

# **USA POWERLIFTING, INC.**

## **National Governing Body Meeting Agenda**

**July 12, 2001**

**Omaha, Nebraska**

- Roll Call of Voting Members and Credential Check of participants: 29 voting members present.
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- Reading of minutes of NGB 2000: Minutes approved: 24 For 0 Against
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- President's Report: Mission of the organization as a private not-for-profit is to promote powerlifting, gain Olympic recognition and promote a drug free lifestyle. The organization has dealt with extremely complex issues including:
  - Amateur versus Professional. The IPF constitution was changed and we are leading the way.
  - Internet Communications: Critically Important and we have been hacked in to twice.
  - Drug Testing: The organization is still setting the standard for drug testing. We are the largest private organization in sports testing.

Thanks to all of the elected and non-elected volunteers who make this organization run. We are continuously rebuilding coming up against the AAU and the USPF and now establishing a presence in the IPF. We have three new IPF World contests, The Master's Bench Press Worlds, the Sub junior World Championships and the World Games and soon the IPF World Championships will be back in the USA. Nothing has ever been easy for this organization and we need to grow Meet Directors and local level leadership. We need to keep the organization in our focus as we conduct the NGB meeting business.

- Vice President's Report:
- Commended the following individuals for their contributions to USA Powerlifting:
  - Jim Ford as manager of the Junior World Team
  - Sandra Perron for her team manager duties and for the world team manager's manual.
  - Todd Miller for Managing the Sub-Junior World Team
  - Lance Slaughter
  - Don Haley is an icon who has moved to work for the disabled athlete.
  - PJ Couvillion as the US representative at world competitions
  - Dennis and Sandy Brady for there meet promoting activities.
  - James Hart for pulling the Teenage and Junior Committee together and for developing by-laws and increasing membership on the committee.

Cathy Marksteiner for a decade of work on the Collegiate Committee

Outgoing State Chairmen:

Robert Granko-PA  
Willie Maston-TX  
Gene Bell-ND

Special Commendation for his years of dedication to the sport of powerlifting:

Bill Decker

- Secretary/Treasurer's Report:

## USA POWERLIFTING

### REPORT OF SECRETARY/TREASURER

July 12, 2001

Thankfully during 2001 USAPL was able to recoup a portion of the investment account funds that were withdrawn during 1998 and 1997 to fund operations. This was still possible even while funding additional world teams and providing a web newsletter to the membership.

With the addition of a bookkeeper to the administrative staff, along with the proposed budgetary changes, the financial information will be more reflective of the day to day operations of the organization rather than two to three weeks behind. The presence of a bookkeeper will allow the Sec/Treas the opportunity to pursue additional alternatives for current activities such as 800 numbers.

The Secretary/Treasurer has had another extremely busy year. USAPL hired a full time Administrator for the National Office. The full time presence in the NO has provided the membership with timeliness was an instant result. The Sec/Treas and the Administrator worked together to set up a system that would result in weekly mailings to the S/T and would have membership information out quickly. In addition, when reimbursement applications are complete, checks are being sent out within two weeks of receipt by the Sec/Treas. Thankfully, the updating and maintenance of records has been transferred to the National Office from the Sec/Treas.

The Sec/Treas along with others has been working for the past year to make "Powerlines", USAPL's web newsletter a reality. In conjunction with the supervisors at Midwest Trophy we have streamlined the process of ordering USAPL medals. The medals will soon appear on the USAPL website.

The Indiana University (IOC) laboratory closed leaving USAPL high and dry for IOC

drug testing. I contacted the Head of the laboratory at UCLA and working with the cooperation of his Administrator we set up a procedure by which USAPL can send its IOC drug testing to UCLA. The only other IOC approved laboratory near by is in Montreal, Canada.

In November we began to experience problems with the accounting software. The problems have continued with out resolution. The problems have required many hours of reconciliation each month, so much so that I have engaged a bookkeeper to participate in this process. To resolve the issues with the accounting software we have purchased Peachtree, accounting software, which we will start using in July. The process of switching will be time intensive. We will need to start from the beginning with out converting the data; I think this is necessary to avoid any carry over of problems.

The report of Kerry Cox, investment advisor to USAPL is attached for your review. Obviously the overall general market decline has affected USAPL investment vehicles as well. Please remember when USAPL invested its funds, Class B stock was utilized. Class B stock means that when purchased there is no fee but when sold prior to 5-6 year holding period there is a 5-7% penalty for early sale.

