

Ontario Powerlifting Association Annual General Meeting 2012

Board of Directors

Title	Name	Present Y/N
President	Glyn Moore	
Vice President	Stan Goss	
Secretary	Trisha Boyle	
Treasurer	Jackie Pritchard	
Registration	Blake Giberson	
Referee	Michael Knott	
Newsletter/ Web	Julie Watkin	
Records	Mark Boyle	

Regional Chairperson(s)

Title	Name	Present Y/N
Northwest		
Northeast		
Eastern	Sandro D'Angelo	
Southern	Jerry Marentette	

Agenda

Roll Call	Glyn Moore		
Reading of Minutes of Previous AGM			
Presidents Report	Glyn Moore		
Treasurer's Report	Jackie Pritchard		
Registrar's Report	Blake Giberson		
Referee's Report	Michael Knott		
Website/Newsletter Report	Julie Watkin		
Executive Elections			
Proposals			
2011 Male and Female Lifters of the Year			
2011 OPA Team of the Year			
Nomination for Bill Jamison Award			
OPA Recognition Award			
Club with Most New Members			
2013 Provincial Championship Proposals			

Roll Call

Presidents Report

Treasurer's Report

Registrar Report

Referees Report

2011 was a very good year for recruiting new referees and having the more experienced referees advance.

I would like to thank the new referees, Julie Watkin, Frank Nadeau, Maggie Rafferty, Chris Fudge. Stan Goss passed his National Referee exam. I passed my International Level 2 and Harnek Singh Rai passed his International Level 1.

With the changes in weight class and the addition of Classic lifting and the requirement of 3 National Referee's for National records it has been challenging trying to get this level of referee at all meets. Due to the extra load I expect with the addition of Classic I will be trying to recruit more referees specifically in the regions that lack referees as I can ask referees to travel but they are not required to travel out of their regions.

Working with John Stevenson and Bill Jamison, I have a powerpoint presentation to run the referee seminars. Going forward I plan to hold several referee seminars over the year. The first seminar for 2012 held Friday 20th Jan at the Provincials.

I have plans to hold one at London, and will be looking to hold one in Northern Ontario some time in 2012 as well.

Working with Bill we have put together a standard referee exam for National Level, and Provincial Level that Bill as the National Referee Chair wants to provide to all Provinces in order to standardize across Canada.

I will be keeping track of Referees attending Seminars as this will be part of their ongoing certification maintenance. Bill and I have discussed this with John Stevenson and attending these seminars will count towards their International qualifications. (This is in the works and we hope the new head of the IPF Technical Committee will agree with us).

Michael Knott
Referee Chairperson

Website/Newsletter Report

OPA website maintenance changed hands March 1, 2011. Since that time, updates for results, records and information pertaining to the OPA have happened in a timely manner. Typically, updates happen in less than 24 hours.

Since the change over, we have been tracking site traffic. On average, there are 800 visitors to the site each week. Most of the hits are repeat visitors. Given the size of our membership, this is good news because that means that our members are looking to the site for updates and information and using it as a means to stay abreast of current information.

In November, to cut costs, we changed providers and format again, allowing people to 'join' the site much like the CPU which allows partial participation in the form of comments on posts and information. We have the capability for forums should we decide to move in that direction in the future. At the moment, we have set up a private forum for the executive to allow private discussions on matters relevant to the executive.

As of January 19, we have 56 subscribers to the electronic format of the OPA newsletter.

Exective Elections

Nominations

President

Frank Nadeau – nominated by Julie Watkin

Dave Hoffman – nominated by Dave Hoffman

Vice President

Sandro D'Angelo – nominated by Sandro D'Angelo

Glyn Moore – nominated by Marlene Moore

Proposals

Proposal 1 – submitted by Bill Jamison and Harnek Singh Rai
Amendment to Article V # 2.

The voting council consists of the President, Executive Vice President, Treasurer, Administrative Secretary, and the Vice Presidents (Provincial Presidents).

Amendment to the Voting Council: The voting council should consist of the Vice Presidents (Provincial Presidents) only with the President having the deciding vote in case of a tie.

