

**General Assembly**  
**2014 NAPF North American Powerlifting Federation**  
**Tamarind Room / Carambola Beach Resort and Spa**  
**Renaissance Hotel – St. Croix, US Virgin Islands**  
**July 8, 2014 / 10:00am – 12:00pm**

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**AGENDA**

1. Roll Call
2. 2013 General Assembly Report
3. NAPF President's Address
4. IPF President's Address
5. Review Minutes from the Last Meeting
6. Vice-President's Report
7. Secretary General's Report / Championship Secretary Report
8. Treasurer's Report
9. Technical Chairman's Report
10. Caribbean Report
11. Central American Report
12. Record Manager's Report
13. Proposed Amendments / Motions
14. New Business
  - a. Championships
    - i. 2013 NAPF Pan-American Powerlifting Championships – Orlando
    - ii. 2013 NAPF North American Bench Press Championships – Miami
    - iii. 2014 NAPF North American Powerlifting Championships – St. Croix
    - iv. 2014 NAPF Pan-American Bench Press Championships – Acapulco
    - v. 2015 NAPF North American Powerlifting Championships – Moose Jaw
    - vi. 2015 NAPF/FESUPO Pan-Am Powerlifting Championships – San Paulo
    - vii. 2015 NAPF North American Bench Press Championships – St. Croix
    - viii. 2016 NAPF North American Powerlifting Championships – Cancun (Accepted)
    - ix. 2016 NAPF Pan-American Bench Press Championships – Open (Bid Remains Open)
15. Elections (None this year)
16. Motions from the Floor
17. Adjournment

## Meeting Minutes

- A. Meeting Called to Order at 10:05 on July 08, 2014 in the Tamarind Room at the Renaissance Hotel – Carambola Beach Resort by Robert Keller, President of the North American Powerlifting Federation. Onix Rivera (Puerto Rico) was named the official translator for the General Assembly. Attending members were the following:

### IPF Delegates

Gaston Parage – Luxembourg  
Robert Keller – USA

### NAPF Delegates

William Clayton – USA  
Michael Licciardi – USA  
Robert Massey – USVI

### NAPF Member Federations

Ryan Stinn – Canada  
Marta Lidia Cano – Guatemala  
Josue Fernando Morales Tzoc – Guatemala  
Wilmer Luis German Ramirez – Guatemala  
Paul Adams – Guyana  
Oscar Mejia Arciniez – Mexico  
Ivan Cancel – Puerto Rico  
Onix Rivera – Puerto Rico  
Alex Alvarado – Puerto Rico  
Nestor Gregory – Puerto Rico  
Bernadette Clinton – Trinidad and Tobago  
Veronica Dolan Samuels – Trinidad and Tobago  
Gabre McTair – Trinidad and Tobago  
Collin Emrith – Trinidad and Tobago  
Marlon Belfon – Trinidad and Tobago  
Michael Zawilinski – USA  
Zac Cooper – USA  
Arian Khamesi – USA  
Christian Plaskett – USVI  
Truvia Plaskett – USVI

Total Votes: 10  
Simple Majority: 6  
2/3 Majority: 7

- B. 2013 NAPF General Assembly Minutes (Accepted Unanimously 10 – 0)

### C. President's Report (Accepted unanimously 10 – 0)

#### President's Report North American Powerlifting Federation

As we close our 12<sup>th</sup> year of existence, I would like to send to the member federations my special thanks to all of the great work they've done. It is your hard work that has made it possible for our federation to grow and to prosper.

One again, during the course of the past twelve (12) months the NAPF has been vibrant and active. This is due to the especially hard work of the elected board members, committees and representatives and the member federations!

#### North America

USA Powerlifting continues to direct one of the premier powerlifting championship in the World -- The Arnold Sports Festival in Columbus, Ohio. This year, USA Powerlifting invited 200+ athletes from over 10 countries to participate in this year's championship. Prize monies awarded this year topped 32,000 USD, a record number and I believe 3<sup>rd</sup> or 4<sup>th</sup> largest at the Sports Festival. USA Powerlifting continues to invite international lifters from the member federations of the NAPF. The NAPF sanctions the Raw Challenge on Friday, Pro-Equipped American Open Powerlifting Championships and the Pro Deadlift Championships. Over 100,000 spectators attended this year's Arnold Sports Festival.

Important, during this year's Arnold Sports Festival, members of the IPF Executive members were able to meet with Mr. Ivan Lincir from Ivanko Barbell and resolve issues related to non-payment.

