- 3) In the event where a lifter cannot attend the Provincial Championships, the OPA Executive and Officials has the ability to make an exemption due to extreme circumstances. A lifter may apply for exemption to the executive and officials. The lifter will abide by the decision and an appeal will not be an option. If the lifter is applying due to an injury, they must make themselves available to volunteer for at least two sessions of the contest. They may not actually have to volunteer, and the tasks required of them will be dependent on the type of injury (someone with a broken leg would not be asked to spot/load for instance). Note that this does not mean an injured lifter is guaranteed to receive an exemption. This is still at the discretion of the executive.

### **QUALIFYING TOTALS:**

- 1) Qualifying totals must be made at a sanctioned meet in front of two provincial level one or higher referees.
- 2) Any lifter having competed at an IPF international meet where world records can be set or Canadian National Championships within the past 30 days or who will be competing within 60 days shall be exempt from the Ontario Championships and receive a "bye" to the next Nationals.

### PROPOSALS:

#### **1. Require lifters to only compete in equipped at provincials if they wish to compete in both equipped and classic at Nationals - Mike Knott:**

I recommend if a lifter wishes to attend Nationals Classic they must attend Provincial Classic. Same with Equipped. If they wish to attend both they should attend Equipped as this would help to spread out the lifters and reduce the token attempts from those doing both.

#### **Proposal Seconded**

#### **Discussion:**

*If you are qualified as equipped, you should be allowed to lift classic. If you are qualified to lift classic, you should be qualified to lift equipped.*

#### **Proposed amendment:**

*Merge proposal 1 with proposal 2 for consideration since their intent is the same.*

#### **Amendment Seconded**

#### **Discussion on Amendment:**

*If you have a qualifying total equipped you are qualified to lift in both*

**Proposal Passed, as amended**

**2. Change the requirement to compete at nationals for the lifter qualified in both categories – *Chris Fudge:***

Purpose: protect the lifters from injury. 2015 classic and equipped were back to back flights and many lifters had to compete twice. This led to some of Ontarios top lifters getting injured as well as others only taking token lifts downplaying the high standards of a provincial championship. Nationals is over 5-7 days and if a lifter chooses to do both, he/she can have a day or multiple days in between to prevent any long lasting injury occurring.

Proposed Text:

**QUALIFYING COMPETITIONS:** To lift at the Nationals Classic or Equipped you must lift at the provincial Classic or equipped but do not have to compete in both as long as the required totals are met. The athlete may compete in one or the other and still compete at both at nationals if they choose

**Proposal addressed above.**

**3. Change exemption time periods for lifters having competed at an international meet relative to Provincials – *Brandon Ward:***

Currently, the rule (Article XXII – Levels of Competition – Qualifying Totals, No. 2) allows any lifter having competed at an international event within 30 days prior to provincials, or who will be competing within 60 days following provincials will be exempt from provincials and receive a Bye to Nationals. I propose that a 60-day time period should be equally applied for both pre-provincials and after provincials. The purpose of this meet is to allow a lifter to recover between competitions and prepare for the next one. The recovery and preparation period for any lifter will be the same for any meet, regardless if it is Provincials or Worlds. Therefore the time periods should be the same.

Proposed text:

2) Within 60-days of the Ontario Championships, any lifter having competed at an IPF international competition where world records can be set, or any lifter who will be competing at an IPF international competition within 60 days following the Ontario Championships, shall be exempt from Article XXII, 7) (Levels of Competition – Qualifying Competitions), being the requirements to compete at the Ontario Championships and shall therefore receive a “Bye” to compete at the next Nationals.

**Proposal Seconded**

**Discussion:**

*Rule has been in place due to previous low attendance at Provincial championships  
Clarification that this rule would only apply competition in same events, i.e. attendance at a Bench Press Championship would not qualify for a Bye at equipped provincials, etc.*

**Passed**

**4. Amend Article XXII, No. 7 – Levels Of Competition, Qualifying Competitions regarding the requirements for Ontario lifters to compete at Provincials in order to compete at the subsequent Nationals to also include volunteers at Provincials – *Linda McFeeters:***

Objective - increasing volunteerism throughout the OPA, making for better functioning meets and not relying on the same people over and over. Increases members awareness of all aspects of the sport,

brings out the best in people and we become aware of skilled individuals that may add to the future of the OPA/CPU.

