**The Constitution**

**of**

**Grand Valley Strength Club**

**How to Read:**

**Article # and title**

Article subsection heading

1.1.1 (Article #. Article subsection #. Entry #): followed by entry description

A1.1 (Amendment #) followed by description of amendment

**Example Amendment section**

1.1 (1.1.1): amendment #, # of the article being amended, description of amendment.

We the people of the Strength Club form our club in order to have an opportunity to join together and excel in our fitness, and to do so within a safe and educational environment. This club is formed to promote good workout habits and positive physical fitness.

**Article 1 Name:**

The name of this organization shall be, Strength Club. For promotional means and athletic wear the team will go by GVSU Strength Club.

**Article 2 Purpose:**

The purpose of this team is to provide those who strive to compete in Olympic Weightlifting,

Powerlifting, and CrossFit a place and opportunity to do so. Our members will be given the opportunity to share their knowledge and ability with other members. This team is for those who train at a competitive level and want to have the people and facilities to do so in a safe and beneficial environment.

**Article 3 Affiliations:**

The Strength Club is affiliated with Grand Valley State University

**Article 4 Membership:**

**Section One: General Membership**

4.1.1 The general membership of Strength Club shall consist of any interested student currently

enrolled at GVSU with no outstanding debts to the club and abides by all the club’s rules. It is the policy of GVSU and the GV Strength Club that no person shall be discriminated against on the basis of age, color, disability, familial status, height, marital status, national origin, political affiliation, race, religion, sex/gender, sexual orientation, gender identity and expression, veteran status, or weight.

4.1.2 Membership Clause: Every person interested in becoming a member will be asked to attend at least two training sessions when practice times are posted, so that officers can determine if their membership will be accepted.

4.1.3 Club membership is open to all who have attended two training sessions and still wish to become a paying member.

4.1.3 No membership will be valid unless a liability waiver and contract of behavior and safety is

signed

**Section Two: Dues and Fees**

4.2.1 A membership fee will be due from all members at the beginning of each fall and winter semester. All dues collected will be used for purchase of equipment, competition fees and other expenses for the betterment of the club.

A1.3 Membership fee will be determined and approved by proposal and subsequent majority vote of the E-Board members.

4.2.2 Officers may increase membership fees to a reasonable amount based on the needs of the club

4.2.2.a To increase membership fees, Officers must have a 2/3 vote in favor of the proposed increase. The Financial Officer must vote in favor for the vote to pass

4.2.3 Officers will announce the amount and date that the membership fee is due no less than a week before the fee is due

4.2.3a Members who pay the fees late will be subject to a reasonable punishment emplaced on them by a majority vote from the Executive Board

4.2.4 Any person not in good standing with the club or with outstanding debts to the club will be

ineligible to receive club apparel, use club equipment and benefit from club functions

4.2.5 Members are only eligible for competition funding and apparel if they make regular attendance at practices and have paid dues within the first week of the semester as determined by majority vote of the Executive Board

4.2.5a Exceptions to this may be made by a unanimous vote by the Executive Board

**Article 5 Executive Board:**

Section One: Description

5.1.1 The Executive Board shall consist of five (5) core members: President, Vice President, Financial Officer, Risk Management Officer, and Public Relations officer as defined by the club sports handbook.

5.1.1.a All Executive board members are also considered Officers of the club

5.1.2 In addition to the 5 core members, the club may also elect members for the positions of Secretary and Fundraising Coordinator from general club membership.

Section Two: Qualification

5.2.1 Each officer must be registered for at least six semester hours of credit at GVSU.

5.2.2 Each officer must carry a 2.5 cumulative GPA and be in good academic standing with the

University.

Section Three: Elections

5.3.1 The officers shall be nominated by the Executive Board and the general membership.

5.3.2 The officers shall be elected by majority vote of all members.

5.3.3 At the end of each term any member has the opportunity to be nominated to run for any position.

5.3.3a Executive board will coordinate elections for the upcoming term at least three weeks before final exam week in winter semester

A1.2 If circumstances determine that club is unable to be held for a portion or all of a fall or winter semester, it will be up to the discretion of the E-Board whether the new round of elections typically associated with the end of a semester will be held as normal, or if the elections will be delayed to the following semester. The decision will be determined by a majority vote of current E-Board members.

