

WEIGHT CLUB CONSTITUTION

Article I - Name

The name of the organization shall be “Weight Club” at Iowa State University.

Article II - Purpose

The Weight Club exists to provide a highly motivating environment for those who are looking to improve their strength beyond the average weight lifter. We provide the resources and equipment athletes need to train for and to be successful in strength sports competitions such as - but not limited to - powerlifting, Olympic weightlifting, CrossFit, strongman, and bodybuilding.

Article III – Statement of Compliance

Weight Club abides by and supports established Iowa State University policies, State and Federal Laws and follows local ordinances and regulations. Weight Club agrees to annually complete President’s Training, Treasurer’s Training, and Adviser Training (if required).

Article IV – Non-Discrimination Statement

Iowa State University and Weight Club do not discriminate on the basis of genetic information, pregnancy, physical or mental disability, race, ethnicity, sex, color, religion, national origin, age, marital status, sexual orientation, gender identity, or status as a U.S. Veteran.

Article V – Membership

Membership shall be open to all registered students of Iowa State University. In addition, faculty and staff of Iowa State University as well as interested enthusiasts are allowed to be members. Only registered students are allowed to have voting privileges. As a member, one is required to: pay applicable dues, sign the club waiver, actively support club projects, enforce membership requirements regarding use of equipment, observe and practice safe and responsible use of weights and equipment, treat others with courtesy and respect, and observe and abide by all Iowa State University Recreation Services policies regarding conduct, age, and dress code policies. In addition to these base requirements, **all** members must complete at least two hours of volunteering per semester. Volunteering can be obtained by attending weekly club cleanings, volunteering at club-hosted events, or any other form of volunteering approved by a majority vote of the Executive Committee. If a member chooses to, he or she can buy out of the volunteer hours by paying double the amount of dues i.e. \$30 to not volunteer for the semester or \$50 to not volunteer for the year.

The Weight Club is open to registered students at Iowa State and does not discriminate on the basis of race, color, age, religion, national origin, sexual orientation, gender identity, sex, marital status, disability or status as a U.S. Veteran.

Membership can be revoked by a two thirds majority vote by the executive committee if actions are deemed inappropriate for continued membership.

Article VI – Officers

Officers of the Weight Club shall serve for one calendar year and shall consist of the following:

President

- Presides over all meetings
- Represents club on campus
- Conducts major affairs that affect entire club
- Acts as primary contact to Recreation Services
- Maintains active communication with club adviser
- Runs annual officer election proceedings and other appointments

Vice President

- Assists President and acts as President in his/her absence
- In charge of equipment inventory, repair, and acquisition
- Coordinates club promotion and publicity of events
- Plans and carries out club cleanings and social events

Secretary

- Records club meeting minutes and provides copies for members
- Maintains complete and accurate membership directory
- Maintains supply of secretarial materials in cabinet
- Distributes club information via email, postings

Treasurer

- Maintains accurate record of club transactions
- Creates, with assistance of other officers, a yearly budget for Weightlifting Club and submits it to the Sports Club Council
- Cosigns club vouchers with club adviser
- Deposits membership dues to club account in a regular and timely manner
- Provides quarterly financial updates to officers and club members

Risk Manager

- Help minimize potential risks for club activities
- Recommend risk management policies or procedures
- Submit documentation to ISU's Risk Management Office
- Ensure that proper waivers and background checks are on file with Risk Management for events (if applicable).

Competition Events Coordinator

- Coordinates all events for the calendar year
- Maintains direct contact to Rec Services when needed and any outside party the event may be scheduled with.
- States prices and expected costs of events in coordination with treasurer.
- Plans expected materials, equipment, and physical space required for events.

Membership Director

- Oversee Membership Chairs
- Head promotion of membership at Club Fest and other member recruiting opportunities
- Assist Membership Chairs with their responsibilities

Membership Chairs

- Serve as first point of contact for all membership emails/communication.
- Collect dues and apparel fees and meet potential members in club to show area and answer any questions.
- Be available for events such as club fest to promote club and speak to potential members.

