

19th Annual General Assembly
North American Powerlifting Federation
Hotel El Panama by Faranda Grand, Panama City, Panama.
Sunday, August 14, 2022 / 10:00am to 12:00pm

Meeting Minutes

1. Welcome Message

Dr. Hugo Velasquez welcomed everyone to the 2022 General Assembly for the North American Powerlifting Federation.

2. Roll Call

Dr. Hugo Velasquez / NAPF President
Linda McFeeters / NAPF Vice-President
Alex Alvarado / NAPF Secretary General
Bill Clayton / NAPF Technical Chairman

Full Members Present:

Aruba
Belize
Canada
Cayman Islands
Costa Rica
Dominican Republic
Jamaica
Mexico
Nicaragua
Panama
Puerto Rico
US Virgin Islands

Provisional Members Present:

United States of America

Guest

Gaston Parage / IPF President

Facilitator

Robert Keller / IPF Secretary General & NAPF Championships Secretary

Excused from Meeting

Nora Keller / NAPF Treasurer

Total Votes: 16

Simple Majority: 9

2/3 Vote: 11

Approved 16-0

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3. 2021 Meeting Minutes Approved (located on the NAPF website)

Approved 16-0

4. Opening Remarks

Welcome Message from IPF President Gaston Parage.

Accepted 16-0

5. NAPF President

It has been a difficult start, right after 2021 General Assembly, regarding the USAPL anti-doping control criteria and management of samples, which constituted a violation of the new WADA Code Compliance for Code Signatories, effective as January 1st, 2021, stating that National and Regional Federations are no longer authorized to conduct their own testing protocols and that all samples must be analyzed by a WADA accredited laboratory, that eventually ended up in their exclusion from the IPF in Extraordinary General Assembly held November 7th, 2021, in Norway. As I stated in my letter August 30th, 2021, to the NAPF member federations: We are a 21-member organization, that will maintain our commitment to the IPF guidelines in the fight against doping, as well fulfill the calendar of competitions agreed in our General Assembly. With medal and courage, the new Interim NAPF EC, have faced the challenges that were put forward for the benefit of our affiliates and in the development of powerlifting in the region. The new NAPF EC has been busy with his duties, having meetings monthly, with the concept of teamwork to discuss important issues:

1. Welcoming Powerlifting America led by Robert Keller to the NAPF, giving him full support. It is important to point out that their organization have nearly 1500 members throughout the USA, and they are WADA compliant. Also, another two powerlifting federation have joined the NAPF in 2022, Barbados and Jamaica.
2. Contacting the remaining countries in the region to become IPF affiliate (among them: Cuba, Honduras, St. Vincent & Grenadines, Curacao, Turk and Caicos Islands, Saint Kitts and Nevis), mentioning to them the advantages of our organization. Other countries and dependencies in the region, cannot be contacted since they have no affiliation with IWF or Powerlifting organizations: Bermuda, Bonaire, Dominica, Grenada, Guadeloupe (France), Martinique (France), Montserrat (UK), Saba (Netherlands), Saint Barthelemy (France), Saint Lucia, Saint Martin (France), Saint Pierre and Miquelon (France), Sint Eustatius (Netherlands) and Sint Maarten (Netherlands).
3. Advising for development of Powerlifting in Jamaica, led by their president Michael Blair, regarding coaching and refereeing (done by Robert Keller and Alex Alvarado in November 2021).
4. Intermediary with the IPF in Mexico to discuss matter regarding legal status between FEMEPO / FELIPOME and CONADE. FEMEPO, led by their president Gabriel Garcia, has fulfill their obligations with IPF and are up to date with the IPF fees, thus remain as an NAPF and IPF recognized national powerlifting federation.

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5. Regarding a long-standing issue with Trinidad and Tobago Powerlifting Federation this matters has now been resolved by Mr. Gabre McTair and Robert Keller. Also, I believe that it would be of great asset for the development of powerlifting in Trinidad and Tobago, the nomination of Mr. Gabre McTair as Director of Physical Education and Sports Division by the Trinidad and Tobago Ministry of Sports and Community Development. Looking forward to working with him.
6. Programed to have more IPF certified referees in the region. The biggest ever number of referees testing for Cat II, to be held in Panama: 1 Belize, 1 Canada, 3 Costa Rica, 1 Dominican Republic, 1 Mexico, 5 Panama, 2 USA. For a total of 14 new candidates.

