

IOWA LOCAL WEIGHTLIFTING COMMITTEE

BY-LAWS

Revised: 12-1-2016

Adopted: 12-3-2016

ARTICLE I - PURPOSE

The Mission of Iowa Weightlifting is to develop Weightlifting in Iowa to identify and train athletes leading to Olympic Games and World Championship Gold medals and improve the positive Weightlifting experience for those not focused on Olympic and Worlds Medals.

ARTICLE II - STRUCTURE

The structure shall duplicate the USAW structure as closely as possible. By-Laws, guidelines, and rules of the USAW shall be adhered to when and where it is applicable.

ARTICLE III - MEMBERSHIP

Members shall consist of all those individuals and organizations currently registered through the Iowa LWC with the USAW. Each member is entitled to one vote.

ARTICLE IV - BOARD OF DIRECTORS (OFFICERS)

Sec. 1 The BOD of the LWC shall consist of President, Vice President (and Registration Chairman), Secretary, Treasurer, and Athlete Representatives in proportion to the membership such that one for up to 50, two for 51-100, and 3 for over 100 members.

Sec. 2 The BOD shall be elected for two year terms in even numbered years by the membership at the annual meeting.

Sec. 3 The BOD shall conduct the business of the committee between meetings.

ARTICLE V -SUBCOMMITTEES

The board may appoint sub committees as necessary to fulfill the responsibilities of the committee.

ARTICLE VI - MEETINGS

Sec. 1 An annual meeting shall take place in January or concurrent with the LWC Championship or during the same month of said championship.

Sec. 2 Special meetings may be called by the President, a majority of the officers, or a 1/3 vote of the membership for any purpose upon reasonable notice.


Sec. 3 A quorum consists of those voting members who are present at the meeting or have provided proxies for said meeting.

CERTIFICATION

I, the undersigned, do hereby certify:

THAT I am the duly elected and acting Secretary of the Iowa Local Weightlifting Committee, and,

THAT the foregoing By-Laws constitute the B-Laws of said committee, as duly adopted unanimously by the Board of Directors, present in person or by proxy at the special meeting of the Board of Directors thereof, held on December 3, 2016.



Eric Tooker, Secretary

Dated this Third day of December, 2016.