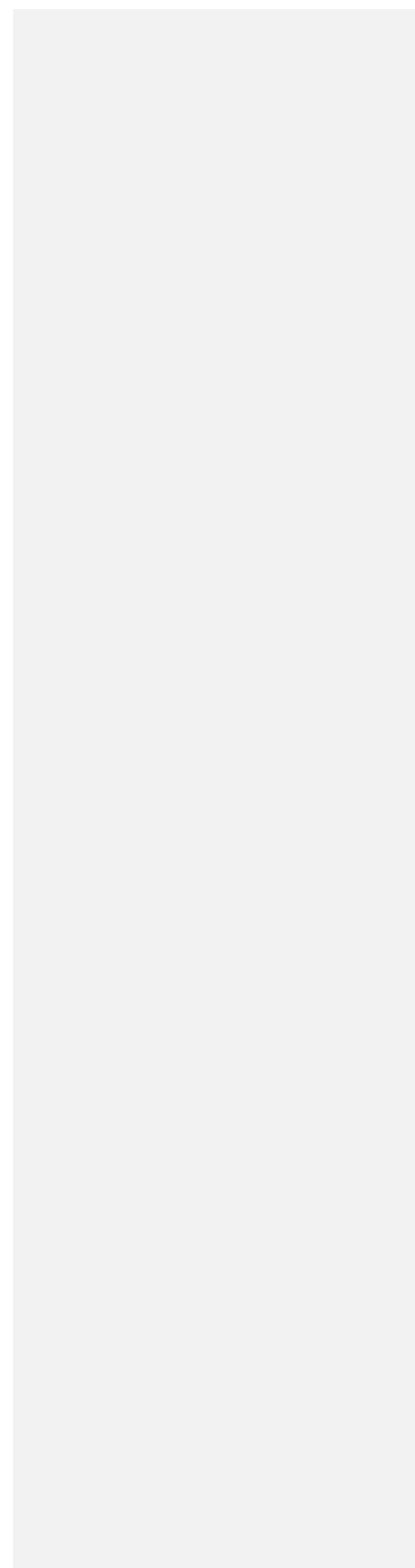


# Ontario Powerlifting Association 2015 AGM Agenda

---



### Board of Directors

Title	Name	Present Y/N
President	Julie Watkin	Y
Vice President	Maggie Rafferty	Y
Secretary	Trisha Boyle	N
Treasurer	Phil Plato	N
Registrar	Blake Giberson	Y
Referee	Michael Knott	Y
Newsletter/ Web	Julie Watkin	Y
Records	Mark Boyle	Y
Para Powerlifting	Eric Flemming	N

### Regional Chairperson(s)

Title	Name	Present Y/N
Northern	Ron Dillig	
Central	Frank Nadeau	Y
Eastern	Art Chan	N
Southwest	Jerry Marentette	N

**Comment [MB1]:** Pass last year's minutes.  
Propose Carol, second Doug, passed

## Agenda

Roll Call	Julie Watkin		
Reading of Minutes of Previous AGM			
President Report	Julie Watkin		
Vice President Report	Sandro D'Angelo		
Treasurer Report	Phil Plato		
Referee Report	Michael Knott		
Records Report	Mark Boyle		
Central Region Report	Frank Nadeau		
Proposals			
Discussion			
2014 Awards			
2015 Provincial Championship Proposals			

### Attendees:

Frank Nadeau
Maggie Rafferty
Chris Fudge
Nick Doelman
Michael Knott
Doug Bloch-Hansen
Mark Boyle
Craig Hirota
Mark Dawson
Mark Giffen
Linda McFeeters
Joanna Riber
Lynton Lam
James Abraham
Don Clarke
Adel Couchman
Sandro Dangelo
Leon Brown
Marlene Moore
Glyn Moore
Harnek S. Rai
Brandon Ward
Mary Kaczor
Carol Brady
Blake Giberson
Julie Watkin
Bill Jameson

*Motion to accept last year's minutes. Proposer: Carol. Seconded: Doug.*

***Passed***

## AGM Reports

### President's Report

2014 has seen continued significant growth in our association. We finished 2013 with an unprecedented 400 members. We finished 2014 with 540 members. We can only hope that we continue the trend. However, our growth has not been without some pains. With such

rapid and unprecedented growth, our membership has outpaced our infrastructure and we may take a bit of time to catch up.

Of key concern this past year was providing our members with enough meets for competition. Every meet last year was filled to capacity. We have had a number of new and vibrant clubs join our association and some of them have jumped in and begun hosting meets. Others have voiced their intention to do the same in 2015. Our veteran clubs have gone out of their way to mentor novice meet directors and get them on their way.