We need more referee participation from nation members and propose that they send at least one referee for every 5 athletes participating in regional championships, to comply with WADA FAIR PLAY. To accomplish this objective, the NAPF will continue to provide IPF referee seminars when and where they're required to be held.

7. Achieving the 2022 NAPF Championships in Panama and Puerto Rico according the IPF Technical Rules and schedule. Excellent work done by Jacques Tibi and Alex Alvarado, and our championship secretary / director, Robert Keller. All athletes and coaches have successfully completed the ADEL WADA course. Important to point out, there will over 250 lifters expected to participate in 2022 NAPF Powerlifting Championship, with the participation of 14 member nations, the biggest ever.
8. Participation of Special Olympics in the NAPF Regional Powerlifting Championships, negotiated with Chip Hultquist. Robert Keller had a meeting with SO International Headquarters, and 24 Special Olympians are expected to participate in Panama.
9. Organizing Coaches Clinic thru the IPF funding, in a rotating manner for our 3 subregions: 2022 (Caribbean – Dominican Republic – done by Robert Keller and Alex Alvarado in March 2022), 2023 (Central America – Panama) and 2024 (North America – USA or Canada).
10. NAPF Data – Analysis and Strategy, to increase the number of lifters in championship. Discuss the possibility of organizing, starting 2024, NAPF – Raw / Classic Championship (Powerlifting and / or Bench Press combined), Sub junior / junior / masters' championship since this mode of lifting is getting the upper hand in the region.

Bench Press

Championships 2014-2021

50% Athletes are USA and CRC

28% from CAN, MEX + PUR

Classic competed 391 (56%) – (♀ 151, ♂ 240)

Equipped competed 307 (44%) - (♀ 93, ♂ 214)

Powerlifting

Championships 2013-2021

85% of athletes are from: USA, CAN, PUR, CRC and MEX

Classic competed 686 (53%) – (♀ 244, ♂ 442)

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Equipped competed 600 (47%) – (♀ 235, ♂ 365)

Need more involvement from the following federations in NAPF Regional Championships: Anguilla, Aruba, Bahamas, Belize, British Virgin Islands, Cayman Islands, Dominican Republic, El Salvador (withdrew), Haiti, Jamaica, Nicaragua, Trinidad & Tobago, and Barbados.

Scheduled for 2023

June – 2nd Annual NAPF/FESUPO Pan-American University Powerlifting Cup, Nicaragua

August – 21st Annual NAPF North American Regional Powerlifting, Cayman Islands

October – 17th Annual NAPF North American Bench Press, Mexico

Proposed schedule for 2024

March – 1st Annual NAPF North American Sub junior, Junior and Masters Classic / Equipped Powerlifting

June – 3rd Annual NAPF University Powerlifting Cup

August – 22nd Annual NAPF North American Regional OPEN Classic / Equipped Powerlifting

October – 18th Annual NAPF North American Classic / Equipped Bench Press

The IPF have sent a reminder that all member federations must pay their outstanding debts to participate in World and NAPF Championships or shall be excluded; still due payment are Haiti, Anguilla, and British Virgin Islands (BVI). El Salvador, due to financial situation, has withdrawn their membership from the IPF.

- Donation of 500 Euros from the NAPF/IPF Development Fund – Contribution to Ukraine, due to war on March 2022 agreed by all the IPF regions.
- Development Fund: For the 1st time in NAPF history, the EC has managed to have a surplus for different projects in the region.

Among these, are: Eleiko equipment – donation to Panama and Puerto Rico in 2022. Nicaragua, Cayman Islands and Mexico for 2023. We have the possibility to grant Eleiko equipment for newcomer's federations, Belize, and Jamaica soon. One of the requirements for these grants is that the member federations must be up to date with IPF and NAPF membership fees.

