



**USA Powerlifting
National Governing Body Meeting**

6:00pm
Thursday, June 11th, 2009
Denver, Colorado

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

2) Reading of Minutes from NGB 2008

Minutes from the 2008 NGB meeting unanimously approved by the voting membership.

3) President's Report – Larry Maile

Membership so far for 2009 is slightly ahead of this time last year.

Trends over the last couple of years – the other feds are struggling, we really are the last federation left. We are having success in recruiting lifters from other federations particularly given our high-profile present at The Arnold Sports Festival.

During The Arnold Sports Festival, USAPL was asked by the International Fencing Federation [FIE] Association World Cup to conduct their third party drug testing. Political capital was gained when an IOC recognized sport asked the USAPL to take on this task. Regarding our drug testing program, special thanks go to George Bartotti, Regina Hackney, Cathy Marksteiner and many of our referees and state chairs who have helped in the effort to establish and maintain our high quality in-competition and out-of-competition testing programs.

4) Vice President's Report – Johnny Graham

VICE PRESIDENT REPORT
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Memorandum for: 2009 NGB Meeting, 11June 2009

1. First, I want to give a special thanks to all the members for supporting me and this GREAT organization during the past 6 years. I look forward to the continue growth and support of the members of this organization. Without a doubt, we have shown to the others, that we are the BEST.

2. During the past year since the last NGB meeting, USA Powerlifting has taken on new challenges and we are ready to step up to the plate. It is a continuing learning experience. This learning experience has also given me the continued chance to go to many USAPL events around the Country and the World, watching the best drugfree Men and Women compete. As I have said before, every event, I learn something new, from watching the best Lifters and coaches, prepare our teams for the next big show. I have watched so many of our young lifters compete on the big stage with our best open lifters, and even win, showing more proof that we are continuing to grow in this sport. And let us not forget some of the best Master lifters in the Country, that also has the ability, and they have shown this, that they are capable of holding their own with our best. This is proof that the future of our organization is improving everyday.

3. Every year, we run into more things that we can fix. During the past year, we have fixed many problems. And this is because of the GREAT help of our volunteers. One of these things are our commitment and hard work in putting on one of the best sporting events in the World, the Arnold Classic. This success is from our loyal members that work their butts off to make us the best, and the job that Greg Page and his staff in Ohio have done to improve these operations. We must always give more respect to the many people we have doing great things, for nothing, but the joy in seeing us succeed. Another is the success of our World Teams at International Competitions. Our coaching staff has been above and beyond the call of duty, with our latest success being the Men Benchpress Team bringing home the Team award.

4. Our membership has shown great growth during the past year. Our State chairs are doing a much better job in getting out an informing the members, teams, gyms, about our organization. Our High School membership has continued to grow at unbelievable levels, but we must work to keep these lifters after they leave school. And we can do this by having a program that they see will support them in the future.

5. We are continuing to get ALL of our officials on the same standards of performance. Not just our National and International Officials, but we must start at the stat level. To many times our 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. With some of the new rule changes during the past 3 year, this has caused many problems. This is not just year in USAPL, but around the World. But if we do it right here, our lifters will be successful abroad. We MUST stop looking for things to give a red light on, and judge the lifts according to the rules of performance.

6. We have many new people now bidding on National meets, and this can only help us expand around the Country, are continue to grow. However, we CANNOT reduce our standards of quality meets for the return of a fast dollar. Lance Slaughter has put together a National Meet bid packet, that all potential meet directors must follow. With this new packet, we will insure that our meets are ran at the highest standards. If a Meet Director cannot abide by these standards, the EC will have the right to pull or not approve these events. We also have some old faces coming back to us. This will be a big plus for us. Having more of a choice of meets will bring more lifters to us. This is also meant for state meets to, with many meets that have been held in the same places for years, getting a new facelift. We also have had new

faces taking over as State chairs, and once again, Thanks for your efforts. I'm sure, from the many phone calls I have received, you didn't know what you were getting yourself into, but ALL have stood up and taken charge, and because of that, our states are getting better leadership. With this said, we must also insure that our events are done with the highest standards, and meet directors CANNOT shortchange the lifters for profit.

7. I fill honored to work with the great members of the Executive Committee. I am truly proud of the last two elected members, Greg Page, and Eliot Feldman, how they have taken on huge matters of concern, and made this a much better working organization. It is always great to see new faces doing great things. Their hard work and ability to make themselves more accessible to the Members, makes all our jobs easier. The members knowing that they have a voice to the EC makes it easier for all of us.

8. So many people do great things for USAPL, and most people don't recognize it. If we had to pay Bettina Altizer for all the legal matters we deal with for us, we will be asking for a Federal Bailout. Her legal expertise is the most valuable portion of our operation, that most members have no knowledge of. Bettina, THANKS. NEVER, have I seen the information that so many members of the EC have to respond to get done to us in a timely manner as I have with our Secretary, Angela Simons. Her professionalism sometimes upsets me, but I know she doesn't care, and I know I better get it done, because with her it is done RIGHT, and on time. Many untiring efforts of our members goes unrecognized, but to the EC, and the members, we are very grateful for your support, knowledge, and ability to get things done, and done with the highest level of professionalism.

9. For several years now, Lance Slaughter has continued to work with our merchandise sales. With his and Martha's untiring efforts, and the support of many volunteers running our booths at National Meets, we are once again on the road to new sales. This is what the foundation of this organization is about, many hard working volunteers.

10. We are very proud to continue the lead the World in showing we have the best Drugfree Lifters on the planet. Lets make no mistake about it, we are the BEST Powerlifting in the Country, and for almost 30 years, we have shown this to the rest. And with the continued support of all the members, we will continue to lead the way. But have must continue to educate our lifters on the danger of strength inducing drugs.

11. Without a doubt, our biggest success during the past year, has been the introduction of our Raw program. It has also been one of our biggest challenges. Many people have worked to make this a program that will benefit all involved. Because of our success, the IPF is now entertaining the possibility of a Raw program. Several issues are still being discussed, but the success is very evident. We will stride to insure that this program continues its growth, because this is what the members want. An all of your elected members are here for your support.

12. We are very honored to have a website with a forum where you can voice your opinions openly. However, when it becomes a personal attack on others because of your dislike for them, then we have to find a way to stop this. I can honestly tell you I don't read the forum much, but many inform me to look at certain issues that are being posted. We are constantly working on changes, an all may not 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 to insure that our lifters are getting the best leadership possible. We have many challenges ahead of us, and we must meet these challenges together. Give us and others who are working to make it better, a chance, and stop the personal attacks. Just because it's not being done fast enough for you, or you don't like the person doing it, does not give you the right to attack them. Many have the solutions, but many are not doing the work to make it successful. Support the people who are. They do them because they are committed to continue to make us the BEST.

JOHNNY A. GRAHAM
USA Powerlifting Vice President

- 5) Treasurer's Report - Geoffrey Plante**
Separate PowerPoint Report available at
<http://www.usapowerlifting.com/admin/ngb.shtml>

Committee Reports

a) Coaching – Johnny Graham

Johnny Graham stepped down as the chair of the coaching committee and Dan Gaudreau accepted the position.

b) Collegiate – Jon Magendie

2009 COLLEGIATE CHAIRMAN'S REPORT

This year's Collegiate Nationals was held in Baton Rouge, LA at the Family Christian Academy gymnasium. Paul Fletcher was the meet director. We had 61 women and 180 Men for a total of 241 lifters over 3 days. This was a small drop off in attendance from last year's championships.