**Proposal Seconded****Discussion:**

*Ontario is the last province that has a requirement to lift at provincials in order to go to Nationals*

*Provincials are large and cumbersome to organize.*

*Exemptions could be permitted, with criteria:*

*Competed at nationals within past 24 months*

*You must have volunteered at any meet within past 24 months.*

*If you are a referee and referee at a session at Provincials*

*You can apply for an exemption, from provincials, provided that you volunteer at provincials.*

**Motion to merge this with next proposal submission by Sarah Clark (Proposal 5 below)**

Motion to merge proposal fails as original proposal was withdrawn by the proponent.

**Proposal Failed - withdrawn****5. Eliminate Requirement for Junior and Sub-Junior Lifters to compete at Provincials and Regionals in order to compete at Nationals - Jackson Spencer:**

Motion to remove the requirement for new junior lifters to compete at both Centrals and Provincials in order to qualify for Nationals. The financial obligation for junior lifters is too high given the costs associated with travel/accommodation/meet fees. Under the current rule, in order to compete at nationals, a new lifter is required to travel to and compete at three meets (Qualifier, Provincials, Centrals), which probably means meet fees in excess of \$300, in addition to high travel/accommodation costs. Yes Nationals should be a competitive event, but that should be determined by the qualifying standards, not by financial hurdles that need to be overcome.

I submit that the rule should be changed to require that junior lifters obtain the regional qualifying total, then compete at EITHER Centrals or Provincials, in order to attend Nationals.

This would afford new lifters the flexibility to attend the meet which is closest to them, but still requiring that they have experience at a higher level meet before attending Nationals.

**Proposal Seconded****Discussion:**

*CPU rule requires that a new lifter must attend regionals*

*This is a CPU rule, not an OPA constitution matter.*

**Failed**

## 6. Replace current provincial requirements for competing at Nationals with new active member participation requirements - *Sarah Clark*:

- Align OPA Standards with all other Provincial Associations
  - Ontario is the only Provincial Association that currently requires all Members to compete at Provincials each and every year
  - The requirement to travel to an extra meet each year places Ontario lifters at a disadvantage compared to lifters in other provinces, and disproportionately impacts new and Junior lifters by creating an additional financial burden
- Encourage Members to actively participate in the OPA, by incentivizing lifters to volunteer, officiate, and/or act as meet director
  - This is necessary for long-term retention of Members and growth of the sport
  - Will encourage new groups to host Provincials, which will help reduce the burden on the established Teams who host a Provincials every 1-2 years
- Encourages a higher quality of competition at Regionals
  - Giving established lifters the option to opt-out of lifting at Provincials frees them up to participate in Regionals, promoting growth at that level of competition
  - Under the current requirements, it is likely that only new lifters wishing to go to Nationals will participate at Regionals
- Encourages a higher quality of competition at Provincials
  - Current requirements encourage Members to post a “token total” at Provincials
  - Current requirements encourage Members to compete while injured, which is dangerous and should not be encouraged

REVISED TEXT (proposed by Sarah Clark):

### ARTICLE XXII - Levels of Competition

#### QUALIFYING COMPETITIONS:

3. Any Member who wishes to compete at a National Championships must:
  - a. meet all requirements set out by the CPU;
  - b. be an **Active Participant** in good standing with the OPA; and
  - c. record a total at a Regional Championships within the previous twenty-four (24) months, unless they are an **Established Lifter**.
4. An **Active Participant** is any Member who fulfills one of the following requirements:
  - a. lifted at the most recent Provincial Championships;
  - b. assisted in the presentation of the most recent Provincial Championships as a meet director, official, or other volunteer role as assigned by the meet director;
  - c. acted as a meet director for an OPA-sanctioned powerlifting or bench press competition within the province of Ontario during the previous twenty-four (24) months; or
  - d. assisted in four (4) local competitions as an official or other volunteer role as assigned by the meet director during the previous twenty-four (24) months.

