



**USA Powerlifting
National Governing Body Meeting**

6:00pm
Thursday, June 17th, 2010
Palm Springs, California

- 1) Roll call of voting members and credential check of participants**
- 2) Reading of Minutes from NGB 2009**
Minutes approved.
- 3) President's Report – Larry Maile**

President's Report
Larry Maile

This has been a great year for participation of our members. Membership numbers are up 800 over the past two years and in the early part of this year, it looks like the trend is continuing. We have added state chairs in several states where we were inactive and meets and those directors are hosting meets. In the past year there were approximately 130 meets and the average number of lifters per meet has increased. This has been true even for our nationals meets except for masters this year. All in all, meets are on the increase in terms of lifters and we are seeing deeper competition at those meets.

We have had a stable national office for over 10 years and although Barb will be retiring as of 2011 men's nationals and we have identified a suitable replacement for her in Columbia City, Indiana. Barb is anticipating her retirement by going to part time starting as early as this fall, during which time she will be training in the new person so that there will be a comfortable transition at the national office.

Some changes which have occurred within the organization over the last year are:

Drug Testing Committee – Mike O'Donnell has come on board to take George Bartotti's place as the person in charge of the In Meet Testing program and overall coordination of our drug testing program. Joe Warpeha will be taking over the drug testing data base from Regina Hackney. Cathy Marksteiner remains our Out of Meet testing coordinator with assistance by Donna Marts in managing our Athlete Locator System.

Coaching Staff – Returning coaches:

Sub-Junior – Joe Lewis
Junior – Jon Magendie
Open Men – Robert Keller
Open Bench – Donovan Thompson
Master's Bench – Dan Gaudreau
North American - Jim Brown (women)
Disa Hatfield (men)

New coaches for 2010: Masters – Greg Jones
Open Women – Matt Gary

There are a number of things that speak to our future

1. The Arnold Sport Festival Events – by far our most labor intensive project but it does show how the organization can come together to put on a world class event. The Arnold Sports Commission has expressed its dissatisfaction with the bench meet. We need to look at what can be done to make it more exciting for the crowd.
2. We need to get more exposure for powerlifting. Encourage meet directors to get on board with fitness festivals where possible as this will help to increase the public's exposure to powerlifting.
3. Live streaming of our meets. At peak viewing there were 5400 individual computers linked in to the live feed of Women's Nationals.
4. We have more participating athletes than other IPF countries.
5. Encourage lifters over the next few years to participate in regional meets such as the North American Powerlifting Federation (NAPF) meets. Thanks to Robert Keller for working to build the NAPF. The experience there is unparalleled.
6. Look at development of something that is not simply an amateur sport but which provides opportunities for athlete recognition and competition experiences.

Finally, I would like to thank all of the volunteers that make it possible for USA Powerlifting to exist and to thrive. Without your efforts, from the E.C. level, to the state chairs, referees, meet and other volunteers it wouldn't be possible to hold the quality meets we do and continue as the strongest powerlifting federation in the country.

4) Vice President's Report – Johnny Graham

VICE PRESIDENT
2203 EXCEL DRIVE
KILLEEN, TEXAS 76542
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Memorandum for: 2010 NGB Meeting

17 June 2010

1. Almost 7 years ago, I took on this task as Vice President of this wonderful and GREAT organization. During those 7 years, we have seen a growth within USAPL, that has continued, and will continue in the future.
2. I remember asking Larry almost 7 years ago, when he decided to run for President, that I was asked by many members if he won, would I like to run for VP. Before I took on that task, I asked him how he would like it if I was his VP. Larry being the quiet person that he is actually answered me. After both winning the elections, I remember our first meeting. He told me we are being over paid, and we will receive a reduction in salary. Wasn't sure if I wanted to talk to him again. What I do remember in these 7 years, is the hard work the EC and members have done to keep us at the top. You never stop learning in this position. This learning experience has also given me the chance to go to many USAPL events around the Country and the World, watching the best drugfree 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. The future of our organization is improving everyday.
3. We have fixed a lot of problems during the past year. Yes, we do have lots of work to do. Eliot Feldman and Angela Simons have done and OUTSTANDING in updating our bylaws. With Bettina insuring that all legal matters are presented, we now have bylaws that are easy to read and understand. Some things needed to be changed to insure that we run this organization as a business approach to the lifters. And their hard work, have made this change.
 - a. Our membership has continued to grow, and with the addition of many events, and new meet directors, I see this growth as improving over the years.. How is this going to happen? All state chairs must continue to get out there and inform the members, teams, gyms, and above all, High Schools of our organization. I will continue to get involved with all the operations of the committees, to insure that the rights of the lifters, and this organization is not compromised.
 - b. We have improved greatly on getting all officials on the same standards of performance. This is caused by the hard work of the Technical committee of getting more officials involved and trained at events around the Country. However, we must get more officials involved after they get their officials cards. To many officials don't show up until its time for renewal of their certifications.

But then we here complaints of the same officials at every meet. This will end, as more get out to support the lifters. We must spread the wealth. Having the same officials as Tech Secretary for all our National meets is causing problems. Needless to say, they do an outstanding job, but we cant train others if they are not given the opportunity. Also, I will be requesting to the Bill Clayton, our Chief of officials, that we rewrite our state and National referee test, to get more in line with the rules of the IPF. Also, as part of the State and National exam, all officials are required to perform drug test. With this, this will also eliminate the same people doing the Drugtest at National meets. More people trained will help spread the duties of the members.

c. As we continue to improve our selection of National Meet directors, and more people are stepping forward to host National meets, we must also improve our treatment of our members at these events. Every member must be treated with complete professionalism at every event. Our officials and leaders must SUPPORT the lifters, not degrade them. How we talk to and approach every lifter shows what this organization is about.

d. I am very honored to be working with the best members of the Executive Committee. Their work to make this the BEST Powerlifting Organization has always been of the highest quality. This is also a big plus for us. The members knowing that they have a voice to the EC makes it easier for all of us. We are returning calls, and we are listening to what the members has to say, and they are giving them the best possible support needed.

