

Minutes for PEI POWERLIFTING ASSOCIATION

Call to Order

An annual general meeting of PEI PLA was held on December 12, 2015 at 40 Enman Crescent, Charlottetown, PEI-room 221. It began at 2:10pm and was presided over by John MacDonald, President with Jillian Sproul, acting as secretary (in Sam Arsenault's absence).

Attendees

PEI PLA members in attendance included:

John MacDonald, Justin Smith, Tyler Ramsay, Jillian Sproul, Charlene DesRoche, Morgan Johnston, Heather Ayles, Jill MacFarlane, Ashley Walker

Executive Members not in attendance included Sam Arsenault, Natasha Dunn

Officers' Reports

Presidents Report was presented by John MacDonald. (Attached)

VP/Officials Chairperson report was presented by Justin Smith. (Attached)

Financial report was presented by Tyler Ramsay. (Attached)

Other Reports

Jillian Sproul reported that the not for profit status of PEI PLA has been confirmed.

New Business

1. High School Powerlifting Update:

Goal to bring high school lifters into PEIPLA. John and Justin have been making efforts to support funding for singlets (school uniform sets). They met with Jerry Coady to discuss. Slim possibility that he may be on-board with it, not for 2015-16 school year but maybe in the future.

Proposal to host a "Junior/Sub-Junior Provincials for the High School kids (and would include the UPEI lifters) might encourage participation of the high school lifters.

ACTION: A newsletter will be created monthly (or bi-monthly) and will be distributed to Jerry Coady to send out to High School kids and parents. Secretary will be responsible to prepare the newsletter (To be approved by President/VP).

2. **2016 Open and Master Provincials Championships:** will be moved to Fall 2016. This is due to CPU Nationals being moved to Feb 2016, having our provincials in January would not allow competitors to register for Nationals even if they qualified as entry deadline in Dec 31, 2015.

- a. Proposal to host the Junior/Sub-Junior Provincials will be evaluated by John and Justin and a decision will be made before February. (Possible date is April 2016).

3. 2015 Promotion of the sport of Powerlifting on PEI:

- a. Seminars presented this year in Montague and Morrell have been successful at bringing in new members (see Presidents report).

- b. Goal to continue offering “Intro to Powerlifting” seminars through 2016.

ACTION: Prepare a flyer with details of seminar and do a mail out to gyms on PEI to get our message out. Secretary will prepare with assistance from President and VP.

- 4. Suggestion to send out Christmas cards to any businesses who have sponsored events or athletes in 2015.

ACTION: Send out cards. John and Jillian.

5. Equipment Update:

- a. Competition ER Rack and platform has been removed from Naturally Fit and will no longer be stored there.
- b. New “para-power” racks were available through CPU to any facility willing to pay shipping if they had a use for the equipment. Naturally Fit was made aware of the opportunity as they have some para-athletes in their facility.
- c. Foot Blocks: It has been suggested that PEI PLA should seek to have a set of foot blocks constructed (to approved specs) to be available for competitions.

ACTION: Tyler Ramsay has agreed to look into this.

- d. PEI PLA competition lights need some maintenance work to have them function.

ACTION: Tyler Ramsay has agreed to ensure the lights are re-wired.

6. Promotion of Powerlifting via webpage and social media:

- a. Suggestion to create : “Lifter of the Month” and profile PEI lifters on our webpage and FB page. Proposed that this will increase traffic to our visibility and traffic to the site.
- b. Suggestion to create a “promotional video” featuring PEI lifters and PEI PLA.

7. Referees:

- a. PEI PLA is open to recruitment of new referees in 2016. Interest has been expressed by 3 candidates recently.
- b. Next meet on PEI will be an opportunity for new referees to write the exam and perform the practical part. Candidates who’ve expressed interest will be contacted in the future.

8. Proposed Purchases for 2016:

- a. Microphone and amp: approx. \$100
- b. Foot blocks: approx. \$100
- c. Soldering Gun (to repair lights): Approx. \$25
- d. Drapes and posts (for warm up room): approx. \$100
- e. Christmas Party: approx. \$100

Elections:

Position	Current elected:	Nominated:	Elected:
President	John MacDonald	John MacDonald	John Macdonald
Vice President	Justin Smith	Justin Smith	Justin Smith
Treasurer	Tyler Ramsay	Tyler Ramsay	Tyler Ramsay
Secretary	Sam Arsenault	Jillian Sproul	Jillian Sproul
PR position	Jill MacFarlane	Jill MacFarlane	Jill MacFarlane
Director at Large	Heather Ayles	Heather Ayles	Heather Ayles
Webmaster/Records Chairperson	Tyler Ramsay	Tyler Ramsay	Tyler Ramsay
Officials Chairperson	Justin Smith	Justin Smith	Justin Smith
Anti-Doping Officer	Natasha Dunn		VACANT
Director at Large	Jillian Sproul		Abolished*

***Motion to abolish second "Director at large" position: Tyler Ramsay, seconded John MacDonald. Motion carried.**

Committees

1. **FUNDRAISING COMMITTEE:**
 - a. Motion to disband the existing "Fundraising Committee": Jillian Sproul, seconded John MacDonald. Motion Carried.
2. **HIGH SCHOOL POWERLIFTING/COMPETITION PROMOTIONS COMMITTEE:**
 - a. John MacDonald, Justin Smith, Morgan Johnston
3. **AWARDS SELECTION AND GRANTS COMMITTEE:**
 - a. Tyler Ramsay, Justin Smith, Charlene DesRoche

Proposals for 2016 CPU AGM

President would like to re-submit the request to change the rule about setting National Records as long as there are 3 sitting National Referees regardless of the level of the competition. All agreed.

Updates to PEI PLA Constitution

1. Motion by John MacDonald:

To Amend: Section 7.00.3: Competitions: Qualifications

Currently reads:

A) All competitors wishing to participate in the CPU National Championships must,

1. Have a qualifying total according to the CPU
2. Be in good standing with PEIPL

Proposal to amend:

Add requirement "must compete or volunteer at any PEI PLA sanctioned meet at least annually".

Reasoning is that any competitor representing PEI should be present and support our association at local level meets.

Motion: John MacDonald, seconded: Tyler Ramsay. Motion carried. Constitution will be updated to reflect.

2. Motion by John MacDonald

To Amend: Section 3.00.5 Duties of Executive Council

Add to secretary duties to prepare PEIPLA Newsletter.

Motion: John MacDonald, seconded: Jillian Sproul. Motion carried. Constitution will be updated to reflect.

Adjournment

Meeting adjourned at 3:59pm.

Minutes prepared by: Jillian Sproul

Secretary

PEI Powerlifting Association

Date of Approval