

# USA Powerlifting

## National Governing Body Minutes

3:00 pm  
Thursday, July 6<sup>th</sup>, 2006  
Miami, FL

### 1) Roll call of voting members and credential check of participants

### 2) Reading of Minutes from NGB 2005

Minutes from the 2005 NGB approved by voting membership

### 3) President's Report

Larry Maile, PhD

- Membership

USAPL membership is mostly unchanged for the last year.

We have a significant decrease in our open only lifters. Lifters aging 24-39 have decreased about 75% in the last 5 years. This tells us that a) the average age of our membership is increasing and b) we are not retaining our junior age lifters once they age out of the category

- Finances

Our finances are improving. We have made up a lot of ground with our merchandise program, with a huge thanks to Lance Slaughter for all of his hard work and organization. We are also doing well with revenue from our E-store and general membership. Revenue from sponsorships is down from the last 2 years, but still have a generous sponsorship from Titan for our hardcopy newsletter and individual contributions.

- IPF Affiliation

There are many rule changes that are being proposed at this year's IPF Congress that will strongly affect how powerlifting is run (i.e. raw lifting on the bench press, disallowing arching, etc.) There is also a movement to allow the IPF technical committee and EC to make all decisions about technical rules in the IPF.

The USAPL EC will continue to lobby against getting rid of gear.

- International Scene

Drug testing around the world continues to improve. . In 1997 when we began our affiliation with the IPF, our objective was to bring drug free lifting to the world. The IPF is taking the steps to target Out of Meet testing in countries that we suspect are not drug-free. There have been a high number of failures in many of these countries. There have been 40-50 in meet failures in the last year at the IPF level. Because of the high number of failures in some federations national suspensions will be coming this year at the IPF level. We feel that once these countries are suspended the United States is going to prevail as the best Drug-free lifters in the world.

- Newsletters

- We are still continuing to provide both an online and hardcopy newsletter for all of our members. This gives our administration a

chance to communicate with the membership as well as give name recognition to our members. We want to continue to create stars in our federation.

- The Hardcopy newsletter is in it's second year now and is almost self-supporting, thanks to a generous sponsorship from Titan and many other ads that have been sold.
- Drug Testing Report
  - Our drug testing continues to be consistent over the years with most failure being from the local level and not from our elite and national level lifters. This tells us that we are keeping those who are not clean from coming to national and world level.
  - We are looking for a new Drug Testing committee chair, as Ray Benemerito has resigned due to personal and work conflicts. We thank Ray for all of his hard wok with our Drug testing program.
- Membership Data
  - We received the membership breakdown from the national office. The numbers shown, when unduplicated divisions are taken (meaning by age only), we can see that they has been a significant decrease in our open category lifters, who are not eligible for other divisions (24-39). This can explain a number of issues;
    - Our difficulty recruiting committee chairs, as this is the age we get the most volunteering our of individuals
    - We are not retaining our members when they age out from the teen to the junior divisions.
    - The cost of getting into and participating in powerlifting continues to increase with increase cost of travel, entry fees and gear. We need to find a way to help the grass roots lifters compete in an affordable way. This will include raw records being keep (more about this in the technical report)

#### 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 3 years.
- These past 14 months since the last NGB meeting has given me new challenges and taught me what real Powerlifting is all about. It is a continuing 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. After once again watching a young 15 year old win the open Women's Nationals, to seeing Big Brad Gillingham break Masters World Records, and Tony Harris showing the younger lifters, that as a Masters, he is still the best in the Country. To top that, just seeing in amazement the great power of Priscilla Ribic breaking the World deadlift record at the North Americans in Dorado,

Puerto Rico. This is proof that the future of our organization is improving everyday.

- During the past year, we have fixed many problems. Yes, we do have more of work to do. Yes, we are a volunteer operation, but that should not mean that the loyal members that work their butts off to make us the best, have to take abuse. Let's give more respect to the many people we have doing great things, for nothing, but the joy in seeing us succeed. We all need to work closely with all the Committee Chairs, to insure our success.
  - First, and foremost, we still need to improve our membership. All state chairs must get out and continue to inform the members, teams, gyms, and above all, High Schools of our organization.
  - We have to get ALL of our officials on the same standards of performance. Our National and International officials have been the subject of many debates. Training is needed to insure that the standards are followed, and not just what they feel is the correct call. One of the things that I will request is that drug testing procedures be included in the exam.
  - We are now making great strides in our selection of new National Meet directors, and more people are bidding on National meets. This will be a big plus for us. Having more of a choice of meets will bring more lifters to us. Thanks for the new people on board for making the sacrifice of bidding on National events. This is also meant for state meets to.
  - The members of the Executive Committee have continued to improve their accessibility to the Members. The members knowing that they have a voice to the EC makes it easier for all of us.
  - The job that Ray Benemerito has done with our Drug testing, and Discipline Committee has far exceeded any of our expectations. However, due to family and work commitments, he has to step down from these positions. He will be missed. With that, he has been replaced by some equally qualified personnel in Eric Kupperstein, Discipline and Tod Miller, Drug testing. I'm sure they will step into these positions, with the same professionalism that Ray has shown.
  - We WILL improve our records update. Gina Stepleton has taken over a hard job from Jim Hart, and has done a great job in getting the records posted. 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. Meet directors, you have a job to insure that these records are sent to her in a timely manner.
- The job as head of the Coaching Committee seems to be one of many challenges. With this said, I am requesting from the EC, that I take over this position. We old it to our many coaches, to insure that their work is made easier. And it is a task. The Men and Women who take the time, effort, and lots of money from their personal resources to travel, schedule, and coach our teams,

should be given the help from the top. Well the buck stops here. They will be given that support.

