

**The University of Texas at Austin**  
**Division of Recreational Sports**  
**Longhorn Powerlifting**  
**Constitution**  
**Ratified 04/02/2019**

**Article I. Title**

The University of Texas Powerlifting Club will hereby be known as Longhorn Powerlifting (officially) or LPL, UT Powerlifting, UT Longhorn Powerlifting.

**Article II. Purpose**

Longhorn Powerlifting is a competitive, athletic organization under the Texas Recreational Sports Program (RecSports). We participate in the USAPL with the objective of competing in and WINNING Collegiate Nationals. We also strive to have members make the USAPL National Team to compete abroad. Aside from our main goal, we perform community service, promote the sport of powerlifting, and hope to provide members with a sense of belonging at the University and in the powerlifting community.

**Article III. Membership**

**Section I. Statement**

Membership will be open to students enrolled at the University of Texas at Austin regardless of race, national origin, creed or political affiliation, sex (in accordance with Title IX), sexual orientation, religion, age, disability, or veteran's status.

**Section II. Eligibility**

Membership will be limited to enrolled students and faculty of the University of Texas at Austin. This includes any undergraduate, graduate, or professional level students.

**Section III. Membership**

- A. Initial membership will be determined through a tryout judged by the current officer team and coaches.
  - a. High School recruits will bypass the tryout process. They have been approved for membership due to their high school performance and acceptance to the university.
- B. Privileges

- a. Represent The University of Texas in all team meets
- b. Opportunity to win a National Championship at Collegiate Nationals
- c. Opportunity to compete at the international level
- d. Access to all team facilities and equipment
- e. Access to world-renowned coaches and programming
- f. Access to exclusive team apparel
- g. Access to exclusive team discounts and sponsorship benefits
- h. Social events and team camaraderie

#### **Section IV. Tryouts**

- A. Party on the Plaza
  - a. Initial contact with the team to gather details of that year's event dates
- B. Team Social / Profitshare
  - a. Interaction at social events hosted by the team at local food institution
- C. Technique Workshop
  - a. Run by officer team, veteran members, and coaches
  - b. Intended to provide novice lifters information about powerlifting and proper form
  - c. Takes place during practice times the Friday and Monday following Party on the Plaza
- D. Tryout
  - a. Will be split up by weight classes
  - b. Consists of each prospective member performing three attempts on the lifts that encompass powerlifting
  - c. Gauges individual powerlifting potential and interest in the team
  - d. Takes place during practice times Wednesday and Friday after technique workshops
- E. Decision
  - a. Coaches and officers will meet upon conclusion of tryouts to deliberate on prospective members
  - b. Acceptance will be determined based on strength, technique, practice availability, age, character, and current roster composition
  - c. Upon completion of deliberation, decisions will be announced individually via email to prospective members
  - d. New team members will become active immediately and are expected to fulfill associated team requirements

#### **Section V. Requirements**

- A. Member requirements include the following:
  - a. Fill out membership packet upon team acceptance
  - b. Attend at least one weekly practice
  - c. Compete in a USAPL meet at least once a year
  - d. Pay team dues

- i. Dues can be paid yearly, by the semester, or on a monthly installment plan\*
        - 1. Monthly installment plan at discretion of Treasurer, treated on a case-by-case basis
    - e. Responsible to be aware of team dates as announced
    - f. Maintain proper communication with coaches, officers, and mentors
    - g. Participate in team events including but not limited to:
      - i. Team Meetings *Monthly*
      - ii. Fall Special Olympics *October*
      - iii. The Longhorn Open *November*
      - iv. Collegiate Cup / Regionals *December*
      - v. THSPA Judging *January & February*
        - 1. \*At least 1 or 2 meets will be required depending on team size and number of meets offered to the team
      - vi. Texas Invitational *January/February*
      - vii. Spring Special Olympics *February*
      - viii. Aggie Showdown *February*
        - 1. \*Only if failed to complete team competition requirements or qualify for Collegiate Nationals
      - ix. Collegiate Nationals *April*
        - 1. \*If invitation accepted
      - x. Fundraising Activities
        - 1. IMG Playbooks *[Optional]* *All Major Texas Athletics Events*
          - a. \*Earn 50% of money raised to apply towards team apparel
        - 2. Team Apparel Sales *October/November*
        - 3. 40for40 *April*
      - xi. Crawfish Boil *May*
- B. Refer to Article VIII for attendance policy

### **Section VI. Discipline**

- A. Refer to Article VIII for attendance discipline
- B. Refer to Article IX for financial discipline
- C. Continued failure to fulfill requirements will result in dismissal from Longhorn Powerlifting at the discretion of the officer team
  - a. There will be no warnings. This contract serves as the first and final warning.

