

**20th Annual General Assembly  
North American Powerlifting Federation  
Marriott Hotel: Georgetown, Grand Cayman, Cayman Islands  
Monday, August 7, 2023 / 10:00am to 12:00pm**

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## **Meeting Minutes**

### **1. Welcome Message**

**Dr. Hugo Velasquez, President of the NAPF, and Gaston Parage, President of the IPF welcomed all of the member federation delegates to the 2023 NAPF General Assembly. Tony McInerney, the Championship Director, welcomed everyone to the Cayman Islands.**

### **2. Meeting Called to Order**

**The 2023 NAPF General Assembly was called to order at 10:00 hrs., on August 7, 2023, in the Breezeway Briefing Room of the Grand Cayman Marriott Beach Resort by Dr. Robert Keller, IPF Secretary General and NAPF Championship Secretary.**

### **3. Roll Call / Appointment of Scrutineers**

**NAPF Delegates – EC Board Members (right to vote)**

**Dr. Hugo Velasquez (President) – Costa Rica (via Google meet)**

**Linda McFeeters (Vice president) - Canada**

**Nora Keller (Treasurer) – United States of America**

**Bill Clayton (Technical Secretary) – United States of America**

**Alex Alvarado (Secretary General) – Puerto Rico**

**NAPF Member Federations (right to vote)**

**Jaqueline Alas – Belize**

**Renaë Witzaney – Canada**

**Tony McInerney – Cayman Islands**

**Manuel Campos – Costa Rica**

**Laura Estrella – Dominican Republic**

**Joel Ixcoy – Guatemala (via Google meet)**

**Michael Blair – Jamaica**

**Diego Ramirez – Mexico (via Google meet)**

**Oscar Matute – Nicaragua (via Google meet)**

**Gabriela Cigaran – Panama (via Google meet)**

**Carlos Pedrogo – Puerto Rico**

**Lawrence Belfon – Trinidad and Tobago**

**Miryam Elm – United States of America**

**Kimberly Walford – US Virgin Islands**

**Guest**

**Gaston Parag (IPF President) – Luxemburg (via Google meet)**

**Facilitator**

**Dr. Robert Keller (IPF Secretary General, and Championship Secretary) – USA**

**NAPF Commission Chairman Present**

**Dr. Robert Keller (Championship Secretary) – United States of America**

**Steven Crane (Media Officer) – Puerto Rico**

**Jannitzi Tapia (Scoring Manager) – Puerto Rico**

**Robert Massey (Caribbean Representative) – US Virgin Islands**

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**Manuel Campos (Central America Representative) – Costa Rica  
Linda McFeeters (Women’s Committee Chairwoman) – Canada  
Michael Zawilinski (Media Team Member) – United States of America  
Michael Blair (Chairman for Sport for All) - Jamaica**

**Observers**

**Marlon Brown – Jamaica  
Khalid Usher – Belize  
Michael Fernandez – Costa Rica  
Ruth Li – Trinidad and Tobago  
Brian Shekels – United States of America  
Alida Sharp – Belize  
Nicolas Parras - Canada**

**Total votes: 19**

**Simple Majority: 10**

**2/3 Majority: 13**

**Myriam Elm and Linda McFeeters were selected as scrutineers.**

**Approved unanimously 19-0**

**4. 2022 Meeting Minutes to be Approved – Panama City, Panama**

The Meeting Minutes from the 2022 NAPF General Assembly Meeting can be found on the NAPF website here: [www.powerlifting-napf.com](http://www.powerlifting-napf.com)

**Accepted Unanimously / Yes – 19 / No – 0 / Abstentions – 0**

**5. NAPF President / IPF EC Member Report**

Dear Friends, Dear Colleagues,

It has been a busy year 2022-2023, with a lot of projects for the region.

Basic coach clinic - The first IPF Basic Trainer Course was held in Kingston, Jamaica. During the IPF EC Meeting pointed out that the all the regional federations must be more active and assist Dietmar with scheduling the course, to avoid any confusion in how to handle this very important clinic. Dietmar shall prepare a Basic Trainer Application Form and Booklet outlining the responsibilities of the Member Federation when hosting a course.

It is very important to upgrade the region, as far as coaching training, to other top-level nations in the world. It has been known that many athletes require assistance in moving to the top-level competition, when assistance and proper coaching is not provided the athletes become discouraged and leave the sport.

For 2024, we may have the possibility to schedule 2 (two) clinics, one of the in San José, Costa Rica and the other one to be determined by Dietmar, early next year.