- Our National Championships are something that many lifters train for. To train for months to get the qualifying total, and lifts to compete in the Big Show, should not be amended. The fact the some of our National meets are being watered down, to include other events within the meets is, and should not be accepted. When a meet director bids for a National Meet, that bid is for that meet ONLY. To put other divisions within our National meets only waters down the true meaning of the National meet.
- We have made some changes within the funding of our World Teams. This was necessary for us to continue the success of this organization. Our treasurer, Geoff Plante will address this in more detail.
- Lance Slaughter has once taken our sales to new highs. With his input, and the support of many volunteers running our booths at National Meets, we are once again on the road to new sales. I am very honored to watch some many of our members take the time to help run our booths. This is what the foundation of this organization is about, many hard working volunteers.
- The Coaching Staff of our World Teams showed the world why we are the best at what we do. All of our World teams did great jobs at World championships. Our Masters, Sub Jr, and North American Teams all brought home Team World/Regional Championships. 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 2005, and the support that I received from the coaches, was of the highest standards anyone could ask for. I will like to make a special Thanks to Gina Stepleton, and Donovan Thompson. They are the newest Head Coaches for World Teams, and they are really setting the standards for all to follow. Someone that I don't want to go unnoticed is Jennifer Thompson. The work she put in, in insuring that all members of our BP teams were kept informed, made this transition the easier ever.
- For over 20 years, I have been a part of the BEST Powerlifting organization in the Country. And with the continued support of all the members, we will continue to lead the way.
- Some of the changes we have made, not all may agree, but we make them to make us the best. We make them to make you the members, the best. We make them to insure our continued success. We make them insure that our lifters are getting the best leadership possible. We have many challenges ahead of us, and we must meet these challenges together. We do them because we are the BEST.

## **5) Treasurer's Report**

See: 2006 Treasurer's Report

## 6) Committee Reports

### A. Coaching – Jim Ford

- Johnny Graham will be taking over the coaching committee

### B. Collegiate – Jon Magendie

- No Report

### C. Disabled Athletes – Dale DeCamp

- No Report

### D. Drug Education – Charity Reynolds

- No Report
- The NGB agreed to re-open the chair position for this committee

### E. Drug Testing Committee - Ray Benemerito

- Tod Miller and George Bartotti will be talking over DT Committee
- Report was included in the President's Message

| USA Powerlifting<br>Yearly Drug Testing Statistics & Types |      |      |      |      |      |      |
|--|------|------|------|------|------|------|
|  | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 |
| A Sample +   | 34   | 25   | 24   | 17   | 24   | 21   |
| B Sample +   | 3    | 2    | 1    | 2    | 5    | 3    |
| <b>Boldenone</b>   | 3    | 0    | 3    | 1    | 13   | 2    |
| <b>Clenbuterol</b>   | 0    | 0    | 0    | 0    | 0    | 1    |
| <b>Epitestosterone</b>                                     | 2    | 3    | 1    | 0    | 1    | 0    |
| <b>Epitrenbolone</b>                                       | 0    | 0    | 0    | 0    | 1    | 0    |
| <b>Fluoxymesterone</b>                                     | 1    | 0    | 0    | 1    | 0    | 0    |
| <b>HCTZ (diuretic)</b>                                     | 0    | 0    | 1    | 0    | 1    | 0    |
| <b>Methandienone</b>                                       | 5    | 2    | 0    | 0    | 0    | 0    |
| <b>Methandrostenolone</b>                                  | 0    | 0    | 0    | 4    | 3    | 2    |
| <b>Methenolone</b>   | 1    | 1    | 0    | 0    | 0    | 0    |
| <b>Methylphenidate</b>                                     | 0    | 0    | 2    | 0    | 0    | 0    |
| <b>Methyltestosterone</b>                                  | 3    | 0    | 0    | 1    | 0    | 2    |
| <b>Nandrolone</b>  | 29   | 24   | 8    | 14   | 15   | 8    |
| <b>Norandristerone</b>                                     | 0    | 0    | 0    | 0    | 0    | 2    |
| <b>Noretiochlanolone</b>                                   | 0    | 0    | 0    | 0    | 0    | 1    |
| <b>Oxymetholone</b>  | 3    | 1    | 0    | 0    | 0    | 2    |
| <b>Pseudoephedrine</b>                                     | 0    | 1    | 0    | 0    | 0    | 0    |
| <b>Stanozolol</b>  | 2    | 2    | 0    | 1    | 2    | 3    |
| <b>T/E Ratio</b>   | 10   | 3    | 3    | 4    | 3    | 5    |
| <b>Trenbolone</b>  | 0    | 0    | 0    | 1    | 2    | 2    |

