

USA Powerlifting
National Governing Body Agenda
3:00pm
Thursday, May 5, 2005
Killeen, Texas

1. Roll Call of voting members and credential check of participants

2. Reading of Minutes from NGB 2004

Minutes from 2004 reviewed and approved by voting membership.

3. President's Report

Larry Maile, PhD

There are many good things happening in USAPL.

- Newsletter (Hardcopy)
 - The hardcopy is sent to all current members.
 - We are learning more about the process as we go.
 - Priscila Ribic, Geoff Plante and Robert Keller are doing a lot of the work.
 - There have been two major sponsors to help us get the newsletter up and running – Pete Alaniz from Titan and the City of Killeen, Texas.
 - We want the program to become self-funded, and need help finding people/companies interested in advertising or supporting the publishing.
 - Currently at 16 pages, looking to grow to 32 pages with more advertising.
 - Next issue due August 1, and wanting to publish quarterly.

(Question from the floor: Can we (membership) send in photos from meets?
Yes. The 4th quarter publication will focus on the local lifter and meets. Our lifter spotlight will focus on the lifters that are not always in the spotlight.)
- Drug Testing Data Base
 - Tony Cardella set it up so anyone in the public can go and see who has been tested and when.
 - Base allows people to see that we are testing and how often.
 - Program has decreased the chatter about our drug testing program.
- Merchandising
 - This program has allowed us to provide a revenue stream and brand ourselves as the leader in drug-free sport.
 - The response to the new merchandise has been very good.
 - Purchases from the On-line store are now being handled by our vendor.
 - Watch for specials and the changing out of many items.
- The Activity of our Federation
 - Last year we sanctioned over 25 more meets than the year before.
 - We are looking to have over 165 meets sanctioned this year.
 - Membership was up in 2004 over 2003. 2005 is running a bit less right now, but with the movement of some meet dates we are looking for numbers to continue to increase.
 - We are selling more memberships and perpetual memberships on line.
- American Open
 - 175 lifters competed in the 4th Annual American Open in December 2004.
 - This is a meet for those who would not normally qualify for a national meet. The winners each earn an automatic spot at a national meet.

- It is a great opportunity for lifters to experience the next level of competition.
- International Competition
 - All of our teams are doing well on the international platform.
 - We have the strongest Drug Testing Program in the world.
 - All drug testing internationally needs to continue to strengthen.
 - This is a World Games year. The participation of powerlifting formalizes the connection with the World Games and the International Olympic Committee. There will be 11 US lifters going to the World Games.
 - There will be 4500 athletes and over 1 million spectators at this year's games.
 - Junior Divisions –
 - At our Women's Nationals the Teen and Junior divisions continue to grow and be successful. Many of these lifters are moving into the open divisions.
- Drug Testing Report
 - Dr. Hartle has included his report from the Drug Testing Committee for later in the meeting. The following are additional comments to our program
 - We had +30 positive tests in 2004. We are very concerned with so many positives, yet virtually all failures were with new lifters.
 - There were 126 OMTs done on 2004. We need to do more tests. This is what helps make us legitimate.
 - We had an OMT Project Leader, but he was run out of office. This puts us back using the old system, which doesn't work as well.
 - We did use Quest, but now send our own people/volunteers to do the testing.
 - We need to look at restructuring how we do OMTs.
- American Record-Keeping
 - Jim Hart volunteered to do this, but found it was a big headache.
 - This is more than a one-person job. We need to look at this further and reorganize the structure.
 - This is an important thing to do and take care of.
- A Take Home Message to our membership
 - The Executive Committee has worked very hard to keep the USAPL together.
 - The WADA code has potential consequences to our lifters who compete outside of the USAPL. If you do, we have no control of the penalties.
 - There are benefits of loyalty to the USAPL, including access to the IPF and their competitions.
 - It is the responsibility of the athlete to know what the code is. Ask the questions.
 - The IPF has no published suspension list. We need the lifters to ask about other suspended lifters.
 - We are concerned about the behavior of some of our members in the public media. Most of their questions can be addressed by the EC. Once these questions are put out in the public with partial truths it is hard to get the real answer out. We are losing valued member when this happens.

We encourage you to ask the EC your questions. Bring your concerns to the EC or your Athlete's Representatives.

