



ALBERTA WEIGHTLIFTING ASSOCIATION  
 AWA Monthly Executive Meetings  
 Date of Meeting: Sunday, December 3, 2023

| <b>2023-24 AWA Executive</b> |                  |  |
|------------------------------|------------------|--|
| President                    | Alana Yim        | <input checked="" type="checkbox"/> Attendance |
| VP Technical                 | Jordan Browne    | <input checked="" type="checkbox"/> Attendance |
| VP Admin                     | Austin Van Dam   | <input type="checkbox"/> Attendance            |
| Treasurer                    | Allison Sullivan | <input checked="" type="checkbox"/> Attendance |
| Secretary                    | Haylee Johnson   | <input checked="" type="checkbox"/> Attendance |
| Registrar                    | Michel Tao       | <input type="checkbox"/> Attendance            |
| General Executive            | Vacant           | <input type="checkbox"/> Attendance            |

**AGENDA**

1. Welcome
2. Standing Monthly Agenda Items (as needed)
  - a. Approval of meeting minutes the previous Executive Mtg
  - b. Governance
  - c. Financial Items
  - d. Committee Status Updates
  - e. Fund Development Initiatives
  - f. Competition Calendar
  - g. Website Updates
3. 2023 Westerns Championships
4. For Discussion: Training Camps
5. Roundtable
6. Adjournment

**MEETING MINUTES**

| Agenda Item | Meeting Minutes |
|-------------|-----------------|
|-------------|-----------------|

Standing Monthly  
Agenda Items (as  
needed)

- Approval of meeting minutes from the last Executive Mtg

#### **Governance**

- Updated Team Alberta Selection Policy
  - Re: adding in step of (potentially) funded coaches need to confirm prior that they can commit to the expectations, in order to received funding. If they are unable, then funding is provided to the next ranked coach per selection policy, etc
- Updated and approval of Technical Official Mileage/Reimbursement Policy (in progress)
  - Current TO mileage reimbursement policy is significantly outdated at \$0.20/km.
  - CRA rate is \$0.68/km for the first 5000km and 0.62/km beyond. [Click here](#) to review the Government of Canada's current industry standard for further information.
  - Average corporate mileage claim is in range of 0.505-0.6/km range.
  - Recommendation to bring alignment to mileage claim at \$0.50/km
  - Effective as of January 1, 2024
  - Looking into insurance required for when transportation is done for AWA
- Creation and approval of AWA Equipment Transportation Reimbursement Policy (in progress)
  - CRA rate is \$0.68/km for the first 5000km and 0.62/km beyond. [Click here](#) to review the Government of Canada's current industry standard for further information.
  - To factor added hauling and wear and tear on personal vehicles that may be used, recommendation to set mileage claim in this policy at \$0.58/km to be retroactive to Dec 1, 2023
- Updated and approval of AWA Club Hosted Competition Guidelines
  - Raising what the PSO takes from comp regs. Voting and approval of raising to \$35 for competition category 1 and 2 and \$25 for category 3
  - Addition of Category 1 competition regulations to be provided by PSO
- Development of AWA Athlete Funding Policy - identified need
  - Continued conversation

|                                     |  |
|-------------------------------------|--|
|                                     | <ul style="list-style-type: none"> <li>● Con't discussion re: updating Club Affiliation Policy to formalize the benefits and responsibilities of affiliated clubs</li> <li>● Sport Law has been retained to conduct a review and update of our bylaws, as well as acquire a back search for our AWA articles that has been an outstanding corporate record keeping task</li> </ul> <p><b>Financials</b></p> <ul style="list-style-type: none"> <li>● No relevant update for this meeting</li> </ul> <p><b>COMMITTEE UPDATES:</b> brief updates from respective AWA Executive Sponsors</p> <p><b>NCCP Committee</b></p> <ul style="list-style-type: none"> <li>● No relevant update to provide</li> </ul> <p><b>Coach Committee</b></p> <ul style="list-style-type: none"> <li>● No relevant update to provide</li> </ul> <p><b>TO Committee</b></p> <ul style="list-style-type: none"> <li>● No relevant update to provide</li> </ul> <p><b>Fund Development Initiatives</b></p> <ul style="list-style-type: none"> <li>● AWA Casino on Nov 25-26</li> <li>● 50/50 Raffle - for nationals / Austin launching sometime in Q1</li> </ul> <p><b>Competition Calendar</b></p> <ul style="list-style-type: none"> <li>● Method Winter Open on Dec 16: 47 registered</li> <li>● Cold Steel Masters and Open: open reg as of Dec 3</li> <li>● Sr. Provincials: kick-off meeting with Vahalla on Jan 14, 2024</li> </ul> |
| <p>2023 WCWC<br/>(Nov 25, 2023)</p> | <p><b>2023 Westerns Team Alberta</b><br/> <b>Team Leader Close Report from Brenden Fearn</b><br/> <b>Received: Nov 27, 2023</b></p> <p>To provide an evaluation of our performance as a team for 2023, I did an evaluation for 2022 to compare the competition and our results as a team. For 2022, the total entries were as follows:</p> <ul style="list-style-type: none"> <li>● 33 Men</li> <li>● 35 Women</li> <li>● 68 Total</li> </ul>  |

Alberta sent 10 men, and 1 B team alternate for a total of 11 entries; and sent 8 women with 2 B team alternates for a total of 10 entries. In 2023 there were:

- 33 Men
- 29 Women
- 62 Total

This is a total reduction in entries of 6 or 8% reduction in total number of entries. This indicates that due to possibly location of the event and costs to travel to the event. There is also a possibility that this was due to other competitions for athletes to compete at with similar qualification or benefits and not the financial, or time constraints to travel.