Reason: At the provincial level all CPU members have a voice concerning the running of the CPU through their provincial presidents (CPU Vice Presidents). The positions of Executive Vice President, Administrative Secretary and Treasurer already have a voice as individual members through their provincial presidents. Giving special voting rights to these three positions can take away from representation of all the provinces as the positions represent one individual and not the members of a province

Proposal 2 – submitted by Bill Jamison
Set up committee for the Toronto Pro Super Show

Reason: Our involvement with this sports show has given us a lot of exposure. I have been in contact with Ron Heche the organizer and he is looking forward to working with us this year. Their first general meeting is scheduled for early February. We should have a committee in place to deal with this organization so that everything is dealt with in an orderly and timely fashion.

Proposal 3 – submitted by Bill Jamison
Discuss highschool, college and university Powerlifting Discuss highschool, college and university Powerlifting

Reason: To expand Powerlifting in these areas.

Proposal 4 – submitted by Bill Jamison
Discuss our relationship with special groups (mentally and physically challenged).

Reason: Better communication with these Groups.

Proposal 5 – submitted by Mark Boyle

I would like to propose that if a contest has both a classic and an equipped division, then there only has to be a prize for first place in a weight category rather than the first three finishers. This would help keep expenses in line for contest organizers.

Proposal 6 – submitted by Frank Nadeau

All lifters need to post a total at the Provincial Championships to qualify for Nationals. The only exception would be either as meet director, or exemption by the executive.

Proposal 7 - submitted by Frank Nadeau

All meet directors will provide a list of lifters to officials doing equipment checks or marshalling to indicate which lifters are equipped or classic. This provides the officials the appropriate tools to properly monitor the different styles and equipment choices

Proposal 8 – submitted by Julie Watkin

Change in method of distribution of the OPA newsletter from hard copy standard mail to electronic email. I propose we publish one more newsletter in the traditional format with a negative option of receiving the newsletter through traditional means. By this, I mean that it is assumed that everyone will receive the newsletter by electronic means unless I am contacted directly and told that they wish to receive a hard copy.

Proposal 9 – submitted by Sandro D'Angelo

OPA membership fees to be reviewed and increased in order to recover the additional increase from the CPU.

Proposal 10 – submitted by Sandro D'Angelo

Raising additional monies for the OPA - to look at additional advertising on the OPA website and what is the fee structure.

Proposal 11 – submitted by Sandro D'Angelo

High School Meets - promoting the OPA and powerlifting through the high schools and updating the OPA brochure to include the revised weight classes and the addition of classic lifting.

Proposal 12 - submitted by Sandro D'Angelo

Liability Insurance and sanctioned OPA meets. I understand that we have lifters sign waivers - but I know for one that as a meet director I entrust that the OPA sanctioned meets will be covered by OPA liability insurance. Can we review this issue and verify that in fact this is the case and if this is not the case then review the process / procedure with respect to the responsibility of liability insurance for OPA sanctioned meets.

Proposal 13 - submitted by Sandro D'Angelo

Number of Classic meets that we would like to run in 2012 and Classic Provincials. With the increase popularity in Classic lifting and meets from other federations (100 % Raw) if we do not address this issue very quickly by offering some additional OPA Classic meets and then an OPA Classic Provincial - I think we will eventually be losing members to these other federations. Also suggest that the Classic provincials run in conjunction with the equipped provincials.

Proposal 14 - submitted by Sandro D'Angelo

The possibility of the meet director be able to issue a limited number of CPU membership cards the day of the meet.

Proposal 15 – submitted by Mike Knott

I recommend that we adopt the IPF rules for equipment which includes knee sleeves. This was mentioned at the last meeting but at that time IPF had not made the decision.

Proposal 16 – submitted by Mike Knott

I would also recommend that we retire the Intermediate Championships and replace them with the Classic to be held in conjunction with the Provincial Bench Championships. In order to have time before the National Classic, we will need to probably move them to earlier in the season, say between Sep, and Oct so lifters can make the Nationals. We may want to have the OPA President take to the CPU that the Canadian Classic cannot be held at the same time as the World Open and may need to be moved to the end of Nov.