Development for sport – In 2022, a set of weights and racks has been delivered to Panama, Dominican Republic, and Jamaica. This year, it has been given to Cayman Islands for organizing the North American Powerlifting Championship.

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Professional loaders – It was suggested in the IPF EC Meeting that the regions counted on specialized Spotting/Loading Teams to ensure the safety of the athletes. By doing so, you mitigate and lessen the chance for an injury to an athlete. Also, required to for the professional spotting/loading team. Due to the fact of an accident in the squat that took place at the EPF European Equipped Championships during May in Thisted, Denmark.

Transgender Policy – The IPF EC Members are concern with CPU allowing transgender athletes to «Self-identify» as women and lifting in their competition, and many female athletes are concerned with this Canadian Policy. It was agreed that all member federation should follow the IPF Transgender Policy. As now, this policy is being review and updated by the IPF Legal Committee.

Regional Championships:

2022 – 19th Annual North American Powerlifting Championship was held in Panama City, be biggest ever with the participation of over 230 athletes of both sexes from 15 countries, and many regional records were set.

2022 – 9th NAPF/FESUPO Pan American Regional Bench Press Championship was held in Aguadilla, Puerto Rico, with the participation of 80 athletes from 7 countries.

2023 – 2nd Annual NAPF University Powerlifting Cup, to be held in Managua by the Nicaragua Powerlifting Federation was cancelled early this year .and moved to Cayman Islands.

2023 – 20th Annual North American Powerlifting Championship, Cayman Islands, we are expecting over 300 athletes, the biggest ever for a 7-day championship.

The IPF granted the following World Championships:

2024 – World Classic and Equipped Bench Press Championship, to be held in Austin, Texas, USA

2025 – World Classic and Equipped Subjunior and Junior Powerlifting Championship, to be held in San Jose, Costa Rica

IPF Referees – this year at Cayman Islands, 7 are taking their Cat. II, and 5 are taking their Cat I test for a total of 12 referees, from 8 members federation.

Action on Delinquent Nations – Even the NAPF EC went to great effort to help the following nations: Anguilla, Bahamas, British Virgin Islands, El Salvador, and Haiti; failure to comply with their financial duties, they were excluded from the IPF for non-payment of their membership fees.

On a positive note, Barbados and Jamaica are full members since 2022 and Powerlifting America was also confirmed in the 2023 IPF General Assembly.

Hoping for a great championship and best wishes to all the athletes.

**Dr. Hugo Velasquez, NAPF President / IPF EC North America Representative**

**Report Accepted Unanimously / Yes – 19 / No – 0 / Abstentions – 0**

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**6. NAPF Vice-President**

Dear Esteemed NAPF Executive Committee and NAPF Members,

The sport of powerlifting continues to grow around the world and with that comes the immense growth of our NAPF membership and participation. Our event here in the Cayman Islands is the largest competition we have ever enjoyed and as an executive we are proud of the work that each of you has contributed over the past year to encourage this growth.

I am sure going forward that powerlifting will become much more of a mainstream sporting event that will gather worldwide media attention and your continued presence in the sport by way of your websites and social media accounts have helped with that tremendously. I commend your efforts to promote positive role modelling, support, and leadership within this sport. I look forward to meeting with you all again in the Cayman Islands and for all of us to have a safe and prosperous year going forward.

**Linda McFeeters, NAPF Vice President**

**Report Accepted Unanimously / Yes – 19 / No – 0 / Abstentions – 0**

**7. Secretary General Report**

Esteemed members of the North American Powerlifting Federation,

Last year, we witnessed a momentous milestone with the largest regional championship in the history of NAPF. An astounding 233 lifters from 13 nations competed, signifying the growing enthusiasm and passion for powerlifting in our region. This year, we are thrilled to anticipate an even grander regional championship, further solidifying our commitment to excellence. We expect over 275 lifters from 13 nations this time.

In recent times, we have observed a remarkable surge in the popularity of classic lifting, while equipped lifting has seen a decline. Acknowledging this shift, the International Powerlifting Federation (IPF) has recognized the significance of classic lifting, resulting in its inclusion in the upcoming World Games to be held in Chengdu, China. For this year NAPF championships, classic lifting will take precedence with nine sessions, while equipped lifting will comprise only two sessions.

As part of our ongoing commitment to enhancing the expertise of our coaching community, the IPF is set to organize coaching seminars in the upcoming year. While these seminars were not feasible in 2023, they will be conducted in 2024. It is vital to note that, in alignment with the IPF's directive, coaches will need to be certified to participate in international events from 2025 onward. These workshops will play a pivotal role in providing our region's coaches with essential education and professional preparation.