The venue, while not the usual hotel ballroom was well received, and the warm up room was spacious. The meet itself was run very well, as is the case when Mr. Fletcher runs any meet.

The competition in some weight classes was very tight, with several weight classes in the men's meet being decided by bodyweight.

The Women's Team championship was won by LSU, the Men's Team champions being the University of Louisiana at Lafayette. It was ULL's first Men's title.

Special congrats to Coach Travis Werner for this one, he's been working at this for a while, as has his team, and it paid off big time.

The women champions were Alesha Summers, Tex A/M (44), Ellie Becnel, LSU (48), Megan Williams, NEWTC (52), Adriana DaCosta, U. Texas (56), Samantha Baker, LSU (60), Pam Bartz, LSU (67.5), Amanda Moe, TVCC (75), Tiffany Mckenney, Tex A/M (82.5), Melissa Scott, ULL (90), and Brittany Kean, LSU (90+).

The men champions were Jamon Williams, La Tech (52), Chris Tran, USM (56), Josh Dear, LSU (60), Michael Broussard, ULL (67.5), Sam Bennett, ULL (75), Steve Meche, La Tech (82.5), Justin Walker, Jackson State (90), Trey Jewett, UTSA (100), Jake Carney, Tex A/M (110), Cardyll Trionfonte, Kent St. (125), and Frank Inez, UTSA (125+).

Collegiate Committee Scholarships were awarded to Phil Rotar of Wisconsin and Melissa Vongsouvanh of Texas.

We had one motion come through the business meeting that needs to be discussed here at NGB. The motion is for the proof of enrollment that each lifter must submit in order to lift at Collegiates to be dated NOT EARLIER than 30 days prior to the actual meet date. The rationale for this motion is that it is far too easy for lifters to enroll, get a proof of enrollment form for Collegiates, then drop out or withdraw from school. Doing so makes the lifter ineligible for Collegiate Nationals, but there is no way for the meet director or anyone else to verify current enrollment other than the submitted proofs from each lifter. There have been far too many anecdotal stories of lifters doing just that. This is an effort to ensure fair competition at our meet.

The 2011 Collegiate Nationals was awarded to Steve Mann. The meet is to be held in Scranton, Pa. We had two great bids for 2011, and the group that lost the vote graciously agreed to submit another bid next year for 2012.

The 2010 Collegiates will be held in Orlando, Florida, hosted by Robert Keller.

**2009 DISABLEDCOMMITTEE REPORT
JUNE 12, 2009**

This past year USA Powerlifting's involvement with disabled powerlifting has been more active than ever before. As an organization, we have forged close relationships with the United States Association for Blind Athletes [USABA], the International Blind Sports Association [IBSA], and the Headquarters for Special Olympics [SO] in Washington D.C.

Some brief points regarding the Committees activities during the past year:

1. Dr. Maile appointed Mr. Chip Hultquist from Tennessee, as the new Committee Chairman, based on his professional work in the field of Special Olympics. I will be serving on Chip's committee, which was brought about with through my work with the USABA and the IBSA. Mr. Billy Keel has also accepted a position on this committee as well.
2. During July 2008, USA Powerlifting directed the IBSA World Bench Press Championships were held at Hyatt Hotel in Miami, Florida. The USABA [a USOC recognized organization] and USAPL effectively collaborated to promote an excellent championship. Important to note, the competition was directed under IPF Technical Rules utilizing IPF referees from USA Powerlifting and the RussiaFederation, with WADA/IOC drug-testing being enforced. The results of the athletes were also included into the annual IPF lifter rankings. Overall, the championship was attend by 33 athletes from 8 IBSA/IPF member federations and was well received by the media, organizations and most importantly the athletes.
3. This year, once more, the IBSA will host their World Championships in Miami during July 7-11. Along with the IBSA Congress set before the competition, the IBSA Committee fielded by members from USA Powerlifting will host a IOC Paralympics Conference for having Blind Powerlifting officially recognized as a Paralympic sport and to be included as provisional guest sport as part of the London Paralympic Games. Important to note, scheduled to attend this championship, will be a team of Blind powerlifting athletes from Iran. This will be an historical event as I believe this to be one of only a few occasions, whereby an Iranian sports team will have been able to come to the USA to compete in an international championship. Let's hope that friendship and not politics can prevail here.
4. At the Women's Nationals, Dr. Maile and I met with Ryan Murphy, the Senior Manager of Sports and Competition Sports Resources, for Special Olympics. Ryan traveled from Washington D.C. to meet with us to discuss and establish a collaborative working relationship between our two respective national governing bodies. As result of this meeting, the SO will be sending a group of athletes from the Pan-American Region to the 2009 IPF/NAPF/FESUPO Pan-American Championships that will take on August 4-8, 2009, in Miami, Florida. We will also be assisting them with future coaching, officiating, and training seminars for both their athletes and volunteers.

5. Bill Sindelar will be working with the Chief of Special Olympics in Nebraska to direct the National Special Olympics Powerlifting Championship during 2009/2010. Potentially, as part of this championship and with the assistance from USA Powerlifting, there are plans to host coaching, officiating, and training seminars for the SO folks. I would also like to take this opportunity recognize the work with SO by both Chip Hultquist in Tennessee and Billy Keel in Alabama. At Billy Keel's recent Alabama State Championships he drew some 50 SO athletes – good show! I would also like to recognize the work by Larry Maile and Ron Burnett for their efforts to promote SO in Alaska.

6. This year, the USABA established a division within their organization to assist military veterans who have been blinded from their injuries from the most recent wars in Afghanistan or Iraq. This division will also be assisting those veterans, who have lost their vision due to health reasons. In partnering with the USABA, the USAPL has worked to have veterans placed with athletes and coaches in organization, to take up or continue their training in the sport of powerlifting.

I would like to conclude this report by thanking each of state chairman and officials who take time each year to volunteer, promote and/or support Blind, Paralympic and Special Olympics Athletics. Needless to say, the championships are very meaningful and worthwhile events to be involved with – Thank you!

Robert Keller
Member, USAPL Disabled Powerlifting Committee

- d) Discipline – Eric Kupperstein

2009 DISCIPLINARY COMMITTEE REPORT

To the Executive Committee and membership of the USAPL:

There have been no formal matters brought to the attention of the Disciplinary Committee since the 2008 National Governing Body Meeting.

Eric S. Kupperstein
Chair, Disciplinary Committee

- e) Drug Education – Vacant No report
f) Drug Testing Committee – George Bartotti, Cathy Marksteiner

2008 DRUG TEST RESULTS

TEST PERFORMED BY QUEST ----- 769

REPORTED NEGATIVE ----- 742

REPORTED POSITIVE ----- 13

BOLBENONE ----- 4

NANDROLONE ----- 1

T/E RATIO ----- 8

INVALID RESULTS ----- 7

TEST REJECTED ----- 7

TEST PERFORMED BY UCLA, COLOGNE – 29

TOTAL TEST -----798

TOTAL IN MEET TEST – 700

George Bartotti
Drug Testing Committee Chair

2009 NGB REPORT

OUT OF MEET TEST (OMT) DRUG TESTING COMMITTEE

Cathy Marksteiner, Chair

2008 was a transitional year for the OMT committee. 5 new members volunteered for the committee: Tom Allred, Cathy Marksteiner, Donna Marts, Greg Page and Deron Rogers. Cathy Marksteiner, designated as Chair.

