

January 1, 2017

Dear Members of USA Powerlifting of Minnesota,

Every three years, each state is required to have an election for the position of state chair. My three-year term is coming to an end and I am seeking another term as your state chair. The responsibilities of a state chair are as follows: approve meet sanctions, attend all meets in the state, assist meet directors in organizing events (securing meet staff/officials and equipment, etc.) and fulfilling all responsibilities related to directing a meet, encourage state members to become involved beyond simply competing (volunteering to help at meets, becoming a referee, becoming a meet director, etc.), maintain state records, facilitate educational events (e.g., USA Powerlifting coaching certification course), and attempt to resolve disputes among members in the state.

I have been the MN state chair since 2009 (with a one-year hiatus between 2011-2012). My goal has always been, first and foremost, to promote the mission of USA Powerlifting: To provide powerlifting competition of uniform high quality which is drug tested and available to all athletes who meet the criteria for membership throughout the United States. I believe I have succeeded in promoting that mission as well as satisfactorily performing all duties expected of a state chair. It has always been my desire to make Minnesota the model for how a state in USA Powerlifting should function and I believe we have made great strides toward that goal.

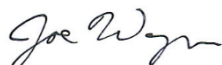
As many of you know, our membership has exploded in the past several years. The year before I took over as state chair (2008), we had a total state membership of 58 lifters. In 2016, we had 536 lifters. While I cannot take credit for the unprecedented increase in membership (this was seen all across the U.S.), it was my job to recognize the trend and accommodate all of our new members by helping to facilitate the creation of new events (many in new regions of the state). In 2008, we had two events in the state for the whole year. Over the years, we have added events (and meet directors) to keep up with the demand and, in 2016, we had 9 events (many reaching capacity months in advance). In 2017, we are on track to have at least 12 events including being the host of the 2017 Central Regional Championship.

My decisions are based on current needs, anticipation of future trends, and the feelings of the collective state membership. I try to get a sense of the collective feelings of our members via our state Facebook page, the occasional survey sent to all state members, and the many conversations I have with members at our events. I am a strategist and I am always trying to figure out the next moves that will most benefit our state as we navigate this golden age of powerlifting where the popularity of our 50-year-old sport is at a historical high. There are challenges that come with such rapid growth, foremost among them being the logistical issues associated with so many events (in 2017, we will average about a meet per month). Securing meet venues and getting enough referees and meet staff (spotters, loaders, scoring table personnel) have been a challenge but I think we have risen to that challenge and are keeping up with the demand.

As some of you know, I hold several elected positions within USA Powerlifting. I am in my second term on the Executive Committee (the 10-person board of directors that oversees our 15,000-member organization). I have served as the Chair of USA Powerlifting's Raw Committee since 2010; this committee has become much busier as raw lifting continues to enjoy such national and worldwide popularity. Finally, I continue to serve as your state chair. Some of the positions I hold are quite desirable due to the power and prestige that come with them. Regarding my multiple positions, I can say this: If a rule is passed tomorrow that each member can only hold one position in the organization, I would choose (without hesitation) to be the Minnesota state chair and relinquish my other positions. It gives me great satisfaction to be part of the greatest state in powerlifting. We have something very special in Minnesota and our story (and solid foundation) goes back to the days of the Minnesota chapter of the American Drug-Free Powerlifting Association (ADFPA) in the 1980s and 1990s. I would be honored to continue serving the members of USA Powerlifting of Minnesota for another three years.

Thank you for your consideration. You will find my USA Powerlifting bio/resume for review on the next page.

Sincerely,



Joe Warpeha

USA Powerlifting MN State Chair

Joe Warpeha - USA Powerlifting Bio

Personal and Professional Information

- Hometown: Esko, Minnesota (Duluth area)
- Age: 40
- Occupation: College Professor
 - Department of Exercise Physiology, College of St. Scholastica (Duluth, MN)
- Education: Doctor of Philosophy (PhD) in Kinesiology (emphasis in exercise physiology)
 - University of Minnesota (Minneapolis, MN)
- Faculty Bio: <http://www.css.edu/graduate/masters-doctoral-and-professional-programs/areas-of-study/ms-exercise-physiology/faculty-and-staff.html>

USA Powerlifting (USAPL) Involvement

- Member, USAPL (1999 - Present)
- Non-officer member, USAPL Executive Committee (June, 2012 - Present)
- USAPL Minnesota state chair (January, 2009 – May, 2011; May, 2012 - Present)
 - attended every USAPL National Governing Board (NGB) meeting while MN state chair in order to represent the membership of MN USAPL
 - attended every MN USAPL event (and Hudson meet) since 2006 [50 meets as of January, 2017]
 - created and manage MN USAPL state website: <http://www.usaplmn.com>
 - created and manage MN USAPL Facebook page: <https://www.facebook.com/groups/359921097471140/>
 - manage and maintain all MN USAPL state records
- USAPL Raw Committee chair (June, 2010 - Present)
- Member, USAPL Technical Committee (April, 2016 – Present)
- Certified USAPL/IPF referee (September, 2006 - present)
 - current rank: IPF category 1 international referee
 - served as technical secretary for:
 - 2014 Masters Nationals
 - 2015 High School Nationals
 - 2016 Raw Nationals (co-technical secretary)
 - served as platform referee (or jury member) at:
 - 4 IPF world powerlifting championships (Raw, Jr/SubJr, Masters, Open)
 - 3 NAPF regional powerlifting championships
 - 18 USAPL national powerlifting championships
 - served in official capacity (other than platform referee or jury member) at 3 national and international level events
 - served in some capacity (referee, spotter/loader, gave referee exam, drug testing) at 53 USAPL state/local meets
 - recipient of USAPL's 2015 Referee of the Year Award
- Certified USAPL Senior National Coach
- Custodian of the USAPL Technical Rules Manual (2009 - 2015)
- Meet founder/director – USAPL Twin Ports Raw Open (June, 2009 - Present)
- Personally own all equipment required to run USA Powerlifting meets including:
 - bars (Eleiko, Ivanko, and Q-bar) and kilogram discs and collars (Ivanko)
 - ER bench/squat combo rack with bench safety racks
- Performed over 200 drug tests (in-meet and out-of-meet) at USAPL state/local and national meets
- Coached lifters at state/local, national, and world championships
- Authored history of powerlifting article ([click here](#) to read article)