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

f. We MUST and we WILL improve our rankings update. Lifters train for months to prepare for a chance to put their names in the rankings. We are NOT going to let this go unnoticed. Please be advised, this is not an easy task, as rankings change almost every month. Once again, State chairs, YOU are responsible for insuring that the lifters results records are updated in your state.

4. We are doing a lot more great things than bad. Our OMT's have once again skyrocket during the past year, and we will continue to address this issue. Cathy Marksteiner has really been on top of things, for getting the OMT's done for our International teams.
5. Once again, the hard work of Lance Slaughter has taken our sales to new highs. With his input, and the support of Priscilla Ribic, and our National Meet directors, we are on the road to new sales.
6. We have made some changes in our Coaching Staff of our World Teams for 2010. This will once again, bring in new faces to the staff of members who volunteer many hours in support of Us. All of our World teams set new highs with placings in 2009. Our Masters, NAPF, and Teen/Jr Teams all brought home Team World Championships.
7. Now is the time for ALL of us to join as one, and continue to make USAPL THE premier Powerlifting organization in the Country. We have many challenges ahead of us, and we must meet these challenges together.

JOHNNY A. GRAHAM
USA Powerlifting Vice President

5) Treasurer's Report - Geoffrey Plante

Treasurer's Report available at <http://www.usapowerlifting.com/admin/ngb.shtml>

6) Committee Reports

a) Coaching – Daniel Gaudreau

Coaching Committee Report

I would like to start off by thanking Johnny Graham for his years of service as the Coaching Committee Chair and as the Masters Team Coach. He has engaged in years of selfless service to various USAPL teams and coaches.

I would like to welcome the new head coaches for the USAPL World Teams. Robert Keller, Men's Open Powerlifting; Greg Jones, Masters World Powerlifting; Jennifer Gaudreau, Sub Jr/Jr World Bench Press. A special thanks to all of our team coaches for all of the hard work over the past year. Great performances by USAPL world teams include the Masters Powerlifting Men's & Women's teams, the Masters World Bench Press teams sweeping gold, the Sub Jr girls team winning the team gold and the USAPL team at the World Games coached by Matt Gary. Our returning head coaches are Larry Maile, Women's Open Powerlifting; Donovan Thompson, Open Bench Press; Dan Gaudreau, Masters Bench Press; Jon Magendie, Men's & Women's Jr Powerlifting; Joe Lewis, Men's & Women's Sub Jr Powerlifting; the North American coaches are Disa Hatfield, Men's team and Jim Brown, Women's team.

A call to action is put forth to add Coaching Certification courses in new geographic areas to include the Southeast, Northeast, Midwest and Texas. The coaching course offers information that would benefit USAPL coaches at all levels. USAPL is putting forth this program to promote education in powerlifting rules and performance. By doing this, it is our hope that all USAPL coaches will exhibit the high standards set forth by our organization.

Another call to action is to involve more high school coaches in USAPL.

Many coaches have teams that lift in USAPL but they themselves are not members of the organization. I feel that for them to best represent their teams they should become involved in the workings of the USAPL. I would ask State Chairs to help me in recruiting these coaches to our organization.

All coaches in USAPL will be held to the highest levels of ethics as stated in the USA Powerlifting Code of Conduct and Principles.

Respectfully,

Daniel T. Gaudreau

b) Collegiate – Jon Magendie

2010 Collegiate National report to National Governing Body

This year's Collegiate Nationals was held in Orlando, Florida and hosted by meet director Robert Keller. The venue was great, the warm up room spacious. The platform crews did a great job and the meet certainly seems to have been enjoyed by all.

We have three new team champions this year. The Men's team champion is Louisiana Tech. The Women's team champion is Texas A & M. The Combined team champion is Louisiana State.

The meet was large; so large in fact that one of the projects of the Collegiate Committee is to form up some ideas on making a junior varsity division, at least raising some of the qualifying totals.

Business conducted at our meeting included the following:

1. Passed motion: Awarding of the 2012 Collegiate Nationals to Paul Fletcher in Baton Rouge, LA.
2. Passed motion: Creation of a secretary position for the Collegiate Committee
3. Passed motion "bank the promised donation from Robert Keller (2010 Collegiate Nationals Meet Director) w/the USAPL general account, to be used in future years in the case of a lack of funds OR to be used the next time the Collegiate Committee receives more than two but less than five scholarship applications in a single year in no case will more than \$2000 be promised to be spent in a single year."
4. Passed motion: "Use the IPF style scoring method to compute Combined team score at Collegiate Nationals; ie: take each team's top six scoring male lifters and top six scoring female lifters to create a combined team.

Note: All motions passed at the Collegiate Nationals Committee meeting are subject to the approval of the National Governing Body. (Results of voting on these items appear in 13) Items from the Floor at the end of this document)

c) Disabled Athletes – Robert Keller
2010 DISABLED COMMITTEE REPORT
JUNE 17, 2010

This past year USA Powerlifting's involvement with disabled powerlifting continue's to be very active at the State, National and International level. As an organization, we continue to build 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:

- Chip Hultquist [Tennessee] and Bill Keel [Alabama] continue there very close working relationships with the Special Olympics. Both are intimately involved as coaches, referees and meet directors for this program. At the 2009 IPF/NAPF/FESUPO Pan-American Powerlifting Championships held during August, USA Powerlifting directed a Special Olympics Championship before the presentation of awards on Saturday evening. This would not have been possible for Chip Hultquist and Bill Keel and all of the volunteers from SO. Great work!!

