

Subject: 2015 Minnesota State Report

Date: September 4, 2015



Dear Members of MN USA Powerlifting,

This report is being sent to all current state members as well as those who were recent members. The purpose of this report is to share what is going on right now including some exciting changes that are occurring with USA Powerlifting in Minnesota. Our state and national membership continues to grow at an unprecedented rate which has brought our member numbers to all-time highs. This is a great trend but it brings with it some logistical and infrastructure challenges that we are currently trying to overcome. As the state chair for Minnesota, it is my responsibility to see to it that the events in our state reach or exceed the level of quality expected at all USA Powerlifting events across the country. I also consider it my responsibility to ensure that we offer enough events (and in different regions of the state) so that everyone who wants to compete has an opportunity to do so. This report will discuss the following: 1) current membership numbers; 2) new Minnesota USA Powerlifting state website, Facebook page, and Twitter account; 3) new events in the state; and 4) information about how to get involved as a referee and/or staff member at a meet.

Member Numbers

The membership in USA Powerlifting continues to grow on a scale not seen before. The growth is apparent in all segments of the lifting population (i.e., men and women, young and old) and USA Powerlifting is larger now than in any time since its founding in 1981. USA Powerlifting remains the largest powerlifting organization in the U.S. with members in all 50 states and is one of the largest powerlifting organizations in the world. The USA Powerlifting total national membership in 2014 was 8,371. As of August 31 of this year, we have 8,818 members which exceeds last year's *total* membership. Conservative projections indicate we will finish the year with 10,000 - 11,000 members. For a comparison, in 2011, we had a total of 4,456 members. The member numbers in Minnesota have mirrored the national trend. In 2014, the number of USA Powerlifting members in our state was 215. As of August 31, we have 285 members which ranks us as the 14th largest state in terms of membership. Minnesota is on track to break 300 members by the end of the year. There are theories regarding this huge surge in growth and it is unlikely that any one single factor is responsible. While a discussion on the cause(s) of our recent growth is beyond the scope of this report, it suffices to say that we are growing rapidly and that growth requires us to adapt quickly to meet the demands while maintaining the quality that has come to be expected of our events in addition to upholding the drug-free mission upon which USA Powerlifting was founded.

New MN State Website, Facebook Page, and Twitter Account

New Website. I am happy to announce that, as of today, our new Minnesota USA Powerlifting state website and Facebook pages are live. With the help of one of our members (who wishes to remain anonymous), I have developed a new website that is entirely devoted to the needs of members of USA Powerlifting in Minnesota. This website is exclusively dedicated to matters relating to USA Powerlifting. Our state has been without a dedicated USA Powerlifting website for many years and the recent growth in our organization necessitates having a website dedicated solely to USA Powerlifting in our state. It is important to note that for many years, Brad Madvig did all of the work in building and maintaining a USA Powerlifting state website for Minnesota complete with a calendar of events, past results, records, and other features. That website has gradually evolved into a more general powerlifting and strength sport website so I have decided to create and manage a new site that is specific to USA Powerlifting in Minnesota. Please join me in thanking Brad Madvig for his countless hours of thankless work over the years in building and maintaining a state website. Many of the records and results on the new website would not be possible were it not for Brad's tireless work in preserving them over the years.

It is my hope that the new website will have all of the necessary information and resources for members of USA Powerlifting in Minnesota. As the state chair, I will maintain the website. My main goal is to provide up-to-date, accurate, and useful information related to USA Powerlifting in Minnesota for all members. As our membership grows and we continue to have more newcomers to USA Powerlifting, it is increasingly important to have a dedicated online

resource that serves as one-stop-shopping for information about USA Powerlifting in our state. It is my hope that the new website is equally beneficial to newcomers and veterans alike. I view the new website as a work in progress and expect it to continually evolve based on the needs of the members. I am asking that you the members share with me your thoughts and opinions (good and bad) about the new website so that I might work to enhance it over time. I cannot promise that every single recommendation will be acted upon (I don't think everyone will ever agree that the website is perfect nor can it be everything to everyone), but I do promise to listen to and consider all feedback. I have spent quite a bit of time thinking about what our members want in a state website in terms of information/features. I have also reviewed every other state website in USA Powerlifting (of those that are current) in an attempt to determine what might be useful on our state website. I hope you find this new website and its contents useful. Please visit the link below to see our new state website for USA Powerlifting of Minnesota:

www.usaplmn.com

New Facebook Page. The story behind our new Facebook page is much the same as our new website as described above. Minnesota now has a dedicated Facebook page for USA Powerlifting matters in the state and can be found here:

<https://www.facebook.com/groups/359921097471140/>

As with the new website, I will, in the capacity of state chairman, maintain and monitor the new Facebook page. The degree to which the new Facebook page is used (and for what purposes) is up to you, the members. As the page administrator, you can consider anything posted by me to be official information related to USA Powerlifting in Minnesota. I cannot vouch for the accuracy of information provided by others but I will regularly monitor the page and attempt to correct any errors or misinformation I see. It is my intention to use this social media venue to: 1) reach members who may not regularly check the website or their email, 2) create a forum in which questions can be answered quickly, and 3) foster constructive discussions among USA Powerlifting members in Minnesota. Initially, the settings will allow anyone on Facebook to see the page and post on it (i.e., it will be public). The settings will remain this way unless there is a need to change them (e.g., abuse, spam, etc.).

