

USA Powerlifting
National Governing Body Minutes
July 8, 2004
Baton Rouge, Louisiana
Call to order at 1:23pm

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

41 Voting members

2. Reading of Minutes from NGB 2003

Approved

3. President's Report

Dr. Larry Maile

-Dr. Maile will set a time for an informal question and answer period over the weekend.

-Update on activity over the past year:

-the national office has been relocated to a new building in Columbia City, IN.

-Drug Testing: international lifters now pay for their own OMT prior to their meet.

-Working with all programs to be more efficient and hold down costs.

-Working with a formal marketing company. We are 4 months into our 6 month contract. Looking at unifying press releases, increasing name recognition...

-Improving marketing of our merchandise. Purchases can now be made on the internet, via our website.

-Our website has been updated, and will be continuously updated. There is a meet director resource section and lots of new downloads. The downloads are a cost cutting measure, so the national office does not have to mail forms out.

-We are a volunteer organization, from the spotters and loaders to the meet directors. We have increased the number of state chairs, and there are only 3 states without a chair. There are two new committees dealing with drug testing: OMT Committee does the scheduling and the TUE Committee (Therapeutic Use Exemptions Committee) which brings us into compliance with WADA.

-Our youth program began this year. It has been well received by our members. USAPL likes what's happening with this program, the IPF does not. The USOC mandates that youth programs be a part of their sport organizations. It is important for this program to continue to grow and develop our younger lifters.

-We have had several training camps around the country. Johnny Graham hosted high school coaches in Texas, targeting the improvement of their programs. Programs have also been run to focus on training and equipment in Fort Wayne, IN and Spokane, WA. Another camp will be held this August in Michigan.

-We are beginning to contact members whose membership has lapsed. We have sold 2200 memberships in the first 6 months of this year, and have 3300 active members. Lapsing members now get a notification letter, and past members who have not rejoined are being contacted by Erin Dickey. Erin has found that very few members went away because they were angry. Most left because they had life changes, some stated they left because of an injury. We

get most of our sign-ups at meets. Many of the lifters that do not have current membership still feel affiliated with our organization.

-Newsletter: We would like to start this back up, but we are not financially ready to do so. We are looking at ways to be able to do it. The cost would run between \$3-6 per member. This program is a priority.

-In lieu of our newsletter we have a column in *Powerlifting USA*. Mr. Lambert has been very good to us by publishing what we send to him. We appreciate our layout. We are also on the process of negotiating a column with *PurePower*. A column/advertising in the NSCA Journal is also being considered. This would target an important group (strength coaches), but will cost \$1,000 per issue, 6 issues a year.

-Meet sanctions: 140 sanctioned meets each in 2001, 2002, 2003. 102 meets have been held so far this year, with 118 sanctions paid for. We are on track to have more meets than in the past. We are seeing that most lifters compete within 150 miles from their home, so we need to continue to offer meets in various locations.

-Feedback on the IPF: Great things are happening for USAPL lifters at the IPF level. Our women's team placed 3rd at worlds with 6 medalists, and our Master's team is very accomplished. Since 1997 we have had only 2 positive drug tests at the IPF level. We have about 140 lifter appearances per year at IPF world events. Regardless of this, the US is not well received at the IPF level. They are critical of us, and not happy with our youth, raw and lifetime divisions.

-We still maintain our commitment to our drug-free program. The philosophy of Brother Bennet still lives with us.

4. Vice President's Report

Johnny Graham

-First, I want to give a special thanks to all the members for having the confidence in me to fill the past year as YOUR USAPL Vice President.

-These past 12 months have REALLY been a learning experience for me. 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 professional meet director on the world run outstanding events, to watching coaches and lifters put a new twist into lifting. In this sport there is never a dull moment.

-With the good, also comes the bad. Yes, we do have lots of work to do. Some things that ALL members must know, and I MUST do, will be addressed in this memo.

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 the high schools of our organization. I have always felt that the future of our sport depends on the high school lifters.

We have to get ALL of our officials on the same standards of performance. One official badmouthing another on the rules to others when you are not in the "HOT SEAT" will not be tolerated. All officials must present themselves in a professional manner at all times. Anything less will not be accepted.

We need more meet directors. We have a selected few people that are willing to make the sacrifice of hosting national events year after year. After a while, lifters will lose interest in going to the same place. 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.