With the influx of so many new members it is incumbent upon the rest of us to not only welcome them but to also share our culture of participation and involvement. This culture was well demonstrated at our recent Classic Championship at which we witnessed many members from many clubs pitching in and making a great meet. It has also been my pleasure to see some new and new(er) members step into the breech and go above and beyond to ensure that we had a successful year.

I would like to thank everyone for all their efforts in 2014 and hope to have as much success in the coming year.

Julie

### **Vice President's Report**

2014 has been an exciting year for the OPA. The province hosted a very successful Nationals in St. Catharine's and continues to set the bar for well run meets. With a continually growing membership the province is trying to keep up with the demands of it's membership to host more meets. The 2015 meet calendar is well underway with the equipped provincials in January, a new university/college meet in February and Ottawa hosting two meets this year.

As the province moves towards a more streamlined registration system for memberships, meet registration and records applications, it is making it easier for members to sign up and compete. The executive, referees and meet directors have been working hard to ensure well-run meets and will continue to do so in the New Year. We are always looking for

volunteers and I would like to encourage our membership to continue to give back to the sport and volunteer.

The development of the Ontario tracksuits will be a great way for members to represent the province at national events. We will continue to sell the OPA t-shirts and I am currently looking into additional ways to generate funds to support our athletes and clubs.

I am excited for 2015 and the continued growth of the sport. I am always open to membership feedback and ideas.

## **Central Region**

### **Report 2014**

It was a busy year in the Central Region.

We had ten meets over all, with almost all reporting waiting lists. This is also including the Classic Championship, which eclipsed any Provincial Championship in Canada for attendance.

These meets and championships didn't just run themselves. Without our Meet Directors, and volunteers this would not be happening. The reason for our growth is due to our members who step up time after time, to provide what our lifters want. They want a place to compete. They want fair judging, and they want to be safe. Without that we will end up going backwards. So far we have been up to the task, but we all have to do more. We all have to ask our fellow club members to take the next step. We need more meets, in more regions. This way we can continue growing as a sport.

Stay Strong

Frank Nadeau

## **Referees Report**

### **Provincial Level II Referees this year**

Linda McFeeters  
Brandon Ward

### **Provincial Level I Referees this year**

Frank Nadeau  
Doug Block-Hansen

### **National Level Referees this year**

Ron Strong

Matt Cuthbert

#### Number of Referees

At present we have 29 active referees in Ontario, 2 IPF Level 1, 2 IPF Level 2, 10 National, 5 Provincial Level I and 10 Provincial Level II in Ontario at present.

#### Year at a Glance

With the number of Open Meets, along with High School Meets, and Provincial Championships at an all-time high and with the championships lasting several days this has been one of the busiest years,

#### Looking Ahead

For the new-year, I am already getting request for new referees and for some of the present referees to upgrade. Due to the number of meets increasing it is more important that we get new referees. I am continuing to hold referee seminars, and anyone is invited if they want to become a referee or not. It is always good to know what the referees are looking for.

We need to maintain the standards we have set. Going forward, when hosting a meet, the hosting team must provide a referee each day of a meet to work in whatever capacity is required. This is more imperative during championships with multiple day events.

I am at present working on computerizing the Provincial and National Referee's exams using a web based program provided by the IPF.

	Name	Level
1	Bill Jamison	I 1
2	Harnek Singh Rai	I 1
3	Lynton Lam	I 2
4	Michael Knott	I 2
5	Adele Couchman	N 1
6	Don Clarke	N 1
7	Glyn Moore	N 1
8	Jerry Marenette	N 1
9	Mark Giffin	N 1
10	Matt Cuthbert	N 1
11	Rick Gazdig	N 1
12	Ron Strong	N 1
13	Scot Seguin	N 1
14	Stan Goss	N 1
15	Doug Block-Hansen	P 1
16	Frank Nadeau	P 1
17	Julie Watkin	P 1
18	Lynda Squires	P 1

19	Maggie Rafferty	P 1
20	Art Chan	P 2
21	Blake Gibberson	P 2
22	Brandon Ward	P 2
23	Carol Brady	P 2
24	Chris Fudge	P 2
25	Hoi Leung	P 2
26	Linda McFeeters	P 2
27	Phillip Bjerring	P 2
28	Sandro D'Angelo	P 2
29	Trisha Boyle	P 2

### Record's Chairperson

I don't have much to report on this year as aside from the usual records being set there hasn't been many changes with regards to records being set. With the rapid growth of the sport, it is exciting to see "the bar" get raised fairly rapidly.