| Year 2005 Statistics  | Total Tests | Negative Tests | Positive Tests |
|---|-------------|----------------|----------------|
| Quest Lab Tests   | 648         | 627            | 21             |
| UCLA Lab Tests  | 68          | 65             | 3              |
| Total Tests   | 716         | 692            | 24             |
|   |             |                |                |
| In Meet Tests (IMT)   | 680         | 659            | 21             |
| Out of Meet Tests (OMT)   | 36          | 36             | 0              |
| Total Tests   | 716         | 692            | 24             |
|   |             |                |                |
| OMT was approximated as of 9/05, also there are 2 additional failures attributed to refusal of Drug Testing |             |                |                |

F. Finance and Ethics (vacant)

- No Report

G. Law and Legislation – Lucian Gillis

- No Report

H. Master's – Johnny Graham, Report by Gina Stepelton

- The Master's World team had another successful year. After team selections from the master lifters at the 2005 Women's Nationals and 2005 Masters Nationals, the team filled 43 slots for the 2005 IPF Masters World Championships held in Pretoria, South Africa. The Women's Masters I and the Men's Masters I, II, and III won the team titles for their respective divisions at this championship. The Women's Masters II won second place with only four team members. This was the 6<sup>th</sup> straight year the Women's Master I has won the team title at Masters Worlds and the 5<sup>th</sup> year for the Men's Masters III team. The USA team finished with 11 Gold, 13 Silver, and 4 Bronze medals. Ron Garofalo received Best Lifter honors in the M1 class.
- The 2006 Masters National Championships was hosted by Johnny Graham in Killeen Texas on 5-7 May. Johnny puts on an exceptional meet and has a great venue. 149 lifters competed at this year's Masters Nationals trying for a spot on the 2006 Masters World team. Winners of each weigh class in the three age groups were given their team slot letter immediately following the award presentations.
- The 2006 IPF Masters Worlds Championship will be here in the USA. Johnny Graham will be hosting this event at the same venue he held Masters Nationals. The Women's Master team is filled. The Men's team is quickly filling with a few slots still open.
- At the Masters National meeting in 2005, the 2007 site was voted on and approved by the members present. The 2007 bid was awarded to Bruce Sullivan in Milwaukee, WI. At the 2006 Masters National meeting, the 2008 site was voted on and approved by the members present. The 2008 bid was awarded to Robert

Keller in Miami. The members also voted and approved the date for Masters Nationals will be the first week-end in May.

I. Military – Lanette Lopez

- The 2006 Military National Championships were held on March 11, 2006 in Killeen, TX. The meet director for the event was Johnny Graham and the Phantom Warriors Powerlifting team staff. 47 lifters participated in this year's event with 9 guest lifters qualifying for Colligate Nationals. We were glad to have lifters representing all branches of the Military. Defending Military Champions, Ramstein AFB, from Germany, traveled with a full team to defend their National Title. Several other lifters from Europe, Japan and even Iraq came to compete in the event.
- A great thanks to the staff of the Howard Johnsons Hotel for making this meet a success. With all the things happening around the globe, I would like to thank all the men and women of our Armed Forces for a big success and a safe return home.
- The 2007 Military Nationals has been awarded to John Pena. This meet will be held in Tucson, AZ on March 10<sup>th</sup> 2007.
- The bids for the 2008 will remain open until October 2006 for anyone interested in hosting this event.

J. Marketing and Publicity – Lance Slaughter

- Purpose:
  - Elevate the value of our brand
  - Promote activities that sustain and elevate value of our brand
  - Building and establishing loyalty
- What is a Brand?
  - A brand is very different from a product or service. A brand is intangible and exists in the mind of the consumer.
  - Different people have different perceptions of a product or service, which places them at different points on the 'loyalty ladder'.
  - A brand is built not only through effective communications or appealing logos. A brand is built through the total experience that it offers
- Current Assets of the USA Powerlifting Brand:
  - Name & Logo
  - National championships
  - Affiliation with the IPF
  - Volunteers
    - Broad-based leadership structure
    - Dedicated and passionate

- Current Key Strategies:
  - **Merchandise Program**  
Efficient: production, storage and fulfillment  
Economic Value of Merchandise Program  
*Gross Revenue: Approx. \$25,000*  
*Net Income: \$12,000 – \$13,000*
  - **National web site**  
Organizational Information  
Promotion of Events  
E-Store
  - **Newsletters**  
Electronic & Print
  
- Future Strategies
  - Video Rights??
  - Meets produced and coordinated by USAPL??
  