All members of the Executive Committee must be available to the members. Too many times I have heard from lifters saying that members of the EC won't return their calls, and wait weeks to respond. We are elected by the members, for the members. Listen to what the members have to say and give them the best possible support needed. This also goes along with professionalism to the members. We all have other professions, but we also had those professions when we ran for office. Without proper leadership, we will fail as a unit.

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 negative that will bring us down.

-We are doing a lot more great things than bad. Our OMTs have skyrocketed during the past year, and we will continue to address this issue. Our treasurer has done a great job on saving the organization money on many things from insurance and mailing to phone bills. He will address this in more detail.

-The coaching committee has done an excellent job in insuring that the coaches selected to coach our world teams meet some very strict standards. They have left no stone unturned to put the best possible people out there to lead our lifters. This was truly evident in the great success of our masters and women's teams. Many people helped in making these teams that brought back team awards. With their untiring leadership, all of our teams will give their highest level of support and effort.

-We now have our own national office and the members have been able to speak during normal working hours. This is a big plus for us.

-We have set record numbers at most of our national meets during the past year. This is because of the great job that people like the Howards, Fletchers, Phantom Warriors Powerlifting, and Harts have worked hard to bring the members high quality events.

-We are constantly working with travel agents to make all efforts for our teams traveling abroad easier. With the world situation as it is today, this puts less stress on the lifters and makes the events a pleasure.

-Yes, there is much work to be done, but with your support, and the support of the leaders you elected, we will get it done. We are a team of teams, and with all the committees working as one we will continue to be the BEST powerlifting organization in the world.

TEAM = Together Everyone Achieves More

5. Treasurer's Report

Please see attached PowerPoint report by Geoff Plante

6. Committee Reports

a. Armed Forces Committee – Lanette Lopez

1. The 2004 Military National Championships were held on March 13, 2004 in Killeen, Texas. The meet director for this event was Johnny A. Graham and the Phantom Warriors Powerlifting Team staff. 42 lifters participated in this year's event, with lifters representing all branches of the Military. Several lifters from Europe came to compete in this event. This was the first national event held at the new Killeen Civic and Conference Center. A great thanks to the staff of this fine facility for making this meet a success. I would like to thank all the men and women of our Armed Forces for a big success, and a safe return home.
 2. We have several bids for the 2005 Military Nationals:
 - a. US Air Force Academy, Colorado Springs, CO
 - b. Minot AFB, Minot, ND
 - c. US Army Europe, Graf, Germany
 3. The bids for 2005 will remain open until October 2004 for anyone interested in hosting this event. This date is open, as the Military operates on a fiscal year budget, and all interested hosts have requested a delay until funds are approved.
 4. We would also like to welcome US Army Europe (USAREUR) to USAPL. They have requested to their Command HQ that all of their powerlifting events be sanctioned by USAPL.
- b. **Coaching Committee – Rob Wagner** (Presented by Pat Anderson)
- A. There are currently 21 members of the committee. Looking to make changes that would mainstream the committee to 7 voting members. It will be broken into categories (men's, women's, master's...). The committee will be accepting nominations for voting members and will keep the rest of the committee as non-voting members for reference.
- c. **Collegiate Committee – Jon Magendie**
- A. Collegiate nationals were held in Omaha, NE, where 45 schools participated.
 - B. The committee has 5 motions that will come from the floor, as well as meet bids which will be found on the updated calendar.
- d. **Disabled Committee – Robb Peck/Dale DeCamp** No report
- e. **Drug Education Committee – Charity Reynolds** No report
- f. **Drug Testing Committee – Michael Hartle**
- A. In the past year from July 1-July 1 we have had 24 positive tests. Two years ago we had 57.
 - B. Be cautious of over the counter products. Some contain DHT.
 - C. Procedures for conducting an in meet drug test: once you have notified the person to be tested someone involved with the testing must stay with them at ALL times until the test is completed.