Note that USAPL athletes raised over \$23,000 to fund their World Team travels through the USAPL designated beneficiary program. The program requires USAPL to confirm charitable contributions so that the donor may take the charitable tax deduction on their personal or corporate tax return. Since many of the individual contributions are \$50 or less the office of the Sec/Treas has sent out well over 500 contribution confirmations.

I look forward to 2002 with the following in mind: USAPL must develop an incentive program for meet directors and state chairman that will result in more meets and higher membership, we must publicize the sport, develop more high school programs, promote the health benefits of powerlifting, encourage women to participate in the sport and continue to pursue the Olympic Program.

Because both the Secretary and Treasurer positions are extremely time intensive. At the 2002 NGB I will propose that the two positions be separated as they once were. We need more participation in the organization, not less.

Report of Kerry Cox: Investment Advisor:

In review of the USA Power Lifters account, I submit the following:

As of the close of business on July 2, 2001 the account value stood at \$ 148,955.00 dollars.

Approximately 50% of the value is invested in the Fidelity Money Market position, in keeping with the association's desires to hold the money

In a secure position. The money market is worth \$ 72,504 dollars. The remaining Balance of the account is invested in conservative to middle of the road growth positions.

The Aim Floating Rate Fund is an interest bearing account which normally Returns more interest than a money market or certificate of deposit. The price per share Will vary some during the course of a year.

The Hartford Advisors Fund is an asset allocation account in which the managers invest dollars into large company stocks, high quality bonds, and cash instruments. The diversity of the fund allows the managers to hold better in down markets, and yet achieve a reasonable return over a period of time. I would expect The fund to have an average annual return of 10% over a five-year period of time. As an example, the U.S. Stock market ended 2000 with significant losses, however, This fund ended the year up slightly with a gain of less than a percent. And although The market remains in significant negative numbers so far for 2001, this fund is down Less than 2 %. It is performing as expected, and I expect the fund to have positive numbers by the end of the year. My hope is based upon the actions of the Federal Reserve Board and the actions of the U.S. Government. The government has initiated Tax cuts, which will place more money in the hands of consumers for purchases/savings. The Fed's actions will make it easier for businesses to make profits. These two actions Should spur the economy forward, and if that happens, the stock markets should respond Favorably.

The Aim Value Fund and the Oppenheimer Mainstreet Growth & Income Fund Are middle of the road mutual funds. The Oppenheimer Fund performed within my expectations last year, however, the Aim Value Fund did not. It ended the year down 15 percent and recorded its first losing year ever.

Going forward, I believe the value side of investing will lead the way in the markets for the short term. Middle-sized stocks should do well too.

My recommendations for action are as follows:

Since the Federal Reserve Board has decreased interest rates significantly, I expect money markets to yield 3% to 4% for the near future. Therefore, I recommend You consider reinvesting at least part of the money market position in a Certificate of Deposit to gain more interest. Since C.D.'s are locked in for a time period, I would Recommend you keep ample reserves in the money market for emergencies or opportunities, which the association may encounter.

Since the Value Fund performance was less than expected, I recommend We monitor its progress, and if it does not show better results, diversify some of the

money into another conservative growth position using the value investment style  
For selection of stocks.

I recommend the remaining positions be left as they are unless the association's investment goals and feelings about market risk have changed. If this is the case please advise me as soon as possible and I will assist you.

- Committee Reports:

Collegiate Committee: John Magendie

Drug Education Committee-Dormant

Drug Testing Committee: Michael Hartle

There have been 57 positive drug tests since March of 2000; seven B samples have been tested. Between 1991 and 1995 there were no tests positive for nandrolone. The Drug Testing Committee includes PJ Couvillion, Shawn Cain, Mike Hartle, Mike Overdeer and Larry Maile.

Finance and Ethics Committee-Dormant

Law and Legislation Committee: No Report

Masters' Committee: Johnny Graham

2001 Master's Nationals were held in Killeen, Texas with 121 lifters. The 2002 contest will be held in Charlottesville, Virginia by William Morris and the 2003 contests was awarded to Paul Fletcher.

Referee's Committee: William Clayton

The State and National Referee Test have been updated and the test is fair and focuses on IPF rules. Test scores are usually mailed out within 7 days of receipt. Prior to results going out the practical tests results must be submitted. The next higher-level referee except in areas of the country where referees are lacking and then special exceptions can be made gives tests.

Sports Medicine Committee: Dr. Hartle: Doctors that have been at Nationals Bernie Miller, Camille De'Amato, Tim Snykd. They have treated over 3000 athletes.

Teenage Committee Report by Jim Hart: Trey Cunningham and Tod Miller were elected to the committee. The 2002 Teenage/Junior was awarded to Johnny Graham in Killeen, TX. The 2003 High School Nationals was awarded to Jim Hart in Omaha, NE.