Last year's NAPF Pan-American Regional Powerlifting Championships was combined with the Caribbean Championships and drew 160+ lifters from 14 countries. Ecuador won both the Men's and Women's Pan-American Team Titles. Sergio Centeno conducted a Scoring Manager training seminar for the NAPF Member Federations. Best lifters were Johanna Aguinaga and Jose Castillo, both from Ecuador.

This year's NAPF North American Powerlifting Championships will take place on July 8 – 13, 2014 on the island of St. Croix, located in the US Virgin Islands. Thus far, the Preliminary Nominations indicate a record turnout of lifters for the championship – 200+ Athletes. Gaston Parage is scheduled to attend this year's competition. This will mark the first time ever in our 12 year history, the IPF President has attended this championship. The St. Croix Department of Tourism will be sponsoring this year's championship. An Anti-doping seminar and scoring manager seminar have been scheduled. Special thanks go to the IPF for sending one (1) Eleiko Rack and one (1) set of Eleiko Weights to the US Virgin Islands Powerlifting Federation.

Last year's NAPF Bench Press Championships was held at the Deauville Beach Resort and Spa located on Miami Beach, Florida, USA. The Deauville Hotel is one of the oldest hotels on historical Miami Beach. Overall 36 lifters from 6 countries attended the championship. The USA won both team titles and the best overall lifters were Kimberly Eastin and Jeff Snyder from the USA.

This year's NAPF Pan-American Bench Press Championships will be held on November 22- 24, 2014 in Acapulco, Mexico. We're expecting well over 100 lifters for this year for the championship. Member federations from both North and South American are expected to attend the competition. Special thanks again go out to the IPF for providing the Mexican Powerlifting Federation with a new Eleiko Rack.

## Central America

Dr. Hugo Velasquez, the NAPF Central American Representative, has performed exceptional work with bring back the Central American countries that were purged several years ago for lack of payment on their membership fees. Last month, El Salvador took the first to step forward and submitted their constitution and membership application to the IPF. The documents from the El Salvador are currently being reviewed by the IPF. Additional information, requested by the IPF remains pending. Nicaragua and Honduras are pending and waiting in the wings. It is questionable, at this time, if they plan to return or not to the IPF. The NAPF remains optimistic. An NAPF Classic Sub-junior/Junior Championship is being planned for Central American during 2015 or 2016.

## Caribbean

The Caribbean has been quite active and lively the past couple of months. The Bahamas has reconstituted their powerlifting federation under the new leadership of Mr. Robert Brown. Recently, their federation received NOC recognition and they signed an agreement with their NADO last year. During February 2013, the IPF and NAPF, jointly, held seminars with the Bahamas Federation targeting Anti-doping and organizational development. During August 2014, training and coaching seminars have been scheduled and will be provided to the Bahamian athletes and their coaches in Nassau. Finally, the Bahamas federation is scheduled to bring as part of their delegation to St. Croix, eight (8) national level Referees for re-certification.

During May 2013, the NAPF conducted a 3-day training and coaching seminar in conjunction with the Trinidad and Tobago National Junior Championships. This was a highly successful event and the Trinidad and Tobago Federation athletes showed marked improvement at the 2014 NAPF Pan-American Championships this past July. During the course of the visit to Trinidad and Tobago, a courtesy call was made to the Minister of Sport. Discussions were positive and supportive. Finally, a set Ivanko weights were donated to the Trinidad and Tobago. Subsequently, during early 2014, they have purchased additional weights and ER racks for their National Training Center and for the several championships they host yearly.

During February 2014, the NAPF Administration traveled to the St. Croix to perform a site visit of the facilities for the 12<sup>th</sup> NAPF Championships that will be directed by the US Virgin Islands Powerlifting Federation. Afterward the site visit, the NAPF paid a visit to the British Virgin Islands Powerlifting Federation. The meeting with the BVI centered on the difficulties of obtaining travel visas, etc. The following day the NAPF traveled to Anguilla and met Mr. Joseph Pradel. Mr. Pradel is the current President of the Anguilla Powerlifting Association. Discussions centered on the criteria for becoming a member of the IPF. It was discovered during a site visit of their athletic facilities, the Anguilla Powerlifting Federation is in desperate need of powerlifting equipment to begin having competitions and training their athletes. The NAPF shall work closely with the Anguilla Powerlifting Federation and their Ministry of Sport during the remainder of this year to see what can be done. The following day, the NAPF traveled to St. Maartin and visited both the Dutch and French Powerlifting Associations. The discussions centered on the criteria for becoming a member of the IPF and the potential of the NAPF coming back to the island to perform a powerlifting demonstration at the 34<sup>th</sup> Caribbean and Central American Bodybuilding Championships. Athletes from the USA were invited to attend. Special thanks go out to Mr. Javier Pollack, Vice-President of the IFBB and Ms. Denise Williams, Secretary General of the Caribbean Bodybuilding Association, for their assistance in coordinating this trip.