5. An **Established Lifter** is any Member who has previously recorded a total at a National Championships
6. Exemptions to Section 4 shall be granted only under the following circumstances:
  - a. the Member lifted at an IPF International meet where world records can be set within the past thirty (30) days or will be lifting at such an event within the next sixty (60) days.
  - b. If a Member is unable to fulfill the requirements as set out in Section 4, then the Member may apply to the OPA Executive for a discretionary ruling on the matter. The OPA Executive will only grant an exception to the requirements set forth in Section 4 under the most rare and extreme circumstances, at the discretion of the Executive. The lifter will abide by the decision with no option to appeal.

**Proposal Seconded****Discussion:**

*None – duplicate to discussion under Proposal 4 above.*

**Failed**

## 6.6 ARTICLE XXII - Levels of Competition, Additional Points to Remember

**CURRENT TEXT:****Additional Points to Remember:**

- 1) You must have qualified in the class in which you will compete within the previous 24 months from the date of the intended Provincials.
- 2) Following CPU Standards for OPA Championships, you can move up or down in weight class as long as the lifters total meets the requirements for the weight category they lift in.
- 3) A Master lifter is considered to be in the new age category for the full calendar year in which they meet the age requirement. For instance, a lifter who turns 40 in October would be eligible to lift as a Master lifter in January while still 39. The lifter must have previously qualified either as a MASTER, or within the 12 month period before meeting the minimum age requirement for the class they will compete in.
- 4) A junior lifter remains a junior until December 31 of the year they turn 23 years.
- 5) Anyone lifting must obtain at least one level below qualifier in order to get a medal.
  - i) If Class I is required the lifter must total at least Class II
  - ii) If Class IV is the requirement, the lifter must total at least 85% of Class IV
  - iii) Bench Press must lift the qualifying total to get a medal

**PROPOSAL:****1. Eliminate Provincial Championships weight class qualifying restrictions - Sarah Clark:**

- Align OPA standards with CPU National standards and with all other provincial associations
- Under the current constitution, lifters can always compete down a weight class but are restricted from competing up
  - Disproportionately impacts Junior and Novice lifters, who often grow quickly through the weight classes as their strength develops

- Implicitly encourages potentially dangerous weight cuts so that a lifter can compete
- A fundamental tenet of powerlifting is that strength is proportional to body weight; requiring lifters to meet qualifying totals for a higher weight class despite not having competed in that class is contrary to this tenet
- Current wording in item 2) is contradictory, as the referenced CPU standard allows qualified lifters to compete in any weight class, not just in classes for which they have posted the qualifying total
  - Subject to interpretation and therefore has the potential to be applied inconsistently
  - Causes confusion among lifters and may discourage lifters from advancing

REVISED TEXT (Proposed by Sarah Clark):

### ARTICLE XXII - Levels of Competition

Additional Points to Remember:

- 1) All lifters must qualify within the previous 24 months prior to the date of their respective Provincial Championships.
- 2) A lifter who achieves a Provincial qualifying total is then eligible to compete at any chosen weight class at the Provincial Championships.

#### Proposal Seconded

##### Discussion:

*Recorded vote requested:*

*10 support*

*14 opposed*

**Failed**

## 6.7 ARTICLE XXIII – Drug Testing

### CURRENT TEXT:

- 1) The OPA reserves the right to perform drug testing for banned IPF substances at any contest under its jurisdiction.
- 2) Any person that is under a current suspension from any sport federation for the use of banned substances will not be permitted to join the OPA.
- 3) A list of banned OPA members to be kept current and published on a regular basis.
- 4) The OPA may schedule out of competition testing.

