



# CONSTITUTION

## Constitution of *SSMU Powerlifting*

Ratified by Club's Membership on (DD/MM/YYYY): \_\_\_\_\_

Ratified by SSMU Council on: \_\_\_\_\_ March 27, 2014 \_\_\_\_\_

### 1 Article I: Name

1.1 (*SSMU Powerlifting*) also referred to hereinafter as the Club.

### 2 Article II: Mandate

2.1 The Club's mandate shall be to:

*The Club's mandate shall be to:*

- *Ensure that anyone pursuing barbell training does not feel lost or alienated at the gym. This way, we can stop all preventable injuries incurred by either not having a spotter or not knowing how to use barbells safely.*
- *Make barbell training accessible to students who would otherwise feel intimidated in the gym.*
- *Give students a direct path towards sustainable and healthy results in the gym. Giving students a way to exercise which focuses on achievements rather than body image.*
- *Help students overcome stress and gain overall confidence through athletic achievement.*
- *Allow members to benefit from greater communication and the sharing of new ideas for training methodologies, nutrition information, and general health information.*
- *Build a community that will have a lasting impact at McGill University.*
- *Prepare for competitions and proudly represent McGill University in competitions.*

### 2.2 Code of Conduct

2.2.1 The Club shall carry forth its mandate from an anti-oppressive and equitable standpoint AND equal respect shall be given to all members, including those of disadvantaged backgrounds, regardless of but not limited to gender, age, race, ethnic or national origin, religion, sexuality or sexual orientation, mental or physical abilities, language, or social class.

2.2.1.1 No member shall make personal profit from the club

2.2.2 Any executive member who fails to fulfill their responsibilities shall be subject to the expulsion procedure outlined in this constitution

### 2.3 Student Group Civility

2.3.1 The club will maintain cordial and respectful relations with all other clubs, services and independent student groups

2.3.2 The club will not use SSMU resources and/or their club status to prevent other clubs, services or independent student groups from fulfilling their mandate, including but not limited to their acquisition of resources and pursuit of activities.

For more information, please contact Enbal Singer, Interest Group Coordinator, at [igc@ssmu.mcgill.ca](mailto:igc@ssmu.mcgill.ca).



**2.3.3 If problems arise between groups, a member of the executive committee and/or collective of the club shall be responsible for contacting the SSMU Vice President of Clubs and Services and attempt to remedy the problem in a collegial fashion.**

## **2.4 Environment**

**2.4.1 The club shall make attempts to regularly monitor the environmental impact of all its events and operations**

**2.4.1.1 Clubs must attempt to utilize the services and resources available at SSMU in order to maximize capacities for equitable decision-making and environmental stewardship. These include but are not limited to the use of the plate club, green events guide, applications for the SSMU Green fund, assistance of the SSMU environment commissioners, environment committee and green events coordinators**

**2.4.2 The club must attempt to find sustainable alternatives to the non-recyclable #6 plastic, effective waste management, providing vegan and vegetarian options, purchasing clothing which is ethically sourced and environmentally-friendly, purchasing local and sustainable alcohol, fair trade coffee and tea, and local and/or organic foods.**

## **3 Article III: Membership**

**3.1 Membership for a club under the Students' Society of McGill University is open to all SSMU and PGSS members, including those of disadvantaged backgrounds, regardless of but not limited to gender, age, race, ethnic or national origin, religion, sexuality or sexual orientation, mental or physical abilities, language, or social class.**

**3.2 Only Students' Society of McGill University (SSMU) and Post Graduate Students' Society (PGSS) members are eligible to be elected as officers and to hold voting privileges.**

**3.3 Associated non-voting membership is open to all others.**

## **4 Article IV: The Founding Fathers**

*4.1 The Founding Fathers shall administer the Club and oversee its operations, events etc.*

*4.2 The Collective shall be composed of 7 members.*

*4.3 The Collective shall be nonhierarchical and operate by consensus.*

*4.4 Quorum for Collective meetings shall require at least 4 members of the Founding Fathers to be present.*

*4.5 Collective meetings shall be open to anyone, regardless of Club membership, but non-Collective members shall not take part in the decision-making process.*

*4.6 All decisions made by the Collective shall be subject to review by the Club membership at General Assemblies.*

## **5 Article V: Portfolios**

*5.1 The Founding Fathers shall assign the following tasks to its members on a case by case basis:*

For more information, please contact Enbal Singer, Interest Group Coordinator, at [igc@ssmu.mcgill.ca](mailto:igc@ssmu.mcgill.ca).