- During July 2009, USA Powerlifting directed the IBSA World Bench Press and Powerlifting Championships at the Hyatt Hotel in Miami, Florida. Once more, the USABA [a USOC recognized organization] and USA Powerlifting effectively collaborated to promote an excellent championship. Important to note, the competition was directed under IPF Technical Rules utilizing IPF referees from USA Powerlifting, 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 attended by 45 athletes from 10 IBSA/IPF member federations – The largest World Championship for Blind Powerlifting ever! Again, the championship was well received by the City of Miami and national media, organizations supporting blind persons and most importantly the athletes. Notably, a full and complete team coming from the Islamic Republic of Iran was able to attend this year. Many Iranian diplomats and VIPS from Washington DC were present to witness the Iran Team win the World Championship title in a very close battle with Russia. Next year's championship will be held in Kahramanaras, Turkey. USA Powerlifting referees have been invited by the IBSA and the Turkish Blind Sports Federation [GESFED] and will travel to this championship to provide coaching and referee clinics as well as providing assistance with the WADA Anti-doping controls. Lastly, special thanks go to Rick Fowler for preparing the championship website for 2009 competition.

- Bill Sindelar in association with the Chief of Special Olympics in Nebraska will direct the National Special Olympics Powerlifting Championship during July 2010. I would also like to recognize the continued work of Larry Maile and Ron Burnett for their efforts to promote SO in Alaska.

- The USABA continues their work to assist military veterans who have been blinded from their injuries from the wars in Afghanistan and Iraq. This division will also be assisting those veterans, who have lost their vision due to health reasons. In partnering with the USABA, the USA Powerlifting has worked to have veterans placed with athletes and coaches in organization, to take up or continue their training in the sport of powerlifting.

Once more, 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
**2010 USA POWERLIFTING NATIONAL GOVERNING BODY MEETING
DISCIPLINARY COMMITTEE REPORT**

To the Executive Committee and membership of the USAPL:

The Disciplinary Committee (“DC”) had one formal matter brought before it since the 2009 National Governing Body Meeting. The issue involved whether two members of the USAPL should be suspended by USA Powerlifting.

A formal complaint was filed with the President of USA Powerlifting alleging that the two individuals acted against the best interests of the USAPL and its membership; and, had brought the organization into ill repute.

After every effort was made by the President of the USAPL to resolve the complaint through informal means a notarized complaint was transferred by Mr. Maile to the DC for its consideration and recommendation. After the appropriate procedural steps and applicable rules and regulations were complied with the DC unanimously recommended that neither individual be suspended for their conduct as set forth in the notarized complaint.

Respectfully submitted
Eric S. Kupperstein
Chair, Disciplinary Committee

e) Drug Education – VACANT

f) Drug Testing Committee – Cathy Marksteiner, OMT

2009 Goal Review and Update

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.

The transition from a multipage, paper ALF to an single page, electronic, web-based ALF is a success. Priscilla Ribic helped tremendously with the redesign of the ALF on the USAPL website. As a result of her work, the ALF is simplified: easier fill in with information, easier for the athlete to submit to the OMT group and easier for the OMT group to manage the information. Since the online ALF process started, we have had more ALF's submitted, more ALF's submitted in a timely manner, no lost ALF's due to intermediate custodians, and easier ALF record and file storage and maintenance.

2) Standardize the OMT/ ALF time schedule

- Increase communication with World Team Managers and Coaches about time line for IPF/ USAPL Anti-Doping compliance.

The change in the web based ALF access has enhanced the time schedule. Though the time schedule is not standardized, there is a definite increase in athlete submission of ALF for World Teams, and the Arnold Sports Festival. A reminder to all World Team coaches to have their athletes complete the ALF as soon as possible, and update quarterly.

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

Only 8-12 athletes have been selected for OMT outside of the World Team and Arnold Sports Festival Process. We have had good success by contacting and working with the different state Chairs to achieve the OMT.

Updates to Committee Members

Tom Allred has is no longer active with the USAPL and has resigned.

Goals for 2010

1) Establish Committee Guidelines.

This would incorporate existing information and requirements from many different documents: USAPL By-Laws, Doping Control Procedures, Notification procedures and clarifications, ALF requirements and address OMT requests for athletes with no ALF on file. While we will be writing these guidelines to meet the needs of the USAPL, we will be looking at the IPF and WADA positions, procedures and guidelines for examples. This will be a review and update to the OMT arm of USAPL Doping Control.

2) Develop a database of referees/ Officials available for OMT.

Communication with the State Chairs and a current referee database is vital.

Respectfully submitted,
Cathy Marksteiner
USAPL, OMT Chairman

g) Finance and Ethics –George Shoemaker

For the 2009 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.

Respectfully submitted,
George Shoemaker
Finance and Ethics Chairman

h) Law and Legislation – Lucian Gillis (nothing to report)

i) Marketing and Publicity – Lance Slaughter
MARKETING REPORT - NGB MEETING, JUNE 2010

Over the last 12 months, USA Powerlifting continues to derive growth and benefit from its marketing activities. Successes include another successful production at the Arnold Sports Festival and sustained activity at the USAPL eStore.

www.usapowerlifting.com - USAPL's primary and official source of information for the organization

The national web site, usapowerlifting.com continues to play a significant role in enhancing our brand and promoting our activities- locally and nationally.