- D. Procedures MUST be followed or the test could be thrown out.
- E. An OMT committee has been set up by Ivan Ribic. The OMTs have caught 2 positives (1 before a world competition).
- F. 944 total tests last year. 2.5% of the tests were positive.
- G. We have also initiated a TUE (Therapeutic Use Exemption) Committee which brings us into line with WADA.
- H. We need to maintain our lead in drug-free powerlifting.
- g. **Finance and Ethics Committee** – No chair...looking for one. No report
- h. **Law and Legislation Committee** – Lucian Gillis No report
- i. **Masters' Committee** – Johnny Graham (presented by Regina Hackney)
 - A. The past year was a very successful one for the Mater's World Team. After team selections from the women's nationals in Killeen, Texas and mater nationals in Baton Rouge, LA, the team filled 49 slots for the 2003 IPF master's world championships, which was held in Regina, Canada. The team had a clean sweep, winning all 5 masters divisions in these championships. The team finished out the meet with a total haul of 20 gold, 13 silver and 7 bronze medals. This was the 3rd straight year that the master's team has won the IPF Masters Worlds.
 - B. The 2004 Masters National Championships was held in Denver, CO from 30 April-2May, 2003. Meet Directors Dan Grudeau, Robb Grisham, and Brent McCune put on a first class contest, with 138 lifters competing. This event was by far on of the best produced maters nationals with professional filming involved. Many lifters from the past and present came back to try for a chance on the Masters World Team for 2004. Many world records were attempted at this event, with 5 being successful.
 - C. At the master's national meeting, the 2005 and 2006 sites were voted on and approved by the members present. Lance Slaughter was awarded the 2005 bid in Palm Springs, CA. This event will be held May 20-22, 2005. The 2006 bid was awarded to Johnny Graham in Killeen, TX. This event will be held either the 1st or 3rd weekend of May 2006. Dates will be confirmed after the awarding of the 2006 Men's Nationals.
 - D. The selection process for the 2004 IPF Masters Worlds has been completed. All lifters have been notified of their selection, and as of 6 July the primary and alternate lifters have filled 22 positions. This event will be held in Udiapur, India, on 6-12 October 2004.
- j. **Police and Fire Committee** – Tim Anderson (presented by Jim Hart)
 - A. 2003 Police and Fire Nationals were held in Omaha, Nebraska. 45 lifters participated from all over the nation. Some lifters had not competed since 1999, making equipment check interesting. The lifters would like to move

the competition around the country more, but only one bid was submitted for 2004. The meet will be held December 12 in Omaha, NE by Tim Anderson.

B. Tim Anderson was elected as the committee chair.

k. **Publicity and Fund Raising Committee – Michael Mooney** No report, looking to reorganize and become active.

l. **Referees' Committee – Bill Clayton**

A. Continuing to try and score all tests within a week.

B. Working on updating the rulebook. Should have a new one in the next month or two.

C. CAT II tests are now being given in the US

D. Trying to communicate more with officials. Please send him your email address to receive updates.

m. **Sports Medicine Committee – Michael Hartle**

A. Committee works to set up the on-site doctors for National meets.

B. Looking for information from Erin Dickey's phone survey concerning injuries so that articles can be written to address these problems.

n. **Technical Committee – Phillip Couvillion** No report

o. **Teenage/Junior Committee – Trey Cunningham**

A. High School nationals were held in Racine, WI and Teen/Jrs in Lincoln, NE. Both meets were well run and well attended.

B. Trey Cunningham will be stepping down as the chair, and an interim chair will be named. A new chair will be elected at the 2005 Teen/Jrs.

p. **Women's Committee – Katie Ford**

A. The first members of the Women's Hall of Fame were inducted this year. They are looking for nominations for the 2005 inductees.

B. This was the first year that women were invited to compete in the North American Open.

C. There have been several all-female meets run in various locations this year (St. Louis and Washington State)

D. The women's committee now has a link on the national web site.

7. Unfinished Business

a. None known

8. Proposed By-Law Amendments

a. Submitted by Steve Howard (Moved from motions)

#1. Minimum voting age in state elections

Require that 18 years of age be the minimum voting age for USAPL members voting in state elections. State organizations will be required to have available

upon request roll sheets including member names and membership numbers to verify who has voted in the state election.

Discussion:

A system allowing members as young as 10 to vote for officials, meet bids, & other policies is ripe for abuse and invites the possibility of undue pressure from adults, unintended or not, upon our younger members.