As I mentioned earlier, Coaches Clinic in our region, also emphasize in promoting powerlifting education among our youngsters, who are the future of our sport. Granting to Nicaragua the organization of the NAPF University Cup in 2023, a meeting to be held in August 2022 in Panama to discuss location, equipment, support personnel and other issues. Foremost, they must be up to date with IPF and NAPF membership fees.

Amidst the COVID pandemic, we successfully held 3 major championships:

1st NAPF / FESUPO Pan American University Cup, August 2021, in Orlando, Florida, USA.

18th Annual NAPF North American Powerlifting Championship

18th FESUPO Pan American Powerlifting Championships, August 2021, Orlando, Florida, USA

15th Annual North American Regional Bench Press Championship and 8th NAPF / FESUPO Pan American Bench Press Championship, October 2021, San Jose, Costa Rica.

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I want to take the opportunity to congratulate the athletes that were selected to participate in IWGA World Games in July in Birmingham, Alabama. I look forward to a successful year in 2022 with the retaking of major championships in the region. My motto for the next four years will be EDUCATION (Powerlifting seminars and applying WADA principles) and PROMOTION (Expand the sport in all levels and to the NAPF subregions). In closing, I want to send my sincere thanks to the NAPF EC, Commission Members, and event volunteers for their continued work, and above all to Mr. Robert Keller for his invaluable advice and support.

Respectfully,

Dr. Hugo Velasquez
NAPF President

Report Approved: 16-0

6. NAPF Vice-President

Dear Fellow Esteemed NAPF Executive Committee,
NAPF Members, and Welcome to IPF President Gaston Parage,

We have all endured challenging times with the Covid pandemic over the past few years that have not only impacted our sport but many of our lives and families. I hope that each of you have suffered little and thank you all for finding the time to attend this meeting. The NAPF Executive have committed over the past year to meet virtually every month to discuss the ongoing work of all of our combined nations and how each of you are now beginning to once again grow your membership, host competitions, expand your referee base and develop coaching so that all lifters and potential lifters are fully supported and able to thrive in our sport. While there have been disappointing drug test results recently, we on the EC are all confident that the continued anti-doping education and e-learning that our association with WADA and CCES has provided, will reap benefits going forward and enlighten not only our athletes but the people they surround themselves with. Education is always beneficial and as leaders it is our obligation to continue to monitor, mentor and be examples of drug free competitors. We continue to support and work with FISU so that our college and university athletes have the opportunity to compete with fellow students internationally as well as working with the United Through Sports Youth Festival for 2022. Additionally, we have updated the NAPF Constitution to inclusive gender-neutral language. Going forward we are excited to bring Special Olympic athletes into our competitions, which may indeed open the door for other disability athletes, such a blind and para to attend our competitions. We are actively working to bring more international competitions to our Region as well as develop more inter-regional competitions and championships. Not only will this grow our sport but will certainly challenge all of us to help each other, across nations, build the support base of equipment, teams, coaching, volunteer positions, referees and most importantly leadership. While myself and my fellow EC members are both honored and humbled to be leaders of this prestigious organization, true leadership lies amongst all of you as the executive members of your own countries. You are the force that drives the excitement amongst your members to continue on with this sport and you know best the positive attributes as well as the challenges your organization faces in your country. Together, we have the great possibility of exponential growth from the most northern edge of Canada to the most southern point of Panama – almost 10,000km – of powerlifting strength. I

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look forward to working with all of you, to meeting you personally, to knowing you better and to do my best to support your organizations within the NAPF as well as working with the IPF to continue to grow powerlifting as a premier internationally recognized strength sport.