Although USAPL will utilize all opportunities and resources to reach out to its members, the national web site will play an increasing role in serving as a primary and official source of information for the organization.

As stated in previous marketing committee reports, state & committee chairs and meet directors should be utilizing the national web site as their primary source of information and as a critical marketing resource in addition to any other marketing strategies.

Providing current and relevant web site content will be critical in the months and years ahead and everyone will play an important role in that goal.

USA Powerlifting eStore

We continue to see a trend of increasing activity on the USAPL eStore with the greatest growth in membership renewals.

As part of a broader assessment of our merchandising program, we have shifted much of our activity to online merchandising utilizing targeted events for merchandise booth presence- The Arnold and IPF Bench Press Worlds.

USA Powerlifting Produced Events

USA Powerlifting, under the direction of the Arnold Sports Festival Committee, produced another year of successful events on behalf of USA Powerlifting at the Arnold Sports Festival in 2010. The Arnold Committee will continue to identify ways to enhance this tremendous public event and marketing platform to promote interest in the sport and for USA Powerlifting.

Social Media

Social media platforms- Facebook, Twitter, You Tube- are playing an increasing role in organizations and businesses' communications strategies. Currently, The IPF and USAPL have a Facebook presence as well as a few state organizations- California, New York and Texas. USAPL California created a Twitter account to provide an additional real-time connection to its California members and beyond. In the months ahead, I will work with the Executive Committee to create and maintain a Twitter account for USAPL. State organization may also want to consider integrating social media as part of their marketing and communications plans.

CALL TO ACTION – Ongoing marketing recommendations for 2010-2011:

- 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
- Consider integrating social media to your local and state communications efforts.

Submitted by:

Lance Slaughter

USA Powerlifting Marketing Committee Chair

USA Powerlifting Executive Committee

j) Masters' – Johnny Graham (no report received)

k) Military – Lanette Lopez

**Military Chairperson
109 McFarland Road
Copperas Cove, TX 76522
2010 Military Committee Report**

The following information is submitted from the Military Chairperson for the USA Powerlifting National Governing Board meeting 2010.

1. The 2010 Military National Championships were held on March 20, 2010 at Brooks Air Force Base in San Antonio, Texas. The meet director for this event was Willie Mastin and the San Antonio Sports Officials Association. Also competing for the first time in the Military Nationals were the Cadet Corps from Texas A&M. Several other lifters from Europe, Japan Portugal and even Iraq came to compete in this event. Several Military National records were established in this event, with some lifters also setting Masters' American records. The team award was once again won by the Phantom Warriors team with Team Air Force placing second.
 2. A great thanks to the staff of Brooks City Bas for making this meet a success. The event was originally scheduled to be hosted at the Naval Base in Pensacola, Florida but military commitments caused a change in venue. Wille Mastin and his staff had only 4 months to prepare for this event and he did an outstanding job putting it together with little time. 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 safe return home.
 3. The 2011 Military Nationals has been awarded to NAS Pensacola with the meet director being Cmdr. James Henderson-Coffey. This event will be held on 12 March 2011.
 4. The bids for 2010 will remain open until October 2010 for any one interested in hosting this event.
 5. The POC is Lanette Lopez @ 254-681-7031.
- l) Police and Fire – Tim Anderson (no report received)

m) Raw – Angela Simons
Raw Committee Report

The following decisions with regard to raw lifting in the USAPL were made at the 2009 NGB meeting:

1. The chair of the Raw Committee was included in the members at large and thereby given a vote at each year's NGB meeting.
2. Qualifying totals for Raw Nationals must be achieved raw.
3. 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 beginning after 2009 Raw Nationals.

These decisions were presented to the lifters at the 2009 raw nationals and were well received.

Participants in Raw Nationals 2008: **168 St. Louis, MO**

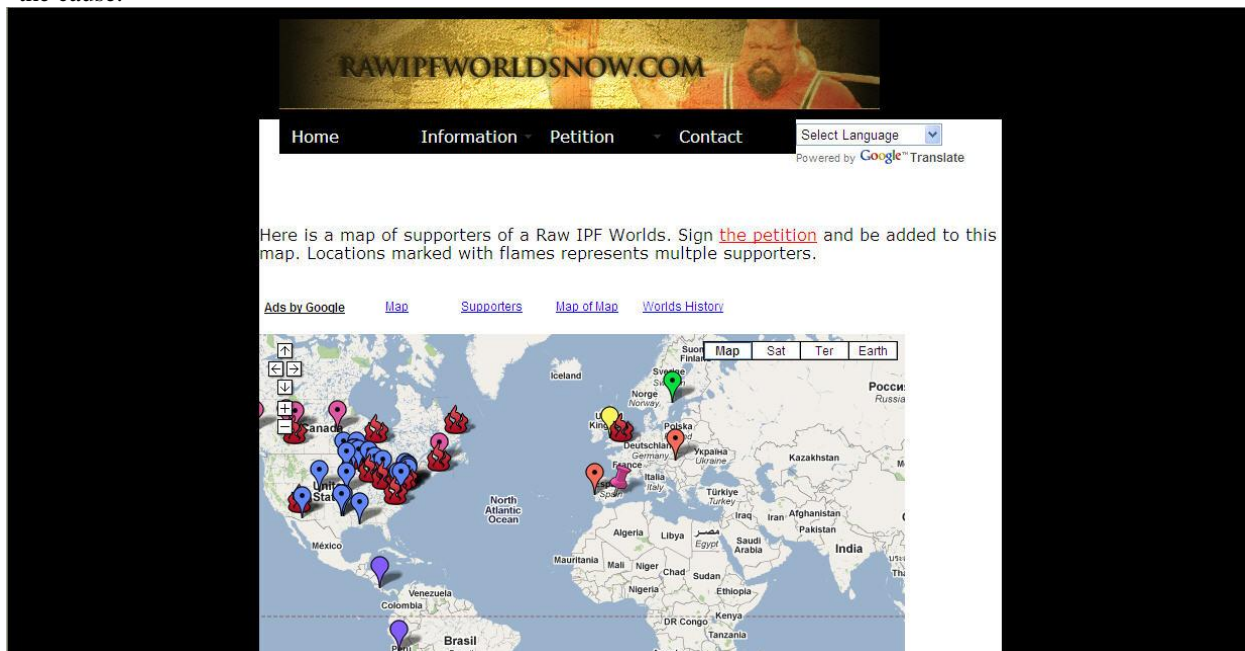
Participants in Con-Crete Raw Challenge 2008: **Results not on the website about 50**