For instance, state chairs vote on critical issues at the national level. A state chair should be elected by persons of an age that the organization has already recognized as competent to make important decisions. The minimum age of 18 set for a state referee should be an adequate guide.

PASSED

#2 State election eligibility

Require that in addition to the minimum voting age of 18 a member must also have been a USAPL member in good standing for at least one year to vote in state elections.

Discussion:

Persons voting for elected officials of USAPL should have as much familiarity with the organization as possible this requirement should help in this regard.

FAILED

#3 Minimum age requirement for NGB members

Require that all NGB members elected or appointed be at least 20 years of age at the time of their election or appointment.

Discussion:

Persons making decisions concerning USAPL at the national level should at the least have a minimum age corresponding with the USAPL rule for minimum age of a national referee.

Amended to read: Require that all NGB members elected or appointed be at least **18** years of age at the time of their election or appointment.

PASSED

9. New Business

The following agenda items were submitted for consideration.

A. Submitted by Dr. Larry Miller

I propose that the selection for the Men's Open World Bench Press team be done by having a qualifying total equal to that of the average third place finish for the past 5 IPF World Bench Press Championships. The remaining team selection, including alternates, would be based on the highest percentage of the qualifying total.

Under this system, there would have been 2 lifters from this past years' Bench Press Nationals whom would not have met the qualifying total. We would have had a total of 13 lifters meet the qualifying total, including 9 weight class winners.

Although an average third place finish appears high, it ultimately gives us a strong team. By following up with the percentage system, it assures us of a very competitive world team irregardless of how many lifters reach the qualifying total.

The qualifying numbers for the weight classes are as follows:

Wt. Class	Average 2 nd place finish	Average 3 rd place finish	Average 4 th place finish	Average 5 th place finish
114	332	308	295	
123	354	329	313	279
132	401	380	348	318
148	436	417	396	381
165	485	466	455	444
181	508	495	467	453
198	530	520	509	502
220	560	544	530	518
242	586	568	551	539
275	619	619	582	572
SHW	626	618	608	606

The Men's Open Team has left National Champions off the team having not reached the qualifying total and I am in favor of doing the same for the USAPL Bench World Team in order to establish a more competitive team.

With the recent improvement in design and material of the bench shirts, I feel that the average third place finish over the last 5 years is not difficult to attain.

Motion amended by Dr. Larry Miller via fax (to Dr. Pat Anderson): I propose that the selection for the Men's Open World Bench Press team be done by having a qualifying total equal to that of the average **5th** place finish for the past **two** IPF World Bench Press Championships. The remaining team selection, including alternates, would be based on the highest percentage of the qualifying total.

Qualifying totals would be:

WT Class	Average 5 th place for the past two years (in kg)
114	248
123	270
132	325
148	413
165	462
181	467
198	507
220	535
242	540
275	611
SHW	644

FAILED

B. Submitted by Dr. Mark Rodacker

As we have recently formed a new committee for Therapeutic Use Exemptions (TUEC) in compliance of WADA requirements, several issues have been addressed internally and the committee is running relatively smoothly. Our main TUE category has been for asthmatics and these are fairly straightforward. However, there are two particularly challenging categories of drugs, namely diuretics and hormonal replacement agents. There are lifters who do have legitimate need for these medications and for whom there is no other acceptable form of therapy. We have two choices here as I see it. One, we can entirely exclude these folks from the lifting platform. Or two, we can take steps to include them in our federation without jeopardizing the integrity of our principles to drug free lifting or creating a potential advantage for them. The second option requires some work by the TUE but I believe it is the fairest and best option. I propose the following:

Diuretics and Hormone Replacement:

No lifter using a diuretic compound on the WADA banned list (within 7 days of a meet) may compete in open competition. These lifters must fill out a TUE and if the TUEC determines the diuretic is a true medical necessity, the lifter may be eligible for guest lifter status without the privilege of setting any records. Legitimate hormone replacement lifters are subject to the same status. See comment.

Comment: In the case of hormone replacement, this includes only primary abnormalities with severe clinical ramifications and not the normal age related hormonal changes seen in postmenopausal women or elderly men. The athlete must receive the medications under the supervision of the physician and any "stockpiling" of the compound(s) by prescription is not permissible. Furthermore, documentation of laboratory testing showing a dosing schedule that produces normal range hormone levels (not supraphysiologic) must be provide by the athlete through his/her physician's office as part of the TUE process.