Continuing our pursuit of efficiency and sustainability, we have embraced the Goodlift system in our region. This time, in addition to the ADEL certificate, lifters were also able to upload their IPF Consent Form, streamlining the pre-competition process and reducing paper usage.

Lastly, I extend a cordial invitation to all members to participate in the 17th Annual NAPF North American Regional Bench Press Championships, scheduled to take place in Mexico City, Mexico,

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from October 19th to 21st, 2023. We anticipate a gathering of the finest talents from our region, celebrating the spirit of competition and camaraderie.

**Alex Alvarado, NAPF Secretary General**

**Report Accepted Unanimously / Yes – 19 / No – 0 / Abstentions – 0**

**8. Treasurer and Auditors Report**

Dear NAPF Member Federations.

I want to begin this report by thanking everyone for voting for me at last year's elections. I will do my very best to do a good job and put my 20+ years of business experience to ensure our federation is run in accordance with the required IPF guidelines. I would like to begin by thanking the National Federations for sending ALL of your competition Payments (NAPF Participation, Anti-doping and Membership Fees) by Wire Transfer to the North America Regional Federation bank account. I realize there is a cost to wiring the monies, but we do this to ensure both the safe and secure transfer of funds. Aso, for auditing and banking purposes, the NAPF policy is not to collect cash payments at the championships. All fees should be paid directly into the NAPF bank account.

The IPF Membership Fee payments by the National Federations are nearly current. We shall continue to assist the IPF in the collection of those fees. There are two national federations within the region that are not current. Those that never paid their fees, are no longer members and have been excluded at the recent IPF General Assembly in Malta – Antigua, Bahamas, British Virgin Islands, El Salvador, and Haiti. Once all fees are paid in full, they can make application to return to the IPF.

During 2022, our volunteer travel, hotel, meals as well as participation fees back to the championship directors, as well as the anti-doping fees were the bulk of our expenses. This was due to having two competitions outside of the USA, and we had to import a large number of volunteers to assist in the direction of the two regional championships – Panama and Puerto Rico. The NAPF Championship was the largest to date. Last year, we received 20,000+ USD in IPF Development monies from the IPF for the NAPF member federations. Equipment was sent to both Jamaica and to the Dominican Republic. Monies were also used on the Live Stream, which was once again, professionally done, by Mr. Mike Zawilinski. We also used the develop monies to assist Mr. Tibi with the NAPF Championship in Panama. Overall, the IPF Development Fund monies are to be used to purchase Equipment for the Regional Championships.

The following reports were presented at the meeting:

- 2022 Financial Report
- 2023 Budget
- 2023 Balance Statement
- Auditors Report
- IPF Development Fund Report

To close, special thanks once more to Mr. Desai, our external, independent, auditor, for checking our finances.

**Nora Keller, NAPF Treasurer.**

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**9. Committee Reports**

**a. Technical Committee Report**

As always, I want to express my sincerest appreciation to all of the referees and event directors who made all of the NAPF Championships so successful this past year. This success has helped the NAPF develop and grow to where we are now.

The IPF referees will need to renew their credentials this year. National Federations please have your referees complete the required documents and send payment to the IPF on a timely basis.

We're very happy that we've received so many requests to test at this championship this year. So, special thanks to the National Federations for supporting the growth of the international referee corps. Last year, we had 19 potential candidates to be tested at the regional championships. This year, we have 12 individuals that shall take the examination. All related testing fees should be paid in advance.

**Bill Clayton, NAPF Technical Chairman**

**b. Championship Secretary Report**

The 2022 NAPF North American Regional Powerlifting Championship that was held at the Panama was a huge success. This by far was one of our most successful events ever, with 250 lifters present from 15-member federation countries. Special thanks to Mr. Jacques Tibi and his staff for all their hard work for directing a very successful and well-planned event. The NAPF North American / Pan-American Bench Press Championship was held in Aguadilla, Puerto Rico. Well over 100+ athletes from the 10-member federation attended. Several world records were set. Special thanks to Alex Alvarado, the President of the Puerto Rico Powerlifting Federation for directing an excellent championship. Our member federations continue to grow within the region and we're looking to strategically place championships in new member federation countries in our region. Once more, Jamaica and Barbados have joined and are now blossoming into full-fledged and very competitive federations. St. Kitts and Nevis will be joining later this year. Important to note, I want to send my sincere appreciation to both Gaston Parage, President of the IPF, and to Emanuel Scheiber, the General Manager of the IPF for the donation of Bull Equipment from Japan for the 2022 NAPF North American Regional Bench Press Championships. I want to thank Eleiko for sponsoring the Regional Powerlifting Championship. These donations by both Eleiko and Bull Equipment were strategically very important to the success of our competitions last year. On a sad note, we have to exclude the following member federations for non-payment of their IPF Membership Fees – Anguilla, Bahamas, British Virgin Islands, El Salvador, and Haiti. The Bahamas will reapply as they fully meet the criteria to rejoin. However, first, they shall have to pay all of their unpaid NAPF and IPF Membership Fees. A new federation from El Salvador shall join the IPF/NAPF next year. They're currently assembling their documents to join the IPF. Lastly, our new website is fully operational and is working very well. It is integrated into the IPF website. I want to thank both Eric Rupp and Nadezhda Churilova for their timely updates. And, in closing, my sincere compliments to Mike Armstrong, and Alex Alvarado for updating all of the NAPF championship Records in a timely manner – Well done!! **Robert Keller – NAPF Championship Secretary**