- How can you help?
  - Promote and protect the brand – “USA Powerlifting”
  - As leaders within your respective states, be a reliable “first contact” for the sport of powerlifting
  - Utilize the tools on the national web site
    - *Meet Director Resource Center*
    - *Press Release Samples*
  - Utilize other organizational models & best practices (web site, meet production)

K. Referee’s – Bill Clayton

- Report is included in Robert Keller’s technical committee report.

L. Sport’s Medicine Committee – Dr. Michael Hartle

- No Report

M. Technical Committee – Phillip Couvillion, Report by Robert Keller

- I would like to begin by saying that PJ Couvillion sends his best. He is still recovering from his long term illness and sends his regrets for not being able to attend this year’s congress and championship.
  
- Prior to starting my report, I would like to send out huge congratulations to our national meet directors thus far this year for their excellent work by ensuring a high standard of championship direction. Most if not all, have exceeded the current standards, which have met with “record” turnouts -- A testament to the very hard work in the direction of these championships. Overall, the presentation and the attention to detail for all of these championships were outstanding! I am confident that that our remaining National Championships for the remainder of this year will be equally as impressive and successful.

- At the Women's National Championships, Steve Howard served as the technical secretary and his finely tuned team of referees was well prepared and did a very good job with the officiating and doping control. I would also like to send out special thanks again to Joe Marksteiner for his outstanding work as the scoring manager. Joe, an aviation engineer by trade, through tedious and long of hours of development, has created one, if thee not best powerlifting scoring programs in the world. I would also like to point out the exceptional work of the following referees: Robb Grisham, George Bartotti, Regina Hackney and Jack Marcus to name just a few. All of have volunteered
- Also, deserving of praise and recognition is Mr. Bill Clayton, who has been selected as the North American Region representative to serve on the newly re-aligned IPF Technical Committee, which with the new configuration, now has one representative per region on the committee, whereas previously, it did not. Bill will be taking my place, as I now have been reassigned by IPF EC to tackle the international media promotions for the organization, which have been less than adequate, and need improvement. Needless to say, I shall have my work cut out for me. I will be meeting with the IPF EC in Hungary this may to hammer out future media promotions. If you are interested in assisting me on this committee, please let me know.
- **Standards of Officiating**  
 At several national championships during the past few months, there have been complaints regarding the officiating not meeting standards. Discussion today, in the form of two motions, will take place regarding the incorporation of some form of evaluation program for officials at our championships, to ensure that standards of officiating are met at our national championships.
- **Referee Assignments**  
 There are always positions and slots open for state officials at ALL of our upcoming national championships. If you are interested in coming to one of our upcoming championships, please contact me, and we shall schedule you to assist with the championship. It is encouraged that state level referees come to our championship and take part. They can be tasked with scoring responsibilities, etc, which is of major importance at all of our championships, and can be used in their development to becoming either a national referee.
- **Raw/Equipped Lifting**  
 There has been movement and requests by our membership toward the development of raw/unequipped lifting at our local and state championships, as well as the establishment of American records. Also, there have been questions on what exactly and how is raw lifting to be defined. At the request of Dr. Maile, I have reviewed this particular concept, and recommend that we uphold the definition determined by the 2000 resolution reached by the USAPL NGB, which allows for the following to be used when lifting raw at our championships: Singlet, belt, knee and wrist wraps. I would like to comment that this form of lifting should take part at the [local and state level] as a means of development to encourage novice and first time lifters to take part in our great sport.

- **Code of Conduct**  
I am glad to see that a code of conduct – patterned from the USOC Code of Conduct - for members within USA Powerlifting.
- **Referee Testing Procedures/Guidelines:**  
As a reminder, if you would like to test for either your State or your National referee card, please contact your state chairman first. Once you have been approved, your request should be sent onto Bill Clayton, the USAPL Referee Chairman. Once your nomination is approved by Bill, he will, in collaboration with your state chairman, schedule an examination for you. Key and important in the process is to come to your examination professionally prepared and dressed in the appropriate uniform. Also, to the best of your ability, come prepared to take both the practical and written examinations on the same day. Also, all referees should ensure that they have with them the most up-to-date IPF rulebook. The IPF rules can be easily downloaded – free of charge mind you -- from the IPF webpage, located at: <http://www.powerlifting-ipf.com>
- **Youth Development Program**  
With the elimination of the USAPL Youth Program last year, there have been continuous requests by our members, officials, coaches, etc, from across the country, on a monthly basis, to reinstitute this program. Given the overwhelming desires to reactivate this program, whether it is in the form of demonstrations or general fitness, something should be developed to meet member requests. I would like for our state chairman to petition the USAPL EC to form an exploratory committee to explore recommendations and suggestions to proceed with the development of a youth program.
- **New Masters Age Group 60/70+**  
The IPF has set minimum numbers to establish world records in the Women's 60+ and Men's 70+ age groups. After careful review with several other administrators regarding these records, the minimum standards appear to be 10 – 15% too high. Since their incorporation into the IPF format, there have been only a very sparse number of records set. I have performed a quantitative analysis, and have presented it to the IPF; however, I believe my work has fallen upon deaf ears.
- **Bids for future IPF World Championships**  
If you are championship director, and desire to bid on a future IPF World Championship, all bids must go through the IPF EC. Please contact Erin Dickey, the Secretary for the Federation, and she will guide you accordingly.
- **Marshall/Technical Controller**  
I am pleased to say the IPF has incorporated our concept of using a referee to monitor the on deck area and to check the gear of each lifter prior to them coming onto the platform. This has worked splendidly well for us, and has improved the standards at our championships and at the IPF World Championships in Miami, and recently in Hungary.