## Technology

During October 2013, the NAPF purchased the mobile cellular application for the NAPF Website. During February 2014, the NAPF also purchased the PRAS Wireless Lighting System from the Ukraine. The NAPF Website is kept current by Mr. Tony Cardella. Also, Sergio Centeno, the NAPF Secretary General, oversees the NAPF Facebook Account, which now boasts over 600 friend subscribers.

## Future Development

The NAPF Administration has identified the following areas requiring improvement. These three (3) topics will be discussed at the NAPF General Assembly in St. Croix.

1. NAPF Member Federations conducting IOC Drug-tests on their athletes.
2. More training and development seminars
3. New Locations for Championships.
4. Certification of additional referees.

Robert Keller  
St. Croix, 2014

### D. IPF President's Message (Accepted Unanimously 10 – 0)

Welcomed everyone to this year's NAPF General Assembly. First time the IPF President has attend the NAPF Regional Championships and NAPF General Assembly. Related that he looked forwarded to meeting with everyone this week during the championship. Looking forward to a very successful championship. Gaston Parage, IPF President

### E. NAPF Vice-President's Address (Accepted Unanimously 10 – 0)

#### Vice-President's Report North American Powerlifting Federation

During the past year I have been working with the Puerto Rico Powerlifting Federation so our delegation gets more active in the Region of North America. Last year our delegation took part at the following NAPF Championships:

2013 Pan-American & North America Powerlifting Championships celebrated in Orlando  
2013 NAPF North American Regional Bench Press Championships celebrated in Miami

This year we are dealing with Puerto Rico Special Olympics, so this special group participates for the first time in a NAPF Championship. So we are looking forward to see these athletes on 12th IPF North American Regional Powerlifting Championships and the 8th IPF/NAPF Caribbean Regional Championships. Also we have interest in taking a full group of athletes to the 5th NAPF/FESUPO Pan-American Bench Press Championships 8th NAPF North American Regional Bench Press Championships. So any help the Region needs don't hesitate to contact me.

Regards, Fernando Baez, VP NAPF

## F. Secretary General Address (Accepted Unanimously 10 – 0)

### Secretary General's Address North American Powerlifting Federation

My good friends:

First of all, let me apologize for not been there with all of you. Due to my new job, I am unable to attend to this year Championship. Wish all the best and my respect to all.

This past year I've been working really hard with our President Mr. Robert Keller in the development of our Sport in our region. Been able to speak English and Spanish gave me the opportunity to work with everyone, most important get to resolve some issues with our Latin American countries and been the bridge between them and the NAPF EC.

This year we have the honor to receive the IPF President at our regional Mr. Gaston Parage, hope you felt like home. Members Federations, if you have not paid already your IPF fees, this should be a good time to do it.

In terms of the Visa application let me say thanks for sending it with time so we were able to help you with the process. Most of you send it in a timely manner. Also I am very happy because the NAPF Family is going back to Mexico for the 5<sup>th</sup> NAPF/FESUPO Pan American Bench Press Championship. I know that Gabriel have made a great effort with the hotel so that everyone are more than pleased with the Championship. He will have a moment to update the information.

One thing that will address to all member federations is that need to begin doing drug test at National Level. Right now we have 3 federations conducting it, and do not want any of you getting a lifter positive because he was not tested.

Hope you have a great championship and hope to see all next year.

Thanks

Sergio Centeno  
NAPF Secretary General

## G. Secretary General Address (Accepted Unanimously 10 – 0)

### Treasurer's Report North American Powerlifting Federation

I will be brief. The finances of the North American Federation are sound due in part to the very hard work of the NAPF Board Members and to the large majority the Member Federations for making their payments in a timely manner. However, there are still several member federations which have not honored their financial obligations to either the NAPF or the IPF. We're working very hard to resolve these matters. Enclosed is the financial report for the year 2013. Thank you. Michael Licciardi, NAPF Treasurer / **Note: Contact the Mr. Liccardi directly for a copy of the financial report.**

## H. NAPF Technical Chairman's Report (Accepted Unanimously 10 – 0)

### Technical Chairman's Report North American Powerlifting Federation

Dear friends.

