

**General Assembly  
North American Powerlifting Federation  
Heritage Inn Hotel & Convention Center: Moose Jaw, Canada  
Tuesday, July 7, 2015 / 10:00am – 12:00pm**

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**AGENDA**

**1. Roll Call of Member Federations (13)**

Bahamas  
British Virgin Islands  
Canada  
Cayman Islands  
Costa Rica  
Dominican Republic  
El Salvador  
Guatemala  
Mexico  
Puerto Rico  
Trinidad and Tobago  
US Virgin Islands  
United States of America

**2. Championship Director Welcome Message / Ryan Stinn**

Good afternoon delegates, from the organizing committee of this championships we just want to say welcome. Some of you have been to Moose Jaw in the past and for others it will be your first time. We hope that you have a chance to experience a few of Moose Jaws attractions like the Tunnels of Little Chicago, the Trolley Tours or even just walking around downtown. You are sure to enjoy the friendly atmosphere.

We are excited that you are here, this is the first major championships that we have hosted since the 2011 IPF Sub-junior and Junior Worlds that we had the privilege of running. We have endeavored to make this the best possible event for the athletes and officials. If there is anything we can do for you please let us know.

Thank you, Ryan Stinn, Ryan Fowler and Rhaea Stinn

**3. Review Minutes from St. Croix General Assembly**

Sergio Centeno steps down as Secretary General for professional and family related decisions.

#### **4. NAPF President's Report / Dr. Larry Maile**

This has been both a positive and negative year for the NAPF. On the positive side, we continue to hold successful championships, in locations that are both desirable and in which we have excellent organization. We have been pleased to go to exotic locations, cosmopolitan cities, and to the heartland of North America. We have had great representation in the most recent Classic Worlds with huge teams from Canada and the USA who achieved great success and represented the Region well. We look forward to greater representation in 2016 when the World Championships in the USA are more accessible to many of our nations. One of the issues that is a continual challenge for the North American nations is payment of fees to the IPF, and support for our athletes. IPF fees are due, and payable immediately and failure to do so will result in delays in recognition, and limiting lifter opportunities. Another of the issues that are of concern is the scarcity of referees in many of our nations. As you know, three referees from three different countries are required for World Records, and the need for additional officials to meet this demand, but also to keep our dedicated officials from working the entire meet. More help is always appreciated and qualifying additional referees will make competitions easier on all of us! Lastly, welcome to the 13th NAPF Regional Championships. We expect a very high standard of lifting, and more than anything, the camaraderie and friendship that sets the NAPF apart from all of the other Regions. We look forward to a great meet. Yours in strength, L.J. (Larry) Maile, President, North American Powerlifting Federation

#### **5. Vice-President's Report / Mr. Fernando Baez**

Hello athletes, coaches and referees. Welcome to the 13th Annual IPF/NAPF North American Regional Powerlifting Championships, I hope you can enjoy your stay at Moose Jaw, Canada and of course the powerlifting events. I'm very pleased to announce during this past year we are seeing a growth in the powerlifting population in our Regional's Championships, especially with juniors and sub juniors. At last year's championships the 12th Annual North American Regional Powerlifting Championship held at St Croix, US Virgin Islands we saw a very good participation of juniors and sub juniors. I want to encourage you all, once you get to your respective countries to motivate the Youth to train and compete in powerlifting after all they are our future. Also we saw a great participation at 5th Annual NAPF / FESUPO Pan-American Regional Bench Press Championships that was held in Acapulco, Mexico. It was our largest regional Bench Press Championships. So those are very good news for our organization. But I want to break that record I want this year's regional bench press championships to be bigger, and we have a very good place to do it, in the great city of Ponce, Puerto Rico. I wish good luck to all the athletes that will participate in this year's Regional Powerlifting Championships. Remember keep motivating our athletes and encourage them to participate in our Regional's Meets. Sincerely, Fernando Baez, NAPF Vice-President