- **Future Rule Changes**

The IPF has made movement towards changing several of the rules. Exclusively, the majority of these changes are centering on the bench press. There have been discussions to limit the arch [feet and heels limited to 90 degrees], no handoff to the lifter, single at the chest, and of course the elimination or removal of the bench press shirt. I shall keep everyone abreast of current and future discussions as they are communicated to me.

- **USAPL Technical Committee/Webpage**

I will be creating a technical committee within USA Powerlifting. I have also created on the USA Powerlifting website, a technical committee webpage. This page will provide updates on IPF rules, along with senior level referee contact information.

N. Teenage/Junior - Joe Lewis, Report by Tod Miller

- At High School Nationals the Committee received a presentation from Duane Urbania from Louisiana relative to his 2007 High School Nationals. A bid was voted on and approved by the committee to grant Tod Miller from Plainwell, Michigan the 2008 High School Nationals.
- During the Teen/Junior Nationals, bids were presented from Harold Gaines, St. Louis, and on behalf of Jim Hart, Nebraska for the 2008 Teen Junior Nationals. The committee voted to accept the Bid from Harold Gaines.
- An amendment to the teen/junior bylaws was proposed and voted on by the committee to change the date of Teen/Juniors to the second full weekend of June to avoid conflicts with State Interscholastic sports meets and graduations.
- The committee voted on and approved the change of High School National Boy's and Girl's Varsity qualifying totals to always equal the average of the 10<sup>th</sup> place finish over the last 5 year period. This qualifying total is to be determined after each season by the Teen/Junior National Chair and is to be immediately communicated to the director of the upcoming High School Nationals.  
(The new qualifying totals are attached to this document)
- The current teen/junior committee is comprised of:
  - Joe Lewis (Wisconsin) Chair
  - Bill Hanselman (Wisconsin)
  - Curt St. Romain (Texas)
  - Hector Munoz (Texas)
  - Mike Poirer (Michigan)
  - Tod Miller (Michigan)

Proposed Qualifying totals for Varsity Boys at High School Nationals

|            |     |     |     |     |      |      |      |      |      |      |       |
|------------|-----|-----|-----|-----|------|------|------|------|------|------|-------|
|            | 114 | 123 | 132 | 148 | 165  | 181  | 198  | 220  | 242  | 275  | shwt. |
| Current    | 630 | 730 | 800 | 925 | 995  | 1035 | 1070 | 1135 | 1150 | 1190 | 1215  |
| New Totals | 630 | 730 | 820 | 975 | 1075 | 1145 | 1180 | 1155 | 1150 | 1190 | 1215  |

Proposed Qualifying totals for Varsity Girls at High School Nationals

|            |     |     |     |     |     |     |     |     |     |      |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
|            | 97  | 105 | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 198+ |
| Current    | 360 | 385 | 413 | 440 | 462 | 512 | 551 | 600 | 655 | 672  |
| New totals | 360 | 405 | 460 | 520 | 590 | 655 | 585 | 600 | 655 | 690  |

All new qualifying totals are based on the average of the 10th place finish in the last 5 High School Nationals per each weight class

O. Women's Committee – Gina Stepleton

- The 2006 Women's Nationals was held 10-12 February in Denver, Colorado, hosted by Dan Gaudreau. 116 females participated competing for spots of various World Teams.
- The Women's Committee meeting was held on Friday night and had a very poor turnout. 2008 meet bids were presented and voted on by the members. Johnny Graham in Killeen, Texas was awarded the 2008 Women's Nationals. A motion was made that Women's Nationals always be held on the third week-end in February. The members approved this motion. It was suggested that all future Women's Nationals Meet Directors provide participation medals or certificates for all athletes. The members present approved this motion.
- Linda Jo Belsito and Billy Jack Talton were inducted into the Women's Hall of Fame.
- The 2007 Women's Nationals will be hosted by Paul Fletcher in Baton Rouge on February 16-18, 2007. The Women's Committee Meeting will be held on Thursday night before lifting starts.