- The OMT aspect of Drug Testing uses the same paperwork (Chain of Custody), test and collection procedures and lab(s) as the In Meet Drug Test procedures. There are, however, some specific differences between the OMT and IMT procedures.
- The OMT is usually done for a specific reason, usually a world team member. The athlete is responsible for filing and maintaining an “Athlete Locator Form” (ALF) that details their contact information, address (home, work, and gym/

training facility) and a time and day calendar showing where the athlete can be reached at any time.

- The OMT is ideally done with no notice to the athlete. However, due to travel distance and time between athlete and assigned official, the athlete may have some advance notice.
- The OMT is done on a one-to-one basis.
- The official comes to the athlete.

The OMT Committee is made up of the volunteers listed above.

Cathy Marksteiner, is the current Chair. Responsibilities include communication with the USAPL Vice-President and President, maintaining the OMT database (includes athlete tested, reason for test, official assigned, and date of test), coordinating and assigning officials for OMT, ensuring officials have OMT test supplies, the athlete information and the ALF. Greg Page, EC member and Ohio State Chair, assists with assigning officials for OMT. Donna Marts, from the state of Idaho, is the point of contact for the ALF. The athlete sends their ALF to Donna, who, in turn, sends the ALF to the assigned officials. Tom Allred, Michigan, does the database research across the USAPL and IPF websites. Deron Rogers, Tennessee, coordinates the schedule for ALF submission, for a timely ALF submission, database research and official assignment.

There were 98 OMT tests completed in calendar year 2008. The tests were completed in 22 different states. This was possible with the help of 44 different referees. The athletes tested came from a testing pool of Arnold Sports Festival, World team members, returning Open Champions, and athletes specifically designated by the USAPL President, USAPL Vice President and George Bartotti, the Chair of the IMT Drug Testing Committee.

Several resources and references are needed to develop a priority basis for OMT and assign an OMT official. The World Team Roster or competition Roster provides the list of athletes. A search is done of the USAPL and IPF Anti-Doping test database, to determine if an athlete has had an Anti-Doping test (IMT or OMT) and the date of the test. The athlete's location (city and state) is identified. Then the USAPL referee database is reviewed for a currently registered referee who live in the same state. Google maps and MapQuest are referenced to locate an official who lives near the athlete. Finally, personal contact, telephone call or email, is made with the official.

- The OMT process requires time and coordination. Ideally, the time table would start 3 months before the competition.
- 3 Months prior – receive roster of athletes
- Database research for Anti-Doping: organization (IPF and USAPL) and date
- 2 Months prior – Athlete submits ALF.
- Official selection process begins.
- 6 to 8 months prior – Assign officials.
- 4 to 6 weeks prior – OMT completed.
-

Once the official has accepted the responsibility to do the OMT, a packet of supplies and paperwork is sent. The packet includes a letter, thanking them for their help in the Anti-Doping goal of the USAPL. The letter confirms the athlete, provides the athlete's contact information (address and phone number), the ALF, references the USAPL website for instructions both about completing the Chain of Custody the test

itself. Additionally, supplies are provided for the OMT: 2 kits, gloves, copies of the Chain of Custody. Finally, post OMT, a shipping box and label are included. As well as stamped, addressed envelopes for the Chain of Custody to be tracked: one for the USAPL National Office and another for the OMT Drug Testing Chair.

We, as group, have 3 specific goals for calendar year 2009.

- 1) Increase use of the Electronic ALF.
 - This can be more easily updated by the athlete
 - Reduces paper overloads
 - Enhances our ability to easily access the ALF for information.
 - Able to send the ALF via email to the assigned official.
- 2) Standardize the OMT/ ALF time schedule
 - Increase communication with World Team Managers and Coaches about time line for IPF/ USAPL Anti-Doping compliance.
- 3) Develop a policy and guideline for doing an OMT for an athlete who does not have an ALF on file.
 - Develop procedure for athlete notification

Cathy Marksteiner
USAPL, OMT Chairman

- g) Finance and Ethics –George Shoemaker

FINANCE AND ETHICS COMMITTEE REPORT

For the 2008 calendar year, the Finance and Ethics Committee was not presented with any issues, comments, or complaints pertaining to the USAPL.

This is an indication of the exemplary character of the organizations the lifters who belong.

George Shoemaker
Finance and Ethics Chairman

- h) Law and Legislation – Lucian Gillis

LAW AND LEGISLATION COMMITTEE REPORT

The function of the Law and Legislation Committee, my primary duty is to investigate any changes to our governing structure that might help position the USAPL, and powerlifting generally, to be recognized as an Olympic sport. Several years ago I recommended some bylaw changes that would bring us in compliance with the federal sports act of 1979. Some of these changes were adopted, and the NGB requested that I withdraw the others. Those others could be brought up again at any time, but the NGB's thinking was we are better off without them unless there is a more immediate opportunity for Olympic recognition. Otherwise, I have nothing to propose at this time.

Lucian Gillis, Jr., LLC
Chair, Law and Legislation Committee



Over the last 12 months, USA Powerlifting continues to derive growth and benefit from its marketing activities. Successes over the past 12 months include another successful production at the Arnold Sports Festival, ongoing merchandise sales and increased revenue and support from corporate partners.

Reassessment of the USAPL Merchandising Program

The merchandising program has produced significant revenue over the last year while at the same time going through a thorough evaluation of the existing product line and an organizational assessment of the program. The program generated over \$25,000 in sale. Over \$8,000 was generated in online sales, close to \$17,000 in merchandise booth sales with greatest revenue generated at the 2008 IPF Masters Worlds and the 2009 Arnold Sports Festival- over \$13,000 in sales between the two events. Although the program has provided a significant amount of additional revenue to the organization with the introduction of new, high quality items, we are assessing ways to become more efficient with inventory and fulfillment. Much of 2008-2009 was focused on reducing the number of products offered, selling off existing inventory, being more strategic in determining what national events to have a merchandise booth at, assessing merchandise storage and fulfillment and exploring new merchandise vendors.

www.usapowerlifting.com is USA Powerlifting’s “One-Stop Shop”

The national web site, usapowerlifting.com continues to play a significant role in enhancing our brand and promoting our activities- locally and nationally. The national web site truly sets USA Powerlifting apart from other powerlifting federations. It warrants stating again that everyone should be utilizing the national web site as an essential tool in their marketing “tool box”. It is a highly effective “one-stop shop” to illustrate what the sport of powerlifting is, define who we are as an organization, and provide information and direction to lifters on how they can become involved.

USA Powerlifting produces First-Rate Events

This past year USA Powerlifting, under the direction of the Executive Committee, assumed management and production responsibilities for two events in 2008-2009 – the Arnold Sports Festival & the IPF Masters World Powerlifting Championships. Assuming management of these events ensured a first-rate production by deploying the full use of organizational talent and resources and allowed USA Powerlifting to offer cohesive sponsorship & co-marketing opportunities to existing and potential partners. USA Powerlifting will continue to look at opportunities to bring this model to other key events.