- Goals for over the next year...
 - Expand our time limited project teams.
 - Rule and Documentation Team
 - Update everything – rules, forms...
 - Bring us into compliance with WADA, IPF, USOC
 - Streamline things/forms and clarify language
 - OMT Project Team Leader
 - We need someone to volunteer to do this.
 - Joe Gremillion is filling in now, but will end with the women's world team.
 - The EC does not handle the program
 - The leader handles the requests for OMTs
 - Sends information to the National Office and Drug Testing Chair
 - Friendly International Competitions
 - The 2004 Brazilian Nationals were a great experience
 - We have been invited back for 2005. Please consider attending. Information is on the web site.
 - We have almost 500 registered referees.
 - Concern with some consistency – some too harsh/some too lenient
 - Need to put together a program to offer periodic checks on performance/interpretation and provide feedback.
 - The Development of Regional Powerlifting
 - Robert Keller has been working hard in this area.
 - There are 21 registered countries in the North American Powerlifting Federation.
 - Working on developing the Americas in powerlifting.
 - The approach of our organization is a business approach
 - We have reexamined where we are going.
 - We have looked at where we are headed with marketing, branding and the bottom line.
 - We want to always maintain programs you/the membership feel are of value.
 - Meets and Membership
 - We are working with meet promoters to produce a higher quality meet to keep people coming back.
 - 30% of our membership attended our national meets.
 - We need to expand into places we haven't been
 - Members need to encourage athletes to come and be apart of USAPL
 - Some lifters leave USAPL because they don't want the strong competition we have at the upper levels.
 - We want to invite others to come here, but they must join to control the drug testing. We have to be cautious in this area. The door is open – join, lift, meet the drug testing standards.

- People outside the USAPL must meet our lifters, meet the folks that make up USAPL – let them see who we really are.

4. Vice President's Report – Johnny Graham

First, I want to give a special thanks to all the members for supporting me and this GREAT organization during the past year.

These past 9 months since the last NGB meeting has taught me what real work with Powerlifters is all about. What a learning experience. This learning experience has also given me the chance to go to many USAPL events around the Country and the World, watching the best drug-free men and women compete. Every trip I learn something new, from watching the best lifters and coaches in the world prepare our teams for the next big show. From watching a 14 year old win the open Women's Nationals, to seeing Shawn Cain lift in this 20th Men's Nationals, the future of our organization is improving every day.

We also have problems that need, and will, be fixed. Yes, we do have lots of work to do. I have to admit that this past year was the first time I have read our bylaws from front to rear, over and over again. We are really outdated. Some things need to be changed to insure that we run this organization as a business approach to the lifters. Yes, we are a volunteer operation, but that should not mean that we have to take abuse. Hey, I found out that the VP is in charge of all the committees. Now that I have gained this new knowledge, I will work closely with all the Committee Chairs, to insure our success.

First, and foremost, we have to improve our membership. How is this going to happen? All state chairs must get out there and inform the members, teams, gyms and above all high schools of our organization. I WILL get involved with all the operations of the committees, to insure that the rights of the lifters and this organization are not compromised.

We have to get ALL of our officials on the same standard of performance. When officials are causing lifters to earn records because of what they feel is the right call, and not what the rules are, is totally unacceptable. Also, I will be requesting to Bill Clayton, our Chief of Officials, that we rewrite our state and National referee test to insure that part of the testing is that our officials are tested on the RIGHT way to perform drug tests. We may be in the process of lifters losing World Records because the paperwork wasn't done correctly. Anything less than total professionalism will not be accepted.

We are now improving our selection of National Meet directors, and more people are stepping forward to put on national meets. This is a big plus for us. Believe me, lifters will get tired of the same venue over and over again. Thanks for the new people on board for making the sacrifice of

bidding national events. This is also meant for state meets too. Once again, state chairs, ask those great local meet directors to bid on national events, and SUPPORT them.

The members of the Executive Committee have really improved their accessibility to the members. This is also a big plus for us. The members, knowing that they have a voice to the EC, make it easier for all of us. We are returning calls, and we are listening to what the members have to say, and give them the best possible support needed.

We are shooting ourselves in the foot by constantly bad-mouthing others on the forums. The competition is out there and just waiting for us to drop the ball. All members must support this organization if you also want us to continue to succeed. Let's work together, and stop finding all the negativity that will bring us down.

We MUST and we WILL improve our records update. Lifters train for months to prepare for a chance to put their names in the record books. We are NOT going to let this go unnoticed. We are looking for someone who has the time and desire to take on this task. Please be advised, this is not an easy task, as records change almost every month. Once again, state chairs, YOU are responsible for insuring that the records are updated in your state.