Participants in Raw Nationals 2009: **162 Charlottesville, VA**

Participants in Con-Crete Raw Challenge 2009: **50**

Participants in Con-Crete Raw Challenge 2009: **70**

There has been increased interest in raw lifting not only in the USAPL but in other federations as well. An event that was very well received and attended by our athletes was the Raw Unity Meet put on by Eric Talmant. There is also a desired to have raw lifting recognised by the IPF so that a raw world meet might someday take place. To this end a Facebook page (<http://www.facebook.com/#!/group.php?gid=120426411328702>) and a website (<http://www.rawipfworldsnow.com/index.html>) which includes a petition has been created to champion the cause.



The IPF has expressed interest in getting involved with the Con-Crete Raw Challenge at the Arnold Sport Festival.

The raw committee feels that the next biggest concern is the issue of qualifying totals for raw nationals, i.e. are they needed and if so what should they be. If it is decided that specific numeric values do need to exist it is the feeling of the committee that in order to do this effectively we must have at least 3 years or perhaps 5 years of National's data to analyze. It has also been suggested that a minimum Wilks value be used as qualifying criteria for Nationals as is done for The Arnold.

Lastly, I have asked those that volunteered to serve on the Raw Committee if any of them were interested in taking over the position as chair. Two people expressed interest, Joe Warpeha and Andrey Grebenetsky. (The position was awarded to Joe Warpeha.)

n) Sport's Medicine Committee – Mike Hartle (no report received)

o) Referee /Technical Committee – Robert Keller

REFEREE AND TECHNICAL COMMITTEE REPORT

June 17, 2010

Technical Committee Report

I would like to begin this year's technical report by recognizing the referees, which have contributed greatly to the overall success of the organization this past year. Those referees are: Johnny Graham, Bill Clayton, Jack Marcus, Robb Grisham, Joe/Cathy Marksteiner, Bill Sindelar, Dan Gaudreau, Eliot Feldman, Lance Slaughter, Angela Simons, and Joe Warpeha. 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 IPF International/World Championships are directed in an outstanding and professional manner. They should be commended for their great 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. As well, your efforts have been influential and have contributed to the continued development, growth and success 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 competition, but at the end of the day, the value of our brand and product continues to keep our federation on top! – Thank you!

Most notable of these championship directors are: Larry Maile/Priscilla Ribic – Alaska, Johnny Graham – Texas, Dan/Jennifer Gaudreau – Colorado, John Shifflet – Virginia, Gary Kanaga/Steve Petrencak – Ohio and Brian Kenney – Wisconsin for directing some top notch national and international championships – great work!

This year marks the return of a long and valued member of USA Powerlifting and the International Powerlifting Federation – PJ Couvillion. After a long and debilitating illness, PJ has fully recovered and is ready to return the platform to assist us with both officiating and technical secretary duties. Please take this time with me to welcome PJ back to USA Powerlifting. He will be pressed back into service as soon as possible -- Welcome back!!

This year marked an [unsettling] trend with notable USAPL/IPF athletes and officials taking part in unsanctioned and non-drug-tested championships which are in direct competition with USA Powerlifting. As a result of this, I am sending out another reminder to both the athletes and officials that by participating in non-drug tested competitions, with potential suspended lifters taking part, you're at risk of being sanctioned by the International Powerlifting Federation [IPF Constitution - 14.9]. Enough said here. Thank you.

During September 2010, the USAPL Technical Bulletin will be reinstated and posted on the following websites: 1] USA Powerlifting website; 2] usapowerliftingforum.com; and 3] madpowerlines.com.

Overall, the quarterly USAPL Technical Bulletin will serve to inform both the national and grassroots level lifters as well as officials of important IPF and USAPL technical rules changes that will hopefully resolve several of the communication issues that took place recently at one our championships.

It is very important that referees bring with them their referee cards for signature in order to be able to verify the sessions they have worked when it comes time for re-certification or promotion to the next grade. Also, in hand, should be your rulebook. There will be times that you will need to reference it.

Referee Committee Report

The following are the referee examination statistics for June 01, 2009 – May 31, 2010. Overall a passing rate of 82% and a failure rate of 18% on our examinations.