CALL TO ACTION - Key marketing recommendations for 2009-2010:

- ✓ Strategically identify the best location and venues in your state to maximize participation. Use your membership list as a tool to identify where your current customers are and where potential customers exist. Secure and hold your “base” and identify “untapped markets”.
- ✓ Diversify your meet formats (i.e., full powerlifting , push-pull, bench-only, raw)
- ✓ Make sure all meets in your state are listed on the national web site
- ✓ Utilize the national web site to post your meet entry forms
- ✓ Encourage participation of local lifters at national events. If you have plans to attend, encourage a less experienced lifter to join you. Adopt and mentor a “newbie”.
- ✓ Utilize **www.usapowerlifting.com** as a essential “tool” in promoting USA Powerlifting

Lance Slaughter
USA Powerlifting Marketing Committee Chair
USA Powerlifting Executive Committee
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j) Masters’ – Johnny Graham

2009 MASTERS COMMITTEE REPORT 11 JUNE 2009

1. The past year was a very successful one the Masters World Team. After Team selections from the Women’s and Master’s Nationals, the team has filled 32 slots for the 2009 IPF Masters World Championships, which will be held in Ostrava, Czech Republic. Several invitations are still being sent out, and we expect to fill a full team for this event.
2. The team once again did a clean sweep of all the team titles at the 2008 IPF Master’s World Championships, which was held in Palm Springs, Ca. Meet Director for this event is Lance Slaughter. With over 230 lifters in this event, without a doubt, Lance put on First Class contest. This event was one of the best produced Masters Worlds presented. These are not my comments, but the comments from the IPF EC members who were present.
3. At the Masters National meeting in 2008, the 2010 site was voted on and approved by the members present. The 2010 bid was awarded to Johnny Graham, and the Phantom Warriors Powerlifting Team, in Killeen, Texas. This event will be held April 30th –May 2nd. The event will also be held in the Killeen Civic and Conference Center.
4. The 2009 Masters Nationals were held in St. Louis, Mo. under the direction of Harold Gaines and his family. At the 2009 National meeting in St Louis, Lloyd Weinstein and Shawn Cain was elected to the Masters committee. Bids for the 2011 Masters Nationals, were presented, and the 2011 Nationals was awarded to Greg Jones, and the contest will be held in Atlanta, Ga. We want to welcome Greg to our list of new National Meet directors.

JOHNNY A. GRAHAM
Masters Chairman/Team Coach

- k) Military – Lanette Lopez
- l) Police and Fire – Tim Anderson – Nothing to Report
- m) Raw – Angela Simons

**2009 Raw Committee Report
Raw Meeting Minutes
24 July 2008
10:30pm**

1. Definition of raw

Those in attendance were told that a survey would be administered during the weekend to get lifters opinion regarding what should/should not be allowed in raw competitions, discussion ensued.

Comments that were made

There needs to be a standard set for the allowable thickness of the neoprene in the knee sleeves. Envision there coming a time where even a single ply knee sleeve has a thickness that is extreme.

2. Qualification for future raw nationals

The discussion centered on the fact that all one needed to qualify was ANY total in a USAPL sanctioned meet especially the fact that that total could be either geared or raw. It was cautioned that if qualifying totals were set then a meet director might be more difficult to find because they might lose money due to a lower turnout. The example was given of men's nationals.

3. Timing of future raw nationals

There was no strong sentiment against July and there was some discussion that July was best for it was further away from other national meets thereby maximizing the probability that more officials would be able to attend.

4. Contested divisions at future raw nationals

High School and Collegiate division should not be contested at Raw nationals nor should there be separate raw nationals for these divisions.

5. Creation of a raw committee

Seen as a great idea. Those present were asked to give their contact information to Angela Simons and were told that the information would be shared. Robert Keller suggested that Joe Marksteiner be contacted about his interest/willingness to be a part of the committee since he lifts raw and is an IPF official.

Committee Report

Developments in raw lifting after the meeting at Raw Nationals

1. The issue of knee sleeves has indeed been a contentious one in the past year. Perhaps this is not surprising considering the discussions on this topic at last year's NGB meeting. The main issue seems to center around the idea of the amount of assistance given by the knee sleeves versus knee sleeves with tightening mechanisms (i.e. via adjustable Velcro straps). Below are images of the two major categories of knee sleeve being discussed:



Knee Sleeve



Knee Sleeve with Tightening Mechanisms

The fundamental idea underlying “raw” lifting is that the “lifter lifts the weights” and receives minimal, if any, assistance in completing his or her lifts from what he or she is wearing. Naturally, this argument can be taken to the extreme. For example, most people will squat more weight while wearing shoes versus squatting barefoot. The consensus seems to be that a belt and wrist wraps, while having the potential to increase some lifters’ numbers slightly, are acceptable in raw lifting owing to the safety aspects as well as the minimal and indirect effects they exert on weight lifted. Again, a line has to be drawn as to what is acceptable and what is not. Some people have argued (based on anecdotal reports) that knee sleeves with tightening mechanisms give no more carryover than regular knee sleeves. If this is, in fact, the case, then why are those same people so against disallowing the knee sleeves with tightening mechanisms in raw competition? It raises an interesting question. Second, the very design of the knee sleeves with tightening mechanisms opens the door for further “enhancement” by equipment manufacturers. Many people did not have arguments with the original blast shirts for the bench press and Marathon suits for the squat because the carryover, while apparent, was not particularly large. However, once the precedent was set, the door was opened for further enhancement. The evolution of those early pieces of supportive gear was undoubtedly slow and probably imperceptible on a year-to-year and model-to-model basis (much the same as a growing child’s day-to-day or month-to-month height). However, simply compare the carryover from the prototypical pieces of gear and the gear of today and perhaps you will see the problem. On the contrary, the traditional, one-piece knee sleeve (neoprene and single-ply) is, by its design, limited in future enhancement due to the fact that the knee sleeve will always need to be slipped over the foot and ankle. The third issue involves the resistance some have to disallowing knee sleeves with tightening mechanisms at this point in time because it is viewed by them as being unfair for future lifters to compete against records that were set with knee sleeves with tightening mechanisms. Very simply put, this attitude confirms the idea that knee sleeves with tightening mechanisms do provide significantly more assistance than traditional knee sleeves. If knee sleeves with tightening mechanisms are banned from use in raw lifting (e.g. after this year’s raw nationals), it is logical to assume that in a

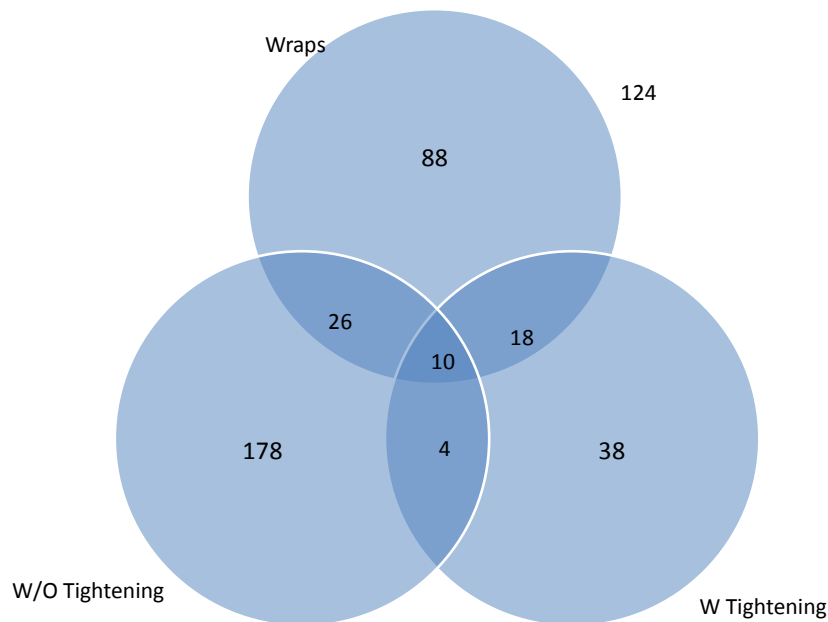
few years, most, if not all, of the records set in knee sleeves with tightening mechanisms would be exceeded owing to: 1) the fact that raw lifting is still in its infancy and 2) the fact that while the knee sleeves with tightening mechanisms do provide more assistance than traditional knee sleeves, the difference is nowhere close to the same order of magnitude as knee wraps or squat suits. Paraphrasing what one member close to this debate said: “Do we admit we made a mistake right now and deal with the relatively small repercussions or do we wait many years to deal with the same mistake that then has the potential to have very large repercussions?”