We are doing a lot more great things than bad. We have had a chain of command within our Coaching Committee, and with change we are finally getting somewhere with our coaches certification program. Big thanks to Jim Ford for taking on this task. And it is a task. Our OMTs have once again skyrocketed during the past year, and we will continue to address this issue. I want to give a special thanks to the OUTSTANDING job our treasurer, Geoff Plante, has done to save the organization money on many things – from insurance and mailing to phone bills. He will address this in more detail.

Lance Slaughter has taken our sales to a new high. With his input, and the support of Priscilla Ribic, and our national meet directors, we are on the road to new sales.

The Coaching Staff of our World Teams showed the world why we are the best at what we do. All of our world teams set new highs with placings in 2004. Our masters, bench press and sub-jr teams all brought home team World Championships. Our men's team had their highest finish in over 10 years with a 2nd place finish at the men's worlds. With their untiring leadership, all of our teams have given their highest level of support and effort. I had the honor of coaching two world teams in 2004, and the support that I received from the coaches was of the highest standards anyone could ask for. With that said, I am withdrawing my name from the Coach of the Year selection. There are names nominated that made me

look good, and without them, we would not have been the success we were.

Now is the time for ALL of us to join as one, and continue to make USAPL THE premier powerlifting organization in the country. We have many challenges ahead of us, and we must meet these challenges together. United we stand, divided we fall.

5. Treasurer's Report

See PowerPoint presentation.

6. Committee Reports

a. Armed Forces Committee – Lanette Lopez

The 2005 Military National Championship was held in Heidelberg, Germany on March 12, with Eddy Beck and Mike Garcia as our meet directors. There were problems noted in the running of the meet by the Technical Secretary, Lanette Lopez, Johnny Graham, but the support of all the other officials made this event a success.

After a late start, lifters from around Europe and the United States came out strong. Lifters from all branches of the Armed Forces were on hand to show support to team members and other lifters. The Ramstein Air Force team from Germany took home the Team Title, with the Phantom Warriors Team coming in 2nd.

With only 28 lifters at this year's Military Nationals, the event was very exciting, with all lifters performing at their best. Mike Garcia, and his staff, did a great job with the set-up and the running of the meet. Thanks goes to all the staff and Mr. Eddy Beck for hosting this year's Championship.

This was the first time this meet was held out of the US. We will go anywhere the military wants us to.

The sight for the 2006 Military National Championships will be held in Killeen, Texas on 13 March, with Johnny Graham as the meet director. The window for more bids will remain open to anyone that is interested in hosting this event.

b. Coaching Committee – Jim Ford

As of this writing the new alignment of the coaching Committee has been in arrangement for less than 30 days. Much of the initial work has been spent in becoming acquainted with the new members that were assigned by the EC; ascertaining their skill and commitment level to completing our mandated tasks; and building bridges with potential qualified members of the USAPL who might contribute in a positive manner. Additionally, I have tried to review what files were available to me regarding the groundwork of accomplishments by the former committee. To that end, I would like to thank the former Committee Chair, Rob Wagner for his dedicated time and expertise on some tough issues. Additionally Co-Chair Pat Anderson, who made noteworthy contributions, aided him. Other members

included Wade Hooper, Mike Hartle, Greg Simmons and James Townsend. My thanks to them all for their time and contributions to the Committee.

As of March 2005, the EC has appointed the following members to comprise the current working/voting committee: Jim Ford, Chair; Steve Howard, Dan Gaudreau, Pete Alaniz, and Greg Simmons. Additionally, I have asked for a commitment from several of the former members to work on the new committee and some found they could still donate some time to important issues. These are James Townsend and Mike Hartle. Rob Keller has agreed to work as a Technical Advisor to the Committee; tackling multiple duties. There are other members who I have spoken with who are willing to step up and help where needed and be willing to accept a slot if a current member needs to step down. While we have learned in the past that too many members tend to complicate the process, it is also vital to have other knowledgeable members who can be called upon to keep the Committee functioning in all possible situations.

While all the able members of the Coaches Committee have certain projects they would like to see accomplished, the EC has mandated our priorities:

- Coaching Certification Process/Accreditation Criteria for USAPL Coaches
- Yearly selection of World Team Coaches
- Clarifying a Resume Process for Team/Coaching Selection & Evaluations of World Meets
- Team Rosters & Alternates along with Coaching Staffs for the following meets:
 - 2005 North American PL Championships/IPF Open Invitational June 17-19, 2005
 - Brazilian Championships – Guest Team & Coaching staff June 24-26, 2005
 - Pan American Championships – Roster & Coaching Staff Nov. 8-13, 2005

I have several projects I'd like to see completed in the future:

An Official USAPL Coaching Manual

An Official USAPL Coaching Video

Each of these could be invaluable as teaching tools when we have our Certification Program up and running. This will require time, commitment, finances and a will to move our Federation into a new era of respectability and the ultimate authority of issues on our sport.