Examination	Applied	Approved	Rejected	Pass	Fail	Recertification	Pending
IPF Cat I	3	2	1	0	0	1	1
IPF Cat II	3	3	0	1	0	0	2
National	8	7	1	4	2	0	1
State	52	52	0	44	7	1	0
Totals	66	64	2	50	9	2	4

p) Teenage/Junior – Joe Lewis

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

Hector Munoz reviewed the Bid for the 2011 High School Nationals in Corpus Christi, Texas. The committee voted on two bids for the 2012 HS Nationals. Dan Gaudreau put in a bid from Denver and Brian Kenney put in a bid to host once again in Wisconsin Dells, Wisconsin. Due to the number of people casting votes the process ended in a tie. Johnny Graham tabled the vote and informed the committee that it would be voted on at the June NGB Mtg.

High School Nationals this year saw over 380 Registered USAPL lifters
The qualifying totals for the 2011 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.

It is imperative that these new Qualifying totals are updated on the USAPL website as there was confusion this past year at the HS Nationals because the posted qualifying totals at the meet directors website did not match the outdated ones which were posted on the USAPL website.

Women’s Varsity Current Qualifying Totals

97 lbs	105lbs	114 lbs	123 lbs	132 lbs	148 lbs	165 lbs	181 lbs	198 lbs	SHW
360	405	450	555	585	655	680	635	655	735

New Women’s Varsity Qualifying Totals

97 lbs	105lbs	114 lbs	123 lbs	132 lbs	148 lbs	165 lbs	181 lbs	198 lbs	SHW
360	405	465	590	610	655	680	645	675	735

Men’s Varsity Current Qualifying Totals

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

New Men’s Varsity Qualifying Totals

114lbs	123lbs	132lbs	148lbs	165lbs	181lbs	198lbs	220lbs	242lbs	275lbs	SHW
630	730	840	1030	1095	1150	1175	1260	1275	1190	1295

q) Therapeutic Use Exemption – Dr. Mark W Rodacker (nothing received)

r) Women's Committee – Priscilla Ribic
2010 Women's Committee Meeting Report

The 2010 Women's Nationals was held in downtown Cleveland, OH, hosted by Gary Kanaga and Steve Petrencak. Their production was EXCEPTIONAL, always looking out for the best interest of the lifters and that they did! Women's had a total of 110 lifters over 2-days with an outstanding new crew of teen lifters. We had several Teen and Mastere IPF World Records broken during the weekend. The venue included a video production crew which shot various angles of the lifters throughout the meet. (Video will be for sale soon.) In addition, thank you to Eric Talmant from Powerlifting Watch for live streaming the entire event, at our highest, we had 5400 viewers!

Meeting minutes:

- 2012 meet bid went to Boise, ID
- Committee members voted in: Harriet Hall, Ruth Welding and Jessica O'Donnell
- Overall census felt that moving Women's Nationals to the 3rd weekend of May turned out to be beneficial both weather-wise and also allowing more teen lifters to participate after their high school lifting season was complete.
- Questions were posed on how to continue to keep our teen and juniors lifting into their 'Open' years. Angela Simons noted the cross over between open and teen/jr and will later run the statistics of the teen/jr lifters who would have placed in the Open division. We will use these stats to work on developing a program to guide these lifters into the Open division ranking in the future.
- In addition, we will be working on a program to help lifters who are graduating from high school or college to find a powerlifting friendly gym to continue their lifting once they leave their 'team' environment.
- Hall of Fame Inductees for 2010: Cathy Marksteiner and Harriet Hall. Please check out www.usapowerlifting.com for full bios of each of these nominees.

Priscilla Ribic Women's Committee Chair

7) Unfinished Business –

From 2009 NGB Meeting

- a) 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

DECISION MADE IN 2010 – ASK EACH STATE CHAIR TO RECOMMEND PEOPLE TO OMT IN THEIR STATE.

8) Proposed By-law Amendments

- a) Submitted by Dan Gaudreau, Jennifer Gaudreau, Cathy Marksteiner, Joe Marksteiner

Currently the By-laws state

“**Section 9.3** Age Group Categories. For the purposes of competition within USA Powerlifting and for the establishment of records for Masters competition within USA Powerlifting, the following age group categories apply:

40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89”

Proposal: Adopt the use of calendar year (January 1 to December 31), rather than birth date for all Master divisions.

Men and Women

- a. Master 1a: from 1 January in the calendar year he/ she reaches 40 years and throughout the full calendar year he/ she reaches 44 years.
- b. Master 1b: from 1 January in the calendar year he/ she reaches 45 years and throughout the full calendar year he/ she reaches 49 years.
- c. Master 2a: from 1 January in the calendar year he/ she reaches 50 years and throughout the full calendar year he/ she reaches 54 years.
- d. Master 2b: from 1 January in the calendar year he/ she reaches 55 years and throughout the full calendar year he/ she reaches 59 years.
- e. Master 3a: from 1 January in the calendar year he/ she reaches 60 years and throughout the full calendar year he/ she reaches 64 years.

- f. Master 3b: from 1 January in the calendar year he/ she reaches 65 years and throughout the full calendar year he/ she reaches 69 years.
- g. Master 4a: from 1 January in the calendar year he/ she reaches 70 years and throughout the full calendar year he/ she reaches 74 years.
- h. Master 4b: from 1 January in the calendar year he/ she reaches 75 years and throughout the full calendar year he/ she reaches 79 years.
- i. Master 5a: from 1 January in the calendar year he/ she reaches 80 years and throughout the full calendar year he/ she reaches 84 years.
- j. Master 5b: from 1 January in the calendar year he/ she reaches 85 years and throughout the full calendar year he/ she reaches 89 years.