2. Further surveys were administered in the attempt to get a better feel for how the members of USA Powerlifting wish “raw” to be defined. The summary of that information appears below.

Data Obtained From The Raw Survey

Belt	w.wraps	k.sleeves w/o tightening	k.sleeves w/ tightening	k.wraps		
Information for all of data						
Count					178	w/o
487					38	with
Yes					88	wraps
469	378	218	70	143	18	wraps/with
% Yes					26	wraps, w/o
96.30	77.61	44.76	14.37	29.36	4	with,w/o
					1	*
					124	0
					304	1
					49	2
					10	3

Totals for all data July 2008 – June 2009



469 of 487 (96.3%) responded that a belt should be allowed
 378 of 487 (77.6%) responded that wrist wraps should be allowed

What this diagram indicates is that

124 responses stated that neither knee sleeves nor wraps should be allowed

178 responses stated **ONLY** knee sleeves without tightening should be allowed

38 responses stated **ONLY** knee sleeves with tightening should be allowed

88 responses stated **ONLY** knee wraps should be allowed

4 responses indicated that knee sleeves without or with tightening should be allowed

26 responses indicated that knee sleeves without tightening or knee wraps should be allowed

18 responses indicated that knee sleeves with tightening or knee wraps should be allowed

10 responses indicated that any of the three should be allowed

3. The IPF has inquired about the interest of each of its member federations regarding international raw championships so that a discussion can occur at the World Games in Kaohsiung/Chinese Taipei. Each member federation was asked if they currently hold a raw championship, if yes, what sort (bench or 3-lift), the number of participants in said championship(s) and the number of those participants that also competed in an equipped national championship. This information was provided to the IPF President.

Participants in Raw Nationals 2008: 168

Those that also competed in an equipped national championship 71

Angela Simons
USA Powerlifting Raw Committee Chair

Joseph Warpeha
Raw Committee Member
Minnesota State Chair

n) Referee's – Bill Clayton - Included in the Technical Committee report

o) Sport's Medicine Committee – Mike Hartle – No Report

p) Technical Committee – Robert Keller

2009 Technical and Referee Committee Report

June 12, 2009

This year was once again a banner year for our organization in terms of membership growth and development. Also, remarkably I might add, it has been a relatively peaceful and tranquil year in terms of technical rules changes. Though, with the impending Congress this fall in India, I will remain both vigilant and watchful. For the most part, technically, our organization does an outstanding job in the application of the rules with our local, state, regional, national and international championships that we direct. However, there are still areas that require some attention. I will address those later in the report.

Before proceeding into the details for this past year, I want to both thank and recognize the referees, which have contributed greatly to the overall success of the organization. Those referees are: Johnny Graham, Bill Clayton, Jack Marcus, Robb Grisham, Regina Hackney, Joe/Cathy Marksteiner, Bill Sindelar, Dan Gaudreau, Bill Ennis, Lance Slaughter and Eliot Feldman. Each of these officials have gone above and beyond normal/standard expectations, often times at their own personal financial expense, to see that our USAPL National and International Championships are directed in an outstanding and professional manner.

They should be commended for their work!

I would also like to take a moment to thank all of the referees that have volunteered at all of our state and local championships. Overall, your efforts have been influential in the continued growth and development of our organization, which make USA Powerlifting, once more, the number one federation in the United States -
- Thank you!

In addition to our referees, I would also like to thank our local, state and national meet directors for their continued work in directing some high quality championships. It is never an easy task to coordinate and promote a championship, but overall the value of our brand and product continues to keep our federation on top. Most notable of these directors are Lance Slaughter, Johnny Graham, Dan/Jennifer Gaudreau, Donovan/Jennifer Thompson, Harold Gaines, and Steve Mann for directing some top notch national championships. I must comment that I had the pleasure of being a part of one, if not the very best competition that I have ever attended – The 2008 IPF World Masters directed by Lance Slaughter in Palm Springs. His execution and coordination of this event was absolutely text book and Lance should be applauded for his enormously superb efforts – nice job! I would also like to send special thanks and best wishes to Mr. Harold Gaines and family for all of their work the past 8 years. After directing the Masters Nationals just a few weeks ago, Harold has decided to retire from directing any further powerlifting competitions. USA Powerlifting wishes him and his family the very best in his new business ventures and sends its sincere thanks for all their work in directing championships in the great state of Missouri

!

Lastly, I must also take this opportunity to compliment the athletes that took part in our championships this past year. The level of competition at our championships, as a whole, remains the very best in the world to watch and see. As a true fan of the sport, often times in my chair at the jury table, allows me to have a front row seat to watch some of the best lifters in not only the USA, but the world compete and take part in our championships. You can't beat the price of admission. Overall, our technical standards, as seen with the vast amount of American, National and World Records being set by our athletes this past year, is a testament as to how well our organization is directed and has risen to be one or thee best in the world of Powerlifting, bar none.

In this year's NGB report, I am going to review the following topics. They are:

1. USAPL Raw/Unequipped Lifting – Update.
2. USAPL National Championships – Collection of Membership/Drug-testing Monies
3. New Records Database + Establishing Raw/unequipped Records
4. USAPL / IPF Rulebook + Referee Preparation + Referee Uniform Requirements.

5. Drug-testing Committee / OMT Coordination
6. Referee Examination Process.
7. IPF Referee Clinics
8. Arnold Sports Festival
9. IOC Recognition
10. Appointment of Technical Secretaries for National and International Championships
11. Closing Remarks

1. Raw/Unequipped Lifting - Update

At last year's National Governing Body [NGB], a motion was put forth to determine if raw/unequipped lifting would continue to allow knee sleeves to be used in our championships. The end result of the discussion and vote ended in a deadlock with an agreement to survey the membership for one year leading up to the 2009 NGB. The results of this survey will be presented by Angela Simons, who is heading up the ad hoc review committee on this particular issue. Now, a word on knee sleeves. For the record, in my professional opinion, we should maintain the current “unequipped/raw” standards as they were voted on and put in place at the 2007 NGB Meeting, which is to accept ALL commercial grade knee sleeves. There are several important reasons for this – the first being the safety of our lifters. There have been discussions about by our internet forum pundits of limiting/removing commercial knee sleeves. This is not the direction we want to go – Why?

For those who have never used this piece of equipment, commercial knee sleeves are commonly made of stretchable material such as synthetic cloth material or neoprene. They are designed to be pulled up to fit around the knee. The specific and direct benefits of knee sleeves are to protect the proprioceptors. The proprioceptors are the nerves that provide feedback as to orientation space around the knee, which stabilizes it. Other functions include the stabilizing of the ligaments and tendons surrounding the knee as well as keeping it warm to limit/prevent injuries during athletic movements. To conclude, going backwards in terms of safety for the lifter is not the direction we want to go in, thus the importance of maintaining this piece of equipment in our unequipped/raw championships.

In terms of Raw/Unequipped competitions, there was much anticipation on how the first USAPL

Raw/Unequipped National Championships would turn out. Well, as predicted, it was a great success with nearly 180 lifters attending our first nationals. The championship was held during the latter part of July in St. Louis, Missouri with Harold Gaines as the competition director. Harold put together another very good competition – Thank you!