FAILED

C. Proposal submitted by Ivan Ribic

Proposal:

Member OMT Challenge

Any register USAPL member may request an OMT Challenge on another member by paying the OMT Challenge Fee.

1. OMT Challenge Fee to be a minimum of \$100.00. In cases where a third party is required to execute the OMT, the challenging member will be required to pay the full cost of the third party test. Drug-testing fees are subject to change without notice

2. ONLY the OMT Project Team and/or EC, not the member requesting the test, will schedule the OMT. Administration will notify the challenging member of the date the OMT was performed.
3. Determination of OMT testing mechanism, i.e. USAPL personnel perform the test, Quest Lab drop-in or third party test is solely at the discretion of USAPL Administration.
4. OMT results are property of the USAPL and recipient of the OMT. The USAPL administration is not required or obligated to communicate OMT results back to the challenging member. Should a failure occur as a result of the OMT Challenge, the challenging member will be reimbursed their paid OMT Challenge Fee.
5. A member may only be challenged up to 3 times per year.
6. Amounts remaining from the OMT Challenge Fee will be put towards the USAPL Drug Testing Fund.

Rationale:

There is always speculation regarding any given lifter within the organization and their drug-free status. This proposal is a help eliminate the accusations with a 'put your money where your mouth is' policy. In other words, if a member feels X-Lifter is not drug-free, they can pay to have them OMTed instead of spreading speculations. The fees listed above are to incorporate the additional expenses required to OMT member.

This proposal can only help strengthen our current drug testing program and further USAPL's beliefs in offering a drug-free platform to its members.

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FAILED

D. Submitted by Steve Howard

#1. State referee eligibility:

Require that state referee candidates in addition to the present requirements have been a USAPL member in good standing for a minimum period of one year.

Discussion:

A state referee is an important decision-maker. State referee candidates should have as much familiarity with the organization as possible this rule should help to promote this.

FAILED

E. Submitted by Priscilla Ribic

Administer a random judge re-certification process for National and IPF level referees.

1. A committee is to be appointed by EC to oversee the process of re-certifying referees on an ongoing basis. The committee is to consist of National and/or IPF level referees in good standing.
2. Practical exams are to be given by a Senior Referee appointed by the committee. The Senior Referee will be part of the Jury at a National or higher level competition.
3. The practical exam will be given randomly (i.e., can be performed on any individual refereeing in any given session). The referee will not be notified at that a practical exam is being given to them until after the session has ended.
4. The practical exam must be passed with 90% or higher. Failure to pass with a minimum of 90% will place the referee on probation for a six-month period. Reinstatement would require the referee to pass another practical, score 90% or better.

Rationale:

The USAPL judging standards are always under the spot light. We read and hear how we are too strict, require depth well beyond what the rulebook states, and so on. We also hear how our judging is stricter than the IPF platform. This is an accurate statement, but should not be the case since we are judging from the same rulebook that the other countries are. We are doing an injustice to our members by requiring more out of their lifts than the rulebook requires. It has caused disgruntled lifters, often leaving our organization, records from both the State to the World level to be denied because a referee has lost sight of what a good lift is and have decided to take judging to the extreme.

At this point in time, there is not a system in place that helps address the judging issues that arise. The above proposal is a way to bring us all back on the same page. Random testing will help ensure that our referees have an accurate understanding of what the IPF rulebook requires for legitimate lifts. It will allow the referee to judge as they normally would, (good or bad) while allowing the Senior Referee grade them according to their understanding of the rulebook. This proposal is not intended to tighten up our refereeing style, but rather to bring those referees with "beyond the rulebook" judging back in line with accurate judging standards.