Of course each week brings new challenges and responsibilities that each member of the Committee feels deeply about. We all wish to bring to the coaching ranks of the USAPL a new sense of respect, honor and dedication between our athletes, at all levels, and our USAPL Certified Powerlifting Coaching Staff. Put simply, to raise the level of performance for Drug-free lifters and their coaches in the USA. Our Committee has

agreed that we should be accessible to all levels of our membership – not just the elite, but to the new entry level member who needs our guidance vitally.

To these ends, along with initial organizing of Sub-Committees to research each of these topics, we have moved slowly, but progressively forward. These are hugely complicated projects, particularly the certification process, and so we move as quickly as we can, staying in a positive mode. There is a reason some of these tough topics have not been completed in the last years. Not only through lack of a consensus from our membership (those in coaching positions), but also these issues must be very cautiously thought through with an eye for legality and always towards the betterment and improvement to the sport of Powerlifting. In some cases we must look outside our federation for ideas of value to get us to our goals. The standard we seek is to be the zenith of the IPF, also always cautious that our fundamental organizing may enhance our IOC recognition. We look forward to the year ahead and the work a head of us.

c. Collegiate Committee – Jon Magendie

- The 2005 Collegiate Nationals was held in Baton Rouge with about 200 lifters.
- 2006 will be held in Miami
- 2007 will be held in Killeen.
- They are going to make more of an effort to publicize Collegiates at High School Nationals.

d. Disabled Committee – Robb Peck/Dale DeCamp

No Report

e. Drug Education Committee – Charity Reynolds

Committee is non-functioning

f. Drug Testing Committee – Michael Hartle

As the Drug Testing Committee for USA Powerlifting, we have the responsibility of overseeing and directing all the drug testing done in this organization. The following is my report for the 2005 NGB Meeting.

1. For the statistics of 2004, please see the attached data. Also included this year is the summary of all the positive drug tests and what they failed for that goes back to 2000 when I took over as the Chair of the Drug Testing Committee.

Also included is the Year 2004 Statistics as far as the number of total drug tests done, both In Meet Tests (IMT) and Out of Meet Tests (OMT) and where the tests were processed. One interesting statistic is the dominance of nandrolone causing a large amount of our A Sample positives in 2000 and 2001. There was a drop-off in 2002 and then it increased again for 2003 and 2004. A newcomer in 2004 to the positive-causing substances was boldenone. It had showed up previously, but in small amounts. In 2004, it was almost equal to nandrolone, which has held the #1 spot since 2000. This tells us that

the athletes that use performance-enhancing drugs are trying other methods and substances to try and beat the tests that we administer to them.

Several years ago I had reported that the T/E ratios that had been reported to us were quite large for a few of the tests. In 2000 and 2001 we had levels of 411 to 1, 181 to 1, with the next one at 150 to 1. This past year we had 3 positive T/E Ratios at 19.8, 19.2, and 28.8 to 1.

2. Regarding OMTs, the USAPL is doing a great job of increasing the number of tests given. This past year we administered 126 tests, with 1 positive coming from these tests. We also had 2 other athletes suspended for failure to submit to an OMT. On another note, when we perform the OMTs, we need to make sure that the tests are observed as much as possible and that as little notice is given to the athlete before the test is given.

The OMT Committee should be commended for a great job this past year!!

3. WADA Update
 - Placed caffeine and pseudoephedrine on the 2005 Monitoring Program and off the Prohibited Substances List.
 - Added several new anabolic steroids to the Prohibited List.
 - Hormone Replacement Therapy is still not allowed for either men or women. An athlete is not allowed to raise low levels of endogenous hormones by exogenous means.
4. This past year we saw President Bush declare that we, as a nation, need to "clean up" our sports. He was mainly referring to professional sports. Either way, it was refreshing to see that the public is now starting to become aware of what we as members of the ADFPA/USAPL have known for a long time: use of performance-enhancing drugs is not only illegal, but unethical, immoral and physiologically damaging to the body. Congress just recently held hearings addressing the drug problem that Major League Baseball and the National Football League have and what they are doing to correct it. I find it quite interesting that these professional leagues that have revenues in the billions cannot have more strict drug testing programs than they currently do. Then we have the USAPL, a 501©3 not-for-profit organization, privately funded through memberships, sales of retail items and donations, that gave 827 tests to our athletes last year. In addition to this huge number, our minimum suspension for anabolic steroids is 3 years, not 10 games or 4 games respectively.