PASSED

- b) **Proposal:** Approve the updated and reformatted USA Powerlifting By-Laws

PASSED

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

- a) Submitted by Dan Gaudreau, Jennifer Gaudreau, Cathy Marksteiner, Joe Marksteiner

Proposal: Adopt the use of calendar year (January 1 to December 31), rather than birth date for all divisions.

Men and Women

- a. Sub-Junior: from the day an athlete reaches 14 years and throughout the full calendar year he/ she reaches 18 years.
b. Junior: from 1 January in the calendar year he/ she reaches 19 years and throughout the full calendar year he/ she reaches 23 years.

TABLED FOR REWRITES FOR NEXT YEAR. PROPOSAL AS WRITTEN DID NOT ACCOMPLISH WHAT WAS INTENDED.

- b) Submitted by Jennifer and Dan Gaudreau

Proposal: Any team that enters a USAPL meet must submit a roster that includes a USAPL member as a coach, to the meet director. The coach may also be a lifter on said roster.

FAILED

- c) Submitted by Lance Slaughter

Proposal: Formally adopt Rule 4.5 (c) under Miscellaneous Rules of Performance All lifters must weigh-in within the 1½ hour period beginning 2 hours prior to the start of their session.

PASSED

- d) Submitted by Cathy Marksteiner

Proposal: Develop a mentoring program for Technical Secretary.

Rationale: Develop a pool of referees who can act as Technical Secretary for National level meets. All levels of competition will benefit from more referees with this information, skills, knowledge, coordination, and referee scheduling. Our biggest meets: Collegiate Nationals, High School Nationals and Raw Nationals, would be excellent meets for this mentoring.

MOTION WITHDRAWN BY PROPOSER WITH THE UNDERSTANDING THAT ACTION WILL BE TAKEN WITHIN 30 DAYS

e) Submitted by Cathy Marksteiner

Proposal: Publish the schedule or list of assigned National meet Technical Secretaries and the appropriate contact information.

Rationale: The Technical Secretary is responsible for scheduling referees. Often this involves seeking out and recruiting referees, via online Forum (www.USAPowerliftingForum) or by phone. Publishing the associated meet Technical Secretary on the web site could be another communication tool and contact information site.

MOTION WITHDRAWN BY PROPOSER WITH THE UNDERSTANDING ACTION WILL BE TAKEN TO COMPLY WITH THE PROPOSAL WITHIN 60 DAYS

f) Submitted by Cathy Marksteiner

Proposal: Renew National Referee commitment at National Level meets by:

- i. Mailing a calendar of meets to referees, requesting their help for at least one meet per year. The commitment to help would not include meets they coach or lift in.
- ii. Maintain a current database of referees, updated with state and certification level.
- iii. Communicate and work with the State Chair, of the state hosting the meet, to recruit local and appropriately certified referees.

FAILED

g) Submitted by Jason Eggers and Brad Madvig

Proposal: Require the creation and maintenance of a rankings system

PASSED: CREATION OF A RANKING SYSTEM IS UNDERWAY TO BE COMPLETED WITHING 60 DAYS.

h) Submitted by Jason Eggers and Brad Madvig

Proposal: Require the creation of guidelines for third party use of USA Powerlifting features and trademarks

PASSED: BETTINA ALTIZER WILL CREATE THE GUIDELINES FOR THIRD PARTY USE OF USA POWERLIFTING FEATURES AND TRADEMARKS WITHIN 30 DAYS.

i) Submitted by Cathy Marksteiner

Proposal: Discontinue the National Squat, National Deadlift/ Push-Pull meet after 2011.

FAILED

j) Submitted by Tony Cardella

Proposal: To allow lifters, who achieve the appropriate qualifying total at their respective state high-school championship, to compete at the High School, Women's or Men's/Teen/Junior nationals.

Provisions:

1. The governing federation of the state championship must be a "high-school only" federation. High-school championships sponsored by other open federations (NASA, APF etc.) will not be recognized.
2. The allowance to compete expires after the Mens/Teen/Junior Nationals of the year in which the qualifying total was achieved. Since these high-school state championships take place in the spring, this will only allow these lifters to compete at the upcoming national meets that apply.
3. Lifters who qualify for nationals in this manner, must purchase their USAPL membership no less than 30 days prior to the national meet in which they will compete. This gives USAPL the opportunity to give lifters an OMT prior to competing at the national level.
4. Teen/Jr Committee will decide on a state by state basis which meet could be used for qualification purposes. **(THIS ITEM WAS ADDED TO THE PROPOSAL AT THE MEETING)**

FAILED

10) Elections

- A. Vice-President
 - a. Johnny Graham (Incumbent) **ELECTED**
- B. 2 Executive Committee Positions
 - a. Eliot Feldman (Incumbent) **ELECTED**
 - b. Joe Marksteiner **ELECTED**

11) Honorary Awards

- A. Brother Bennett Award
 - a. Priscilla Ribic **SELECTED**
- B. Coach of the Year
 - a. Jim Brown **SELECTED**
- C. Referee of the Year
 - a. Bill Sindelar **SELECTED**

12) Meet Bids/ Current USAPL Schedule**2010 Meet Schedule**

Meet	Host	Location	Date
High School Nationals	Brian Kenney	Wisconsin Dells, WI	March
Military/Armed Forces	Willie Mastin	TX	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	July 16 – 18
Bench Press Nationals	Jim Schiflett Will Morris	Charlottesville, VA	August 28 – 29
Deadlift/Push-Pull	Dan Gaudreau	Denver, CO	October 16
American Open Police & Fire Nationals	Robert Keller	Philadelphia, PA	December 4 – 5