5.3.4 All members should be made aware of all open positions

5.3.5 If an officer cannot finish their term, an election will be held immediately to fill the position

Section four: Other Positions

5.4.1 Other Executive Board and officer positions can be created by the President if deemed

necessary for the club

5.4.1a Any position created should be confirmed with a 2/3 vote by all Executive Board

Members

5.4.1b Duties of any position created must be clearly defined in the Club Board Duties document.

5.4.1c All positions created will follow election guidelines from section 5.3 and qualification guidelines from section 5.2

**Article 6 Executive Board Responsibilities:**

6.1 The roles and responsibilities of the five core members of the Executive Board, as well as the two additional positions of Secretary and Fundraising Coordinator, will be listed in their entirety in the “Duties of the Officers” document stored in the club drive.

6.2 The roles and responsibilities of the five core members of the Executive Board will include, at a minimum, the items listed in the “Responsibilities of Club Officers” section of the club sports handbook.

6.3 The “Duties of the Officers” document will be made available for viewing upon request of any club member.

6.4 Edits to the “Duties of the Officers” document can be made by proposal and subsequent majority vote of Executive Board members.

**Article 7 Advisor:**

7.1.1 The Advisor(s) of the Strength Club shall be chosen by Personal Reference. Each advisor shall serve his/her term from beginning of fall semester to end of winter semester

7.1.2 There are no term limits for advisors

7.1.3 Advisors can be appointed or removed with a 2/3 vote from the Executive Board

**Article 8 Meeting Guidelines:**

Section One: Meetings

8.1.1 The first general meeting in the each semester shall be held within the first three weeks of each fall and winter semester

8.1.2 General meetings shall be held as often as necessary to discuss important topics and concerns for the club

8.1.2a Officers shall coordinate meetings. All members are welcome to attend general

Meetings

8.1.3. A meeting should be held at the end of each semester to address the financial position of the club. The Financial Officer should give the objective financial report to the board.

**Article 9 Impeachment:**

9.1.1 Officers can be impeached if it is found they are consistently not performing their duties to the best of their abilities and have not followed the rules and Constitution of the club

9.1.2 To impeach an officer, a 3/4 vote from other officers must vote in favor of impeachment

9.1.3 After a trial in in front of the general membership, a greater than 3/4 vote of the members is necessary for conviction

9.1.3a If convicted, immediate removal from their position is required. After conviction, the general membership may also choose to bar the convict from holding any club position in the future with a ¾ vote

**Article 10 Dissolving of Team**

10.1.1 In the case of team disbandment all funds will be donated to the Wounded Warrior Project

10.1.2 All equipment purchased by funding from the club will be put up for auction that members of the Strength Club and alumni that are in good standing with the club can bid on in the case of

dissolution. Any unsold equipment will be donated to GVSU Club Sports.

**Article 11 Coaches**

11.1.1 Should the club choose to hire a coach, the coach must possess a valid certificate or license in a training method used by the club.

A1.1 Coaches who do not possess a valid certificate or license may substitute this for four full semesters of membership in the club, and will be referred to as “Amendment 1 coaches”.

A1.1a Amendment 1 coaches must also have completed at least two competitions with the club

A1.1b Amendment 1 coaches must have also completed 50 hours of coaching apprenticeship and 50 hours of supervised coaching by a certified trainer in a training method used by the club

A1.1b.1 All hours must be accurately documented with the details of each session of apprenticeship recorded. The coach that hosted the apprentice should sign the apprenticeship records, provide their contact information, and be willing to talk about the apprentice’s performance and abilities with the Executive Board

A1.1b.2 Upon application, the apprenticeship records should be given to the executive board for review. The Executive Board should appropriately store the records once in their possession

A1.1c Amendment 1 coaches must be appointed by the President and approved with a unanimous vote by all officers

A1.1d The performance of Amendment 1 coaches must be reviewed at least twice per semester by the Executive Board

A1.1e Amendment 1 coaches are subject to articles 11.1.3, 11.1.4, 11.1.6, 11.1.7, 11.1.8, 11.1.9

A1.1f Amendment 1 coaches are not eligible to receive any form of compensation

A1.1g Amendment 1 coaches must be in good standing with the club and have no outstanding debts to the club

11.1.2 GV Strength Club Coaches will be appointed by the President and approved with a 2/3

vote from the officers

11.1.3 The Executive Board will vote to renew or adjust the coaches contract, including hours and rate of compensation, in accordance with club sports on an annual basis.

11.1.3a The final decision will be reached via a unanimous vote from the Executive Board and approval from Club Sports.