5. Last, but not least, accuracy of test taking is a very important subject. I cannot stress this enough: make sure you dot your "I's" and cross your "T's" before sealing the Chain of Custody document in the lab bag. Read the form 2, 3, 4 times. Take your time. If it is wrong, throw it all out and start over. I would rather you take more time than be in a hurry or not want to do the test over and have it be for an athlete whose results were positive. Athletes: if you are not happy with the procedures of the test being given to you, don't sign the final line and then ask to re-do it. Throw away the test and start over again. Better to be safe than sorry.

USA Powerlifting Yearly Drug Testing Statistics & Types					
	2000	2001	2002	2003	2004
A Sample +	34	25	24	17	24
B Sample +	3	2	1	2	5
Boldenone	3	0	3	1	13
Epitestosterone	2	3	1	0	1
Epitrenbolone	0	0	0	0	1
Fluoxymesterone	1	0	0	1	0
HCTZ (diuretic)	0	0	1	0	1
Methandienone	5	2	0	0	0
Methandrostenolone	0	0	0	4	3
Methenolone	1	1	0	0	0
Methylphenidate	0	0	2	0	0
Methyltestosterone	3	0	0	1	0
Nandrolone	29	24	8	14	15
Oxymetholone	3	1	0	0	0
Pseudoephedrine	0	1	0	0	0
Stanozolol	2	2	0	1	2
T/E Ratio	10	3	3	4	3
Trenbolone	0	0	0	1	2

Year 2004 Statistics	Total Tests	Negative Tests	Positive Tests
Quest Lab Tests	781	754	27
UCLA Lab Tests	46	44	2
Total Tests	827	798	29
In Meet Tests (IMT)	701	673	28
Out of Meet Tests (OMT)	126	125	1+2*
Total Tests	827	798	29
* = (2) positive OMT Tests were from refusal to take the test			

g. Finance and Ethics Committee

No Report

h. Law and Legislation Committee – Lucian Gillis

No Report

i. Masters' Committee – (Johnny Graham) – Gina Stepleton

The past year was a very successful one for the Masters World Team. After team selections from the master lifters at the 2004 Women's Nationals and 2004 Masters Nationals, the team filled 32 slots for the 2004 IPF Masters World Championships held in Udaipur, India. The Women's Masters I and the Men's Masters I and II won the team titles for their respective divisions at this championship. With this event being held in India, many new faces were added to the team. The team finished out the meet with a total haul of 10 Gold, 5 Silver, and 5 Bronze medals. This was the 5th straight year that the Women's Master's I Team has won the IPF Master's Worlds.

The 2005 Masters National Championships will be held in Palm Springs, CA on 20-22 May 2005. Meet Director for this event is Lance Slaughter. He has over 170 lifters already entered in this meet. Without a doubt, Lance is ready to host a first class contest. This event will be one of the best produced Masters Nationals with professional filming involved. Many lifters from the past and present will be back to try for a chance on the 2005 Masters World Team. The 2005 Masters Worlds will be held in Pretoria, South Africa from 5-10 October. The Women's teams are almost completed, with a few positions still waiting to be filled.

At the Masters National meeting in 2004, the 2006 site was voted on and approved by the members present. The 2006 bid was awarded to Johnny Graham in Killeen, Texas. This event will be held either the first or the third weekend of May 2006. The event will be held in the Killeen Civic and Conference Center. Dates will be confirmed depending on awarding of the 2006 Men's Nationals. Bids for the 2007 Nationals will be voted on and accepted at the Masters National meeting on 19 May.

The selection process for the 2005 IPF Masters World will be completed after the Masters Nationals. All lifters will be notified of their selection immediately after the Championship.

j. Police and Fire Committee – Tim Anderson

No Report

k. Publicity and Fund Raising Committee

No Report

l. Referees' Committee – Bill Clayton

-We all need to remember that all of our referees are volunteers.

-There are some referees we need to work with so we are all on the same page.

-After taking a test, working hard to have it scored within a week.

-Sometimes you may pass a part of the test. If so, please hold on to the letter that tells which part you have passed and then send a copy of it in when you redo the missing section. This will help us with keeping track of your overall standing.