As we may be removing the fee for records going forward (following the CPU's lead) we will be losing one revenue stream for the OPA that generates several thousand dollars per year. I think we should keep this in mind when discussing various cost-cutting and revenue generating proposals at this meeting.

### AGM Proposals

Late Entry Proposal (necessary due to Phil Plato stepping down as Treasurer): Julie nominates Linda McFeeters as treasurer. Passed.

### Julie Watkin

### Proposal 1: Article XXII - Levels of Competition – Qualifying Totals

Rationale: Due to the number of members and the high caliber of competition brought by a higher population we propose raising all qualifying standards by 3-5%. See current and proposed increases below. In addition, raise the qualifying standards for junior lifters by one class. Based on totals achieved at the Classic Championship in November 2014, a 3% increase would result in a 13% decrease and 5% would result in a 17% increase.

**Comment [MB2]:** Linda McFeeters nominated as treasurer by Julie. Passed by vote.

**Comment [MB3]:** Seconded: Mark

Raise: Passed  
5% 14 for, 6 against, 6 abstain



**Current Standards: Men**

Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Elite	515	570	630	687.5	740	787.5	827.5	860	875
Master	472.5	525	577.5	632.5	680	722.5	760	790	802.5
Class I	407.5	457.5	510	565	615	657.5	695	720	730
Class II	360	402.5	447.5	495	542.5	580	610	635	642.5
Class III	312.5	350	392.5	432.5	472.5	505	535	555	560
Class IV	272.5	307.5	342.5	375	412.5	440	465	485	490
Class V	237.5	270	297.5	325	360	382.5	402.5	422.5	427.5

**Men Add 3%**

Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Elite	530	587.5	650	707.5	762.5	810	852.5	885	900
Master	487.5	540	595	650	700	745	782.5	815	827.5
Class I	420	470	525	582.5	632.5	677.5	715	742.5	752.5
Class II	370	415	460	510	560	597.5	627.5	655	662.5
Class III	322.5	360	405	445	487.5	520	550	572.5	577.5
Class IV	280	317.5	352.5	385	425	452.5	480	500	505
Class V	245	277.5	305	335	370	395	415	435	440

**Men Add 5%**

Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Elite	540	600	662.5	722.5	777.5	827.5	870	902.5	920
Master	495	550	605	665	715	760	797.5	830	842.5
Class I	427.5	480	535	592.5	645	690	730	755	767.5
Class II	377.5	422.5	470	520	570	610	640	667.5	675

Class III	327.5	367.5	412.5	455	495	530	562.5	582.5	587.5
Class IV	285	322.5	360	395	432.5	462.5	487.5	510	515
Class V	250	285	312.5	340	377.5	402.5	422.5	445	450

**Current Standards: Women**

Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Elite	297.5	315	340	365	395	435	475	497.5
Master	270	285	307.5	332.5	357.5	395	432.5	452.5
Class I	230	250	272.5	295	320	355	397.5	422.5
Class II	207.5	220	242.5	262.5	285	315	352.5	370
Class III	180	195	212.5	227.5	250	277.5	307.5	322.5
Class IV	155	167.5	182.5	195	215	237.5	265	275
Class V	132.5	142.5	155	165	182.5	202.5	227.5	232.5

**Women Add 3%**

Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Elite	305	325	350	375	407.5	447.5	490	512.5
Master	277.5	295	317.5	342.5	367.5	407.5	445	465
Class I	237.5	257.5	280	305	330	365	410	435
Class II	215	227.5	250	270	295	325	362.5	380
Class III	185	200	220	235	260	285	317.5	332.5
Class IV	160	172.5	187.5	200	220	245	272.5	282.5
Class V	135	147.5	160	170	187.5	210	235	240

**Women Add 5%**

Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Elite	312.5	330	357.5	382.5	415	457.5	500	522.5
Master	285	300	322.5	350	375	415	455	475
Class I	242.5	262.5	285	310	335	372.5	417.5	445
Class II	217.5	230	255	275	300	330	370	390
Class III	187.5	205	222.5	240	262.5	290	322.5	340
Class IV	162.5	175	192.5	205	225	250	277.5	290
Class V	140	150	162.5	172.5	192.5	212.5	240	245

Men's Required Totals	Equipped	Unequipped
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III <b>(Change to Class II)</b>	Class IV <b>(Change to Class III)</b>
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69	Class IV	Class V

Master 70+	None	None
Women's Required Totals	Equipped	Unequipped
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III (Change to Class II)	Class IV (Change to Class III)
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69	Class IV	Class V
Master 70+	None	None

**Comment [MB4]:** Seconded: Mark, Passed

*Seconded: Mark B*

*Passed (Includes the 5% increase and raising the qualifying standard by 1 level for Junior lifters)*

**Proposal 2:** If we proceed with increasing the qualifying totals within Ontario, we may also want to consider re-introducing the Intermediate meet as a stepping-stone to the championships. In the past, to qualify for Intermediates, lifters were required to have achieved class 3 plus 3%. We propose the same for equipped and class 4 plus 3% for unequipped.