## **Article IV. Officer Positions**

### **Section I. Composition**

- i. Title: **Male and Female Co-Presidents**  
Type: Elected Authorized Representatives

Qualifications: Must have held an officer position for one year or been on the team for two years.

Responsibilities:

1. Act as the official representatives of the team to the public and must have proper decorum in all situations
2. Oversee all administrative actions including purchases
3. Work closely with RecSports to ensure all team activity is in accordance with University standards and fulfill authorized representative responsibilities
4. Effectively organize and lead team events and delegate responsibilities to officer team and team members
5. Make and maintain personal relationships with every team member and all coaches
6. Work closely with coaches, mentors, and team members to ensure that each team member is given proper guidance and that communication is effective between all parties
7. Work together to ensure cohesion and harmony between male and female teams

ii. Title: **Treasurer/Fundraising Chair**

Type: Elected Authorized Representative

Qualifications: Must have been on the team for one year.

Responsibilities:

1. Collect and keep up with accounting for all team funds
  - a. Membership dues
  - b. Apparel order payments
  - c. Meet entry fees
  - d. High school judging payment
2. Withdraw and deposit funds in RecSports accounts within one week of receipt
3. Manage accounting records for all team revenue and expenses in an efficient manner
  - a. Coordinate with secretary for membership payment records
  - b. Prepare records for use in budget presentation
4. Organize fundraising efforts that are time-efficient and will raise money for the team
  - a. Periodical profit shares
  - b. Merchandise sales
  - c. RecSports provided opportunities
5. Acquire team sponsorships from powerlifting brands and local Austin companies
  - a. Professionally network with companies
6. Ensure that RecSports rules are followed in fundraising and sponsorship efforts

iii. Title: **Vice President**

Type: Elected Officer

Qualifications: Must have been on the team for one year. Rising seniors do not qualify for this position.

Responsibilities:

1. Primary objective is to work alongside the presidents and learn the necessary skills to be a future president
2. Assist all other officers in any tasks, this is a utility role and the expectation is to help in any team regards as necessary
3. Take initiative to lead projects on their own
4. Other responsibilities closely mirror those of the Co-Presidents

iv. Title: **Secretary/Volunteering Chair**

Type: Elected Officer

Qualifications: Must have been on the team for one year.

Responsibilities:

1. Organizes team participation at events and socials with master spreadsheet
  - a. Attendance at practice for weekly mandatory practice and team meetings
  - b. Attendance at monthly team meetings
  - c. Attendance of judges at THSPA meets
  - d. Longhorn Open, Texas Invitational and Special Olympics tasks
2. Maintains notes during officer and team meetings to distribute via emails and Facebook/GroupMe posts
3. Creates and manages a team calendar
4. Coordinates THSPA judging and invoices for meets
5. Plans and actively seeks out volunteering opportunities for the team
6. Coordinate with treasurer to maintain master spreadsheet

v. Title: **Recruitment Chair**

Type: Elected Officer

Qualifications: Must have been on the team for one year. Preferably someone with high school experience and connections.

Responsibilities:

1. Must organize and attend recruitment events including, but not limited to: Party on the Plaza, THSPA and THSWPA State meets, high school signings, and summer Get Hooked on RecSports events
2. In charge of running the High School Clinic in the summer and assisting with the Texas Invitational in the spring
3. Search for potential recruits from high school or other colleges who might transfer
4. Create tri-folds, informational flyers, promotional videos, business cards and any other media that would promote our team to potential members
5. Responds to any team membership inquiries via email, social media etc.
6. Should keep record of potential recruits
7. Can form a committee to ensure all recruitment events are well attended

vi: Title: **Historian**

Type: Elected Officer

Qualifications: Must have been on the team for one year.