### PROPOSAL:

- 1. Consider changing article on drug testing to align with CPU and the standards we have adopted – *Mike Knott***

### REVISED TEXT:

None Submitted - TBD

**Proposal Seconded****Discussion:**

*Drug testing is now handled exclusively by CCES via CPU  
We are limited as to specific controls or requests the OPA has on drug testing  
Proposal withdrawn – Further info required*

**Failed**

## 6.8 ARTICLE XXVI – Travel / Accommodations / Expense Reimbursement, 1) Lifters

**CURRENT TEXT:****1) Lifters:**

- i) Within 30 days of the competition and upon submission of receipts to the Treasurer on the proper fully completed O.P.A. expense form, competing lifters will be reimbursed TWO-WAY TRAVEL and ACCOMMODATION to CHAMPIONSHIP MEETS ONLY effective January 1st, 2002 as follows : Provincials, Nationals 1001 km += \$100.00 Internationals 1001 km += \$200.00
- ii) Any lifter who travels to a National or International Competition that is selected to drug test and tests positive will not be eligible to receive travel reimbursement from the O.P.A.
- iii) If any lifter does not achieve a total at a National or International competition, they will not be eligible for travel expenses.

**PROPOSAL:**

### **1. Revise lifter expense reimbursement criteria for competing at National Championships – Brandon Ward:**

Recent increases in the number of OPA lifters attending Nationals and resulting expense reimbursement claims has depreciated OPA financial reserves. Estimates from previous Nationals attendance suggests that if every OPA lifter who competed at Nationals submitted their expense reimbursement request, this would put the OPA account into a substantial deficit.

I believe the expense reimbursement rule is important for many reasons, particularly:

- i) it serves as an incentive reward for OPA lifters who advance to higher level competition; and
- ii) it assists to compensate for some (albeit a small amount) of the overall expense the lifter incurs when traveling to such events.

However, change is needed due to the circumstances outlined above. I don't believe the rule should be eliminated altogether, but recent growth requires that the current rule be adjusted to achieve a balance between maintaining its intended purpose and financial sustainability. I propose that the rule be revised as follows:

- i) revised to eliminate reimbursement eligibility for attending Provincials;
- ii) maintained as-is with respect to attending International events; and
- iii) maintained as-is for Nationals, with the addition of the following eligibility criteria:
  - a. achieve a top-3 finish in your weight class; and
  - b. volunteer during at least one other lifting session at the event.

**Proposal Seconded****Discussion – None****Passed**

## 6.9 ARTICLE XXX - Contest Sanctions

### CURRENT TEXT:

1. A sanction application must be received by the Registration Chair three months prior to the proposed date or the sanction will be denied. A sanction application will include a completed application form and payment for all fees.
2. A competition cannot be advertised in the O.P.A. Magazine/website prior to the O.P.A. granting a sanction and approving the application form.
3. Any club proposing a sanction for a meet shall provide one club member to function in whatever capacity deemed necessary by the Referee Chairperson. This official must be an active referee, Level II Provincial or higher. While it is possible for a club to have an outside referee represent them, the expectation is that they make every possible effort to develop their own referees. The designated referee must be present at the meet to function in whatever capacity deemed necessary by the Referee Chairperson. The host club must provide one meal per day for each referee officiating.
4. Competitions within Ontario will not be sanctioned within 14 days of each other unless the majority of the executive votes to allow an exception (i.e. Toronto Super Show) if the contest is in the same region and 7 days if the contest is in a different region. Sanctions will be allowed on a first come first serve basis.
5. Confirmation of the Meet with Details of Date, Time, Location and Referee provided by club to be sent to Referee Chairperson, and Drug Testing Committee once all conditions are met.
6. The O.P.A. Executive at its discretion may organize special contests for the purpose of introducing new lifters to the sport of Powerlifting (i.e. Students, Police and Fire personnel). Lifters must be Ontario residents but do not have to have a C.P.U. card. These contests must be approved by applying to the O.P.A. Executive, (attention O.P.A. Secretary).
7. Anyone in the warm-up area must be lifters, coaches and contest personnel. The aforesaid persons must be registered with the O.P.A., C.P.U. or I.P.F. The only exceptions are media and emergency personnel. For lifters competing classic, there is a limit of one coach per lifter in the warm-up area. Lifters competing equipped may have up to two coaches per lifter in the warm-up area. The Meet Director will provide a stamp, batch or wristband to show that it is a coach. This coach must be a member of the O.P.A., C.P.U. or I.P.F. as stated above.
8. All open meet contest fees will include a \$15 per lifter fee and all Championship meet contest fees will include a \$20 per lifter fee that will go directly to the OPA for drug testing.
9. Changes to sanctions can happen no later than 60 days before the start of the contest. In the event of a change, lifters already entered in the contest must be notified by both phone and email if both options are available.

