NSPL AGM 2021

- **Call To Order**
    - Digital meeting via GoToMeeting due to Covid-19.
- **Acceptance of 2020 AGM Minutes**
    - Motion to accept: Jenna Downie
    - Second: Thierry Charron
- **Presidents and Treasurer's Report**
    - Motion to accept: Claire Meagher
    - Second: Sue Bonneau
- **Elections Nominations:**
    - President
        - Thierry - **successful**
        - Nominated by Natasha, Ashley
        - Nomination accepted
    - Vice President
        - Chad Sinclair - **successful**
            - Nominated by Jenna, Claire
            - Nomination accepted
        - Treasurer
            - Sue Bonneau - **successful**
            - Nominated by Natasha, Mercia
            - Nomination accepted
    - Socials/Secretary
        - Jamie MacDonald - **Successful**
            - Nominated by Thierry, Chad
            - Nomination accepted
        - Claire Meagher
            - Nominated by Ashley, Sue
            - Nomination accepted
        - Erin Chaisson
            - Nominated by Jenna D, Mercia
            - Nomination accepted

        - Records
            - Ashley - Successful
                - Nominated by Sue, Jamie
                - Nomination accepted
- Notes on 2021 Meets
    - Current provincial restrictions do not allow powerlifting meets as they require too many people.
    - Hoping that when they announce Phase 5 there will be minimal or no restrictions on competition numbers, allowing us to move forward with competitions in 2021 and 2022!
- Male and Female Athlete of the year
    - Male: Justin Quedado
    - Female: Melissa Stone
- Additional Business
    - No additional business was raised.
- Adjournment
    - Motion by Thierry Charron
    - Seconded by Erin Chiasson

Participants:

- Natasha Ching
- Ashley MacKendrick
- Chad Sinclair
- Claire Megaher
- Erin Chiasson
- Jamie MacDonald
- Jenna Downee
- Matthew MacKay
- Mercia Valentine
- Nicole Webber
- Nicole McKay
- Sue Bonneau
- Terrence Mendes

- Thierry CHarron
- Vincent d’Eon

NSPL President's Report for 2020

What a year! For powerlifting as for everything, 2020 was a rollercoaster.

It began well with the Mike Laroche in Sydney, hosted by Chad Sinclair. A small meet but as always, fun and relaxed for everyone involved. The NSPL team flew out 1 day later to Winnipeg for the 2020 CPU National Championships.

NSPL brought a small team to Winnipeg in 2020 but still brought a great deal of medals and respect back home to Nova Scotia. My proudest moment was getting to the last session of the week (coincidentally mine) and realizing that even though we were a small group, a member of the NSPL was volunteering on the platform or in the chair for every single session the entire nationals. Keep in mind that there are approximately 3 sessions a day for 6 days. I was so immensely proud of the support and sportsmanship shown by the NSPL team. The other provinces see our contributions and look to us as an example of powerlifters invested in making this sport the best it can be.

Little did we know that when we flew back from Nationals, we would be going almost directly into lockdowns. I don't think any of us could have suspected that we wouldn’t be allowed to host our June provincials until November.

Luckily, we were able to navigate a tricky Return-to-Play process with the province and be allowed to host what ended up being our first ever full 2-day provincials. This sport is growing in Nova Scotia!

The NSPL was in a good financial position at the end of 2020. As we were still able to host some meets our membership stayed up and we successfully maintained full funding from the province.

On the topic of financials, at the very beginning of 2021 the provincial powerlifting organizations became responsible for new expenses from the CPU:

- Drug Testing – Previously, we paid CCES specifically for tests done in NS. Apparently, this was not a tenable position with WADA as it didn't guarantee that the CPU drug program was administered in the strictly required way. Instead, the CPU is invoicing each province $15 per competitor at a competition, invoiced within 2 weeks of the competition. If possible, the NSPL will carry these costs via provincial funding as opposed to increasing meet fees for members. But as meet participation grows it may be unavoidable.

- Insurance – The CPU informed us on December 16th, 2020 that the provinces would no longer be included in their Board of Directors insurance. Because of this, the NSPL was required to acquire its own insurance with an annual cost of approximately $800.

In terms of funding, we were able to acquire a bit of additional Covid-related funding from the province as well. This puts our organization back in the same stable fiscal position it was before we did our last large equipment purchase – this means that the NSPL is now again in the position to make new investments. I'm happy to pass the reins to a new administration with a healthy bank account and organized setup to fully support them in bringing their new vision to life.

It's been an incredible honour to be your president these last three years. I have enjoyed representing the NSPL with the CPU and working with all of you to help make the NSPL better. Happily, my partner and I have been posted to Greenwood base instead of Winnipeg, so you'll still see me around at meet and in the reffing chair.