

Utah State University Powerlifting Club Constitution

The USU Powerlifting Club exists to provide a community of students who lift at USU. The club runs under the Club Sports program within Utah State's Campus Recreation Department.

Purpose

The purpose of the powerlifting club is to support competitive lifters at an intercollegiate level. Through the club, USU students have a community they can engage with outside of academics.

Membership

- Club members are required to be full time students at Utah State and maintain an average GPA of 2.0 or higher.
- Club members represent USU and must conduct themselves appropriately. As listed in the Club Sports Manual, club members should not partake of drugs, tobacco or alcohol while representing the university. Additionally, members must conduct themselves in a respectful manner while using the club facilities (Evo Training Center) and while competing and/or traveling.
- While club members have the choice of which federation they compete under, they must adhere to all rules established by that federation (USAPL, PLU, USPA, APA).
- Club membership includes access to competition grade equipment at Evo Training Center located in North Logan.
 - The club runs on a semester basis, where club members must renew their membership each semester they plan to participate in the club.
 - As of Spring Semester 2025, club dues are \$250 for new members and \$200 for returning members.
- Members are required to participate in a fundraising event and a service project each semester. Club members competing at Collegiate Nationals are encouraged to participate in more than 1 fundraising event per semester.

Communication and Social Media

- Our club's main line of communication is through Slack. There we post practice reminders, announcements and other important details.
- Additional information about competitions, coaching, commands/lifting tips are all found on our teams resource sheet. (only current club members have access to this)
- Through our social media, we keep semester practices updated and inform of upcoming meets. (@usupowerlifting)

Officers

Currently our club has three officer roles. Each officer is tasked with different responsibilities but come together collaboratively to make decisions for the club. Each officer attends training held by campus recreation and participates in the club allocation meeting at the end of spring semester.

- President
 - Runs practice
 - Main communicator with Campus Rec and Evo Training Center
- Vice President
 - In charge of fundraising, budgeting, and team finances.
- Social Officer
 - Helps organize events
 - Runs social media

Officers work together to plan travel to meets including flights, driving, lodging, etc.

Practice

Practice takes place once a week at Evo Training Center in North Logan. Practice is Tuesday nights at 8pm and attendance is taken. It is mandatory for club members to come to practice, unless excused by an officer.

- Lifting at practice is not required, as each member likely has different training plans.

Competitions

- Club members are encouraged to compete at least once per semester.
- Club members are able to compete for the federation of their choosing, however, competing for USAPL or PLU are strongly encouraged.
- Club members are responsible for covering the cost of federation membership and competition registration.
- It is the club's goal to send 6-10 members to USAPL Collegiate Nationals.
 - The club will fundraise to send members to collegiate nationals, but all remaining costs will be the members responsibility to cover.
 - Club members must qualify if they wish to compete and travel at Collegiate Nationals. Qualifying totals can be found here:
<https://www.usapowerlifting.com/lifters-corner/qualifying-totals/>