**Comment [MB5]:** Seconded Mark G  
Passed Contingent upon Proposal 1  
Ultimately dropped

Add on (Mark G): Cannot have qualified previously in any weight class for the "normal" provincial championships.

*Seconded: Mark G*

*Passed. Includes Mark G's add on.*

### **Proposal 3:** Article XVIII - Provincial Championships

**Comment [MB6]:** Seconded Mark B  
Passed

#### Current:

1.) Open/Masters/Juniors/Sub-Juniors (Men and Women Equipped) will be held over a 2-day period (Saturday/Sunday) to be held no earlier than the 2nd weekend of January and no later than the 1st weekend in February. The Equipped Provincial Bench-press Championships will also be held at this contest. The AGM will be held in association with this meet.

2.) The OPA Classic Championships and Men's/Women's Classic Bench-press will be held between the 1st weekend in November and the 4th weekend in November.

Change to: 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.

Junior and Sub-junior classic will be held in September or October.

Rationale: Due to the increase in the number of lifters in the Classic division, the equipped championship as diminished to the point where it is difficult to run as a stand-alone event. In addition, by combining the two with the AGM, we can facilitate greater member participation. Having the AGM in November means that any major/fee changes made are not held from January to January but from November to January.

Based on most recent contest participation, 45% of lifters were junior/sub-junior and 55% were open/master. By splitting the groups by age you maintain a contest that would be more manageable. In addition, by splitting it by age, you can select a time for the juniors/sub-juniors that does not impact school schedules.

*Seconded: Mark B*

*Passed*

### **Proposal 4:** Article XIX - Provincial Records

**Comment [MB7]:** Seconded Carol Brady

Includes 7 day limit, still \$5 per certificate  
Passed (Unanimous)

Need to clarify about this year's equipped championship

Current: The cost of the record application is now \$75.00 regardless if you are or are not drug tested. If applying for an Ontario record or both Ontario and Canadian Record the cost is the same. As far as Canadian records are concerned they 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.

Change to (Remove record fee): If applying for an Ontario record or both Ontario and Canadian Record the cost is the same. As far as Canadian records are concerned they are adhering to the 7-day time limit. If they have not received your application within 7 days you lose your chance to claim the accomplishment.

Rationale: Current records do not accurately reflect best lifts due to the cost imposed to pay for a record. The original intent of the record fee was to offset potential drug testing for record setting. Since we no longer have mandatory drug testing for records, this fee should be removed and applied elsewhere.

*Seconded: Carol Brady*

*Passed. Includes change in time limit from 21 days to 7 days.*

#### **Proposal 5: Article XXIV - Fees**

##### **Fee Schedule:**

##### **Current Fees:**

- 1) Individual registration - \$70.00 (No late fee)
- 2) Student, Special Athlete, or Paraspport Athlete- \$50.00

Change to:

- 1) Individual registration - \$45.00 (CPU portion) + \$40.00 (OPA portion) = \$85.00 (No late fee)
- 2) Student, Special Athlete, or Paraspport Athlete- \$45.00 (CPU portion) + \$20.00 (OPA portion) = \$65.00

Rationale: CPU membership fee to the provinces went up \$10 in 2015. \$5 was planned for inflation. \$5 was added to replace national record fees. Of the proposed \$15 increase for OPA membership, \$10 is to cover cpu increases. \$5 is to replace Ontario record fees. In addition, the phrasing of the membership fee structure should be broken out to show both CPU and OPA portions of the cost. With the new on-line registration through the CPU, all memberships will show this type of fee structure and it will be less confusing if it is done similarly.

*Seconded: Craig Hirota*

*Passed*

#### **Proposal 6: Article XXX - Contest Sanctions #4**

Current: Competitions within Ontario will not be sanctioned within 21 days of each other unless the majority of the executive votes to allow an exception (i.e. Toronto Super Show). Sanctions will be allowed on a first come first serve basis

Change to: 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

**Comment [MB8]:** Seconded by Craig  
Passed

**Comment [MB9]:** Seconded Craig  
Passed  
14 and 7 days instead of 21 and 7

Rationale: Due to the number of members we have, all meets have been filling up with waiting lists. In order to accommodate more meets, we will have to have more meets closer together.