### PROPOSALS:

1. **Add: *"To be considered to host a meet, you must be an affiliated club in good standing. This is to be able to be accountable as a meet director, and responsible for all the requirements to host a meet, as in our constitution"* – Frank Nadeau**

**Proposal Seconded****Discussion:**

*Previous OPA Executive discussions considered allowing individuals to group together to host contests in an effort to increase the number of contests being held and provide more opportunity for members to compete*

**Failed**

**2. Revise Article XXX No. 7 (Anyone in the warm-up area...) to require anyone who is in the warm-up area at a contest to be registered with the OPA, CPU or IPF, or otherwise approved by the meet director – *Brandon Ward*:**

The current rule requires that all coaches be members of the OPA/CPU or IPF. This seems like a very onerous requirement, especially for a lifter who may only be able to have a friend, parent, etc. as their coach and/or who is able to help them on meet day. To require a lifter's coach/assistant to also hold a valid OPA membership for this purpose seems to be an excessive requirement. I am not aware of any other sporting organization that requires an athlete's coach to also hold a valid membership in that sporting organization. Albeit, this may be for liability purposes, perhaps this could be expanded to allow a lifter's coach/assistant who is not an OPA member to sign a waiver and receive permission to enter the warm-up area at the meet. This may also assist in enforcing the 1 coach per lifter rule (2 coaches per equipped lifter).

**REVISED TEXT:**

None Submitted - TBD

**Proposal Seconded****Discussion:**

*Proposed Amendment: Change wording of constitution section through meeting discussion.*

**Amendment Seconded:**

*Proposal to strike the lines "the afrosaid persons must be registered..." and "This coach must be a member of the O.P.A., C.P.U. or I.P.F. as stated above." ; and*

*Add "and shall be responsible for keeping list of all coaches and volunteers" at the end of the last sentence in the amended paragraph:*

Anyone in the warm-up area must be lifters, coaches and contest personnel. ~~The afrosaid persons must be registered with the O.P.A., C.P.U. or I.P.F.~~ The only exceptions are media and emergency personnel. For lifters competing classic, there is a limit of one coach per lifter in the warm-up area. Lifters competing equipped may have up to two coaches per lifter in the warm-up area. The Meet Director will provide a stamp, batch or wristband to show that it is a coach. ~~This coach must be a member of the O.P.A., C.P.U. or I.P.F. as stated above.~~ and shall be responsible for keeping a list of all coaches and volunteers.

**Discussion on Amendment - None****Proposal Passed, as amended**

## 6.10 Proposed changes and enhancements to Technical Rules for the OPA - *Harnek Singh Rai*

1. In any and every competition at OPA, CPU and IPF level, the scoreboard and time-clock should be visible to the three referees without turning their heads or chairs so that they can see the names of the lifters, time and the requested weight.
2. It should be mandatory to provide and display the COUNTDOWN timer for 60 seconds to start the lift.
3. Every effort should be made by the meet directors to have a countdown clock WITH SOUND (Buzzer) for the next lift attempt. I've noticed in many competitions, the head table does not follow or does not even give a warning to the lifters.