Respectfully,

Linda McFeeters

NAPF Vice President

Report Approved 16-0

7. Secretary General Report

One year after the first championship post COVID-19 pandemic and we are looking at our largest regional championship ever. Over 230 lifters from 13 nations in the region. Last year we went against all odds to have a Pan American Championship (over 150 athletes) and we made it happened. We decided to organize the Pan American Bench Press Championship (over 50 athletes) after it was cancelled one time. Both championships were a success. In the past few months, the IPF General Secretary and I have been working together to fulfill a dream of having all nations from our region join the IPF. We went to the Dominican Republic and Jamaica to continue with the powerlifting education efforts. We are very happy of the results. Jamaica and the Dominican Republic are participating in this championship with world class lifters. We were not so lucky with Nicaragua, where we had to cancel our plans. Even though we could not help Nicaragua at this time, they are growing at a fast pace, and they have accepted the challenge of having our 2nd Pan American University Cup next year. We were not so lucky either with El Salvador. El Salvador decided to abandon the IPF due to their current socio-economic situation. We are hoping things get better fast so they can come back to the NAPF and IPF family. Progress hasn't been what we expected in some other countries, but we know the sport is growing at a fast pace and we will be able to see new nations joining the NAPF next year. The IPF has plans and the resources to organize coaching seminars in the following years. We just need a place and the commitment of the host nation to make it happen. The plan is to have one seminar in the Caribbean and one in Central America within the next two years. As you might noticed we started to use the Goodlift system in our region, which means we will have better nomination process, as you have experienced for this championship. Also, it means that we have another way to promote the anti-doping education, having it as a prerequisite to compete. The Goodlift system requires to upload your ADEL certificate of completion. Finally, I want to extend an invitation to my home country of Puerto Rico where will be celebrating the 9th NAPF / FESUPO Pan-American Regional Bench Press Championships in the city of Aguadilla, October 29, 2022. I'm sure you will enjoy an extraordinary championship on the beautiful northwest coast of the Island.

Thank you,

Alex Alvarado

NAPF Secretary General

Report Approved 16-0

8. Treasurer and Auditors Report

With the continuance of COVID-19 into 2021, both of our annual championships had diminished turnouts in terms of athletes -- The North America and Pan-American Championships in Orlando, and the North American and Pan-American Bench Press in San Jose, Costa Rica. Special

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thanks to the Hyatt Regency Hotel in Orlando and to Manolo Campos for host the Bench Press Championships in his training facility. COVID-19, and the impending suspension with USA Powerlifting significantly reduced the number of participants for both our championships for 2021, which had caused a reduction in revenue. Once again, our volunteer travel, hotel, meals as well as participation and anti-doping fees were the bulk of our expenses. For 2021, a portion of the IPF Development Fund monies were released to us. We used the monies to pay for the LiveStream in Orlando and Costa Rica, and to have a seminar for the newly established Association in Jamaica. Also, last year, APLYFT withdrew their partnership from the IPF. Overall, the IPF Development Fund monies are to be used to purchase equipment for the Regional Federations and to assist with our Regional Championships. Beginning in 2022, we will once again, shall have access to the 16,000 Euros from the IPF Development Fund. Those monies are earmarked to be used to purchase equipment for Jamaica and Belize and to fund our Live Stream in Panama. Please see the attached NAPF Financial Reports for 2021, as well as our auditors report. Special thanks once more to Mr. Desai, our external, independent, auditor, for checking our finances. Thank you.

Nora Keller

NAPF Treasurer

Report Approved 16-0

Enclosed documents:

- **Financial Statement for 2021**
- **Budget Statement for 2023**
- **Balance Statement**
- **Auditors Report**
- **IPF Development Fund**

Comment: Member Federations requested the NAPF to prepare the written criteria to be established for requesting funds from the EC for specific development projects.

9. Committee Reports

a. Technical Committee Report

Once again, this year, I want to extend my sincere gratitude to all of the referees, as well as the championship directors, who volunteered both their time and effort to direct the two championships we held during 2021, despite having to deal with COVID-19.

I would like to thank the member federations who have nominated their officials for this year's NAPF Regional Powerlifting Championships in Panama. In the future, it will be important for us to know the exact availability for the championship when you nominate the referees. This helps us a great deal to have this information so we can create the best possible Referee Schedule. To ALL IPF Referees, reminder that our current renewal period is from 2020 to 2023. So, it is important that you make sure have enough events, in order to renew your credentials. It will have to be determined whether or not the IPF EC will make some exceptions to the requirements given COVID issues etc. We hope to learn something very soon. I will keep the NAPF member federations informed if there is any issue in terms of renewals. We are happy that we've received so many requests to test at this year's championship. As reminder, referee candidate must first have their federation's approval, and then proceed to apply for