## **6. Outgoing Secretary General's Report / Sergio Centeno**

My good friends: Thanks for all the support and all your help on this years. Would like to congratulate Dr. Hugo Velazquez and Dr. Robert Keller for bringing back one of our member federation, El Salvador. Know they have work really hard on this matter. Thanks also all the member federations to support our Regional Championship. For most of you is a little expensive getting there, so again thanks. Next year Regional Championship will be held in Cancun, Mexico. This should be an amazing championship because I know it can be one of our best championship ever. The location is perfect to have a huge crowd of lifters. I am very happy because the NAPF Family is coming back to Puerto Rico for the 9th NAPF Bench Press Championship. I know that Mr. Ivan Cancel have made a great effort with the hotel so that everyone are more than pleased with the Championship. It is also great because you will have the opportunity to see my hometown Ponce, PR. He will have a moment to update the information. Unfortunately this past February I had to take a really hard decision on my life, I have resign to all my positions on the NAPF. After a long talked with Mr. Keller, have decided to still be part of the NAPF as the Scoring Manager. When talking with Mr. Keller I recommend Mr. Alex Alvarado from Puerto Rico to be the interim Secretary General. I've seen the way he works, evaluated his experience from last year championship and think he is the right person for the position. Also been able to speak Spanish and English put him on a really nice position for the job. Congratulations Mr. Alvarado. This year we should have elections and I hope that you vote for him. Last would like to congratulate Mr. Robert Keller on his new position on the IPF, between January and February Mr. Keller became the new IPF Secretary General. Hope you have a great championship. Thank you, Sergio Centeno, NAPF Secretary General

## **7. Interim Secretary General Report / Alex Alvarado**

I want to take this opportunity to thank you all for the confidence deposited on me to be appointed as the new Interim Secretary General. In the past months I've been getting more and more involved with the sport and the organization. I will even take the Cat 1 Referee exam, coach and compete here in Moose Jaw in order to get the feel and experience every angle of the sport. I want to keep up with the good work that has been done in past years. I'm also looking forward to be the liaison between Spanish speaking nations and English speaking nations, language should not be a barrier. As Secretary General one of my goals is to continue promoting the growth of the sport in the countries of our region. There are still many countries which are not member of the NAPF. We need to approach non-member countries to get them started, help them organize so they can become member federations. Alex Alvarado, Interim Secretary General

## **8. Championship Secretary Report / Robert Keller**

They're several matters which need to be addressed by the NAPF Member Federations. First, the Visa Support Documents are coming in too late. For this year's championship, several member federations applied two weeks prior to the start of the competition. Normally, the latest a member federation should apply is 60 days from the start of the

competition. So, in the future, the requirements will be for member federations to send their completed Visa Support Document with their Preliminary Nominations, so a visa invitation letter can be prepared and sent to not only the designated consulate/embassy, but the member federation as well. Second, this year, the member federations booked their hotel rooms past the deadline date. After the deadline date, the hotel released the rooms which were being reserved for the member federations and placed back into inventory and sold. The secondary hotel sold out as well. So, there were member federations which did not book their hotel rooms on time. Those member federations will be fined the fee of 100 Euros by the meet director. Upon completion of this year's regional championship, a handbook shall be prepared by the championship committee, in both English and Spanish for preparing a national team for an international and / world Championship. We take for granted staff members in the secretariats are familiar with all tasks in preparing a National Team for a trip. Often times, policies and procedures change and often times, due to language barriers, those procedures are not passed down in both a timely manner.

#### **9. Treasurer's Report / Mike Licciardi**

There are several points I want to address this year. First, the majority of the NAPF Member federations are timely with the payment of their annual Membership, participation and anti-doping Fees. However, several remain delinquent and we're going to take action to resolve this. Particular member federations have been dormant for the past two years and inquiries will be made with their respective Ministries of Sport to determine their exact status. The ministries of sport for the federations which are delinquent, will be advised of their indebtedness. Second, in the future, member federations are going to be required to wire their participation and anti-doping fees to the NAPF. And, finally, with the increase in the IPF's annual Anti-doping fee from 500 Euros to 2000 Euros, we're going to have to increase the NAPF Anti-doping Fee from \$75.00 USD to \$100 USD. I would ask the member federations support this motion. In closing, thank you very much for your continued support and confidence. Respectfully, Michael Licciardi, IPF Finance Officer