*Seconded: Craig Hirota*

*Passed. Time limit is now 14 days for in-region, 7 days for out of region.*

**Proposal 7:** Article XXX - Contest Sanctions #8

**Comment [MB10]:** Tabled until November

Current: All contest fees will include a \$5 per lifter fee that will go directly to the OPA for drug testing.

Change to: All open meet contest fees will include a \$10 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.

Rationale: With current drug testing fees of approximately \$850 per test we would need 170 lifters to finance one test. With so many new lifters becoming members of our association and expecting a drug-tested federation, we must begin to commit more of our funds to that end.

Recommendation: Rather than expecting meet directors to bear the brunt of any increases, I suggest restructuring our contest entry form(s) so that the layout is similar to those of national championships. For example:

Meet Fee: \$70.00

Drug Testing Fee: \$10.00

Total: \$80.00

Each contest entry form will have an automatic \$10 for lifters to add to the meet fee. It is important that we highlight this fee; state it's use and become far more vocal regarding our drug testing. Add something along the lines of *"The OPA and CPU follow the rules and regulations of the World Anti-Doping Agency (WADA). By competing in this competition, you accept the possibility of being selected for drug testing. Entry fee includes drug-testing fee."*

*Tabled until November meeting as all monetary proposals won't take effect until after then anyway.*

**Proposal 8:** Allocation of membership fees.

**Comment [MB11]:** Withdrawn

Recommendation: We currently have no structured allocation of membership fees. The recommendation is to begin allocation of \$3/membership fee towards drug testing starting January 2015 and \$5/membership fee January 2016. This is not an increase in fees. This means that for every fee we receive, \$3 is automatically ear marked for drug testing.

*Withdrawn.*

**Mike Knott**

**Proposal 1:**

ARTICLE V - General Provisions

4. The official journal of the O.P.A. is the "Ontario Powerlifting News", which will be published throughout the year. The official form of communication is the website [www.ontariopowerlifting.org](http://www.ontariopowerlifting.org) with a periodical publication of the newsletter.

**Comment [MB12]:** Newsletter part to be removed as this no longer applies

Has the news been published and do we need to adjust this article?

*Passed as newsletter is no longer published.*

**Proposal 2:**

**Comment [MB13]:** Phil Plato has a related proposal Phil's proposal will be voted on with this.

ARTICLE XXVI - Travel / Accommodations / Expense Reimbursement

Seconded Mark  
Passed

Referees:

- i) Within 30 days of the Competition and upon submission of receipts to the treasurer on the appropriate completed O.P.A. Expense form, via Mail, or E-Mail, referees will be eligible for:
  - (a) \$35.00 per session officiating at
  - (b) Travel over 100 Km – 0.20 ¢ per Km (This is counted from the first KM, so the entire distance is covered)
  - (c) Travel over 100 Km – Hotel up to the rate of the Meet Registered Hotel Cost per night refereeing, or less if the room is less than the Meet Rate. If no meet hotel is specified, then the amount is \$100 per night.
  - (d) Refereeing at the Nationals or Internationals \$200.00 to help offset travel expenses.

Add

- (e) Travel will only be paid for Referees that are sitting as Referee's, TC and Jury, if the referee is only doing Equipment Checks and Weigh In they will be paid \$35.00 only.
- (f) (added in meeting) The Referee chairperson must approve all referee expenses.



*Seconded: Mark B*

*Passed. Includes both of Phil Plato's proposals as well.*

**Proposal 3:** AWARDS:

3. At all O.P.A. competitions there must be a team award. All teams include men and women with the exception of Ontario Men's and Ontario Women's.

Change to:

At all OPA competitions including the Provincial Bench, Classic and Equipped there will be a team award.

Having separate men's and women's team awards prevent all team members from participating. If a team consist of 7 men and 1 woman, and the team won the Men's team the 1 woman would be left out, as it would the other way around, but if the team consist of both men and women then they can all share in the team experience.

During regular meets the teams are combined men and women and as such the championships should not segregate them during the championship competition.

*Seconded: Mark B*

*Passed*

**Proposal 4:** ARTICLE XVIII - Provincial Championships

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

- 1) Open/Masters/Juniors/Sub-Juniors (Men and Women Equipped) will be held over a 2 day period (Saturday/Sunday) to be held no earlier than the 2<sup>nd</sup> weekend of January and no later than the 1<sup>st</sup> weekend in February. The Equipped Provincial Bench-press Championships will also be held at this contest. The AGM will be held in association with this meet.
- 2) The OPA Classic Championships and Men's/Women's Classic Bench-press will be held between the 1<sup>st</sup> weekend in November and the 4<sup>th</sup> weekend in November.
- 3) Cut-off date for all Provincial Championship applications is (3) THREE weeks prior to competition.