**c. Records Registrar Report**

The use of Google Spread Sheets to store the NAPF Records is working incredibly well. Records are being updated in a timely manner and the athletes are receiving timely

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credit for their achievements. Thank you to Alex Alvarado for his assistance in updating the records. My compliments and congratulations to all of the athletes.

**Mike Armstrong, NAPF Records Manager**

**d. Women's Committee Report**

Dear NAPF Colleagues,

The year 2023 has brought an increased participation rate amongst women in our sport within our region. As we know, this competition in Cayman Islands is the largest for the NAPF to date. This year brings 146 women competitors over 83 last year and it is wonderful to see that our Master 4 women's division has grown to 6 athletes this year! As experienced at the 2023 IPF Worlds, the Eurosport coverage of women's sessions has brought some of the largest viewership and indeed with both Sheffield and Classic Open Worlds the platform battles of the women's weight classes are some of the most talked about and rewatched sessions on social media and the IPF YouTube channel.

In the NAPF I am quite sure we will expect the same surge and interest in our female competitions! Additionally, almost 50% of our referees this year are female and 30% of the coaching staff. Women are making a valuable impact in powerlifting in both participation on and off the platform. As we all know there is more to this sport than competing. Women are needed on platform crews, computer tables, as coaches, referees, administrators, meet directors, in leadership positions at all levels. By doing so we support all the leaders that have come before us and that work with and stand beside us as we navigate the growth of powerlifting.

I look forward to the coming year and the continued atmosphere of friendships both on and off the platform!

In Strength,

**Linda McFeeters, Chairwoman, NAPF Women's Committee**

**e. Central American Sub-Regional Report**

The Central American Region is flourishing! Leading the way is Costa Rica. ADELEPO has hosted numerous local, national, and international championships in San Jose. The MC Cup is one of the most popular events in all of Central America. Costa Rica has held many national and international championships and will direct their first ever IPF World Championship in 2025. The Federation of Panamanian Powerlifting, under the presidency of Jacque Tibi directed an excellent regional championship during 2022. During 2024, the NAPF EC will discuss directing the Central America Cup. This event will be held either in Costa Rica or Panama. This will assist in the growth of the regional federation. I was sad to learn of the exclusion of El Salvador. However, I have been told a new organization is in preparation to join. I am communicating with Honduras and encouraging them to join the IPF. Belize shall field its largest international team ever this year in the Cayman Islands. Lastly, we shall host an IPF Coach Trainer course during 2024. More details to come and the NAPF EC is in touch with Dietmar Wolf to coordinate this event.

**Manolo Campos, the NAPF Central American Representative**

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**f. Caribbean Sub-Regional Report**

The 2 new members from the Caribbean that joined the IPF several years ago are flourishing – Jamaica and Barbados. Jamaica has competed with us now for the second consecutive year and sent their first liter to the IPF World Championships in Malta. Barbados will send their first National Team Members to Mexico City this year for the NAPF Bench Press Championships. Unfortunately, Anguilla, the Bahamas, the British Virgin Islands were excluded by the IPF this year during May in Malta. The federations were excluded for non-payment of their IPF Membership Fees. They may rejoin once all of their past debts are paid in full. We're still in touch with St. Kitts and Nevis and will encourage them to join the federation this year. The Bahamas will likely rejoin the IPF once their financial affairs are in order.

**Robert Massey, Caribbean Representative**

**g. Sport for All Commission**

Sports for All Commission Report

Implementation of Sports for All Commission Committee (SAC)

The Sports for All Commission Committee (SAC) aims to promote inclusivity in sports and provide opportunities for disabled and special needs athletes in the Caribbean, North American, and Central American regions. The committee is chaired by Michael Blair from Jamaica, and its motto is "Breaking Barriers, Building Bridges: Sports for All." This report provides a summary of the implementation plan for SAC.