Women's Committee read by Marsha Serre for Sue Hallen who was away competing in Australia.

## **2000-2001**

The 2001 Women's Committee meeting was held in Ft Wayne Indiana at the Women's Nationals on January 21, 2001. We have regrouped and elected a complete set of Women's Committee members and are making progress on getting the women's committee to be more proactive for women of all ages and skills. There are several proposals that we have added to the agenda at this NGB meeting.

We have had two consecutive Women's Masters teams take the gold...with many personal records and solid team efforts from all participants. The Masters lifted last October in Usti Nad Labem, Czech Republic. The women showed great talent and won many individual medals in addition to winning the team trophy. As usual, the women not only lifted well, but also supported the men in the remainder of the competition. It was a great team effort for all sides. The next Masters Worlds is in MooseJaw, Canada in October.

We had a great showing at the 2001 Open Worlds, taking 5<sup>th</sup> and setting many personal records in Frydek-Mystek in May 2001, highlighted by a Bronze medal from Liz Willett in the UNL class. I was honored to be a part of that team after Linda Jo had to cancel out at the last minute.

Dennis and Sandy Brady will be hosting the Women's Nationals in Chicago, IL the weekend of Feb 8-10, 2002. We had to take a bid away from Minneapolis after the cancellation of the North American meet. The Women's Committee would like to take this opportunity to let people know we are taking bids for both the 2003 and 2004 National meets. Bids must be in writing and use the bid template available from Sue Hallen ([sahallen@earthlink.net](mailto:sahallen@earthlink.net)). We would like to have some new meet directors be mentored by the crew of great meet directors we have now. We need to spread out the meets across the country and would like to have more options.

We are also brainstorming ways to get the growing number of high school lifters to continue through college and through the 20-40 age group...we have a pretty strong high school and masters program, and want to grow the space in between. Any ideas please submit to anyone on the women's committee.

Armed Forces Committee Report by Lynette Lopez: The 2001 Armed Forces will be at the Plaza and they are looking for a Meet Director. The 2002 Armed Forces is still pending, they are looking for a sponsor.

Publicity and Fund Raising Committee-Dormant. USAPL is looking for a

member to step forward and make this Committee a functioning asset to the organization.

Police and Fire Committee: No Report.

Coaching Committee Report by Larry Maile: The Committee is struggling with the concept of the certification of coaches. Coaching requires a 24/7 level of commitment and decoction. Selection of World Team coaches; we lose people overtime for a variety of reasons including time constraints and lack of funding.

## **ELECTIONS**

**Vice President: Larry Maile**

## **EXECUTIVE COMMITTEE:**

Elected for a three year term:

Mike Hartle  
PJ Couvillion  
Bill Clayton

Brother Bennett Award: Larry Maile

Billy Jack Talton Coach of the Year Award to: James Ford

**UNFINISHED BUSINESS:** None

## **New Business**

**NGB (BYLAWS-REQUIRES 2/3 VOTE OF THE NGB)** None submitted by the deadline for filing.

Motions:

Collegiate Committee:

1. The 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winner in all weight classes in both the men's and women's divisions be given standardized medals (Gold=1<sup>st</sup>, Silver=2<sup>nd</sup>, Bronze=3<sup>rd</sup>). BJ Talton. Amended by J.

Magendie) that plaques be provided for lifters placing 4<sup>th</sup> & 5<sup>th</sup>.  
Withdrawn

2. Every school represented in the Collegiate National Meet be counted for team scoring. (Talton) Combined with motion three and failed.
3. Waive the requirement for USAPL team membership (club registration) in this national meet only or waive the team membership for teams of five or less men or five or less women. Talton. Motions two & three combined and Failed.
4. Move to begin using IPF team scoring rules at the 2002 Collegiate Nationals (refer to IPF rulebook, available online). Magendie. Passed for 28 Against 3 For National Collegiates Only.
5. Motion to require all official coaches to be current USAPL members in good standing.

Rationale: They represent us. They should be members.  
Submitted by Shawn Cain.

This motion was amended to read At World or International competitions Head coaches and official coaches must be a member when the nominations are sent to the IPF. This exempts all non-official coaches and individuals along to help. Passed for 25 against 7.

6. Motion from the Master's Committee

Require that for World Team photos and in accepting of awards on the platform that lifters wear their World Team Uniform or world Team T-shirt. Passed.

## MOTIONS SUBMITTED TO THE 2001 NGB BY THE TEENAGE/JUNIOR COMMITTEE

1. Establish qualifying totals for The High School National Powerlifting Championships as follows: Passed as written below.