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testing with the IPF. Ideally, ALL fees should be paid in advance before testing. For this year's event we have 12 candidates taking the examination – All have paid in advance. Thank you. I wish all of them the very best of success! Lastly, we shall do our very best to approve as many candidates as possible, given the growth of our region and events. Thank you,

William "Bill" Clayton
NAPF Technical Chairman

b. Championship Secretary Report

The 2021 NAPF North American and Pan-American Regional Powerlifting Championship were held at the Hyatt Regency Hotel in Orlando, Florida. I want to personally thank Hyatt Regency Hotel for their assistance in the direction of last year's event. Without their support and flexibility, it would have been next to impossible to have the event. Overall, we had 150 athletes from 15 member federations from North America, South America, Central America, and the Caribbean took part in this event. Disturbingly, USA Powerlifting being a member in good standing, at the time of the championship, did not send athletes, even despite the acknowledgement of the IPF EC. A request was placed to send referees, and they declined. Despite the obvious boycott, the event was a major success, despite the politics and COVID-19. The 2021 NAPF North America and Pan-American Regional Bench Press Championships were held by Manolo Campos, at his training center, in San Jose, Costa Rica. 40 athletes attended the contest. Overall, excellent work, on such short notice. Last year, athletes from the region recorded numerous World and Regional Records, and I offer my congratulations. Of course, our numbers for the period of 2022, were down; however, we have clearly bounced back this year. Starting this year, and going forward, we have implemented utilizing the Goodlift System for submitting your nominations. This has been of huge assistance to us. We're currently utilizing Mike Zawilinski for our LiveStream Services, and the ever-reliable Steve Crane will be overseeing commentator duties. Our live stream is equal to the IPFs Livestream. I want to personally thank all of the volunteers, referees, and administrators that made our championships last year a success, despite the many different obstacles. I want to point out the superior work of Mr. Alex Alvarado. He is clearly one of our most valuable and committed volunteers. It has been an honor and pleasure work with him.

Thank you,

Robert Keller
NAPF Championship Secretary

c. Records Registrar Report

Over the past two years we successfully transported the NAPF records from the old Go Heavy website to the new NAPF site. Now in Google sheets format, much more readable and easier to use. Unfortunately, the pressures of my gym supply business in the age of Covid made it very difficult to find the time needed for some projects, thanks to Arian Khamesi and Alex Alvarado for stepping up to assist. The worst of this appears to be over, so I should now be able to resume my duties as record keeper.

Mike Armstrong
NAPF Records Manager

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d. Women's Committee Report

The participation of women within our sport continues to grow within all countries both on and off the platform. Not only are we seeing women return to the platform post pandemic in higher numbers, but also more women are becoming involved as referees, coaches, meet directors, seminar organizers and in executive positions.

This is important growth within each country under the NAPF umbrella and I encourage each of us, in whatever way we contribute to this sport, to reach out, recognize and bring in more women with their valuable skills, knowledge and strength.

Linda McFeeters

NAPF Women's Committee Chairwoman

e. Central American Sub-Regional Report

The Central American Region continues to flourish! Leading the way is Costa Rica and Panama. ADELEPO has hosted numerous local, national, and international championships in San Jose. FPP has now directed two international championships and multiple national events. Their social media work in advertising this year's NAPF Powerlifting Championship has been exceptional. Along with the Regional Championships, this year, they will host and direct the 3rd NAPF Central American Cup. The Federation of Panamanian Powerlifting, under the presidency of Jacque Tibi is one of the fastest growing member federations in the Central American Region. His direction of the 2019 NAPF North American Regional Bench Press Championships was exceptional. The 2021 NAPF North American Regional Bench Press Championship was held in San Jose during October, and was a success, despite the continued complications of COVID-19. The Nicaragua Federation under the leadership of the Mr. O. Matute is rapidly developing its programs, by holding several well directed National level events. They will host their first ever international event during 2023 – The Pan-American University Cup. They've invested in Eleiko Equipment for their athletes. Last year, Belize held their first National Championships. Once more, a special thank you goes out to Ms. Kimberly Walford for traveling to Belize to assist them in the direction of this event. I want to thank both the IPF and NAPF for donating equipment to Belize. Great work – keep it going. Guatemala returns this year, after an abnormally long layoff. Honduras remains quiet. We shall continue to discuss having them join the IPF. Unfortunately, Mr. Romero, President of the El Salvador Federation, shall withdraw his federation from the IPF, as he cannot pay the membership Fees. The NAPF has another federation prepared to step in to replace them. On a final note, Central America is prepared now to host an IPF World Championship in either Costa Rica, Mexico, or Panama. Discussions will take place with the IPF this coming week. Thank you.