Twitter. This is not new for USA Powerlifting of Minnesota but many members (new and old) might be unaware of its existence. The official Twitter feed for USA Powerlifting of Minnesota is:

<https://twitter.com/USAPLMN>

The Twitter feed for Minnesota (USAPLMN) is maintained by Angela Simons who is my predecessor as USA Powerlifting Minnesota state chair and currently serves as the Secretary of USA Powerlifting. Anything posted on the state Twitter feed can be considered official USA Powerlifting information.

New Events in Minnesota

As our state membership grows, it is important to offer a sufficient number of contests in the state every year and to venture into new regions of the state. Between 2009-2013, we had three contests in the state every year (MN State, Twin Ports Raw Open, and Twin Cities Open). In 2014, the MN Senior State contest was added. I am happy to say that we have added two new contests to our calendar in 2015. On September 26, Mike Sampson will run the Solcana Beginners Meet in Minneapolis. As the name implies, this meet is geared toward beginners looking to participate in their first meet. The meet is now full but those interested in getting their name on the waiting list can contact the meet director. The Noonan Barbell Raw Open is the second new meet for 2015 and will take place in Alexandria on October 10 (Steve Reishus is the meet director). This event will be capped at 40 lifters. As of today (September 4), there are 24 lifters entered. If you are interested in lifting at this meet, you are urged to submit your entry and payment as soon as possible because this meet is likely to fill quickly. This gives us a total of six meets in the state in 2015. In 2016, I am looking to add another two new meets in the spring. I am close to finalizing a new meet to take place in Rochester in April. Also, I hope to create the first-ever MN State High School Championship in February/March. When more information is available on these new meets, it will be provided on the state website. I know each of the meet directors for these new events and I have full confidence that they will put on the highest quality events. I think the addition of these new meets

is a good start in terms of creating more opportunities for our growing membership. As it stands now, we might be looking at eight USAPL contests in 2016 which I believe is quite manageable. While I am not aware of any other new contests on the horizon, I am open to exploring more new events and I think we can handle more (particularly in new regions like the western part of the state). If you (or someone you know) is interested in hosting a meet in Minnesota, please contact me so we can discuss the possibilities. With the exception of the warmup equipment, I can personally supply and transport (free of charge) whatever equipment is needed to run a meet.

Getting Involved

As our membership continues to grow, it is crucial that we also grow the support staff that make these events happen. More members means more meets and that requires more help. Every meet needs referees, spotters/loaders, and scoring table staff. If you are interested in becoming a USAPL referee, please visit this link:

<http://www.usaplmn.com/wp-content/uploads/2015/07/Minnesota-USAPL-Referee-Information-8-15.pdf>

If you want to offer your help at a meet but do not know how to get involved, please contact me or the meet director of the event at which you want to help. Being a member does not mean you are required to help nor should you feel obligated to do so. However, I ask all members to at least consider volunteering at an event because we cannot continue to put on meets without the help of volunteers. One thing is certain: We will need more volunteers helping as our meets grow larger and more numerous. I would like to take this opportunity to thank all of those who volunteer (some of whom have been doing so for many years). I am continually amazed at the generosity and selflessness of many of our members who give up large portions of their days to come and help at our meets. It is not easy work but I promise you that the members and meet directors are extremely appreciative of the assistance provided by our volunteers. Again, for those not yet involved, please consider volunteering to enable us to continue putting on great events.

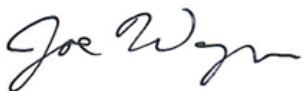
In Closing

The current state of USA Powerlifting nationally and within Minnesota is very strong. The first three events of the year have each been two-platform affairs with two of the meets exceeding 100 lifters. While it predates my time in the state, I do not think we have had two-platform meets since the early 1990s nor have we had 100-plus lifter meets in at least 20 years. This is a reflection of the major growth we are currently seeing in USA Powerlifting. With this growth comes the need for more events and more help to make the events happen. We are currently adding more meets and my hope is that we will have a concomitant increase in the number of people willing to volunteer their time at these events to work as referees, spotters/loaders, and scoring table staff. As of today, the new state website and Facebook page are live. Please take advantage of these new online resources and let me know if you have suggestions on how to improve them. In my role as state chair, I serve at the pleasure of you, the members. Please let me be a resource for you and please feel free to contact me at any time for any reason. As I wrap up this report, I would like to make everyone aware of the significance of this day. On September 4, 1965, the first official senior national powerlifting championship took place in York, Pennsylvania. To commemorate this event, I have written an article chronicling the history of our great sport. I think it is important to preserve our history. I also think it is important that we know where we came from and how we got to where we are today. For those interested, the article can be accessed at the link below:

<http://www.usaplmn.com/wp-content/uploads/2014/04/History-of-Powerlifting-Warpeha-9-4-15.pdf>

Thank you all for your support of USA Powerlifting of Minnesota.

Sincerely,



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