Girls Freshman/Sophomore

97	105	114	123	132	148	165	181	198	198+
335	358	385	407	435	479	518	562	610	625

#### Girls Varsity

97	105	114	123	132	148	165	181	198	198+
360	385	413	440	462	512	551	600	655	672

#### Boys Freshman/Sophomore

114	123	132	148	165	181	198	220	242	275	275+
585	680	730	825	875	925	950	975	1020	1045	1070

#### Boys Varsity

114	123	132	148	165	181	198	220	242	275	275+
630	730	800	925	995	1035	1070	1135	1150	1190	1215

2. Eliminate 319 lb Class Records for Teenage/Junior Nationals and for High School Nationals

Failed.

3. The Teenage/Junior National will be held the first weekend of June every year.

Withdrawn

4. Allow 13 year olds to compete during the calendar year that they turn 14. Failed

5. Approve the USA Powerlifting Teenage/Junior Committee By-laws as written. Sent to Law & Legislation Committee for Review.

#### Membership Year

1. Change in membership registration year, presently based on calendar year ending December 31, to being valid for 12 months from month of purchase. Example: A membership purchased in July of 2002 would be valid until July 31, 2003. Dennis, Green, Jason Burnell, Brad Madvig and the Great State of Minnesota.  
Withdrawn

Rationale: Individuals, who purchase USAPL memberships later in the year, do not receive full year's value for their money. Some may also feel there is a possibility of avoiding out of meet testing by not being a current member. Competitions scheduled late in the year are at a disadvantage of attracting new lifters, as memberships purchased would be valid for only a limited time.

2. Change membership expiration date to be 12 months from the time of purchase.

Rationale: This would help the OMT'ing program by reducing the problem of members not having a current membership at

the time of the OMT. This is also something that a lot of members would like to see for making our membership more user friendly. Meets held late in the year always sell membership cards, but like the past few Hudson Natural Open contests, the memberships sold are only good for just over 2 months. That is simply not user friendly. Submitted by Shawn Cain. Passed For 32 Against 0 Effective for memberships purchased July 13, 2001 and after.

3. Reduce high school USAPL membership dues to \$15.

Rationale: High school lifters are our future. With the raising of the high school membership dues to a higher rate this past year, the benefits do not outweigh the losses we face now, or in the future. For example, the Wisconsin State High School championships were not sanctioned this year because of the raise. The Wisconsin states high school championships have over 300 kids lifting at it. That was a substantial loss to the USAPL. It is expected that we have around 400 lifters at the 2002 state high school championships in Wisconsin. We should try to spread some of the great ideas that some of our high school programs have instead of increasing dues. Submitted by: Shawn Cain Failed: For 10 Against 20

4. Require that the National Office send out to the NGB members, financial, drug testing and membership reports on a quarterly basis.

Rationale: The communication from the National Office and the NGB has fallen over the years. This would help the NGB be more informed as to what is really going on at the national level. This may also keep the EC more informed so that they are not blindsided by the reports come annual NGB meeting time like in years past. Submitted by Shawn Cain. Passed: For 24 against 5

5. Motion to permit the hiring of a part-time bookkeeper.

Rationale: As the position of the Secretary/Treasurer requires over 40 hours a week, and as such does not qualify as a part-time position. A bookkeeper would be an essential element to the daily accounting function. An assistant to the secretary/Treasurer has been permitted in the past, but instead of an assistant, I feel that it would be more beneficial for the organization to have a trained bookkeeper. The position of secretary/treasurer will not always be a trained financial

professional. A “full charge” bookkeeper would be an asset to the organization, as a stable element as secretary/treasurer change. In addition the hiring of a bookkeeper is the next step in the progression to a more efficiently run organization. Estimated time to complete December 31, 2001. Submitted by Marsha Serre. Motion defeated.

## **NATIONAL MEET BIDS:**

### **Year 2001**

June 22-24, 2001, Teen/Juniors Nationals, Lincolnwood, IL. Dennis & Sandy Brady.

June 16, 2001, Squat Nationals, Charlottesville, Va. John Shifflett, William Morris and W. Thacker.

July 12-15, 2001, Men's National Powerlifting Championships, Omaha, NE, James Hart.

August 25, 2001 Lifetime Drug Free Nationals, Charlottesville, VA. John Shifflett, William Morris and W. Thacker.

August 26, 2001, Police and Fire National Championships, John Shifflett, William Morris and W. Thacker.

September 22-23, 2001, Bench Press Nationals, by Dr. Larry Miller, Ed & Frank King, Bedford Heights, Ohio

October 7, 2001, Deadlift National Championships, Bill Clayton, New Jersey.