Alberta had an overall decrease of total team entries from 2022 which adds further evidence to the evidence that this competition wasn't as highly attended as the previous year:

2022 Team Alberta:

- Men
  - A: 10
  - B: 1
- Women:
  - A: 8
  - B: 2

2023 Team Alberta:

- Men:
  - A: 9 (-1)
  - B: 0 (-1)
- Women:
  - A: 7 (-1)
  - B: 0 (-2)

Team Alberta sent 1 fewer men, and 3 fewer women to this years westerns vs 2022.

In 2022 the average Sinclair for men and women were as follows:

- Average Sinclair
  - Men: 265.3
  - Women: 210

Where as in 2023 they were:

- Average Sinclair
  - Men: 285.2 (+20)

- Women: 199.1 (-10.9)

This indicates that while there was a lower overall attendance, for the men, the competition had higher totals and could be considered a better competitive experience. The average Sinclair increased from 265 to 285, a 7% increase over 2022. The female average Sinclair dropped from 210 to 199, a 5% decrease. This indicates that the lower number of entries may be tied to higher level female lifters not being in attendance compared to previous years.

The average Sinclair for Team Alberta were as follows for 2022:

- Men:
  - 333.65
- Women:
  - 227.325

The Alberta team had an average Sinclair that was 25% higher than the average for the competition for men and 8% higher than the average Sinclair for women.

For 2023 the team Alberta Sinclair's were:

- Average Sinclair
  - Men:
    - 258.7 (-74.95)
  - Women:
    - 202.4 (-24.9)

For 2023, the Alberta team had an average Sinclair that was 10% lower than the average Sinclair, and this was due to having 2 athletes not complete a total in the Male category. For athletes with totals our average was 332, which matches what we had in previous years. For the females our average Sinclair was 1% higher than the average; but 12% lower than previous years. This indicates that albeit our lower entries, we were still above the average but did not have as strong a performance as in previous years.

For 2023 our results were the following:

- Medal Standings
  - Alberta Men: 7(-3)
    - Gold: 5(-2)
    - Silver 2 (+2)
    - Bronze 0 (-3)
  - Alberta Women: 5(-2)
    - Gold: 1 (-3)

- Silver 3(+1)
- Bronze 1 (0)

This results in a drop in our total medal standings over previous years but could be due to a total reduced team entry as well as a slightly more novice team over 2022.

**Evaluation of Event:**

Event was run inside of a gymnasium at a community center. The platforms and equipment provided were satisfactory, and feedback from athletes was that the platforms for warm ups were good allowed for adequate warm up. Feedback was resounding that the competition platform was good and sticky, but took time to get used to. The platform was a plastic modular setup that seemed easy to setup and take down based on timing for takedown. The competition area was quite small for seating and room for spectators; advice would be to possible make this a larger venue in future to allow for additional spectators. No livestream was provided for this event, the Valhalla team members took the time to setup and complete a livestream via Instagram for athletes throughout the western provinces to review.

Large sessions were sandwiched together to accommodate weight classes competing together. This resulted in 3 out of the 5 sessions on Saturday being >13 people. This resulted in the competition running behind almost immediately. Recommendation would be to shrink the specific sessions to allow for quicker sessions to run on time. There was no action taken until after session 3 to reduce the break between sessions and get running back on time.

Doping control was performed only for the final group of male athletes, at which point 3 team Alberta athletes were taken for doping control. The session ended at 7:45PM, and athletes were not let out of doping control until after 10PM. This resulted in a long day for those athletes as well as their support staff for assisting them in getting them to their accommodations.

The recommended accommodation for the event was the Canad-inn located within walking distance of the venue. This venue contained a nightclub, which was playing music well into the early morning hours. This made it difficult for some athletes to get a good night sleep ahead of competition and recommendation would be to select accommodations in the future that are quieter.

Overall for the size of event it was run well for a less experienced group from Manitoba, but recommendations to increase venue size and shore up timing issues would allow for a more streamlined event.

|                |  |
|----------------|--|
| Status Update: | Status Update: Westerns Two-Day Interprovincial Junior Training Camp |
|----------------|--|

|                |  |
|----------------|--|
| Training Camps | (May 4-5, 2024) <ul style="list-style-type: none"><li>• VP Techs of AWA and SWA finalizing training session framework before briefing target Coaches</li><li>• Alana and Angela - completing joint camp waivers</li><li>• Training Camp program</li><li>• Training Camp budget</li></ul> |
| Roundtable     | <ul style="list-style-type: none"><li>• AWA's next virtual town hall on January 14, 2024</li></ul>   |
| Adjournment    | Meeting adjourned.   |