FAILED

E. Elections

- i. Vice President (select one)

1. Johnny Graham - elected

ii. Executive Committee (select two)

1. Patrick Anderson
2. Bill Clayton - elected
3. Regina Hackney
4. Mike Hartle
5. Tod Miller
6. Lance Slaughter - elected
7. Kevin Stewart

F. Honorary Awards

i. Brother Bennet Award

1. Brad Gillingham – elected
2. Bettina Altizer (nominated from the floor)
3. Priscilla Ribic (nominated from the floor)

ii. Coach of the Year

1. Kim Beckwith
2. Jim Ford - elected
3. Nectar Kirkiris
4. Lynette Lopez
5. Tod Miller
6. Sherman Ledford (nominated from the floor)
7. Jon Magendie (nominated from the floor)

G. Meet Bids

USAPL Current National Meet Schedule

2004

Meet	Host	Location	Date
Women's Nationals	Jim Hart	Nebraska	
High School Nationals	Bruce Sullivan	Racine, WI	March 26-28
Collegiate Nationals	Jim Hart	Lincoln, NE	April
Masters Nationals	Tom North	Texas	May
Teen/Junior Nationals	Him Hart	Omaha, NE	June
Squat Nationals	Harold Gaines	Eureka, MO	Oct
Men's Nationals	Paul Fletcher	Louisiana	July
Bench Press Nationals	Johnny Graham	Killeen, TX	
Lifetime Drug Free	John Shifflett	Stanardsville, VA	Nov. 28
Police & Fire Nationals	Tim Anderson	Kennard, NE	Dec 12
Deadlift Nationals	Dan Gaudreau	Denver, CO	Sept. 19
Military/Armed			

Forces			
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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	
Masters Nationals	Lance Slaughter	Palm Springs, CA	May 20-22
Teen/Junior Nationals	Johnny Graham	Killeen, TX	June 10-12
Squat Nationals	Dan Gaudreau	Denver, CO	w/ Deadlift/Push-Pull
Men's Nationals	Johnny Graham	Killeen, TX	May 6-8
Bench Press Nationals	Harold Gaines	St. Louis, MO	
Lifetime Drug Free			
Police & Fire Nationals			
Deadlift/Push-Pull Nationals	Dan Gaudreau	Denver, CO	w/ Deadlift/Push-Pull
Military/Armed Forces	Pending		

2006

Meet	Host	Location	Date
Women's Nationals	Dan Gaudreau	Denver, CO	Feb. 10-12
High School Nationals	Tabled by committee		
Collegiate Nationals	Rob Keller	Ft. Lauderdale, FL	TBA
Masters Nationals	Johnny Graham	Killeen, TX	TBA
Teen/Junior Nationals	Bruce Sullivan	Racine, WI	June
Squat Nationals			
Men's Nationals	Rob Keller	West Palm Beach, FL	TBA
Bench Press Nationals	Dan Gaudreau	Denver, CO	TBA
Lifetime Drug Free			
Police & Fire Nationals			
Deadlift/Push-Pull Nationals	Team New Jersey	New Jersey	TBA
Military/Armed Forces			

13.ITEMS FROM THE FLOOR

1. Sean Anderson –

Allow High School seasonal card-holders to compete in teen-age divisions of non-high school meets within the 6 month period of the card.

Rational: More opportunity to let beginning lifters get their feet wet and get hooked on powerlifting. (Does not apply to any national meets.)

PASSED

2. Kurt St. Romain –
 1. Change the Teen/Junior Nationals in June to include women's divisions of the same type.
 2. Contest the National Championships for the youth, teenage, and junior age groups at this meet.
 3. Change the Women's Nationals in February to include only the open and master's classes.
 4. These changes will go into effect in 2007 since the Women's Nationals has already been awarded through 2006.
 5. Allow lifters in the youth, teenage and junior age groups to qualify for the IPF sub-junior and junior worlds in the open divisions at Women's Nationals.
 6. The Teen/Junior Nationals in June will also be a sub-junior and junior world qualifier.

Benefits of this motion:

1. This gives the large number of young female lifters in the USA to lift at a national meet during the summer. The placement of Women's Nationals in February and High School Nationals in March makes it very difficult for these girls to make the trip to a national meet. The high school season coincides with the Women's Nationals and most of their state meets fall very close to High School Nationals. Nearly all of these girls have coaches who have ties to their sports as well as teaching duties during the winter and spring. It's simply more beneficial to give these girls a summer meet like the boys have. There are hundreds of lifters all over the country that go untouched every year.

Statistics for the 2004 High School State meets for Texas, Wisconsin and Louisiana:

Texas:

Teenage QT achieved: 402

Open QT achieved: 62*

Wisconsin:

Teenage QT achieved: 141

Open QT achieved: 11

Louisiana:

Teenage QT achieved: 151

Open QT achieved: 14

Overall:

Teenage QT achieved: 708

Open QT achieved: 87

*Texas squats were deducted by 20% to eliminate any argument about squat depth.