Board Creation:

A dedicated board will be established to ensure the region creates an environment that allows all athletes to showcase their talents on a platform. This board will go beyond its regular duties to address the specific needs of disabled and special needs athletes.

Regional Oversight:

Members will be appointed to oversee the SAC's operations within the North American and Central American region, in collaboration with the respective National Paralympic Committees (NPCs) and other relevant organizations. These members will work closely with the region's chairperson to ensure effective implementation of SAC's initiatives.

Country Representatives:

Country representatives will be appointed to represent each nation within the region. These representatives will serve as points of contact and liaise with the region's chairperson, providing regular updates on the status of disabled and special needs athletes within their respective countries.

Subregional Representatives:

In cases where a country is geographically large, subregional representatives will be appointed to focus on specific areas such as states, cities, parishes, provinces, etc. This will allow SAC to have a broader reach and effectively identify and support athletes across the region.

Partnerships:



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SAC will actively seek partnerships with special foundations and corporate companies that align with its mission. These partnerships will provide additional resources, support, and opportunities for disabled and special needs athletes, helping to break down barriers and promote inclusivity in sports.

By implementing these strategies, SAC aims to create an inclusive and supportive environment for disabled and special needs athletes across the Caribbean, North American, and Central American regions. Through collaboration, oversight, and strategic partnerships, SAC strives to provide equal opportunities for athletes to showcase their abilities and contribute to the development of inclusive sports communities.

**Michael Blair, Chairman, Sports for All Commission**

**All Committee Reports Accepted Unanimously / Yes – 19 / No – 0 / Abstentions – 0**

**10. Motions**

- a. No motions received.

**No Motions were received this year to be placed on the agenda.**

**11. Old Business**

- a. No old business to review.

**No Old Business**

**12. Elections**

- a. No elections this year. The next set of elections will be held during 2026.

**No Elections were held this year.**

**13. Championship Calendar**

<b>Championship</b>	<b>City</b>	<b>Dates</b>	<b>Status</b>
20 <sup>th</sup> NAPF North American Regional PL Championship	Georgetown, Cayman Islands	August 2023	Awarded
18 <sup>th</sup> NAPF North American Regional BP Championship	Mexico City, Mexico	October 2023	Awarded
21 <sup>st</sup> NAPF North American Regional PL Championship	Scottsdale, Arizona, USA	August 2024	Awarded
19 <sup>th</sup> NAPF North American Regional BP Championship	San Jose, Costa Rica	October 2024	Awarded
22 <sup>nd</sup> NAPF North American Regional PL Championship	Kingston, Jamaica	August 2025	Awarded
19 <sup>th</sup> NAPF/FESUPO Pan-American PL Championship	Kingston, Jamaica	August 2025	Awarded
20 <sup>th</sup> NAPF North America Regional BP Championship	Charlotte Amalie: USVI	October 2025	Awarded
23 <sup>rd</sup> NAPF North American Regional PL Championship	Belize	August 2026	Awarded
21 <sup>st</sup> NAPF North American Regional BP Championship	Bid: Open	October 2026	Pending
24 <sup>th</sup> NAPF North American Regional PL Championship	Bid: Open	August 2027	Pending
22 <sup>nd</sup> NAPF North American Regional BP Championship	Bid: Open	October 2027	Pending

**Results:**

**Bids were presented by both Belize and the Dominican Republic Powerlifting Federations to host the 2026 NAPF North American Powerlifting Championship. The vote count was as follows:**

**Dominican Republic – 9**

**Belize – 10**

**The 2026 NAPF North American Regional Championships was awarded to Belize.**

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**14. NAPF Hall of Fame**

- a. There were no nominations for the HOF this year.
- b. The NAPF EC will award three special awards to athletes/officials from the following member federations –Puerto Rico, USA, and USVI

The following Awards of Merit were given this year for extraordinary service to the NAPF and the Sport of Powerlifting:

Kimberly Walford (USVI) NAPF Fair Play Award

Gener Bell (USA) NAPF Longevity Award

Alex Alvarado (Puerto Rico) NAPF Presidents Award of Excellence

**15. New Business**

- a. **No New Business**

**16. Adjournment**

- a. **The meeting adjourned at 1440 hrs.**

**Minutes Prepared and submitted by:**

**Alex Alvarado**

**Secretary General**

**North American Powerlifting Federation**