P. Police and Fire – Tim Anderson, Report by Bill Sindelar

- 2005 Police and Fire Nationals were held November 19 on Oklahoma City, Oklahoma. The meet director was Keith Simonds. The event was well supported by the city and the Oklahoma City Police Department. The event was well run and Keith Simonds should be commended on directing a top notch national event.
- The Committee meeting was held the night before the event with approximately 30 attendees. Items discussed were better promotion and advance notice of future Police & Fire Nationals. Also it was discussed that the normal time for Police & Fire nationals is a poor travel time for lifters as the event is usually held between Thanksgiving and Christmas. A spring or summer timeframe appeared more appealing for lifters. The scheduling issue is something that will be further discussed and investigated for events after 2007.
- An election was held for committee chair. No new nominations were received. The incumbent, Tim Anderson, received a unanimous vote for re-election
- Future National meet bids were awarded to the following:  
2006 Dan Gaudreau, Denver, CO & 2007 Robert Keller, Miami, FL

Q. Discipline – Ray Benemerito

- Eric Kupperstien will be taking over.
- A Code of Conduct has been created and posted on the main site. This code will hold our members to the highest standards of behavior and is based on the code of conduct for Olympic athletes.
- In the process of adopting a form that is signed when someone is notified that they will be tested (motion passed below).

R. Therapeutic Use Exemption -Dr. Mark W Rodacker

7) **Unfinished Business**

- A. None Known

8) **Proposed By-law Amendments**

- A. Submitted by Priscilla Ribic

1. **Reinstatement of Athletes Who Have Been Suspended for Doping Infraction**

1. **Persons Not Eligible.** - Persons with lifetime suspensions.
2. **Eligibility.** - Any individual who has served a doping suspension for either refusal of test, failure to report for testing or failing a doping test.
3. **Reinstatement.** - The Drug Testing Chair shall reinstate the suspended athlete for competing after *Procedure X.4 A (to be updated according to the current By-law outline)* is completed, then will remove the lifter completely from the suspended list after *Procedure X.4 E A (to be updated according to the current By-law outline)* has been completed.
4. **Procedure.** - The procedure for reinstatement is as follows:
  - A. The athlete shall submit to the Drug Testing Chair in writing their desire to competing with USA Powerlifting, which must be signed and sworn to before a notary public. The letter shall:
    - a. Be submitted six [6] months prior to anticipated competition
    - b. State desired meet date and location
    - c. Include current contact information, including home and work address and phone numbers.
    - d. Include one hundred [\$100] reinstatement fee
  - B. The athlete shall make them self available for Out of Meet testing at the time the letter is submitted. Refusal or inability for USA Powerlifting to contact the athlete for testing shall be considered a failure to report for testing.
  - C. The Drug Testing Chair shall update the suspension list when all the criteria is satisfied for reinstatement. The updated list will be distributed to meet directors indicating the lifters eligibility to compete again with USA Powerlifting.

- D. Meet directors are to perform drug testing on all reinstated lifters who appear in the eligible column on the suspension list.
- E. The athlete must present themselves for testing at their first meet entered after their suspension term is completed. Failure to do so will be considered as a Failure to Report for testing. A copy of the athlete's chain of custody form shall be submitted to the Drug Testing Chair, at which time, the athlete's name will be completely removed from the suspension list, having satisfied the criteria for reinstatement.

**Rationale** – The current WADA code states that athletes must make themselves available for testing while on suspension. With our current volunteer based administration and committees, it is virtually impossible to manage this without a system in place. By making it mandatory for all suspended athlete's to formally state their desire to compete again in the USAPL, this puts the responsibility in the lifters hands while supplying our administration with the necessary information, allowing for OMTs leading up to, and beyond their first competition. It would notify the meet directors that a formally suspended lifter will be competing in their meet, allowing for additional drug testing.

The six month prior notice allows ample time for administration to coordinate the OMT for the athlete and updated necessary information. It also protects current membership from a previously suspended lifter showing up at their competition without drug testing, with the chance that they may not be clean.

The \$100 reinstatement fee would cover necessary costs, including, the OMT(s), testing the reinstated athlete at their first competition, administrative costs and/or excess funds could be used to further develop our drug testing needs. The fee is also a deterrent for those previously suspended lifters who are not serious about our drug free mission from coming back and competing on our platform.

An eligibility column will be added to the current suspension list to indicate if the suspended lifter is eligible to compete once their suspension term is up. Once they have meet all the criteria listed above, their name will then be removed from the suspension list.

**\*\*Revisions\*\*:**

- 1) Suspended participant can notify Drug Testing Committee 6months before the end of suspension, this will allow lifter to compete as soon as 2-year suspension is up
- 2) The reinstatement cost will be determined by the Drug Testing Committee Chair, based on the cost of the test used and administrative costs. An actual cost will not be included in the by-laws.

**MOTION PASSED**

B. Submitted by Regina Hackney

Change ARTICLE VI, Section 6.1 which NOW says: No Discipline Committee member may consider any matter if the Discipline Committee member has a direct or indirect interest in the matter or may not serve as a witness in connection with the matter.

Change to:

“A Discipline Committee member must excuse themselves from the hearing that they have a direct or indirect interest in the matter. The Discipline Committee member MAY serve as a witness in connection with any matter.”