#### **10. Technical Chairman's Report / Bill Clayton**

As in last year's report, I'd like to start the report by thanking all member federations, referees and championship directors for the great job they've done the past year at all the championships. It has again been a wonderful year of championships in our region. Also, as requested last year, I'd like ask member federations to increase their numbers of IPF officials and consider adding some needed female officials. Reminder the re-certifying of IPF officials is to occur this year. As follows are the requirements for renewal: "...must have refereed a minimum of two International and two National Powerlifting Championships during the previous four year period between Olympic years in order to be acceptable for re-registration. One national Bench press championships is allowed. One unequipped competition is allowed for re-registrations." Again thanks to all, respectfully submitted, Bill Clayton

## 11. Caribbean Report / Robert Massey

The Caribbean Powerlifting Federation consists of a seven member nation: British Virgin Islands, Cayman Islands, Dominican Republic, Guyana, Puerto Rico, Trinidad-Tobago and the U S Virgin Islands. The British Virgin Islands and the Cayman Islands have been inactive for the 2013-2014 NAPF Powerlifting schedule in Regional and Caribbean Championships. The islands of Anguilla and St. Lucia have recently expressed a desire to join the NAPF/IPF. In December 2014 a St. Lucia representative contacted Robert Keller and myself. Robert Keller visited the island of Anguilla and St. Maarten in March 2014 and held a conference with representatives from Anguilla, St. Maarten and St. Kitts/Nevis. All expressed interest in becoming members of the NAPF/IPF. The island of Aruba was a member of the NAPF/IPF but there are IPF obligations that must be settled to be reinstated as an active member. The Cayman Islands, Puerto Rico and the U.S. Virgin Islands have Special Olympics athletes participating in their competition. The IPF has added a Special Olympics category to the Open World Championships. I would like to see all Caribbean nations encourage Special Olympic athletes to participate in Powerlifting with the NAPF. I believe the sport of Powerlifting will have to be taken to the nations expressing interest in becoming NAPF/IPF members. The general public and the officials of these nations will have an understanding of this sport. Videos of NAPF/IPF competitions should be given to the representatives to share with the local media, sports clubs, schools etc. This will give the public a better understanding of powerlifting. We must promote the sport of Powerlifting on all levels to expand as a region. Robert Massey, President, VIPF and NAPF Caribbean Representative

## 12. Central American Report / Dr. Hugo Velasquez

**Costa Rica** is the powerlifting federation with most participation at both IPF and NAPF championships. This member federation has participated in the 2014 IPF World Open Powerlifting Championship in Denver (USA) with 5 athletes (1 woman and 4 men). Also in the 2014 NAPF/FESUPO Pan-American Bench Press Championship held in Acapulco (Mexico) with 11 athletes (4 women and 7 men) placing in the top 3. In 2014, ADELEPO-CR held 8 regional championships with over 30 athletes each. So far this year (2015), they had had 2 qualifying championships for a team to participate in the Pan-American Powerlifting Championship in Brazil in September and NAPF Bench Press Championship that will be held in Puerto Rico. The federation has over 200 member athletes and they are acquainted with powerlifting gear. **Guatemala** had 2 participants last year at the NAPF Powerlifting Championship in St. Croix (US Virgin Islands). Lack of funding has been a setback for participation in the IPF events. They recently held elections and has a new Board Members. Their new president is Mr. Carlos Aceituno. During 2014, Guatemala Powerlifting Federation held 7 regional championships. So far this year (2015), they have organized a national novice championship. They have around 180 member athletes (30 women and 150 men). **El Salvador** is a new member of the IPF and NAPF. The new federation is titled **ASALPO** (Asociacion Salvadoreña de Levantamiento de Potencia). They are very eager to participate in IPF events. They have been working very hard to bring their athletes up to IPF standards. Last year (2014), they held 8

regional championships. In the past, El Salvador held invitational championships through their universities with neighboring nations (Nicaragua and Honduras). They count with approximate 120 member athletes (20 women and 100 men). **Nicaragua** is not yet a member of the IPF. They created a new powerlifting federation called ANPO (Asociacion Nicaraguense de Potencia). They have shown interest in becoming a member of the IPF this year. I've had had close contact with their president – Mike Zepeda, to have their paper work done and IPF application form completed – This matter remains pending. **Honduras** is not a member of the IPF. They created a new powerlifting federation called Asociacion Ribereña de Potencia. Thru ASALPO, I have had conversation with them. Their status remains pending. Panama and Belize, they don't have powerlifting organizations yet. Most events are held in local gyms through their respective bodybuilding federations. Robert Keller is contact with Belize. **Needs:** All Central America member federations agree they are very much in need of regional seminars -- Anti-Doping, Coaching, Powerlifting Training and Referee. Also of they're in need of Powerlifting equipment, such as official weights and Powerlifting racks. They will require donations in order to organize regional IPF sponsored championships. Looking forward to bring 2 new members to the ranks of the IPF this year.