**Comment [MB14]:** Seconded Mark B  
For 20  
Opposed 3  
Abstain 2  
Passed

**Comment [MB15]:** Withdrawn as similar  
proposal passed

- 4) 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)

Due to size of championships we need to address size and time. Open to suggestions.

Bench now have standards for age and as such we may need to change to compete at individual age levels.

*Withdrawn as already covered by Julie's proposal.*

#### **Proposal 5:** INTERNATIONAL RECORDS

**Comment [MB16]:** Just clean up so passed

All provincial records set at an international competition must follow the same procedure as set out in **Article XIX**.

Article title needs to be changed to **RECORDS SET OUTSIDE PROVINCE**.

*Passed as just a clean-up.*

### **Linda McFeeters**

#### **Proposal 1:** Article XXX – Contest Sanction

**Comment [MB17]:** Second Joanna Passed

Section 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.*

-While having a referee per team should be encouraged, it should not preclude a team's ability to host a meet.

Clubs may arrange to have an outside referee represent them but the expectation is that they make every possible effort to develop their own referees.

*Seconded: Joanna Rieber*

*Passed*

**Proposal 2:** Section 4 – *to strike out* the disallowance of meets held within 21 days of each other. With the amount of lifters in the province, meets should be encouraged. *To adopt* the qualification that no meet locations be sanctioned if held on the same day and the venues are less than 200 miles apart.

**Comment [MB18]:** Related to Julie's Proposal 6

*Withdrawn as already covered by Julie's proposal.*

**Proposal 3:** Article VXIII – Provincial Championships

To add a Section 5

- A championship contest proposal and ensuing meet can be made by an individual and/or team. Championship meets may be arranged by either a group of individuals as part of a committee to be determined by the meet director and/or a sanctioned OPA team.

**Comment [MB19]:** Withdrawn as more for a discussion point

*Withdrawn as mainly for discussion purposes.*

**Proposal 4:** Addition – Article XXXI

- Volunteers – OPA members that volunteer at meets shall be awarded 10 points, per meet, in whatever capacity they are asked to volunteer in. Each point shall be equivalent to \$1.00 that can be used towards payment or partial payment towards an upcoming meet that they may enter. Points are good for 24 months from the first meet in which they volunteered. Meet director is responsible for forwarding the volunteer names to their regional chairperson who shall be responsible for the administration of the point system.

**Comment [MB20]:** Withdrawn

*Withdrawn*

**Frank Nadeau**

**Proposal 1:** ArticleVII #2 Proxy voting to be allowed.

**Comment [MB21]:** Tabled until November

This is important for all of our members to be able to vote on our constitutional changes. Not everyone can come out to an AGM, and frankly with our growth, it would be very difficult to have 500 members in a room even if they could all show up. Many corporations allow shareholders to vote by proxy, and the Government is even looking into online voting so more people can make choices in a more convenient manner.

*Tabled until November.*

**Proposal 2:** ArticleXVIII

Change both Equipped and Classic to one Provincials, and move them and also the AGM to November. This is to facilitate, a better system for our Provincial Championships. We did not have any clubs come forward to put on the Equipped Provincials in 2015, and I cannot think of any other way to do this, but something has to change. The change in the time of year is based on my observation that we have less equipped lifting, so to move the equipped lifting, we should move towards the unequipped date, and more participation at the AGM. Also with a late January date as we have had, we have a greater chance of bad weather.

*Withdrawn as already covered.*

**Proposal 3:** ArticleXXX #7 One coach per lifter in the warm up area. The Meet Director will provide a stamp, badge or wristband, to show that it is a coach, and not just a friend or family

**Comment [MB22]:** Seconded Marlene Passed

member etc. We have way too many entourages in the warm up area and no way to see who is a coach. This would alleviate crowding, which is a safety issue. The coach must be an OPA member.

*Seconded: Marlene Moore*

*Passed*

**Proposal 4:** Article XIX Provincial Record fee should be removed, as CPU has eliminated this fee for National records.

**Comment [MB23]:** Withdrawn

*Withdrawn*

**Proposal 5:** Remove references to Newsletter. We do not use the Newsletter anymore, and the website, and the Facebook Group are now our main methods of communication.

**Comment [MB24]:** Withdrawn

*Withdrawn*

**Proposal 6:** We should be implementing any increases that we are charged by the CPU to our membership costs in the year that these costs affect us, not the next year. We should not have to absorb these fees for a year. This sort of goes with the November AGM, as we already would know of any increases before January 1<sup>st</sup>.