Finally, the Raw National Championship now serves as our primary qualifier for the Con-Cret Raw Challenge held at the Arnold Sports Festival, which now includes prize money – Awesome! So, there is no doubt this program will continue to expand and grow larger each year. On another interesting note, the IPF Executive is currently surveying the IPF Member Federations to determine if a Raw International or World Championships will be held sometime in the near future. The IPF “Raw/Unequipped” World Championships will be an agenda item that will be discussed at the IPF EC Meeting held this July at the IWGA World Games in

Taiwan. Needless to say, the outcome of said meeting should prove to be quite interesting!

2. USAPL National Championships – Collection of Membership/Drug-testing Monies

Beginning in 2009, the USAPL EC has mandated that at all National Championships; one of the EC Members will be assigned to collect all membership card applications/monies and anti-doping fees. This has proven to be quite effective and has eased the burden on our competition directors. Meet directors now receive their refunds much quicker with the new procedures and allows them to focus more on the production and direction of the actual event.

3. New Records Database + Establishing Raw/Unequipped Records

I would like to begin by thanking Mr. Tony Cardella for creating the organization's new records data base, which can be found at: www.goheavy.net/records.

The new database will not allow us to input and update our American and National records more swiftly. So, instead of the waiting quarterly for updates, our records keeper can now update them on a daily/weekly basis. Charlie Turco has taken over the helm of keeping our records, and inputted all of the data into the new system and by the printing of this report should have all of the records up to date. Gina Stepleton has stepped down as our records keeper and would like to extend my sincere thanks to her for keeping the records the past couple of years – thank you.

On a particular note of importance, our current records application does not specify a Raw category for breaking a record. I have requested that Eliot Feldman update our American Records Form by adding the Raw/Unequipped designation. Until the form is updated and distributed on a broad and large basis, Charlie has requested the meet directors handwrite the RAW designation on the records form and also to ensure the raw designation is also listed on your results to ensure lifters receive, correctly, and on a timely basis, credit for their new marks.

Special thanks and appreciation go out to Tony, Charlie, Eliot and Gina for all of their great work – Thank you!

4. USAPL / IPF Rulebook + Referee Preparation + Referee Uniform Requirements

The USAPL Rulebook is now complete and will be uploaded to the USA Powerlifting website on June 01, 2009. Special thanks go out to Dr. Disa Hatfield, Eliot Feldman and Bill Clayton for all of their hard work on this particular project. As a team, we worked collaboratively to make sure the project was successfully completed.

Key and important, it is essential and extremely important that each referee remains current with the technical rules. By doing so, we raise the standard of officiating, which in turn, makes our championships all that much better. More importantly, as a referee, your literacy and technical knowledge will reduce the opportunity for errors from taking place in the direction of our championships. The end result of all of this is an increased level of performance and safety for our athletes.

Now onto a comment on referee uniform requirements -- It is imperative that at all of our national championships the referee's are dressed in the correct uniform to include a jacket with your referee patch/emblem and tie. In surveying some of our

national meets of late, some referees did not have their Technical Rules with them, and nor were they in compliance with uniform requirements.

On a final note, recently, there have been referees either not showing or for late for their assignments at some of our national level championships – Not acceptable! When scheduled for a referee assignment, please be on time and show accordingly. The athletes are depending on you to be there! If you're not able to make it for an assignment, please notify the technical secretary for the championship in a timely manner. In the end, when a referee does not show up for an assignment, disappears, or is late, affects our ability to direct the championship.

5. Drug-testing Committee Comments / OMT Coordination

The drug-testing process at our local and national championships has greatly improved based on the tremendous efforts of Regina Hackney. Regina is now providing instruction at all of our national championships to our new national referees on the drug-testing process. Furthermore, Regina's efforts in maintaining the USAPL Drug-testing database allows for greater monitoring and planning of our OCT program and for reporting our mandatory final numbers to the IPF at the end of the year. Regina, though very meticulous, sees to it that she contacts each meet director or drug-testing control officer, after every championship, if there are any errors to your documentation. Now, a word on the OCT process – I would like to recognize Cathy Marksteiner for her excellent work on [coordinating and revitalizing the OCT program and ensuring that tests on our athlete's are done in a timely manner. Great job all around by these two officials.

6. Referee Examination Process

Bill Clayton, the USAPL Referee Chairman, requires that ALL candidates desiring to take the state, national or international examination MUST apply through his office. When sending your application, please be sure to include your referee resume, detailing the competitions you have officiated, date of certification, along with approval of your state chairman. Candidates desiring to take the IPF Cat I or II examination should apply at least 4 months in advance, so that we may review your credentials and schedule your examination with the IPF Technical Chairman and the IPF Referee's Registrar. Per the new IPF Technical rules, IPF Category II written examinations may be taken at a National Championship; however, the practical must be done an international competition. The USAPL Referee and Technical Committee are going to require both be done at an international competition.

7. IPF Referee Clinic

As a reminder, all IPF officials desiring to recertify in 2012, will be required to attend at least one National or International Referee Clinic. The USAPL will direct a Referee Clinic at the Men's Nationals in Denver – time/location TBA. Future clinics will be posted on the USAPL Calendar of Events.

8. Arnold Sports Festival

Once again this year, the Arnold Sports Festival was a major success for USA Powerlifting. This was due in part to the tremendous work turned in by the ENTIRE committee and staff assembled for this championship, under the direction and leadership of Dr. Lawrence Maile. Once more, notably, I would like to take this opportunity to thank Greg Page. His work in the coordination of the spotters/loaders and equipment transport was again instrumental in the overall success for this event. Thank you Greg! On an interesting note, through the work turned in by Dr. Maile,

USA Powerlifting provided the third party testing drug-testing control officers to the International Fencing Federation [FIE] Association World Cup at the expo. We also collaborated with USA Weightlifting and the International Weightlifting Federation for the German Weightlifting Team to coordinate a demonstration for the crowd in the ballroom, once our Raw

Powerlifting competition had concluded. Overall, the Arnold Sports Festival has provided our organization not only a great venue to demonstrate the talents of our athletes, but make obvious to the public what “true” powerlifting is supposed to resemble and look like. The Arnold also allows the USAPL to promote goodwill with other IOC recognized sports, which will be paramount for us to ever become a “recognized” IOC sport in the future ourselves.

9. IOC Recognition

On December 18, 2008 of last year, USA Powerlifting received correspondence from the IPF informing us of the disappointing news that our application to become a recognized IOC Sport was not approved by the IPC Executive. Regardless of this outcome, the USAPL and the IPF remain optimistic and committed toward recognition in the future. Application will be made once again in another year or so.

10. Appointment of Technical Secretaries for National and International Championships

As outlined in the IPF and USAPL Technical Rules, the USAPL Technical Committee with the [cooperation and assistance] of the organizer, will appoint the Technical Secretary for all of our National Championships. The Technical Secretary should preferably be an IPF Category I or II Referee. Please, if you’re a national championship director, ALL requests should come through the USAPL Technical Committee. Bill Clayton and I make it our policy to work with championship directors; however, when it is all said and done, the decision to select or not select a particular official will rest with the committee, taking into account the overall best interest of the federation.

11. Closing Remarks

I am always open to hear and listen to feedback pertaining to the technical standards for USA Powerlifting. Also, if you have any questions or comments that you wish to share with me regarding this report please contact me directly at: rhk@verizon.net In closing, I would like to take this opportunity to wish you and your families an enjoyable summer and I look forward to seeing you at the next championship – Thank you! Thank you!