### **Proposals Seconded**

#### **Discussion:**

*Items 1 to 3 above are enforcement and implementation matters with individual contests, not matters that require changes to OPA constitution. OPA contests are held in accordance with the IPA Technical Rules. Any proposals above that differ from the technical rules would require changes at the IPF level and are not within the jurisdiction of the OPA.*

#### **No action required**

4. Any and every competition or championship should improve the award ceremony and should look presentable, especially to display any pictures. Some meet directors are not even nicely dressed and present medals or trophies himself or herself. Meet directors should be nicely dressed and at least one mutually agreed REFEREE should be present to give out the awards. I have some awards even at national level, meet director giving awards in fleece pants and t shirt. I would be embarrassed to make a picture and frame it. (see IPF guide lines). We dream to see powerlifting in the Olympics

### **Proposal Seconded**

#### **Discussion:**

*Constitution states that for every provincial championship, medals are to be distributed by president.  
Appropriate that the constitution limit this to provincial championships only. Not practical specify such criteria in constitution for local meets.  
This is a point of etiquette that should be adhered to where possible, amendment to constitution not needed.*

#### **Failed**

## 6.11 Items for the OPA to submit to the CPU:

1. **CPU to develop a lifter feedback and review program for National Team Coaches – *Brandon Ward***

**Proposal Seconded**

**Discussion:**

*Has already been done before.*

*No vote required, OPA to bring forward unless objections raised*

**Action: OPA to bring Forward to CPU AGM**

2. **Minimum Standards for all age and weigh classes to be implemented and the taken forward to the CPU AGM. These standards should only be implemented in Ontario if they are adopted at the National level. – *Glyn Moore***

**Proposal Seconded**

**Discussion:** *None*

**Action: OPA to bring Forward to CPU AGM**

3. **In the case of a conflict of OPA bylaws and CPU bylaws then the OPA will follow the CPU bylaws. – *Glyn Moore***

**Proposal withdrawn – No further action**

## 6.12 Items for the CPU to forward to the IPF:

1. If the IPF and /or the IPF technical committee changes or modifies any rule, it should be added in the IPF Technical rule book right away or as soon as possible and referees should be informed though national officiating chairman or any other means. If the IPF fails to do this, the change should be null and void. How would the referees know and enforce it? because technical committee chairman says it happened, No body is above the Congress or written technical rule book. If it is not written referees should have the right to void any "SAID" or "hearsay" because there would be different rules at different competitions because nobody will know the rules changes. The IPF is becoming really bad lately – *Harnek Singh Rai*

**Proposal not within the jurisdiction of the OPA and can be brought to the CPU/IPF independently. No action required.**

## 7.0 ITEMS FOR GENERAL DISCUSSION AND CLARIFICATION

### 7.1 Do we need a new medal design for Classic and Equipped Powerlifting (Glyn Moore)

**Discussion:**

*There is interest in a new OPA medal design*

*Request not to differentiate or distinguish between classic vs. equipped medals.*

**Action: Further discussion that will include initiating a design contest requesting submissions.**

### 7.2 Can we accommodate the growing numbers of contests needed and how to implement regions for refereeing to reduce travelling costs for the OPA? (Glyn Moore)

**Previously discussed**

### 7.3 Should we now encourage non members to become meet directors if the guidelines are followed? (Glyn Moore)

**Previously discussed**

### 7.4 Discussion about the direction of the Toronto Supershow (Glyn Moore)

**Discussion:**

*Overall objective is for greater exposure for the sport by enhancing the level of competition.*

*There is a desire to raise this event to an IPF level contest which the CPU is advancing with the NAPF.*

*CPU Has secured a larger area of the venue and will likely be meet director role.*

*We will also retain an OPA 3-lift component to event.*

*Criteria for participation will be enhanced, specific criteria between male and female, possibly by age as well. The CPU will likely oversee this.*

*OPA will still need to determine criteria for OPA component to contest:*

*We cannot put limitations on an open meet.*

**Action: Tabled for further discussion and to await CPU direction.**

### 7.5 Inclusion of a qualifier at the past Toronto Pro SuperShow (Frank Nadeau)

When this meet was taken off as an OPA event, it was passed on to T-Rex to have a club meet. My question to the executive is how is this meet sanctioned with qualifiers when the Provincials are the only competition that has a qualifier.

This meet left many lifters not able to lift even if they got their entry in before these other lifters due to this restriction.