2. This will provide more competition in these weight classes. The younger classes usually contain less than five lifters each. At the 2004 Women's Nationals, there were no more than 4 lifters in any respective age group.
3. If the Teen/Juniors will contest the national championship in those age groups, then the Women's Nationals will only contest the Open and Master's classes. Youth, teens and juniors may lift at Women's Nationals, but they will have to hit the QT for their respective age group and weight class. This is to prevent any lifters previously qualified from lifting from being kept out of Women's Nationals.
4. Since Women's Nationals has already been awarded for 2006, this change wouldn't go into effect until 2007 in fairness to the meet director. The Teen/Junior committee decided this year to wait until next year to award the bid for nationals in 2006.
5. This is to keep younger lifters from skipping Women's Nationals since the open classes at Women's Nationals are comprised of so many lifters in the younger classes. Our world teams are stronger with the young lifters and should remain this way.
6. This gives the girls another chance to qualify for worlds if they couldn't lift at another qualifier for worlds or want to defend that total. This has happened for years on the men's side of worlds qualifying.

FAILED

3. Jim Hart (3 motions)

-Motion to retire the 145kg/319+lbs weight class. Consolidate the 145/319+ classes into the 125kg/275+lbs records.

PASSED

-Allow national meet records to be broken by .5kg. Lifters will not be allowed to add .25kg and .5kg plates for the purpose of breaking a national meet record. But, if they exceed a record, they get credit for it.

PASSED

-American Record Applications are not required to be submitted for records broken at a national meet. The lifter must present themselves to the Technical Secretary and/or Drug Control Officer to get credit for the record. The records will be taken from meet results. All other documentation will be required to be submitted to the National Office within 30 days for the record to be valid.

PASSED

4. Shawn Cain

Limit all non-competitive card holding members from working with and/or for the Drug Testing program of the USAPL.

This would constitute a by-law change, which was not submitted by the deadline.

5. Nectar Kirkiris

Any lifter who is under appeal for a drug suspension shall be allowed to lift in USAPL competition until a decision is made about their appeal without breach of confidentiality.

FAILED

6. Jon Magendie (6 motions from the Collegiate Committee)

-Teams/schools wishing to enter more than the maximum allowed on the roster may do so. However, lifters NOT on the roster will not be awarded or take away any team placing or points; non-roster lifter shall receive individual awards and honors befitting their place in their weight class.

FAILED

-Meet director shall ensure that room rates are not adjusted above the regular rate offered by the hotel.

PASSED

-Collegiate Committee recommends the meet director of Collegiate Nationals make every effort to acquire room rates not more than \$90.00 per night.

FAILED

-Upon being awarded a bid for Collegiate Nationals, meet director agrees to submit a brief report to the collegiate Committee detailing progress towards meeting the specifications required to host Collegiate Nationals. Said reports to be made in 6 month intervals from the date the bid is awarded.

PASSES

-Each school is allowed to have one team per gender (and one team only) to score at Collegiate Nationals.

PASSES

-Meet director is recommended to donate the team entry fee at Collegiate Nationals directly to the Collegiate Committee. Said funds to be used for scholarship program purposes.

FAILED

7. Trey Cunningham (Teen/Junior Committee – 3 motions)

-High School National lifters representing a team must all attend the respected high school, or participate in a state certified co-op program, as a full-time student and be in academically good standing. An eligibility form must be signed with all lifters names and the principal and/or athletic director's signature.

PASSED

-Eligible High School National lifters cannot turn 19 prior to September 1 of the academic school year.

PASSED

-Eligible High School National lifters have 4 (four) consecutive years for participation at the High School Nationals.

PASSED

8. Dr. Mike Anderson

-To provide lifter with a hard copy of lab test results when he or she is told they have failed a drug test.

FAILED

9. Dr. Patrick Anderson

-To amend the Custodial Board Protocol to allow lifters who have not received a hearing in a timely manner (30 days), according to our documented procedures, be allowed to compete until the hearing is completed.

FAILED

Meeting adjourned 7:55pm

Respectfully Submitted,
Karen Miller
USAPL Secretary