Responsibilities:

1. Must keep track of team history including:
  - a. National Championships
  - b. Team Records
  - c. All-Americans
2. Manage all of the social media accounts including:
  - a. Facebook
  - b. Instagram
  - c. Twitter
3. Maintain the team website with current information
  - a. Team roster online must be updated semesterly or whenever the roster composition changes
4. Take pictures/videos at team events and upload them to a Google Drive for all members to access
5. Plan team socials to foster camaraderie
6. Must be committed and creative regarding the team's online presence
  - a. At least a weekly post on all social media accounts will be required
7. Organize a committee to help take pictures/videos at competitions including the team qualifier & Collegiate Nationals
  - a. Compile pictures and videos into meet-recap videos for social media

vii. Title: **Health/Risk Management**

Type: Elected Officer

Qualifications: Must have been on the team for one year. A health science, pre-medical professional, or student interested in health is preferred.

Responsibilities:

1. Advises team on injury prevention/identification
2. Assists with current injury recovery or connects them with designated resources
3. Advises on general nutrition, supplementation, technique, and choosing appropriate weight class
4. Mediates consistent or outstanding interpersonal issues on the team
5. Coordinates with officer team to determine and notify members of disciplinary actions

## **Section II. General Responsibilities**

- A. All officers will be held accountable for member responsibilities and other responsibilities as designated by the Presidents and/or RecSports Staff.

- B. Everyone should be constantly working together for the betterment of the team and its continual improvement. All tasks relating to team function will be shared when not specified under an officer position. Cooperation and help between officers is necessary.
- C. Attendance and participation at all team functions is required unless there is an academic conflict or other appropriate miscellaneous reason
- D. Must become a USAPL state referee before the Longhorn Open following their election

### **Section III. Officer Meetings**

- A. Officer Meetings will be held at least once a month before team meetings and before any major team events. Location and time of meetings are to be determined by officer team.
- B. Officers should be in constant communication through GroupMe or a group message for immediate action and responses.
- C. Each officer should have a report ready to present to the rest of the officer team to keep everyone updated on current projects and future tasks.

### **Section IV. Authorized Representative Duties**

- A. All authorized representatives (Male and Female Co-Presidents, Treasurer/Fundraising Chair) must attend and complete all RecSports and Student Org training meetings and modules.

### **Section V. Officer Selection Process**

Current officer team is responsible for scheduling dates, distributing forms, and logistics of election process

- A. Nominations
  - a. Team members will be sent a form for nominations
    - i. A current roster will accompany the form to assist in determining nominations
    - ii. Team members can nominate up to two people for each of the 8 officer positions
    - iii. Members will be allowed to nominate themselves
  - b. Members nominated for a position will be notified and given the option to accept the nomination for a maximum of 3 positions
    - i. Must accept by set due date or forfeit nomination(s)
- B. Preliminary Voting
  - a. Team members will be sent the list of nominees for each position and must vote on one candidate per position
  - b. The top 3 nominees per position will continue on to elections
- C. Application
  - a. After preliminary voting, remaining candidates will receive an application and the list of positions for which they were voted

- b. If still in the running for 3 positions after preliminary voting, must narrow down and rank top 2
  - c. Application includes: position rankings with short answer questions explaining rationale for each, experience (if applicable), and other obligations for the coming school year
- D. Elections
- a. Positions will be elected sequentially, starting with Co-Presidents and concluding with Health/Risk Management
    - i. Ensures candidates will be able to run for another position given they are not elected for primary position
  - b. Candidates will present short speech to the team for position they are running for
    - i. In the event a candidate cannot be present for the election, a video or written statement may take the place of a speech
  - c. Graduating officers will run the election process, view results, and announce the winner for each position
    - i. In the event of a tie, a revote will be conducted for tied candidates
    - ii. If the votes are still tied, the decision will be made by a coin flip
- E. Term
- a. Officers will hold their positions from the time of election to following year elections
    - i. First responsibility is the Crawfish Boil
    - ii. Final responsibility is Collegiate Nationals and conducting election process

## **Section VI. Officer Discipline**

- A. In the event that actions from an officer necessitate disciplinary action, the procedures will be executed sequentially as follows:
  - a. Private verbal warning from a Co-President
    - i. If a Co-President is the offending officer, action must be facilitated by the other Co-President
  - b. Officer meeting to discuss conduct excluding offending officer
    - i. Officer deliberation on removal of offending officer, vote if necessary
- B. In the event that an officer is removed or steps down from official duties, current officer team will appoint a replacement for remainder of the year
  - a. In the event that a Co-President position is vacated, the other Co-President will assume sole presidential duties and the Vice President will be given Authorized Representative duties