Reasoning: The DC member may be the only other witness to the matter or the member may be the one bringing the charge. As it is written now, it would seem that the DC member can NEVER bring a matter to the Discipline Committee.

MOTION PASSED

C. Submitted by Steve Denison

**Allow Non-citizens** with a green card being able to lift at any USAPL meet and be allowed to lift on a National team if they qualify.

**\*\*Revision\*\***

1. Clarify “resident alien status” in place of “green card”.
2. Add: In following with IPF guidelines, USAPL will have to request permission from the federation the lifter last competed for.

MOTION PASSED

**9) New Business – The following agenda items were submitted for consideration**

A. Submitted by Larry Maile (similar to b. Submitted by Jack Marcus)

Whereas USA Powerlifting has referees of varying levels, and those with the most visibility and responsibility are National level and above, it is proposed that these senior level officials be evaluated at every national level competition they participate in.

Referees may make either minor errors or those which are based on major points of the rules of performance. Repetitive incorrect calls on major points of technique of lifter performance will be grounds for removal from duty as a referee at the competition at which it occurs.

Improper refereeing impacts the organization as a whole, but specifically those athletes who are recipients of this type of error. Therefore, athletes will be included in the evaluation process.

The procedures for ongoing evaluation are as follows:

1. Referees will be evaluated at each national competition they attend, every session that they perform the duties of platform referee.
  - a. Evaluations will be coordinated by the Jury.
  - b. The Jury will select at least one, and not more than three athletes to evaluate referees each session.
  - c. Referees will receive written feedback after each session as to proficiency. This feedback will be anonymous in terms of revealing which athletes participated.
  - d. Members of the Jury will also complete evaluation forms on each referee each session.
  
2. Jury members, in considering the judging proficiency of platform referees, will counsel referees as to proficiency on an ongoing basis. This will include speaking to them immediately following conclusion of a lift in which a call is given incorrectly.
  
3. On the third failure to adjudicate the rules of performance, the referee will be replaced as platform referee by a member of the jury and placed on probationary status.
  - a. Referees on probation for errors must attend a seminar on refereeing to be given at each national competition to resolve their probationary status.
  - b. Referees on probation may not serve as referees until having completed a refresher seminar.

MOTION FAILED

B. Submitted by Jack Marcus

Part 1: A lot has been mentioned as of late (May 2006) about the referee quality several of the web sights.

Some people have ideas as to how the referring could be improved, while others will always complain and criticize no matter what is done.

Whatever is decided, be it a certification committee, voting of lifters, or whatever the organization feels will help, I also suggest the following.

Be it a State, National or IPF Referee, once every 2 years one must attend an in-service seminar on rules or anything else of interest to the referee situation. Those giving the seminar to be determined as well as the curriculum to be decided. This seminar will be offered 2 or 3 times a year at National Championships and must be attended .

If no seminar was attended during this time period the referee status of that person would be put on hold till they attend. The seminar should be clout proof and those attending should be available on our web sight for all to see.

MOTION FAILED

Part 2: I would also like to see it mandatory that a State referee wanting to take a National Referee exam have officiated in 2 states besides the one they are registered in. What's the point of them becoming National Referees if they wont travel. There are enough state meets for them to pick from. Some state referees officiated at the same meet 2 years in a row, and that was all before wanting to take a National test.

MOTION FAILED

C. Submitted by Gina Stapleton

Currently in the USAPL rules, one must provide a copy of their birth certificate for the records they break. I would like to see that changed to either a copy of their driver's license or passport. At least with these you would also have a photo id. With a birth certificate, women change names so how do you know it is them?

**\*\*Revision\*\*** : Change to “ any government issued I.D. (Driver's License, Passport, Military, etc.)

MOTION PASSED

D. Submitted by Donald Wilson (similar submitted by Regina Hackney)

I've been informed that the IPF has a form for people to sign when they are “notified” of drug testing, during a meet. I feel we should implement a similar form at all State and higher meets.

Reason - we had a situation where someone said it wasn't clear to them if they were going to be tested or not. He was told to wait for a while, and then left the venue. After he left, he was called to the head table. He ended up being disqualified from the event for failure to take the test. With a form, it would create a paper trail where there would be no question as to who was being tested.

MOTION PASSED

E. Submitted by EC

Re-instatement of Calendar year membership.

MOTION PASSED

F. Submitted by Larry Maile

Every lifter, in any meet may finish the meet even if three attempts are not achieved in a single lift. This is in accordance with the IPF.

MOTION PASSED

G. Submitted by Larry Maile

Motion to discontinue the selection criteria for the men's team. National champions get the world team slot.