11.1.4 GV Strength Club Coaches will have no maximum term limits

11.1.5 GV Strength Club Coaches may be compensated for their coaching services at a rate

determined by the Executive Board in cooperation with club sports

11.1.5a The rate of compensation for a GV Strength Club Coach shall be confirmed by a

unanimous vote of all officers

11.1.5b All club members shall be made aware of the rate the coach is

Compensated upon request of this information

11.1.5c Performance reviews may be conducted by the Executive Board as frequently as biweekly as required by Club Sports.

11.1.6 Coaches who participate in workouts during practice and/or compete with the club will not be eligible to receive any compensation for their coaching services

11.1.7 All GV Strength Club Coaches are exempt from paying membership fees

11.1.8 The duties of the coaches should be clearly defined by the officers

11.1.9 Coaches should attend meetings, practices, and other club events as dictated by their contract with Club Sports

**Article 12 Additional**

12.1.1 All officers shall have a detailed knowledge of all internal controls for the club

12.1.2 All officers must follow all internal controls and ensure all controls are in place, working properly and being followed by all members and coaches

12.1.3 All members and coaches must follow all US federal, state and local laws at all times as well as the GVSU Student Code and the GVSU Club Sports Handbook

12.1.4 All members and coaches must be familiar with the club rules and the club constitution and follow them at all times

12.1.4a If it is found a member is not following the club rules or constitution the Executive Board can emplace reasonable disciplinary measures with a vote of ⅔

12.1.5 The Executive Board may expel any general member from the club with a unanimous vote if they are not following the club rules or constitution

12.1.6 To amend the constitution, an amendment proposal must be voted in favor by a ¾ majority by all officers

12.1.6a An Executive Board member must propose the amendment at a general meeting to be discussed by the officers and general membership

12.1.6b All amendments must be added onto the constitution in the Amendments section

12.1.6c All sections prior to the Amendments section of the constitution shall be left untouched

12.1.7 There should not be more than 35 people in the ICA Weight Room at once as mandated by the school policy.

12.1.8 If the club has more than the capacity of the ICA Weight Room there should be tryouts held for the club

12.1.8a The tryout process will be determined by the Executive Board

12.1.8b The tryout process should be designed to evaluate the potential ability of the applicants to fulfill the club’s purpose and the mindset of the applicants

12.1.9 Two members of the club must be trained in First Aid/CPR/AED, one of who must be an officer.

12.1.10 The Borrowing of Club owned Equipment will be permitted under the following

stipulations:

A) Borrowing individual is a paying member of the club

B) Equipment is determined to be unessential for day to day practice sessions by overseeing and co-signing E-Board member

C) Associated forms (Equipment Request Form and Equipment Checkout Form) are filled out with appropriate signatures

12.1.10 Upon end of term as president or graduation, the president may appoint a co-president position lasting one semester, which will allow an individual elected by majority vote of the club members to study under the previous president before assuming full presidency the following semester.

**Amendments**

1.1 (11.1.1) Coaches can substitute a valid coaching certificate or license with four full semesters of active membership in the Club

1.1a Amendment 1 coaches must also have completed at least two competitions with the club

1.1b Amendment 1 coaches must have also completed 50 hours of coaching apprenticeship and 50 hours of supervised coaching by a certified trainer in a training method used by the club

1.1b.1 All hours must be accurately documented with the details of each session of apprenticeship recorded. The coach that hosted the apprentice should sign the apprenticeship records, provide their contact information, and be willing to talk about the apprentice’s performance and abilities with the Executive Board

1.1b.2 Upon application, the apprenticeship records should be given to the executive board for review. The Executive Board should appropriately store the records once in their possession

1.1c Amendment 1 coaches must be appointed by the President and approved with a

unanimous vote by all officers

1.1d The performance of Amendment 1 coaches must be reviewed at least twice per

semester by the Executive Board

1.1e Amendment 1 coaches are subject to articles 11.1.3, 11.1.4, 11.1.6, 11.1.7, 11.1.8,

11.1.9

1.1f Amendment 1 coaches are not eligible to receive any form of compensation

1.1g Amendment 1 coaches must be in good standing with the club and have no outstanding debts to the club

1.2 (5.3.3b) If circumstances determine that club is unable to be held for a portion or all of a fall or winter semester, it will be up to the discretion of the E-Board whether the new round of elections typically associated with the end of a semester will be held as normal, or if the elections will be delayed to the following semester. The decision will be determined by a majority vote of current E-Board members.

1.3 (4.2.1a) Membership fee will be determined and approved by proposal and subsequent majority vote of the E-Board members.