-Rulebook – looking to make it uniform and updated. We will be working on this within the committee.

m. Sports Medicine Committee – Michael Hartle

This committee was created in 1994. Since that time this committee has been charged with addressing the sports medicine-related issues of USA Powerlifting along with admitting various health professionals after their credentials have been verified and approved to the Sports Medicine Committee (SMC) to assist and treat our athletes at our National and International competitions. Over the years we have treated approximately 4000 athletes. The ailments we have treated are mainly neuromusculoskeletal in nature, with a majority of the injuries that were treated being chronic in nature or chronic injuries becoming acute during a competition. The current percentages of injuries that we treat are as follows:

1. Lower back injuries: 49%
2. Cervical injuries: 19%
3. Shoulder injuries: 14%
4. Knee injuries: 12%
5. Miscellaneous injuries: 6%

Another important function of the SMC is to answer emails and phone calls from our members about various health conditions and how and where to go for help in treating these conditions. If you know of any doctors or other health professionals that may be interested in joining the SMC, please feel free to give them my number or email (see Administration page) and the SMC will get in contact with them.

n. Technical Committee – Robert Keller

There are some issues with some of our referees, and we are looking for 5-6 volunteers to begin working on this committee to help work on these issues. Some areas that are to be worked on include:

- Proficiency checks for referees
- A resource for meet directors, lifters, coaches, state chairs... to keep up with IPF and WADA.
- Give a Technical Report/Feedback to meet directors to support positive actions and improve areas of concern.
- To work with the Coaching and Drug Testing Committees
- Have web page access to committee members so questions can be answered.

Please email Robert Keller with any questions or names of people interested in being involved.

o. Teenage/Junior Committee – Joe Lewis

- Joe Lewis was elected at HS Nationals as the interim chair until full election to be held at Teen/Jr
- Bids that the committee recommends for High School Nationals are:
 - 2006 – Jim Hart – Omaha, NE
 - 2007 – Duane Urbina – Alexandria, LA
- The Committee will be putting together a meet director packet to cover all details of the high school meet and a uniform entry form to cover all guidelines of this division. It will also assist in the reporting and confirming of qualifying totals.
- The Committee is looking at the qualifying numbers and will present new totals for both the 9/10th grade division and the Varsity.
- To assist in the numbers of participants and length of the meet, the committee recommends the use of 3 platforms for HS Nationals.
- Explanation of Sub-Junior World team selection process.

p. Women's Committee – Katie Ford

- The 2005 Women's Nationals was held in St. Louis with about 153 lifters.
- Because of the number of lifters they are looking at making this a 3-day event.
- 2006 will be in Denver – Feb 10-12
- 2007 – Baton Rouge (May/June)
- 2008 – Open with a bid from Kalamazoo, Michigan
- The IPF is moving to a May/June time frame
- Bettina Altizer was the 2005 selection to the Women's Hall of Fame.
- There will be a new Hall of Fame nomination form on to use which is easier for the nominator. Nominations are due to Erin Dickey by August 31.
- The committee is making a stronger effort to find writers for articles.

q. Disciplinary Committee – Ray Benemerito

This committee reviews fellow USAPL members to:

1. protect the federation
2. provide a fair and just decision

The committee was activated in July and has 4 committee members.

The committee receives legal council from B. Altizer

In 2004 the committee reviewed two cases

7. Unfinished Business

a. Steve Howard – Moving the National Office.

There has been some discussion and research done on moving our national office to Colorado Springs, Colorado. There are many national sports bodies located in Colorado Springs, including the USAW and the USOC. Steve, with the assistance of USAPL member and Colorado resident, Robb Grisham, are looking into opportunities to apply for grants and foundation funds that would assist in the cost of moving and starting up the office in a new location.

Contact Steve Howard if you want to be involved in this research process.

8. Proposed By-Law Amendments

a. none submitted

9. New Business

The following agenda items were submitted for consideration.

A. Submitted by Dan Gaudreau

Allow the creation of a \$15 one day USAPL membership to be used at State Games of America competitions. The one day members will not be allowed to set any records or receive any ranking or benefits other than lifting in said meet. One day members will be subject to drug testing.

Reasoning: This membership will allow us to lobby the State Games of America to implement powerlifting in all State Games through out the U.S. We will be in a position to be the sole powerlifting sanctioning body for the State Games.

Q.- Will all State Games be sanctioned fully? Yes

Discussion of contract being initiated before agreed upon with the State Games organization.

PASSED

B. Submitted by Pete Alaniz

Adapt WADA and IPF suspension time periods of 2 years. Further, adjust any current suspensions from the 3 year period currently being served to the new 2 year policy.