MOTION PASSED

## 10) Elections

1. President
  - a. Dr. Lawrence Maile (Incumbent) – ELECTED
2. 2 Executive Committee Positions
  - b. Steve Howard (Incumbent) - ELECTED
  - c. Tod Miller – ELECTED

## 11) Honorary Awards

1. Brother Bennet Award
  - a. Pete Alinez - SELECTED
2. Coach of the Year
  - a. Dan Gaudreau - SELECTED
  - b. Dennis “Niko” Hulslander
  - c. James Townsend
3. Referee of the Year
  - a. Jack Marcus – SELECTED

## 12) Meet Bids/ Current USAPL Schedule

### 2006 Meet Schedule

| Meet                         | Host           | Location           | Date                                     |
|------------------------------|----------------|--------------------|--|
| Women’s Nationals            | Dan Gaudreau   | Denver, CO         | February 10-12                           |
| High School Nationals        | Jim Hart       | Lincoln, NE        | March 31- April 2                        |
| Collegiate Nationals         | Robert Keller  | Ft. Lauderdale, FL | April 13-16                              |
| Masters Nationals            | Johnny Graham  | Killeen, TX        |  |
| Teen/Junior Nationals        | Bruce Sullivan | Racine, WI         | June 17-18                               |
| Squat Nationals              |                |                    |  |
| Men’s Nationals              | Robert Keller  | Miami, FL          | July 7 <sup>th</sup> -9 <sup>th</sup>    |
| Bench Press Nationals        | Dan Gaudreau   | Denver, CO         | March 25 <sup>th</sup> -26 <sup>th</sup> |
| Police & Fire Nationals      | Dan Gaudreau   | Denver, CO         |  |
| Deadlift Nationals/Push-Pull |                | New Jersey         | December                                 |
| Military/Armed Forces        | Johnny Graham  | Killeen, TX        | March 11                                 |

### 2007 Meet Schedule

| Meet                          | Host           | Location        | Date           |
|-------------------------------|----------------|-----------------|----------------|
| Women’s Nationals             | Paul Fletcher  | Baton Rouge, LA | February 16-18 |
| High School Nationals         | Duane Urbina   | Alexandria, LA  |                |
| Collegiate Nationals          | Johnny Graham  | Killeen, TX     | April 13-15    |
| Masters Nationals             | Bruce Sullivan | Racine, WI      | May 4-6        |
| Teen/Junior Nationals         | Tod Miller     | Kalamazoo, MI   | June 9-10      |
| Squat Nationals               |                |                 |                |
| Men’s Nationals               | Harold Gaines  | St. Louis, MO   | July 12-15     |
| Bench Press Nationals*        | Dan Gaudreau   | Denver, CO      |                |
| Police & Fire Nationals       | Robert Keller  | Miami, FL       |                |
| Deadlift Nationals/Push- Pull | Jim Hart       | Lincoln, NE     | August         |
| Military/Armed Forces         | John Pena      | Tuscon, AZ      | March 10       |

2008 Meet Schedule – \*EC approved all Meets selected by committees.

| Meet                          | Host           | Location      | Date                                    |
|-------------------------------|----------------|---------------|---|
| Women's Nationals             | Johnny Graham* | Killeen, TX   | Feb 17 <sup>th</sup> -19 <sup>th</sup>  |
| High School Nationals         | Tod Miller*    | Plainwell, MI | March 28 - 30                           |
| Collegiate Nationals          | Dan Gaudreau*  | Denver, CO    |   |
| Masters Nationals             | Robert Keller* | Miami, FL     | May 7-11                                |
| Teen/Junior Nationals         | Harold Gains*  | St. Louis, MO | June 13 <sup>th</sup> -14 <sup>th</sup> |
| Squat Nationals               | Dan Gaudreau   | Denver, CO    |   |
| Men's Nationals               | Johnny Graham  | Killeen, TX   |   |
| Bench Press Nationals         | Jim Hart       | Lincoln, NB   |   |
| Police & Fire Nationals       |                |               |   |
| Deadlift Nationals/Push- Pull | Dan Gaudreau   | Denver, CO    |   |
| Military/Armed Forces         |                |               |   |

Open Meet Bids:

2007 Bench Press Nationals

Dan Gaudreau – Denver, CO - AWARDED  
 Jim Hart – Lincoln, NB

2008 Men's Nationals

Dan Gaudreau – Denver, Co - Withdrawn  
 Johnny Graham – Killeen, TX - AWARDED  
 Jim Hart – Lincoln, NB - Withdrawn

2008 Deadlift and Squat Nationals

Dan Gaudreau – Denver, CO - AWARDED

2008 Bench Press Nationals

Johnny Graham – Killeen, TX - Withdrawn  
 Jim Hart – Lincoln, NB - AWARDED  
 Gary A. Kanaga – Cleveland, OH

2009 Bench Press Nationals

\*\*2009 Meets will be awarded at the 2007 NGB\*\*  
 Tim Anderson – Omaha, NB  
 Gary A. Kanaga - Cleveland, OH

**13) Items from the floor**

A. Submitted by Dan Gaudreau

Motion to establish a coaching certification program by Jan 1, 2007

MOTION PASSED

Respectfully Submitted,  
 Erin Dickey  
 USA Powerlifting Secretary