## **Article V. Coaches**

### **Section I. Requirements**

- A. Minimum 5 years of powerlifting experience

- B. Competed in at least one USAPL National competition
- C. Knowledge of powerlifting technique and programming, injury prevention/rehab, and diet

## **Section II: Hiring**

- A. New coaches will be sought out when there is an apparent need on the team for more assistance
- B. Prospective coaches may contact the team and submit a resumé
- C. Hiring of coaches will be deliberated on by the officer team and current coaches
- D. Upon reaching a decision, the prospective coach will be notified within 24 hours

## **Section III: Paid Coaches**

Number of paid coaching positions to be determined by officer team and budget constraints

- A. Requirements
  - a. Must be at least a certified USAPL state referee
  - b. Attend a minimum of 2 practices per week
  - c. Assist and coach at team competitions
  - d. Provide general team programming
- B. Privileges
  - a. Stipend of \$500 per semester
  - b. Hotel stay and lunches paid for at team meets
    - i. Transportation for Collegiate Nationals will be paid for or reimbursed
  - c. Access to all team training facilities free of cost

## **Section IV: Volunteer Coaches**

- A. Requirements
  - a. Assist and coach at team competitions
  - b. Attend team practices as available
    - i. Attendance strongly encouraged in the month leading up to Regionals and Collegiate Nationals
- B. Privileges
  - a. Hotel stay and lunches paid for at team meets
    - i. Flights for Collegiate Nationals will be paid for
  - b. Access to team training facilities at discounted rate

## **Section V: Dismissal Protocol**

- A. Non-compliant coaches will be subject to consequences set forth by RecSports Protocols

# **Article VI. Practices**

## **Section I. Practice Times / Location**

- A. Monday and Wednesday 6:30pm - 8:30pm DL8\*
  - B. Friday 3:00pm - 5:00pm DL8
- \* Located inside DKR Stadium through ID access gate

**Section II. Additional Practice**

- A. The Closet
  - a. Located in the RSC Weightroom
  - b. Reserved exclusively for team members
    - i. Noon - Close Monday - Friday
    - ii. Open - Close Saturday & Sunday
    - iii. Closed during team practice times

**Section III. Practice Expectations**

- A. Cleaning
  - a. DL8 and the Closet must be kept tidy
  - b. Rack weights
  - c. Clean up chalk and baby powder
  - d. Members are to leave practice areas cleaner than they found them
- B. Proper Spotting
- C. Camaraderie
  - a. This is a TEAM
  - b. Assist others in spotting, loading, cleaning
  - c. Allow other members to work-in and share racks and equipment
  - d. Racks and bars are first-come-first-served
    - i. Under no circumstances are members allowed to kick out others from a rack or any other equipment
  - e. Encourage one another
    - i. Constructive criticism where necessary

**Article VII. Powerlifting Meets**

**Section I. Team Meets**

- A. Collegiate Cup / Regionals *San Antonio, TX* *December*
- B. Aggie Showdown *College Station, TX* *February*
  - a. \*Only if failed to complete team competition requirements or qualify for Collegiate Nationals
- C. Collegiate Nationals *Varies* *April*

**Section II. Participation**

- A. Longhorn Powerlifting is a competitive team
  - a. Members are required to compete at least once a year

- b. Injury or extenuating circumstances can excuse a member from yearly competition requirement

### **Section III. Collegiate Nationals**

#### **A. In-State**

- a. All members that have qualified and fulfilled team requirements are invited
- b. Entry fees and hotel stay will be paid for by the team for members who choose to compete at nationals

#### **B. Out-of-State**

- a. Members that have qualified and fulfilled team requirements are eligible
- b. Team rosters will typically be limited to 11 competitors per team
  - i. Team rosters will be determined by the officer team
  - ii. Consideration for the team roster will be judged based on:
    - 1. Forecasted point-scorer
    - 2. Participation and level of involvement in practice and at team events
    - 3. \*Further considerations will be at the discretion of the officer team
- c. Entry fees, hotel stay, and plane tickets will be paid for by the team for members who accept their invitation