Robert Keller
IPF Category I Referee
Chairman, USA Powerlifting Technical Committee

Teen/Junior Committee Minutes

The Current Committee members are:

- Joe Lewis - Wisconsin
- Steve Rayborn – Idaho
- Hector Munoz – Texas
- Tod Miller – Michigan
- Jeff Schillinger – Wisconsin
- Ken Miller - Pennsylvania
- Brian Kenney _ Wisconsin
- Curt St. Romain – Texas

Brian Kenney reviewed the bid for the 2010 High School Nationals in Wisconsin Dells, Wisconsin. The committee accepted a bid for the 2011 HS Nationals for the last weekend of March in Corpus Christi, Texas.

High School Nationals this year saw over 380 Registered USAPL lifters

The qualifying totals for the 2010 Varsity men's and women's divisions at HS nationals were once again reviewed. The new totals were arrived at by averaging the 10th place finishes in each weight class over the past five years.

Women's Varsity Current Qualifying Totals

97lbs	105lbs	114lbs	123lbs	132lbs	148lbs	165lbs	181lbs	198lbs	SHW
360	405	460	520	590	655	585	600	655	690

Women's Varsity New Qualifying Totals

97lbs	105lbs	114lbs	123lbs	132lbs	148lbs	165lbs	181lbs	198lbs	SHW
360	405	450	555	585	655	685	635	655	735

Men's Varsity Current Qualifying Totals

114lbs	123lbs	132lbs	148lbs	165lbs	181lbs	198lbs	220lbs	242lbs	275lbs	SHW
630	730	820	975	1075	1145	1180	1155	1150	1190	1215

Men's Varsity New Qualifying Totals

114lbs	123lbs	132lbs	148lbs	165lbs	181lbs	198lbs	220lbs	242lbs	275lbs	SHW
630	730	815	1005	1080	1150	1160	1230	1270	1190	1240

- r) Therapeutic Use Exemption – Dr. Mark W Rodacker

Therapeutic Use Exemption Committee

The TUE committee continues to operate but we are in need of 2 more members. Our most common TUEs are for asthma meds, joint injections, oral and inhaled corticosteroids steroids for bronchitis and allergic reactions, diuretic hypertensive meds, and for testosterone replacement which we have to reject. We also get a few for ADD therapy and inability to fully extend the elbow.

The biggest issues are athletes traveling for IPF events, we cannot transfer TUEs. Lifters must submit separately to the IPF for TUEs and they are much less liberal. I am available for questions @mrodacker@msn.com. Please put USAPL TUE in the subject heading to avoid being deleted as junk.

Mark Rodacker, M.D., Ph.D

Chair, Therapeutic Use Exemption Committee

- s) Women's Committee – Priscilla Ribic

2009 Women's Committee Meeting Report

The 2009 Women's Nationals was held in Miami, hosted by Robert Keller and was an excellent production once again (THANK YOU Robert!) Despite the poor economy leading into 2009, we had a good turn out with a lot of new lifters as well as our familiar friends. The Women's Committee meeting was held on the evening of the first day of the competition to see if we could get a better turn out and I believe we did. This year, because of the lack of previous attendance at the committee meeting, we decided to try an online survey on the various agenda items. This was in attempt to also get a read of the female membership who have not attended women's nationals before.

Meeting minutes:

- 2011 meet bid went to Atlanta
- Moving Women's Nationals to the 3rd weekend in May – **Passed**
- NOTE - 2010 Women's Nationals will be in Cleveland, May 22-23
- Hall of Fame Fund – **Passed**
- This fund is to start a savings fund solely for the Women's Hall of Fame inductee's Hotel and Airfare costs by adding \$5 onto the Entry fee for Women's Nationals. The \$5 per entry would be designated for the Hall of Fame fund, managed by the USAPL Treasurer. Excess funds raised would be held over for the following years.
- Committee members voted in: Disa Hatfield, Paula Houston and Souix-z Hartwig-Gary
- Top reasons on the survey for not attending 2009 Nationals: Economy, Date of Nationals.
- In the online survey, we asked why members were not attending this year's nationals. Overall economics was the primary reason. The second runner up was the date of Women's Nationals. With the passing vote to change the date to May, we hope this will lend to the increase in attendance in the years to come.
- Hall of Fame Inductees for 2009: Cyndi Regan and Larry Maile. Please check out www.usapowerlifting.com for full bios of each of these nominees.

Priscilla Ribic Women's Committee Chair

6) Unfinished Business –

7) Proposed By-law Amendments

a) Submitted by: Angela Simons

“Section 2.2 Membership in the National Committee of USA Powerlifting

C. Members at Large Each chair of the following committees shall be considered members at large of the National Committee: Collegiate, Masters, Teenage, Military and Women’s Committee. The four committees shall exist to represent that membership which falls in that category.”

Proposal: Amend this section to state:

Each chair of the following committees shall be considered members at large of the National Committee: Collegiate, Masters, Teenage, Military, Women’s, and Raw Committee. The six committees shall exist to represent that membership which falls in that category.

Rationale: There is no doubt that the population of those lifters that choose to compete raw is growing. This group deserves to have a voting representative.

PASSED

b) Submitted by Larry Maile

“Q: Drug Testing Policies – 3. Selection of Subjects to be Tested – Page 14 of 69 e. State Chairs are authorized to recommend USA Powerlifting members (in their states) for submission to out-of-meet testing. The amount of testing to be done is based on a ratio of the total USA Powerlifting members, per state...”

Proposal: Amend the last sentence of the above paragraph to state:

The amount of out-of-meet testing to be done is 20% of the amount of in-meet test that are done for any given year, i.e. if 800 in-meet tests are done then 160 out-of-meet tests should also be done.

Rationale: The current statement in the rulebook is vague, stating no particular “ratio” that is to be used; therefore no real guideline is given as to the number of out-of-meet test that are to be done.

TABLED UNTIL NEXT YEAR – RECOMMENDATION WILL BE MADE TO THE OMT COMMITTEE THAT THERE BE A GOAL OF TESTING 15% OF THE PREVIOUS YEARS IMTS

8) New Business – The following motions have been submitted for consideration

- a) Submitted by Ruth Welding

Proposal / Rationale: Addition of a selection criterion for alternates for the Women's or Men's Open and/or Masters' world teams.

Amend the selection criteria to allow women or men who entered and can provide proof of intent to travel to Nationals but not able to participate due circumstances beyond their control (flight cancellations, etc). These lifters may be allowed to enter another approved national caliber meet as a guest lifter to achieve a Wilks number for the class they had entered at the missed world qualifier. This is not to displace a lifter who won the spot on the world team at Nationals but rather to supply a viable pool of lifters for filling empty world team spots as they arise, thereby creating a deeper alternate lifter pool and allowing the U.S. to field their most competitive team.

The meets that a lifter would be allowed to use for this would be a national championship or a meet of similar caliber that can guarantee national or IPF officials in official duties. The list of said officials along with the meet results must be submitted to a designated Executive Committee member in a timely manner (24 or 48 hours) in order for the lifter to become eligible for an alternate spot. (This would be similar to the procedure that occurs when a lifter submits a record form)

FAILED

- b) Submitted by Angela Simons

Proposal: Qualifying totals for Raw Nationals must be achieved raw.

Rationale: At the first Raw Nationals last year there were some weight classes that had to be split into two flights. As is usually the case, this was done based on the lifter's qualifying total. However, since some lifters qualified via an equipped total and others a raw total the flights were not always made up of similar caliber lifters.