Manolo Campos

NAPF Central American Representative

f. Caribbean Sub-Regional Report

I'm pleased to report that both Barbados and Jamaica, the newest member federations that have joined the IPF are now fully up and running and having competitions. Jamaica held their first ever National Championships this past November. Special thanks to Robert Keller and Alex Alvarado for their assistance in working with Jamaica with this event. I want to also thank both the IPF and NAPF for their donation of equipment to

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Jamaica. Barbados will have both a Coach and Referee Clinic this year, under the direction of the NAPF. Alex and Robert will attend to oversee the seminars. Anguilla, the Bahamas, and the British Virgin Islands remain dormant, and their memberships are in question. Trinidad and Tobago will return next year to the NAPF Regional Powerlifting Championships. Potential new member federation joining the NAPF from the Caribbean are Cuba, and St. Kitts/Nevis. We shall return to the Cayman Islands for next year's NAPF Regional Powerlifting Championships. Tony McInerney will once again, direct a stellar event, as he did in 2012.

Thank you,

Robert Massey

NAPF Caribbean Representative

All Committee Reports Approved: 16-0

10. Motions

- a. Establish the NAPF Sport for All Commission (NAPF EC)

Motion Approved 16-0

Mr. Michael Blair, President of the National Association of Jamaica was selected for this position by the NAPF EC.

11. Old Business

12. Elections

- a. IPF EC Board Member representing North America – Dr. Hugo Velasquez
- b. President – Dr. Hugo Velasquez
- c. Vice-President – Ms. Linda McFeeters
- d. Secretary General – Mr. Alex Alvarado
- e. Treasurer – Ms. Nora Keller
- f. Technical Chairman – Mr. William “Bill” Clayton

All Candidates were elected unanimously and by acclamation 16 – 0. Term from 2022 to 2026

13. Championship Calendar

Championship	City	Dates	Status
19 th NAPF Powerlifting Championships	Panama City, Panama	August 2022	Confirmed
17 th NAPF Pan-Am Bench Press	San Juan, Puerto Rico	October 2022	Confirmed
2 nd NAPF Pan-American University Cup	Managua, Nicaragua	February 2023	Pending
20 th NAPF Powerlifting Championships	Georgetown, Cayman Islands	August 2023	Confirmed
18 th NAPF Bench Press Championships	Mexico City, Mexico	October 2023	Confirmed
21 st NAPF Powerlifting Championships	Bids: Canada, Mexico and USA	August 2024	Pending
19 th NAPF Bench Press Championships	San Jose, Costa Rica	October 2024	Pending
22 nd NAPF Powerlifting Championships	Bids: Jamaica	August 2025	Pending
20 th NAPF Bench Press Championships	Bids: St. Croix, USVI	October 2025	Pending

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Results:

2024 NAPF North American Powerlifting Championship

Canada - 3

Mexico - 5

USA - 8

The 2024 NAPF North American Regional Championships was awarded to Powerlifting America.

2025 NAPF North American Powerlifting Championships

Jamaica – 16

The 2025 NAPF North American Powerlifting Championships was awarded to Kingston, Jamaica.

14. NAPF Hall of Fame

Bill Jamison (Canada)

Manolo Campos (Costa Rica)

HOF Awards to be presented at the Banquet

15. New Business

Discussed having next year's General Assembly to be held virtually. The NAPF EC will discuss and explore this matter further for next year.

16. Adjournment

General Assembly adjourned at 12:30pm.

Prepared and submitted by:

Alex Alvarado

Secretary General

North American Powerlifting Federation