**Comment [MB25]:** Withdrawn

*Withdrawn*

**Mark Boyle**

**Proposal 1:** Eliminate the separate Men's and Women's Best Team awards and have just a single combined Best Team award.

**Comment [MB26]:** Withdrawn as the same as Mike Knott's proposal

Reason: Teams train together as a group. Having them compete together as a group is more unifying. Also, slightly less cost for the meet director.

*Withdrawn as already covered*

**Phil Plato**

**Proposal 1:** For travelling to all meets, referees are encouraged to share travel and accommodations. If travelling by car and with at least one other referee, the per km reimbursement will be increased to \$0.30/km roundtrip. For hotels rooms when sharing with at least one other referee, the maximum will be increased to \$150 per night (or the amount paid, whichever is less).

**Comment [MB27]:** Both proposals passed along with Mike's ref expenses proposal

**REASONING** – currently the constitution is silent on this. If referees carpool, they can each claim travel at \$0.20/km, and it would technically be within the rules. Also, if we get two referees to carpool, we would save \$0.10/km roundtrip on reimbursements (2 x\$0.20 versus 1x\$0.30)

*Passed (voted on simultaneously with Mike Knott's proposal)*

**Proposal 2:** For meets where a referee also lifts, they will not be entitled to hotel for that night if a multiple night meet, and if only a single day meet, they will only be eligible to claim the \$35 referee fee. No travelling expenses will be reimbursed.

**REASONING** – currently we have competitors/referees who compete in the morning and referee 1 session in the afternoon (or vice versa) and then claim all travel expenses available (hotel, travel @ \$0.20/km). If lifting the same day, they would be travelling to the meet regardless, and if far enough away (over 100km, where they could claim a hotel), they would likely be staying the night before anyways.

*Passed (voted on simultaneously with Mike Knott's proposal)*

## Maggie Rafferty

**Proposal 1:** Allow Lifters to compete if they miss 3 attempts

Every province in Canada except BC and ONT allow their lifters to continue to lift if they miss 3 attempts at 1 lift. I propose we follow suit as done by all other provinces and the IPF and allow lifters to continue to compete in the meet however are not eligible for any records, or a total or a medal.

*Withdrawn as this rule is at the CPU level.*

**Comment [MB28]:** Withdrawn as this is a CPU rule

## Nominations

**Mike Knott (Bill Jamison) by Julie Watkin**

For Bill Jamison Award at national AGM, Mike Knott

*Seconded: Carol Brady*

*Passed*

**Comment [MB29]:** Seconded by Carol Brady

**Erik Willis (?) by BW (not sure who this is)**

Erik Willis - award not given, I assume Male athlete of the year

He holds National records in the 105kg group

He holds National records in the 120kg group

He's only been at this for two years. Prior to powerlifting, he was a marathon runner.

He put together the team at Carleton University where he IS an Aerospace engineer getting his Masters in Electrical Engineering. He passes on his knowledge and helps coach and encourage anyone he can. He really, really wants to help make Powerlifting an Olympic sport. He does articles for his school paper and others on Powerlifting.

### **Chris Fudge (Male AOY) Phil Plato and Maggie Rafferty**

Phil: I would like to nominate Chris Fudge as OPA male athlete of the year. Chris not only won the 83kg open weight class at nationals this year but he was also the only male athlete to represent Ontario at the Open World Equipped Championship in Denver Colorado.

Maggie: For the 2014 year I would like to nominate Chris Fudge. Chris has competed in a number of meets as well as Nationals and worlds. He is an excellent ambassador of the sport, coaching new athletes, refereeing and providing support at a large number of meets. Chris has also developed and taught an Introduction to Powerlifting Course for personal trainers, resulting in both new coaches and athletes. Chris is committed to the development of the sport and works tirelessly to recruit new members and ensure the success of current athletes. Chris is a true representative of the sport and continually educates himself to become a better coach and athlete.