2011 Meet Schedule

Meet	Host	Location	Date
Military/Armed Forces	Cmdr. James Henderson- Coffey	Pensacola, FL	March 12
Collegiate Nationals	Steve Mann	Scranton, PA	
High School Nationals	Hector Munoz	Corpus Christi, TX	March 25 – 27
Masters Nationals	Greg Jones	Atlanta, GA	May
Women's Nationals	Greg Jones	Atlanta, GA	May 20 – 22
Deadlift/Push-Pull	John Shiflett	Virginia	
Teen/Junior Nationals Men's Nationals	Jim Battenfield Paul Fletcher	Bay St. Louis, MS	June 10 – 12
Raw Nationals	Steve Mann	Scranton, PA	
Bench Press Nationals	Robert Keller	Orlando, FL	September 3 – 4
American Open Police & Fire Nationals	Jim Battenfield Paul Fletcher	Bay St. Louis, MS	December 10 – 11

2012 Meet Schedule: *Meets Selected by Committees and awaiting approval by the NGB

Meet	Host	Location	Date
Military/Armed Forces			
Collegiate Nationals	Paul Fletcher	Baton Rouge, LA	
High School Nationals	Brain Kenny	Wisconsin Dells, WI	
Masters Nationals	Dan Gaudreau	Denver, CO	
Women's Nationals	Steve Rayborn	Boise, ID	May 19 – 20
Deadlift/Push-Pull	Dan Gaudreau	Denver, CO	
Teen/Junior Nationals Men's Nationals	Robert Keller	Orlando	
Raw Nationals	Johnny Graham	Killeen, TX	
Bench Press Nationals	Lance Slaughter	Palm Springs, CA	
American Open Police & Fire Nationals	Greg Jones	Atlanta, GA	

Open Meet Bids:

2012 American Open, Police and Fire Nationals
Atlanta, GA – Greg Jones **SELECTED**

2012 Bench Press Nationals
Killeen, TX – Johnny Graham
Palm Springs – Lance Slaughter **SELECTED**

2012 Deadlift and Push/Pull Nationals
Denver, CO – Dan Gaudreau **SELECTED**

2012 High School Nationals
Denver, CO – Dan Gaudreau
Wisconsin Dells, WI – Brian Kenney **SELECTED**
(Vote needs to take place at NGB due to tie vote at High School Nationals
Teen Junior Committee meeting)

2012 Raw Nationals
Killeen, TX – Johnny Graham
Orlando, FL – Robert Keller **SELECTED**

ROBERT KELLER RELINQUISHED BID TO JOHNNY GRAHAM

2012 Teen/Jr/Men's Nationals
Orlando, FL – Robert Keller **SELECTED**

13) Items from the floor

Submitted by Jon Magendie on behalf of the Collegiate Committee

- a) **Proposal:** Create a secretary position for the Collegiate Committee
PASSED
- b) **Proposal:** Bank the promised donation from Robert Keller (2010 Collegiate Nationals Meet Director) with the USAPL general account, to be used in future years in the case of a lack of funds available OR to be used the next time the Collegiate Committee receives more than two but less than five scholarship applications in a single year. In no case will more than \$2000 be promised to be spent in a single year.
PASSED
- c) **Proposal:** Use the IPF style scoring method to compute Combined Team scores at Collegiate Nationals; ie: take each team's top six scoring male lifters and top six scoring female lifters to create a combined team score.

FAILED: It had been the request of the Collegiate Committee in years past that there be NO combined teams allowed. Although this was the desire of the committee meet directors have still been allowing for teams to enter in such a fashion although they have been expressly asked NOT to do so. Therefore, in the future there will be NO combined team option at Collegiate Nationals. To ensure that the entry forms do not include a combined team option Jon Magendie as Collegiate Chair will request that all Collegiate meet directors send him the entry form prior to distribution.

Submitted by Larry Maile

- d) **Proposal:** Discontinue Squat Nationals

PASSED

Submitted by Joe Marksteiner

- e) **Proposal:** At all USAPL events with a jury present, require the Jury to use the attached decision sheet to document the reasons for:
- granting a new attempt
 - overturning the decision of platform referees
 - replacing a referee
 - disqualification/removal of lifter or coach

The jury decision sheet will be a part of the technical secretary's forms and will be returned to the USAPL office with the official score sheets and a copy provided to the referees' committee.

Rationale: Jury decisions may have significant and controversial effects on contest outcomes. Properly recording the decisions, the individuals involved and the rationale behind them will make the process more open and accountable. It also serves as a checklist to ensure pertinent sections of the rules are followed and the affected officials, athletes and coaches are properly informed.

PASSED

USAPL Jury Decision Sheet

Name of Competition: _____ Location: _____

Meet director: _____ Date: _____

Name of Athlete/Coach/Official filing the protest: _____

Event: Squat Bench Deadlift (circle one) Attempt: 1 2 3 (circle one)

Nature of protest or reason for jury action (Note: the jury may act to correct a mistake even if no protest is filed.)

Referees' Decisions:

Chief: _____ white / red	failure card	1	2	3
Side: _____ white / red	failure card	1	2	3
Side: _____ white / red	failure card	1	2	3

Majority Decision and Rationale:

	Name	Signature
Agree/Disagree (jury)	_____	_____
Agree/Disagree (jury)	_____	_____
Agree/Disagree (jury)	_____	_____
Agree/Disagree (ref)	_____	_____
Agree/Disagree (ref)	_____	_____
Agree/Disagree (ref)	_____	_____

(Use reverse side for additional comments if necessary)

Affected Athletes/Coaches/Managers/Officials notified of this decision: yes / no (circle one)