There was no reason to deviate from our regular meet requirements of being a CPU/OPA member, and takes away from the opportunity to qualify for our Provincials.

**Previously discussed – See above**

#### 7.6 OPA Funding for Drug Testing and how it has been utilized (Julie Watkin)

At last years AGM we earmarked \$10,000 for drug testing. I understand that there have been changes in how drug testing is to be administered. We need a comprehensive overview on how drug testing is now to be administered. Is it through the CPU and CCES? How much of our allocated funds have gone to drug testing and how many tests have been administered in Ontario. At each open meet \$15 per lifter and \$20 per lifter at championship meets is allocated for drug testing. Has it been utilized?

**Discussion:**

*We don't have an invoice yet from CPU/CCES to understand costs, expenses.*

**No further action at this time**

#### 7.7 Addition of a Competition Scale to OPA Equipment (Robert Cilia)

Proposal that the OPA add to its current collection of competition equipment by providing its members with the ability to rent a scale for their meet. One of the biggest challenges for most meet directors is finding a professional scale. Almost every club renting equipment in the 2016 calendar year has been asking to also rent a scale. One of the most important aspects of our sport is the concept of weight classes, and having a proper scale for the members ensures, as best as we can, that proper equipment is being used on and off of the platform.

Please consider providing myself with a budget to find a scale, and I will gladly find the appropriate scale myself.

**Discussion:**

*Agreement in principle with proposal*

**Action: Further discussion to occur for purchase options.**

#### 7.8 OPA Bench press Championships (Mike Knott)

Should this event be kept as an open contest or should this be based on age to accommodate the split of the age championships. Refer to Article XVIII Provincial Championships, No. 1.

**Previously discussed under proposed constitution changes**

## 8.0 AWARD NOMINATIONS

### 8.1 Male Athlete of the Year

#### 1. Jerry Marentette (Mary Ann Kaczor)

I would like to nominate Jerry Marentette for the 2016 OPA Male Athlete of the Year. Jerry is an accomplished M3 lifter, who competed at Nationals in both the classic and equipped divisions, competing days apart; not an easy feat. He won his class in both divisions, qualifying him to attend Classic and Equipped Worlds.

At classic worlds, Jerry won his class, achieved a World record squat and total and was awarded 3<sup>rd</sup> for best lifter.

Jerry also won his class at Master Worlds (equipped) and was awarded 3<sup>rd</sup> for best lifter.

Congratulations to Jerry on such a successful year. He truly is an inspiration.

#### **Seconded and Passed**

Further mandate that OPA shall submit Jerry Marentette to CPU for CPU Male Athlete of the year.

### 8.2 Female Athlete of the Year

#### 1. Mary Ann Kaczor (Brandon Ward)

For the 2016 OPA Female Athlete of the Year, I am pleased to nominate Mary Ann Kaczor. Throughout the past year, Mary has competed at the 2015 Commonwealth Championships in Richmond, BC, where she earned a gold medal in the 72kg Women's Open Equipped Class, attaining gold medals in the Squat (182.5kg), Bench press (117.5kg) and Deadlift (182.5kg). Mary was also the 2<sup>nd</sup> best overall female equipped lifter at this competition and 3<sup>rd</sup> best overall female lifter of the entire meet.

In February, 2016, Mary competed at the CPU National Championships in Regina, SK where she competed in the M1 division in both the 72kg Classic and Equipped competitions. She placed 1<sup>st</sup> in both divisions and won the Best Master Female Equipped Lifter award and the Best Master 1 Female Classic Lifter award at that meet.

More recently, Mary competed at the 2016 World Masters Powerlifting Championships in Tallinn, Estonia. Here she placed 2<sup>nd</sup> overall in a very competitive Women's M1 84kg class, with a 185 kg squat (silver medal), 120 kg Bench press (bronze medal) and a 180 kg deadlift (gold medal). Most remarkable of these results is the fact that she went 9 for 9 on all of her attempts on that day, which any experienced lifter knows is a difficult feat to achieve under any circumstances, let alone at an international championship in a foreign country half-way around the world.