### **13. Record Manager's Report**

Dear NAPF member nations: During the previous year I have been working on the NAPF set of records. As you may already know, these records together with all their history have been input under goheavy.net database. A big credit goes to Tony Cardella who is always in his best disposition to help. Besides updating these records, I was given the task of creating the RAW Division records for every age division. It always takes time when a set of records are created from scratch, but it was done. In the future I could be working to include the Arnold Classic records. These are a total of four championships. The NAPF continues to increase the amount of division and records, showing that we are a growing IPF regional federation. Another great step we could take is to post records under the Goodlift database, along with the IPF World Championships records and the European Powerlifting Federation records. Always on the best and genuinely disposition to help the NAPF region growth. Thank you. Iván Cancel, NAPF Record Registrar

## 14. Proposed Amendments / Motions

### **Motions from the NAPF (Keller)**

Increase the anti-doping fee from \$75.00 per contestant to \$100.00 per contestant.  
Participation Fee to remain \$25.00

**Rationale:** The OCT Fee paid to the IPF, annually, was increased from 500 Euro to 2000.00 Euros. The \$25.00 USD increase will cover the additional 1500 Euros which needs to be paid to the IPF.

### **Motion from the NAPF (Keller)**

A participation fee of \$25.00 USD will be charged for each division an athlete is nominated for at an NAPF Championship. All participation fees will be paid the organizer at the conclusion of the championship.

**Rationale:** The additional monies will be used to purchase the additional medals and will also aid the organizer in the direction of the championship.

### **Motion from the NAPF (Keller)**

Establish the position of Media Officer for the NAPF.

**Rationale:** At the request of the IPF, we're required to appoint a Media Officer to represent the NAPF on the IPF Media Committee. Primary responsibility will be to oversee the Region's Facebook Fan Page.

### **Motion from the NAPF (Keller)**

Establish a Women's Committee for the NAPF.

**Rationale:** It is essential for female lifters from the NAPF member federations are equally represented amongst the men in the sport of Powerlifting.

### **Motion from the NAPF (Keller)**

Allow the NAPF Executive to designate a candidate for the IPF Disciplinary Committee.

**Rationale:** At the request of the IPF, we're to appoint a disciplinary committee member from the NAPF to represent the region.

## 15. New Business

Review IPF Executive Meeting Points from Sundsvall, Sweden (Keller)

Points from the IPF Meeting with the IOC in Salo, Finland (Keller)

World Games Selection Guidelines (Keller)

## 16. NAPF Championship Schedule / NAPF Awarded and Open Bids

### Championship

2015 NAPF North American Regional PL Championships  
2015 NAPF/FESUPO Pan-American PL Championships  
2015 NAPF North American Regional BP Championships

2016 NAPF North American Regional PL Championships  
2016 NAPF/FESUPO Pan-American BP Championships  
2016 NAPF North American Regional BP Championships

2017 NAPF/FESUPO Pan-American PL Championships  
2017 NAPF North American Regional PL Championships  
2017 NAPF North American Regional BP Championships

2018 NAPF North American Regional PL Championships  
2018 NAPF North American Regional BP Championships

### Location

Moose Jaw, Canada  
Ribeirao Preto, Brazil  
Ponce, Puerto Rico

Cancun, Mexico  
San Jose, Costa Rica  
San Jose, Costa Rica

Miami, Florida, USA  
Miami, Florida, USA  
Toronto / **To Confirm**

Open for Bid  
Open for Bid

## 17. Elections 2015

### President:

Dr. Larry Maile (USA)

### Vice-President:

Fernando Baez (Puerto Rico)

### Secretary General:

Alex Alvarado (Puerto Rico)

### Treasurer:

Michael Licciardi (USA)

### IPF EC Board Member for North America

Dr. Hugo Velasquez (Costa Rica)

## 18. Motions from the Floor

## 19. Adjournment