PASSED

- c) Submitted by Stephenie Dzurnak

Proposal: A time line needs to be in place for the grading of the State/National Referee exam. After the completion of an exam, within one week of the meet, the exam should be mailed to the correct official for grading. Upon receiving the exam the grading official has a maximum of two weeks to grade the exam. The final grade will then be sent back to the state chair to notify the individual who took the test what the final score was.

Rationale: Individuals who are willing and eager to serve the organization in an official volunteer capacity deserve to have their interest and efforts treated in a respectful manner. One concrete way that this can be done is through the prompt grading of all referee exams. Timely grading of exams allows the examinee, if successful, to become actively involved more quickly and will most likely guarantee their renewed membership due to their greater level of participation. Further, if a

person fails to pass the test, the sooner they are cognizant of their results the sooner they may retest.

FAILED

Submitted by Angela Simons

Proposal: The procedures for administering the state and national referee exam be put in writing. These procedures should include the time limitations, test taking conditions and materials that should be provided to the person taking the exam.

Rationale: There have been studies done that testing conditions can affect test performance. Examinees testing under poor conditions, (poor lighting or ventilation, loud noises, etc) may have test scores that are significantly lower than the scores of individuals testing under more favorable circumstances. For this reason tests should be administered under favorable and standard conditions that give each person the opportunity to do his or her best. Further, given that the state referee exam is open book, a copy of the rulebook should be made available to each person taking that exam.

PASSED

d) Submitted by Angela Simons, Malinda Baum

Proposal: The selection/qualification criteria for all international meets be clearly stated and available from the USA Powerlifting website.

Rationale: The organization clearly states and makes readily available on its website how one qualifies for national meets but fails to do so for any of the international meets in which we take part. By doing so the organization has been accused at times of keeping these criteria hidden so that only a select few have the opportunity to qualify. With the goal of being more transparent to the membership the selection/qualification criteria for each of the following meets should be made public: Women's and Men's Open World Teams (3-lift and bench press), Master Women's and Men's Teams (3-lift and bench press), Sub-Junior and Junior World Teams, North Americans, and World Games.

PASSED – Dan Gaudreau will collect the criteria and forward them to Angela Simons.

- e) Submitted by Steve Mann

Proposal: Creation of Raw High School/Collegiate National Championships

Rationale: The event would not be created to conflict with the current “geared” national championships, but to allow teams who are not geared or not ready to be geared to compete at a USAPL National Championship event. I would also like for the scheduling of this event to be in January of each year, so as not to inhibit lifters from lifting at the USAPL High School/Collegiate National Championships. I think this is a logical approach to getting lifters from both other organizations and non-sanctioned events that do not have the funds to gear their teams. I would propose that the first year of the event would not require a qualifying total, but going forward the lifters should have a USAPL total. We started running the USA Powerlifting RAW High School/Collegiate Championships and had a great turnout and expect the numbers to grow even more. An additional advantage of combining the High School and Collegiate is not only allowing them to qualify for geared nationals, it will also help lifters from the High School program see the options they have from a collegiate perspective.

FAILED

- f) Submitted by Tony Cardella

Proposal: Rename the National Records to National Meet Records

ALREADY IN PLACE

- g) Submitted by Charlie Turco

Proposal: The records for Military, Police and Fire, Lifetime Drug Free and Special Olympics should be OPEN records only and eliminate the 15+ different divisions. Also consider eliminating Squat Only National Meet Records.

FAILED

Elections

- A. President
 - a Larry Maile (Incumbent)

- B. 2 Executive Committee Positions
 - a. Tony Cardella - **ELECTED**
 - b. Paula Houston
 - c. Jack Marcus
 - d. Donovan Thompson - **ELECTED**

9) Honorary Awards

- A. Brother Bennett Award
 - a. Paul Fletcher
 - b. Dan Gaudreau - SELECTED**
 - c. Robert Grisham

- B. Coach of the Year
 - a. Jim Battenfield
 - b. Jeff Douglas
 - c. Dan Gaudreau
 - d. Jon Magendie
 - e. Gina Stepleton - SELECTED**

- C. Referee of the Year
 - a. Eliot Feldman
 - b. Robert Grisham - SELECTED**
 - c. Regina Hackney
 - d. Wade Hooper

**10) Meet Bids/ Current USAPL Schedule
2009 Meet Schedule**

Meet	Host	Location	Date
Women's Nationals	Robert Keller	Miami, FL	February 14 – 15
Military/Armed Forces	Johnny Graham	Killeen, TX	March 14
Collegiate Nationals	Paul Fletcher	Baton Rouge, LA	March 27 – 29
High School Nationals	Johnny Graham	Killeen, TX	April 3 – 5
Masters Nationals	Harold Gaines	St Louis, MO	May 1 – 3
Deadlift Nationals/ Push-Pull	Rob Keller	Miami, FL	July 12
Teen/Junior Nationals Men's Nationals	Dan Gaudreau	Denver, CO	June 12 – 14
Raw Nationals	Jim Schiflett Will Morris	Charlottesville, VA	July 24 – 26
Bench Press Nationals	Gary Kanaga	Cleveland, OH	Sept 12 – 13
American Open Police & Fire Nationals	Dan Gaudreau	Denver, CO	December

2010 Meet Schedule

Meet	Host	Location	Date
High School Nationals	Brian Kenney	Wisconsin Dells, WI	March
Military/Armed Forces	James Henderson- Coffey	Pensecola, FL	March 13
Collegiate Nationals*	Robert Keller	Orlando, FL	April 8 – 11
Masters Nationals*	Johnny Graham	Killeen, TX	April 30, May 1 – 2
Women's Nationals*	Gary Kanaga	Cleveland, OH	May 22 – 23
Teen/Junior Nationals Men's Nationals	Lance Slaughter	Palm Springs, CA	June 18 – 20
Raw Nationals	Dan Gaudreau	Denver	
Bench Press Nationals	Jim Schiflett Will Morris	Charlottesville, VA	
Deadlift/ Push-Pull	Dan Gaudreau	Denver, CO	
American Open Police & Fire Nationals	Robert Keller	Valley Forge, PA	

2011 Meet Schedule

Meet	Host	Location	Date
Military/Armed Forces			
Collegiate Nationals *	Steve Mann	Scranton, PA	
High School Nationals*		Corpus Christi, TX	March 25 – 27
Masters Nationals *	Greg Jones	Atlanta, GA	May
Women's Nationals *	Greg Jones	Atlanta, GA	May
Deadlift/ Push-Pull	Dan Gaudreau	Denver	
Teen/Junior Nationals Men's Nationals	Jim Battenfield Paul Fletcher	Bay St. Louis, MS	
Raw Nationals	Steve Mann	Scranton, PA	
Bench Press Nationals	Robert Keller	Orlando, FL	
American Open Police & Fire Nationals	Jim Battenfield Paul Fletcher	Bay St. Louis, MS	

11) Items from the floor

- a. Submitted by Jon Magendie: To verify Collegiate status the date on the certification of full time student status may not be more than 30 days prior to the date of the meet. **PASSED**
- b. Submitted by Jack Marcus: Change the number of meets that a ref must officiate per year from 2 in 4 years to 4 in 4 years **PASSED**
- c. By a vote of the NGB to go into effect after this year's Raw Nationals: Belt, wrist wraps, **single-ply neoprene** knee sleeves **without** attaching and/or tightening mechanisms like Velcro, clips or straps will be the USAPL's definition of RAW following RAW Nationals