Reasoning: An application to get powerlifting into the Olympics has finally gone in to the IOC. Adopting these time periods would put us in line with the IOC and USOC. The suspension time adjustment would simply be a matter of realignment so as to not make suspended members have to serve an extra year in light of the rule change.

PASSED

C. Submitted by Pete Alaniz

Make at least the Men's National's permanently conform to a 6 month time frame period previous to it's respected World Championships. Ideally all Nationals should confirm.

Reasoning: The lesson from 2003 should not be forgotten. In that case we were forced into a position where winners of the Men's Nationals were not guaranteed the opportunity to be put into the selection pool due to the IPF penalties imposed.

FAILED

10. Elections

- A. Treasurer
 - 1. Geoff Plante - ELECTED

- B. Secretary
 - 1. Erin Dickey - ELECTED

- C. Executive Committee (select two)
 - 1. Bettina Altizer - ELECTED
 - 2. Jim Hart - ELECTED
 - 3. Bob McCloskey

11. Honorary Awards

- A. Brother Bennet Award
 - 1. Bettina Altizer - SELECTED

- B. Coach of the Year
 - 1. Johnny Graham – withdrew name
 - 2. Joe Lewis
 - 3. Lanette Lopez - SELECTED
 - 4. Jon Magendie
 - 5. Tod Miller
 - 6. Gina Stepleton
 - 7. Claude Welcome

12. Proposal to initiate a Referee of the Year Award.

NGB agreed to this proposal and took nominations from the floor.

- 1. Robert Keller
- 2. PJ Couvillion
- 3. Jack Marcus
- 4. Bill Clayton

Robert Keller - SELECTED

13. Meet Bids

****NEW NATIONAL MEET BID POLICY ****

PLEASE TAKE NOTE: All bids should be sent to the committee chair of the respective national meet no later than 30 days prior to their national meeting. On the 30th day, the chair will forward bids to the Executive Committee via the Secretary. The EC will ok the bids prior to the committee meeting. The committee will vote on which bid they will recommend to the NGB for approval.

*Bids will not be accepted from NGB floor. They must go through committee or EC.

*Committee recommendation is not official approval! We ask that the person(s) making the bid not finalize or sign contracts for the meet until NGB approval is given.

*If the national meet does not have a representative committee the bids should be sent directly to the national secretary.

*It is requested that all bids be sent electronically to assist in the distribution and forwarding process. A hard copy may also be sent if desired.

Current USAPL Schedule 2005

Meet	Host	Location	Date
Women's Nationals	Harold Gaines	St. Louis, MO	Feb 5 & 6
High School Nationals	Johnny Graham	Killeen, TX	April 1-3
Collegiate Nationals	Paul Fletcher	Baton Rouge, LA	April 16-17
Masters Nationals	Lance Slaughter	Palm Springs, CA	May 20-22
Teen/Junior Nationals	Johnny Graham	Killeen, TX	June 11-12
Squat Nationals	Dan Gaudreau	Denver, CO	
Men's Nationals	Johnny Graham	Killeen, TX	May 6-8
Bench Press Nationals	Harold Gaines	St. Louis, MO	September 17-18
Lifetime Drug Free			
Police & Fire Nationals	Keith Simonds	Oklahoma City, OK	November 19
Deadlift Nationals/Push- Pull	Dan Gaudreau	Denver, CO	
Military/Armed Forces	Eddie Bech	Heidelberg, Germany	March 12

* World Games

Duisburg, Germany

July 16

2006

Meet	Host	Location	Date
Women's Nationals	Dan Gaudreau	Denver, CO	February 10-12
High School Nationals	Jim Hart	Lincoln, NE	
Collegiate Nationals	Robert Keller	Ft. Lauderdale, FL	April 13-16
Masters Nationals	Johnny Graham	Killeen, TX	
Teen/Junior Nationals	Bruce Sullivan	Racine, WI	June
Squat Nationals			
Men's Nationals	Robert Keller	Miami, FL	July
Bench Press Nationals	Dan Gaudreau		
Lifetime Drug Free			
Police & Fire Nationals			
Deadlift Nationals/Push-Pull	New Jersey	New Jersey	
Military/Armed Forces			

2007

Meet	Host	Location	Date
Women's Nationals			
High School Nationals	Duane Urbina	Alexandria, LA	
Collegiate Nationals			
Masters Nationals			
Teen/Junior Nationals			
Squat Nationals			
Men's Nationals	Harold Gaines	St. Louis, MO	
Bench Press Nationals	Jennifer Thompson	Charlotte, NC	
Lifetime Drug Free			
Police & Fire Nationals			
Deadlift Nationals/Push- Pull	Jim Hart	Lincoln, NE	August
Military/Armed Forces			