I'd like to start the report by thanking all member federations, referees and championship directors for the great job they've done the past year at all the championships. Everyone has kept our competitions at a high standard and assured the technical rules are closely followed.

I'd like to congratulate Nestor Gregory of Puerto Rico, Michael Licciardi and Eliot Feldman of the US on their attaining their Category I referee rank. All three have been quite active in the NAPF.

I understand the Bahamas is looking to have several of their National Referees move to become IPF officials and are interested in having them take a rules clinic. We will schedule a rules clinic at this competition for them and all IPF referees needing a rules clinic to attend.

One other item I'd like to raise attention to is to encourage member federations to increase their numbers of IPF officials. I'd particularly like to them to recruit some female officials.

Again thanks to all, respectfully submitted, Bill Clayton

## I. Caribbean Representative Report (Accepted unanimously 10 – 0)

### Caribbean Representative Report North American Powerlifting Federation

The Caribbean powerlifting federation have seven active members: British Virgin Islands, Cayman Islands, Dominican Republic, Puerto Rico, Guyana, Trinidad / Tobago and the US Virgin Islands. The Cayman Islands and the US Virgin Islands have Special Olympics athletes competing in NAPF events. The islands of Anguilla, ST. Maarten (Dutch and French) , ST. Kitts /Nevis have expressed interest in becoming members of the NAPF/IPF. Mr. Robert Keller visited the island in March 2014 and held a conference with the representatives of each nation. ALL nations were positive in becoming active members. However, there are many other Caribbean Nations that may become NAPF members once they become aware of the sport of powerlifting. I will help spread the sport and encourage all nations to become a part of NAPE/IPF. The only obstacle for some nations maybe finances. It's a matter of time all the Caribbean nations will become members of the NAPF/IPF. In the US Virgin Islands powerlifting is the only sport on the international level where The VI National Anthem has ever been played. The people take pride in the sport of powerlifting.

Robert Massey,  
President VIPF  
Caribbean Representative

## J. NAPF Central America Representative's Report (Accepted Unanimously 10 – 0)

### Central American Representative's Report North American Powerlifting Federation

Central America at the moment has 2 active Powerlifting members: Costa Rica and Guatemala.

They have participated in all major events organized by IPF/NAPF during the year 2013.

I have been working hard to involve organizations such as: Special Olympics and Paralympics in championships organized by the IPF/NAPF. Last year Special Olympics of Costa Rica and Guatemala participated with 17 athletes in IPF Special Olympics Powerlifting Championship held in Orlando, Florida. Since 2011, we have been working in the accreditation of Powerlifting Organizations in Nicaragua and El Salvador.

#### NICARAGUA

I sent a note notifying the Nicaragua Powerlifting Association on my visit to their country past august.

I was able to get in touch with Mike Zepeda and had a meeting with him. He is the president of AMPO (Managua Powerlifting Association). I told him about the requirements to become a member of the IPF. I found out that his Association is not properly registered in the National Sport Council. So, I decided to go with him to the Legal Department of Nicaragua Sport Ministry, and talk on behalf of the NAPF to help them out to become a legal Sport Association. I told them that our intention is to globalize Powerlifting and to properly include Nicaragua to the IPF. I made quite a good impression in the NSM, and offered to help them out. Later on we had lunch and I advised him on the paperwork to become legitimate. He was very enthusiastic and assured me that he was going to work on it as soon as possible. Next day, I had a meeting with Lester Cuadra and Roger Reyes, both member of the board of AMPO. Lester told the panorama of Nicaragua Powerlifting. I offered to lecture them on WADA. They are being sponsored by Eduardo Abdallah, former President of Nicaragua Powerlifting. Even though he has stepped aside from Powerlifting, he supports AMPO's athletes paying for their trips to El Salvador and Honduras to compete with the monies of the Olympic Committee. He is the main piece for the development of the sport in Nicaragua. I had a long talk with Eduardo Abdallah about the development of Powerlifting worldwide, and the high possibilities to become an Olympic sport. He recognized that IPF is the main Powerlifting force, and he is willing to work with us and to fulfill with all the fees once they become national recognized sport. He agrees with all the IPF requirements, and will work on doping control in Nicaragua

#### EL SALVADOR

The El Salvador Powerlifting Federation, known as ASALPO, has been working hardly promoting Powerlifting in that country. It is an organization with over 200 actives members with great potentials. They are under the leadership of Juan Carlos Romero Flores. This year, on March 24<sup>th</sup>, they sent their application to become IPF member. Pending approval by IPF EC. They expect to compete this year in NAPF Pan-American Bench Press Championship in Acapulco, Mexico if approved.