Throughout the past year, Mary has set a total of 15 M1 National Records. For women's M1 equipped, Mary set new records in the squat, bench, deadlift, total and Bench-only for both the 72kg and 84 kg classes. For women's M1 classic, Mary previously set new records in the squat, bench, deadlift, total and bench-only for the 72kg class.

She has also set new Commonwealth Records for the women's M1 84kg class in the squat and total.

For the reasons outlined above, please accept my nomination for Mary Ann Kaczor for the 2016 OPA Female Athlete of the Year.

**Seconded and Passed**

Further mandate that the OPA to submit Mary Ann Kaczor to CPU for Female Athlete of the Year.

### 8.3 CPU Bill Jamison Award

#### 1. Dr. Aras Kvedaras (Lisa Nigh)

Please accept my nomination for Dr. Aras Kvedaras as the recipient of the Bill Jamison Award 2017. Aras embodies the spirit of "Perseverance, Sportsmanship and Dedication to the Sport of Powerlifting".

Aras Kvedaras has been assisting and treating Powerlifting athletes for 12 years now. Although he is not a lifter, he is integral in the lifting community.

Aras is a Doctor of Chiropractic, and specializes in A.R.T. He has been to countless meets, from local to international meets. Most of his time is volunteered, often detracting from his personal time and on his own expenses. He has used his skills to assist not only lifters who utilize his services, but to all lifters who need immediate treatment while they are lifting in contest. He has a very positive perspective and encourages each and every lifter. He takes the time to understand and know the sport of powerlifting and offers support within the community. In fact, he has many lifters in a photo montage at his Hamilton office. He is very proud to be part of this community!

His work philosophy and description of what he does is: At the Active Relief Centre, we primarily use unique diagnostic methods. This is done through manual strength testing to determine which tissues are effected or failing. Once we have isolated the failing muscles and then determined why its failing, we can start to make a plan on how to resolve the problem. This leads to us using a variety of treatment techniques that specifically address the failing structures (active release technique, flexion distraction, joint manipulation, postural and nutritional advice, re-coordination exercises). Often, there is a partnership required in resolving a problem. This includes patient executed home care (ex: specific exercises, posture change, restrictions, etc.). Interestingly, once we determine the failing muscles, other compensatory muscles can be predicted. These often are the symptomatic structures but not the primary problem area and hence where other treatments fail. People focus too much on the trees and don't look at the forest. In other offices, treatment effect is very temporary or short lived and needs to be done indefinitely because they do not determine the cause.

Aras transfers this philosophy and knowledge in to the way he manages his volunteer time within the community of powerlifters treating them without compensation at meets. This is only to ensure the opportunity to the lifter to have the best possible opportunity at personal

bests in their individual lifts.

He has relentlessly given back to the sport of powerlifting. He is a true embodiment of the spirit of volunteerism. I believe that he is a perfect non-lifter member of the CPU that truly deserves and exemplifies the spirit of the Bill Jamison award.

**Seconded and Passed**

## 9.0 2017 CHAMPIONSHIP PROPOSALS

### 9.1 2017 Central Canadian Championships

- Victory Barbell (Maggie Rafferty): Ottawa, ON

**Proposal retracted – determined by CPU**

### 9.2 2017 Junior Provincial Championships

- Victory Barbell (Maggie Rafferty): Ottawa, ON

#### **Discussion:**

- Chris Fudge made a presentation on behalf of proposal:  
3-day event, 5,000 sq.ft venue  
Will learn from experience from 2016 and will be enhanced*
- Proposal with presentation submitted at the meeting by Barry Antoniow to host event in Oshawa, ON

### 9.2 2017 Open/Master Provincial Championships

- Sandro D'Angelo: Ottawa, ON

#### **Discussion and Action:**

2017 Junior Provincial Championships to be hosted by Victory Barbell (Maggie Rafferty/Chris Fudge in **Ottawa, ON**

2017 Open/Master Provincial Championships to be hosted by Sandro D'Angelo and Barry Antoniow in **Oshawa, ON**

**MEETING ADJOURNED**