#### **C. Expectations**

- a. Members that have accepted their invitation will be expected to:
  - i. Stay for the duration of the competition
  - ii. Arrive early for equipment check and team meeting
  - iii. Be present and encourage team members when not competing themselves
  - iv. Assist where necessary
  - v. Represent Longhorn Powerlifting and The University of Texas in a responsible manner
- b. If a team member were to back out of Collegiate Nationals after the team has paid for their meet entry, flights, and/or hotel stay:
  - i. Reimburse the team for non-refundable expenses paid
    - 1. Failure to do so by the end of the spring semester will result in dismissal from Longhorn Powerlifting
    - 2. Injuries and other extenuating circumstances do not apply

## **Article VIII. Attendance**

### **Section I. Attendance Requirements**

#### **A. Practice**

- a. Members are required to attend at least one practice per week and confirm attendance with secretary

- b. Attendance for all three weekday practice times is highly encouraged, but not required
- B. Meetings
  - a. Members are required to attend each team meeting and review the meeting powerpoint when released
- C. Volunteering
  - a. Members are required to work at least one shift for both Fall and Spring Special Olympics
  - b. Other team volunteering opportunities will be made available at discretion of secretary
- D. Required Fundraising
  - a. Members are required to become certified THSPA Judges and judge 1 or 2 meets depending on team size and number of meets offered to the team
  - b. Members are required to promote 40-for-40 on social media
- E. Longhorn Open
  - a. Members are required to attend and assist in setup, working the meet, and tear down on Friday night and all day Saturday
- F. Texas Invitational
  - a. Members are required to attend and assist in setup, working the meet, and tear down on Friday night and all day Saturday
- G. Meets
  - a. Requirements for meets are listed in Article VII

### **Section III. Excused Absences**

- A. Members must provide ample notification to secretary in the event of an absence at a required team event
  - a. Secretary will determine if an absence is excused on a case-by-case basis
    - i. Examples of excused absences include, but are not limited to:
      1. Family or medical emergency
      2. Exam during event
      3. Class

### **Section IV. Unexcused Absences**

- A. Practice
  - a. Unexcused absences from a total of three weeks of practice in a single semester will result in dismissal from Longhorn Powerlifting
- B. Meetings
  - a. Members who fail to attend team meetings are required to read through meeting powerpoints thoroughly and inform secretary that they are up-to-date on team events and information
- C. Volunteering
  - a. Additional shifts assigned at next required event following an unexcused absence

- D. Required Fundraising
  - a. Members must compensate the full \$100 per required THSPA meet to judge
- E. Longhorn Open
  - a. Cause for expulsion from the team pending officer review
- F. Texas Invitational
  - a. Cause for expulsion from the team pending officer review
- G. Meets
  - a. Requirements for meets are listed in Article VI
- H. Any absence not recognized in Section III will be considered an unexcused absence
  - a. Examples of non-excused absences include, but are not limited to:
    - i. Conflicting extracurricular events
    - ii. Studying
    - iii. Over sleeping or hangovers
- I. Any late arrival to a required team event that interferes with the execution of that event may be considered an unexcused absence at the secretary's discretion

## **Article IX. Finance**

### **Section I. Memberships Dues**

- a. Membership fees fund practice facilities, equipment, Collegiate Nationals, and other organization affairs
- b. Dues can be paid yearly, by the semester, or on a monthly installment plan
  - i. Monthly installment plan at discretion of Treasurer, treated on a case-by-case basis

### **Section II. Late Fee Policy**

- a. Failure to pay dues on time will result in a \$10 late fee
  - i. Subsequent \$5 fee will be added for each additional week, up to one month
  - ii. One month of non-compliance will result in dismissal from Longhorn Powerlifting
- b. If alternate payment plan is needed, a meeting can be arranged with the Treasurer

## **Article X. Amending the Constitution**

### **Section I. Amendments**

- A. A petition with at least 25% of the team members' signatures must be submitted for an issue to be brought to vote
- B. A unanimous officer vote or 75% team vote is required for ratification



As a member of The University of Texas Longhorn Powerlifting Team, I have read through the constitution and agree to comply with all the standards set before me according to The University of Texas Longhorn Powerlifting Constitution.

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Printed Member Name

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Signature

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Date

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Printed Authorized Representative Name

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Signature

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Date