#### HONDURAS

No official Powerlifting Organization. Their competitions are organized by members of Carento Gimnasio in the city of Progreso and sometimes they participate in non-IPF championships organized in Central America, mainly El Salvador and Nicaragua. An invitation was sent early last year, but at the moment I have received an answer.

#### BELIZE & PANAMA

No official Powerlifting Organizations as far as I know

Regards, Dr. Hugo Velásquez Ormeño, Central America NAPF Representative



## K. NAPF Records Registrar Report (Accepted Unanimously 10 – 0)

### Record Registrar Report

The NAPF manages records from all NAPF Championships organized, this includes the annual North American Regional Powerlifting Championship, the annual North American Bench Press Regional Championship, the annual Caribbean Region Powerlifting Championship, the NAPF/FESUPO Pan-American Powerlifting Championship and the NAPF/FESUPO Pan-American Bench Press Championship. 'Previously the records were input into a database, but after the IPF weight class changes on 2011 the records had to be restarted and worked on a new database format. During the beginning of this year we have worked on a database provided on goheavy.net by Tony Cardella. All the information has to be input into the database for all the above mentioned championships. It has been a long task as all the history for every weight class of every division of every championship has to be updated. During these past years I have worked on all the information regarded every record broken into the records history and maintaining an updated file in my personal records. The NAPF did not have an official site or database where the records could be publicly projected. Luckily, now we have a database where every single nation, lifter, coach or any person whatsoever can access the database and see any detail information. As you can imagine, years information input requires lots of volunteer time, but it has been done for the benefit of all NAPF member nations. Thank you all for your patience and thanks especially to Tony Cardella for providing the goheavy.net database for the NAPF records.

Iván Cancel, NAPF Record Registrar

## L. Proposed Amendments and Motions. No amendments or motions were received this year.

## M. New Business Championships – Championships

2014 NAPF North American Powerlifting Championships – St. Croix USVI  
2014 NAPF Pan-American Bench Press Championships – Acapulco, Mexico  
2015 NAPF North American Powerlifting Championships – Moose Jaw, Canada  
2015 NAPF/FESUPO Pan-American Powerlifting Championships – San Paulo, Brazil  
2015 NAPF North American Bench Press Championships – St. Croix, USVI  
2016 NAPF North American Powerlifting Championships – Cancun, Mexico (Awarded)  
2016 NAPF Pan-American Bench Press Championships – San Jose, Costa Rica (Provisional)  
2017 NAPF North American Powerlifting Championships – Miami Beach, Florida (Awarded)  
2017 NAPF/FESUPO Pan-American Powerlifting Championships – Miami Beach, Florida (Awarded)  
2017 NAPF Bench Press Championships – Open

## N. Elections – No Elections this Year.

Note: Elections will correspond the same year as the IPF Elections.

O. Motions from the Floor.

Motion 1: Ivan Cancel, President, Puerto Rico Federation reported to the General Assembly there was a violation to the NAPF Constitution (Article 404.1). The violation was caused when Mr. Sergio Centeno, the current NAPF General Secretary, withdrew his membership with the Puerto Rico Powerlifting Federation and became a member of USA Powerlifting. Given the violation, Mr. Cancel proposed to remove Mr. Centeno and replaced him with another volunteer.

A vote was taken on the motion. Enclosed are the results:

For the Motion: 2 Votes. One vote from Guatemala (Marta Cano) and one vote from Puerto Rico (Ivan Cancel)

Against the Motion: 6 votes. One from Robert Keller, Bill Clayton, Mike Licciardi, Canada (Ryan Stinn), Mexico (Oscar Mejia) and USVI (Robert Massey).

Abstentions: 2 from Trinidad and Tobago (Bernadette Clinton) and the USA (Mike Zawilinski).

MOTIONS FAILS: 2 – 6 – 2

MOTION 2: Ryan Stinn, Executive Committee Member from the Canadian Powerlifting Union (CPU) responded to Puerto Rico's motion and recommended the NAPF Executive Committee resolve the problem amongst board members. Once resolved, the NAPF Executive will report the corrections to the next NAPF Congress in Moose Jaw.

A vote was taken on the motion from the CPU. Enclosed are the results:

MOTION PASSED: 10 – 0

P. Adjourned Meeting at 12:06 PM