The Constitution of the Strength Club

We the people of the Strength Club form our club 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 GV Strength Club or 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, CrossFit Lake Effect, and USAPL.

# 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 clubs rules. It is the policy of GVSU and the GV Strength Club that no person 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 shall be discriminated against.

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 and made available for officers to determine if their membership will be accepted.

4.1.3 New members are accepted into the club with a majority vote from the executive board

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 of no less than $100.00 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.

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 as determined by the club 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 four (4) core members: President, Vice President, Financial Officer and Risk Management Officer.

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

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 The officers shall serve one term and no longer than 3 terms in the same position.

5.3.3a One term is defined as one full fall semester and one full winter semester.

5.3.4 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.

5.3.5 All members should be made aware of all open positions.

5.3.6 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.

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:

Article Six: Executive Board Responsibilities

**Section One: President**

6.1.1 Preside at all meetings, practices and other Strength Club events

6.1.2 Create an agenda and plan for organization and oversee the duties of other officers

6.1.3 Ensure the safety and well-being of all members while under club supervision

6.1.4 Work with other officers to create and move towards the goals of the club

**Section Two: Vice President**

6.2.1 Address any duties deemed necessary by the organization and/or the President.

6.2.2 Perform the duties of the President in his/her absence.

6.2.3 Work with other officers to organize equipment purchases, apparel, competitions and perform other duties

6.2.4 Coordinate recruiting

6.2.5 Regularly attend all meetings, practices and other Strength Club events

6.2.6 Work with other officers to create and move towards the goals of the club

**Section Three: V.P. of Risk Management & Internal Controls**

6.3.1 Perform the duties of the President in the absence of the President and Vice President.

6.3.2 Responsible for recording and maintaining a record of board minutes at each meeting

6.3.3 Responsible for minimizing the risk of the club’s environments

6.3.4 Responsible for planning all travel

6.3.5 Ensure all participants sign a club contract and a liability waiver

6.3.6a Keep accurate records of all contracts and waivers

6.3.6b Liability waivers should be signed by all people before participation in any way in a club related event, workout, or activity

6.3.6 Regularly attend all meetings, practices and other Strength Club events

6.3.7 Work with other officers to create and move towards the goals of the club

**Section Four: V.P. of Finance**

6.4.1 Keep accurate and detailed records of all Club finances and assets

6.4.2 Create and maintain a budget for each semester

6.4.3 Keep officers updated on all financial changes in the club

6.4.4 Regularly attend all meetings, practices and other Strength Club events

6.4.5 Work with other officers to create and move towards the goals of the club

**Section Five: Additional Requirements**

6.5.1 At least one of the officers should be certified in First Aid/ CPR / ADE

6.5.2 All Executive Board members must follow the Strength Club Internal Controls and ensure the internal controls are being followed by everyone in the club

**Section Six: V.P. of Fundraising & External Controls**

6.6.1 Creates and facilitates fundraisers with other e-board members to benefit funding for the clubs purchases.

6.6.2 Make official club announcements as permitted by the president on group text and email

6.6.3 Assist in finding competitions with the president and vice president

6.6.4 Regularly attend all meetings, practices and other Strength Club events

6.6.5 Work with other officers to create and move towards the goals of the club

**Section Seven: V.P. of Marketing & Media**

6.7.1 Creates content & promotes the club on Facebook and Instagram

6.7.2 Post and repost pictures and videos of club members and alumni

6.7.2a Communicate with current members to send you their workout videos/photos

6.7.2b Take photos/videos at competition and practices

6.7.3 Share practice times, competition dates

6.7.4 Regularly attend all meetings, practices and other Strength Club events

6.7.5 Work with other officers to create and move towards the goals of the club

6.7.6 Abides by the GV club sports brandbook to ensure good standing with Club Sports.

# 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

7.1.1 There are no term limits for advisors

7.1.1 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 risk management 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 Special Olympics Michigan.

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 The club should have at least one qualified coach. The coach must possess a valid certificate or license in a training method used by 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 GV Strength Club Coaches will have no maximum term limits

11.1.4 A coach may be removed by following the same procedures as article 9

11.1.5 GV Strength Club Coaches may be compensated for their coaching services at a rate determined by the Executive Board

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

11.1.5c The rate of compensation shall be determined on a per semester basis. A new vote will be needed before each semester

11.1.5d Biweekly performance reviews will be done on any coach receiving compensation

11.1.5b.1 Performance reviews will be conducted by the officers and should include opinions from all members in the review

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 regularly attend all meetings, practices and other Strength Club events

# 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 2/3

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.

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

12.1.7a The tryout process will be determined by the Executive Board

12.1.7b 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

**Amendments**

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

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

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