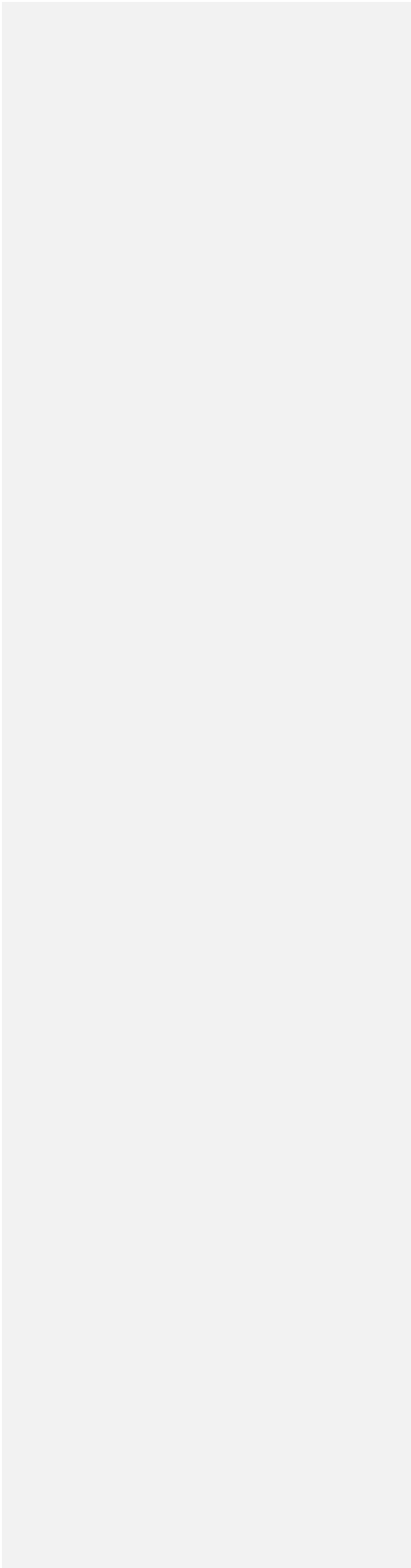
*No lifter selected for Male Athlete of the Year*

### **Provincial Bids**

Glyn Moore would like to bid for the new Junior championships. The executive will review his proposal when it is ready.

Sandro submitted bid for Open/Masters – This will be re-done to reflect the changes made to the provincials schedule at this meeting.

**Appendix: Financial Statements**



**ONTARIO POWERLIFTING ASSOCIATION**  
STATEMENT OF INCOME AND MEMBERS' EQUITY  
YEAR ENDED DECEMBER 31, 2014  
(unaudited)

1

	2014	2013
<b>REVENUE</b>		
Club fees	\$ 1,180	\$ 740
Contest sanctions	324	370
Membership	33,960	26,395
Drug fee	2,235	2,280
Miscellaneous	99	261
Provincial medals	340	1,520
Records	1,685	1,390
Toronto Super Show	4,750	4,420
T shirts	1,115	975
	<b>45,968</b>	<b>38,351</b>
<b>EXPENSES</b>		
Athlete travel	1,000	2,900
Bank charges	209	107
CPU membership fees	19,425	13,745
Drug testing fees	1,691	-
Insurance	810	383
Medals and trophies	712	640
Office	1,008	1,757
Referees	10,736	6,414
Toronto Super Show	3,063	2,872
Toronto Super Show referees	1,100	330
T shirts	428	-
	<b>40,182</b>	<b>29,148</b>
<b>NET INCOME</b>	<b>5,806</b>	<b>9,203</b>
<b>MEMBERS' EQUITY, BEGINNING OF YEAR</b>	<b>20,602</b>	<b>11,399</b>
<b>MEMBERS' EQUITY, END OF YEAR</b>	<b>\$ 26,408</b>	<b>\$ 20,602</b>



# ONTARIO POWERLIFTING ASSOCIATION

BALANCE SHEET  
DECEMBER 31, 2014  
(unaudited)

	2014	2013
<b>ASSETS</b>		
Current assets		
Cash	\$ 22,017	\$ 7,775
Accounts receivable	3,122	4,162
OPA medals on hand	2,013	1,265
T shirts on hand	311	-
Prepaid expenses	-	11,025
	<u>\$ 27,463</u>	<u>\$ 24,227</u>
<b>LIABILITIES</b>		
Current liability		
Deferred revenue	\$ 1,055	\$ 3,625
<b>MEMBERS' EQUITY</b>	<u>26,408</u>	<u>20,602</u>
	<u>\$ 27,463</u>	<u>\$ 24,227</u>

# ONTARIO POWERLIFTING ASSOCIATION

STATEMENT OF CASH FLOWS  
YEAR ENDED DECEMBER 31, 2014  
(unaudited)

	2014	2013
<b>OPERATING ACTIVITIES</b>		
Net income	\$ 5,806	\$ 9,203
Changes in non-cash operating assets and liabilities		
Accounts receivable	1,040	1,600
OPA medals on hand	(748)	545
T shirts on hand	(311)	1,998
Prepaid expenses	11,025	(6,950)
Deferred revenue	(2,570)	415
<b>INCREASE IN CASH</b>	<u>14,242</u>	<u>6,811</u>
<b>CASH, BEGINNING OF YEAR</b>	<u>7,775</u>	<u>964</u>
<b>CASH, END OF YEAR</b>	<u>\$ 22,017</u>	<u>\$ 7,775</u>