- *Coordination of the Club's funding and finances, including the preparation of biyearly audits for the SSMU.*
  - *Coordination of advertising the Club's events. Keeping track of important dates, event locations, transportation logistics, and any other preparation requirements.*
  - *Coordination of the Club's facebook page to ensure communication with members for upcoming events, specific workouts, sharing information about nutrition, training methodologies, and general powerlifting news.*
  - *Set up a Youtube page with footage of workouts and mock meets. Allowing members to analyze their lifts to perfect their technique.*
  - *Organization of the Club's physical resources and equipment. Look into possible rebates on bulk orders of equipment and ensure that all members submit their orders by a certain date to get the lowest price on shipping.*
  - *Act as a liaison between the SSMU VP Clubs and Services and the club*
- 5.2 *Facilitation and minute-taking at Collective meetings shall rotate between members of the Collective.*
- 5.3 *The duty of organizing club events shall be assigned to a Collective member on a case-by-case basis.*

## **6 Article VI: Fees**

### **7 Article VII: Finances**

- 7.1 **The Executive Committee or Collective shall examine the financial records, and prepare an audit, complete with records of all transactions and receipts, to be submitted to the SSMU at the end of each semester before May 31st of each year.**
- 7.2 **All club bank accounts must be kept at Scotiabank as subsections of the SSMU account**
- 7.2.1 **Each account must have a minimum of two and maximum of three signing officers**
- 7.2.2 **In order to receive funding of any kind from the SSMU, the club must have a Scotiabank account**

### **Article VIII: Meetings**

- 8.1 *There shall be a General Meeting held in October for the purpose of assigning new members to the Founding Fathers.*
- 8.2 *Members may volunteer to be Founding Fathers at this General Meeting. Assigning new Founding Fathers will be based on a vote taken by the current Founding Fathers.*
- 8.3 *Regular meetings shall be held throughout the fall and winter terms.*
- 8.4 *General Assemblies of the Club must take place at least twice per semester.*

## **9 Article IX: Electoral Procedures**

### **10 Article X: Affiliations**

- 10.1 *The Club is not affiliated with anyone.*

### **11 Article XI: Constitutional Amendment Procedure**

For more information, please contact Enbal Singer, Interest Group Coordinator, at [igc@ssmu.mcgill.ca](mailto:igc@ssmu.mcgill.ca).



- 11.1 Any member of the club may propose an amendment to the Constitution.**
- 11.2 *In order to amend the constitution at least four of the Founding Fathers must vote in favor of the proposed amendment at a General Meeting.***
- 11.3 All amendments shall be submitted to the Interest Group Coordinator, will be reviewed by the Interest Group Committee and ratified by the SSMU council before they take effect.**

**12 Article XII: Bylaws and Policies**

- 12.1 The club shall create and maintain bylaws that cover the operations of the club which are not specified in the Constitution.**
- 12.2 The club's bylaws shall not contravene the Constitution.**
- 12.3 The club by laws must be available to any member of the SSMU when and if requested.**

**13 Article XIII: SSMU Constitution, By-Laws and Policies**

- 13.1 In case of any inconsistencies between the Club Constitution and the SSMU Constitution and By-Laws, the SSMU Constitution By-Laws and Policies shall take effect.**
- 13.2 If there are any areas not covered in this Constitution, the SSMU Constitution, By-Laws and Policies shall take effect.**



## Part 3 of 3:

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# MEMBER LIST

### *Interim Status Club Application*

Please verify that you have at least ten interested members.

*Please note that you must submit the names and contact information for at least 25 members to be granted full status.*

	<b>Name</b>	<b>Student Number</b>	<b>E-Mail Address</b>	<b>Phone number</b>
1	Adam Santorelli	260158256	Adam.santorelli@mail.mcgill.ca	514-651-1451
2	Naomi Graham	260479700	naomi.graham@mail.mcgill.ca	514-742-5132
3	Zachary Morrow	260352999	zachary.morrow@mail.mcgill.ca	514-919-1262
4	Nicole Davies	206593351	nicole.davies@mail.mcgill.ca	514-226-8010
5	Peter Batory-Bernardin	260554198	Peter.bernardin@gmail.com	514-467-6332
6	Jason Dellatolla	260532739	jason.dellatolla@mail.mcgill.ca	514-804-3576
7	Xin Di Dong	260480899	Xin.dong@mail.mcgill.ca	514-222-2552
8	Carl Majdalani	260529489	Carl.majdalani@mail.mcgill.ca	514-718-8132
9	Edvin Sava	260585216	Edvin.sava@mail.mcgill.ca	
10	Julian Santorelli	260378898	Julian.santorelli@mail.mcgill.ca	514-572-7710

For more information, please contact Enbal Singer, Interest Group Coordinator, at  
[igc@ssmu.mcgill.ca](mailto:igc@ssmu.mcgill.ca).