USA Powerlifting
Bids Received for Open Meets

Men's Nationals:

2007

- St. Louis, MO – Harold Gaines

High School Nationals:

2006

- Lincoln, NE – James Hart
- Cleveland, OH – Gary Kanaga

2007

- Alexandria, LA – Duane Urbina
- Cleveland, OH – Gary Kanaga

Teen/Junior Nationals:

2007 – Deferred to Teen/Jr Committee who will meet at nationals

- Denver, CO – Dan Gaudreau
- Kalamazoo, MI – Tod Miller

Bench Press Nationals

2007

- Charlotte, NC – Jennifer Thompson
- Cleveland, OH – Gary Kanaga

Women's Nationals

2008 – Will look at next year

- Kalamazoo, MI – Tod Miller

IPF Masters World Bench Press Championships

2008 – This bid did not meet IPF requirements and was tabled for refinement if desired.

- Cleveland, OH – Gary Kanaga

13. ITEMS FROM THE FLOOR

1. Sherman Ledford – If you qualify for a USAPL national meet you can declare your weight class up or down one weight class. Applies to teens, juniors and open lifters.
FAILED

2. Geoff Plante – Starting dates for new terms of Corporate Officers.
Change the start date of a new term for officers to the first day of the 3rd month after the NGB. Thus, if the NGB is in May, the term would start on August 1.

Rationale: Only officers of USAPL have signature authority on financial matters. Also, currently once voted out of office, an officer loses all signature authority. It

takes considerable time to have signature cards changed at banks given the geographic disparity of these officials. Also, the Patriot Act has made it difficult to change names on accounts. 75-90 days is reasonable for this process.

PASSED

3. Lance Slaughter – To require that the term to set qualifying totals for national meets, with the exception of High School Nationals and Collegiate Nationals, to run from January 1 the year prior to the posted entry deadline date of the national meet being qualified for.

PASSED

4. Jim Hart – Bid for the 2007 Deadlift and Push/Pull Nationals – August 2007.

AWARDED

5. Robert Keller for Steve Petrencak –

Proposal: To look into incorporating less In-Meet drug testing and more Out-of-Meet drug testing. We all know that it is the meet directors who absorb In-Meet Drug Testing cost, so why not have them test less lifters every meet; and use the extra money for more OMTs. We boast high numbers of OMT, but these are basically funded by World Team Members. And most World Team Members have a fairly good idea as to when they will be tested; there is not much of a surprise. A few other countries have this thought process going, and test many more lifters Out-of-Meet than In-Meet. Look at Denmark, Norway and Sweden last year. Combined, they tested 453 Out-of-Meet vs. 88 In-Meet**. Even if we were to go half In-Meet and half Out-of-Meet, I would think we would be better off.

**http://www.poerlifting-ipf.com/national_doping_reports_2004.htm

Reasoning: Between September 21, 2001 and December 11, 2004 we had 46 Drug Failures (one was a failure to report for the test). Of the 45 tested failures, 37 of them had something to do with Nandrolone, Boldenone, and Trenbolone. After doing a search on Detection Times in the body, it was very depressing to find that many of these substances could be out of your system in just weeks! But I found that Nandrolone can be in your system from 12-18 months; and Boldenone and Trenbolone for up to 5 months. My point is that it would seem that the lifters that were caught probably thought that these substances were out of their system before a meet; and I think that we can agree that the vast majority of lifters are tested In-Meet. So with just this little bit of knowledge most could be using banned substances that they know will be out of their systems before a meet and thus pass a test, even though they may have made substantial gains using these banned substances prior to the meet.

Motion Died

6. Jon Magendie – Motions from Collegiate Committee Meeting.

- Change age-limit rule to: "lifter may request approval for a one-year extension of the age-limit, providing they missed the meet due to [disability](#), compulsory military or religious service. Said request must be made to the Collegiate Committee six months in advance of the meet."

APPROVED

7. Katie Ford – Women's Committee

The following topics were changed in the by-laws of the USAPL Women's Committee. Official language can be seen in the Women's Committee by-law update.

- Athletes Reps will be elected at the annual meeting.
- The position of Delegate has been removed.
- All Athlete's Reps have a responsibility to be active with committee.

Meeting Adjourned 7:50pm.

Respectfully Submitted,

Karen Miller
USAPL Secretary