### **Year 2002**

February 8-10 2002, Women's National Championships-Dennis & Sandi Brady, Chicago.

March 29-31, High School National Championships, Mike Cissell, St. Louis, Missouri. Awarded.

April 12-14, 2002 Collegiate National Championships, Johnny Graham, Kileen, Texas. Awarded.

May 4-5, 2002, Master National Championships, John Shifflett, William Morris, W. Thacker. Charlottesville, VA. Awarded.

June 14-16, 2002, Teen/Junior Nationals, J. Graham, Kileen, TX Awarded.

June 2002, Squat National Championships. To be awarded.

July, early, 2002 Men's Nationals, Chicago. Dennis & Sandi Brady.

August 2002, Lifetime Drug Free National Championships. To be awarded.

August 2002, Police & Fire National Championships, Awarded by Police and Fire Committee.

September 21, 22, 2002 Bench Press Nationals, Bedford Heights, Ohio. Dr. Larry Miller, Ed King and Frank King.

## Year 2003

January 2003, Women's National Championships-To be awarded.

March 2003, High School National Championships-James Hart, Omaha, NE.

April 5-7, 2003 Collegiate National Championships-To be awarded.

May 2003, Master National Championships: Paul Fletcher, Baton Rouge, LA. Awarded.

June Mid 2003, Teen/Junior Nationals-To be awarded.

June 2003, Squat Nationals-To be awarded.

July 2003 Men's Nationals: To be awarded.

August 2003, Lifetime Drug Free Nationals. To be awarded.

August 2003, Police & Fire Nationals. To be awarded.

September 2003, Bench Press Nationals. To be awarded.

November 2003, Police and Fire Nationals. To be awarded.

Motion: To accept bids as awarded by Committee's and to allow 60 days from the date of this meeting for bids for Squat Nationals, Bench Press Nationals, Deadlift Nationals and Lifetime Drug Free Nationals.

Passed: For 27 against 0

## Lifter/Technical Issues

1. Limit lifting at a sanctioned USAPL event to members in good standing. This is to include exhibition and guest lifters.

**Rationale:** the USAPL is the best drug testing powerlifting organization in the United States. It was formed as an alternative opportunity for the Drug Free Powerlifter, and one of it's goals and missions was to promote drug free lifting. By limiting lifting at any USAPL event, in any way, by members in good standing, will help ensure that we have our missions and goals being represented. The fact that we are IPF affiliates is also a concern. Allowing non-members represent us may do damage to that affiliation as well. Submitted by Shawn Cain. **Passed:** For 24 against 5.

2. Notification of World Team Participants: "When nominees are selected for

any world team, an official letter from the USAPL National Office on USAPL letterhead shall be sent by US mail to each nominee within 30-45 days of the selection meet as the official notification of their status. Additional details and confirmations will be handled through contact from the coaches committee." Submitted by the Women's committee. Tabled. Already being done.

3. State Meet Sanctions: "The date of the Women's National Championship should be blocked so that the State Meet sanctions do not overlap the national meet". The Women's Committee. Failed: For 0 Against: Unanimous
4. Reverse the motion, which passed, last year with little discussion that required: To set a record in a contest you must set the minimum-qualifying total for that contest. Withdrawn.

## ITEMS FROM THE FLOOR

1. Motion: "Grandfather" previously approved lifting apparel such as Elite power suits, Frantz bench shirts as legal for use at all USAPL sanctioned competitions that are not direct qualifiers for IPF international competition. This lifting gear must meet dimensional, material and construction specifications set forth in current rules.

Rationale: There are members of USAPL that still own such equipment. They spent their hard-earned money purchasing this equipment which was legal to use until the past few years. This equipment is not longer being manufactured and available, let it die it's normal existence by attrition. Do not make lifters replace these items. Motion Failed.

2. Motion to make available and sell a non-competing membership cards at an annual rate of \$15.00. Rational: This card would be useful to many volunteers who cannot compete because of medical conditions or prescribed medications that are on the banned list. Tabled
  3. Motion to offer a six-month high school membership for \$15 to be good from December 1 through May 31. Full year high school membership would remain \$30. Pat Anderson. Motion Passed The six-month High School "season" membership applies only to athletes competing in High School only competitions. To compete in any other USA Powerlifting competition, a High School division lifter must buy the full year membership card, or if currently a "H.S. season" member, pay the additional fee (currently \$15.00) to upgrade to the full year card.
  4. Discussion regarding Horace Lane suspension. Disposition: Horace Lane still has the right to have his B sample tested.
- Meeting Adjourned.