2012

28 Aug – 02 Sep,	World Junior, Sub-Junior
02 – 07 Oct,	World Masters
05 – 11 Nov,	World Open
10 – 12 Nov,	Canadian Classic

2013

27 Aug – 01 Sep,	World Junior, Sub-Junior
23 – 29 Sep,	World Masters
05 – 10 Nov,	World Open

Just to look at the dates being used at this time

Proposal 17 – submitted by Mike Knott

I would like to submit a clean-up in the constitution and on the Web Site to change the ARTICLE XXII - Levels of Competition

The Ontario Powerlifting Association sanctions the following Championship Contests:

Men's Intermediate	Women's Sub-Juniors
Men's Sub-Juniors	Women's Juniors
Men's Juniors	Women's Open
Men's Open	Women's Masters I, II, III
Men's Masters I, II, III, IV	Women's Bench Press
Men's Bench Press	

Remove Intermediates, and Add Classic

Change dates and competitions are held

QUALIFYING TOTALS:

To either include the new standards or just to state that we follow the CPU Standards and point to their Web Page.

Proposal 18 – submitted by Mike Knott

Discuss possibility of minor executive position of Technical Writer

Proposal 19 – submitted by Dave Hoffman

Discuss Bench-Only qualifying standards for Masters lifters. For example, a male MIII has to lift the same as an Open male to qualify for Provincials. Would like to bring to CPU.

Male and Female Lifters of the Year

Female

Grace Bartel

Sarah Leighton

Male

Patrick Hartwick

Glyn Moore

David Walters

Grace Bartel – nominated by Glyn Moore

She did make the Nationals and Worlds under very adverse conditions and the battle is becoming more serious by the the week it appears

Sarah Leighton – nominated by Julie Watkin

Apart from her final 2011 meet in Pilsen, Sarah has had a very solid year and remains the top female lifter in Ontario. Apart from her excellent results, she continually inspires other women to become involved in the sport. In the past year, she has trained Jayne Major who is quickly becoming a good lifter thanks to Sarah's coaching. In addition, she contributes outside the OPA with strength events in her own gym. While this may not fall under the OPA 'sanction', there can be no doubt that Sarah is committed to strength sports and her positive demeanor and willingness to help only underscore her contribution as a lifter.

Patrick Hartwick – nominated by Mike Knott

Patrick had several very good championships, as well as finishing well in the Ottawa Open. As Master 3 he won the Provincials, Nationals, and World Masters last year in his division with some very impressive numbers.

Provincials

Patrick Hartwick

M-M3

667.5

401.902

1-M-M3-105-PL

Nationals

Patrick Hartwick

M-M3

682.5

413.117

1-M-M3-105-PL

Ottawa Open
Patrick Hartwick
M-O
630.0
388.647
1-M-O-105
World Masters
Hartwick Patrick
M-M3
685.0
423.20
1-M-M3-105-PL

Glyn Moore – nominated by Matt Cuthbert
Glyn won nationals, set 3 Canadian Records and Best lifter Masters 3. At worlds he Set 3 World records, won the Masters 3 74kg class and Best lifter Masters 3. NO other Canadian set 3 records. In addition these records set in the new weight classes would have exceeded the retired records.

David Walters – nominated by Julie Watkin
Who can argue with the results of this year's Worlds Masters Championships? Dave, although not the favourite to win, pulled out on top in one of the most exciting battles of the meet. In the few years that he has been lifting, he has been consistent and he pulled out the highest wilks of all the men in Ontario this year. Additionally, Dave takes time to coach what is probably Canada's largest high school powerlifting team. Without people like him, getting younger people moving into our sport, we wouldn't have much of a sport.

OPA Team of the Year

Nomination for Bill Jamison Award

OPA Recognition Award

Club with Most New Members

Niagara, Iron Works, Power Pit all had 3 new members

2013 Provincial Championship Proposals