Webmaster

- Responsible for website design and upkeep
- Gathers information from officers and members to update website regularly
- Responsible for the promotion of events via club social media sites

An "Executive Committee" shall consist of the following: President, Vice President, Secretary, Treasurer, and all other officers deemed necessary by the President, Vice President, Secretary, and Treasurer.

Officers may be removed from office by majority vote, with a show of hands, of the membership present at a meeting called for such a purpose, if actions are deemed inappropriate. The officer is permitted to speak before the members about the charges made concerning his/her performance. The officer is not permitted to participate in the deliberation of the members regarding the charges. Officers are expected to fulfill the same membership requirements as regular members in addition to requirements set by the current executive committee as they see fit.

If an officer position becomes vacant for any reason, a new officer for that position shall be elected by a majority vote, with a show of hands, of the members assembled at a meeting called for such a purpose.

Election of Executive Committee officers for the August-May school year will be held at the previous April (or year-ending) meeting. Members of this Executive Committee must be registered students. After nominations are taken and seconded, a majority vote, with a show of hands, from the attending membership is required for election to office. If a candidate fails to receive a majority of votes, a run-off election will be held, again with a show of hands, between the top two candidates who received the most votes. Term of office shall be one (1) year; re-election is possible.

Officers must meet the following academic requirements:

(a) Have a minimum cumulative grade point average (GPA) as stated below and meet that minimum GPA in the semester immediately prior to the election/appointment, the semester

of the election/appointment, and semesters during the term of office. For undergraduate students, the minimum GPA is 2.00. In order for this provision to be met, at least twelve hours (full-time credits) must have been taken for the semester under consideration.

(b) Be in good standing with the university and enrolled at least full-time (twelve or more credit hours) if an undergraduate student (unless fewer hours are required to graduate during the term of office), and at least half time (four or more credit hours) if a graduate student (unless fewer hours are required in the final stages of their degree as defined by the Continuous Registration Requirement) during their term of office.

(c) Be ineligible to hold an office should the student fail to maintain the requirements as described in (a) and (b).

Article VII - Adviser

The adviser(s) for the Weight Club shall be appointed by the Executive Committee for a term of one (1) year; reappointment is possible. This appointment shall be done at the year-ending general meeting in late April or early May of each academic year. **The adviser(s) does not have voting privileges.** The adviser serves as a reference regarding purchases for the club, as a communicating point between Recreation Services and the club, and as a mediator should a conflict arise among the executive committee. An adviser may be removed from office by majority vote, with a show of hands, of the membership present at a meeting called for such a purpose, if actions are deemed inappropriate. The adviser is permitted to speak before the members about the charges made concerning his/her performance. The adviser is not permitted to participate in the deliberation of the members regarding the charges. Advisers are expected to fulfill the same membership requirements as regular members in addition to requirements set by the current executive committee as they see fit.

Article VIII - Finances

Section I - Dues

Membership dues for the "August - May" school year shall be determined by the Executive Committee and presented to the general membership for approval at the previous April (or year-ending) meeting. Continuation of the current dues schedule or any changes shall be approved by a majority vote of those attending.

Current approved dues are:

Year: \$50.00 Semester: \$30.00 Summer: \$20.00*

*summer fee will only apply to new members joining in the summer

All monies belonging to the Weightlifting Club shall be deposited and dispersed through a bank account established at the Campus Organizations Accounting Office and/or an approved institution/office (must receive authorization via Campus Organizations Accounting Office). All funds must be deposited within 24 hours after collection. The adviser to the Weight Club must approve expenditures and sign appropriate vouchers

before payment.

Article IX - Amendments and Ratification

Amendments to this constitution must be submitted in writing to the general membership of the Weight Club. Said amendment(s) will be voted upon, with a show of hands, by the membership in a meeting with the purpose to address the amendment(s). To approve an amendment, a 2/3 majority of the membership present at the meeting is required. The amended constitution will be submitted within 10 days to Student Activities Center for approval.