

# Constitution of “ UTM Strength & Lifting Society ”

## 1. Name

The official name of this recognized campus group is “ UTM Strength & Lifting Society ”

The acronym or abbreviation of this group is: Iron Eagles SLS

## 2. Purpose and Objectives

The purpose, objectives, mission and/or mandate of organization is outlined here:

Iron Eagles: Strength and Lifting Society exists to cultivate a strong, disciplined, and empowering fitness community at the University of Toronto Mississauga through the shared passion for weightlifting and strength training. Our mission is to foster both physical and mental resilience in students by encouraging safe, sustainable, and informed lifting practices. Our vision is to create a space where lifters of all backgrounds and experience levels can grow together, challenge themselves, and build meaningful connections through strength. The goal of Iron Eagles is to break the stigma around gym intimidation, promote inclusivity in the weight room, and equip our members with the knowledge, support, and motivation they need to succeed inside and outside the gym. We will achieve this through a combination of group training sessions at the RAWC, strength-based challenges, lifting workshops, form clinics, wellness seminars, and guest speaker events that focus on fitness, nutrition, recovery, and mindset. Additionally, our online presence and outreach efforts will provide accessible resources and consistent engagement through shared programs, technique tips, and community features. Iron Eagles is more than just a lifting group — it’s a movement built on progress, pride, and power.

## 3. Membership

Membership to the group is open to all registered students of the University of Toronto (referred to here as “student members”). Non-voting membership may be extended to interested staff, faculty, and alumni, or persons from outside the University (referred to here as “external members”).

Student members are permitted to run, nominate, and vote in elections and constitutional amendments. External members do not hold the aforementioned rights. All members must register with a designated executive by submitting their full name and a valid email address.

The membership fee will be \$ 0 per year.

Any member of the club may apply for a refund within one (1) month of becoming a member. No refunds are permitted 30 days after the election periods.

## 4. Executive List and Duties

The executive committee shall be comprised of four (4) elected officers. These include, President, Vice-president, Secretary and Treasurer.

*The President shall:*

- Oversee the operations, management and success of the group
- Be the spokesperson for the group
- Hold signing officer authority along with the Treasurer for financial purposes
- Preside over board meetings as well as general meetings
- Ensure transition of office to the future Executives

Additional responsibilities may include:

- Lead the development of annual training themes, programs, or community fitness challenges
- Act as liaison with the RAWC gym staff to coordinate space/time for events
- Approve guest speakers, workshop topics, and content for educational initiatives
- Set the strategic direction for club growth (e.g., collaborations, apparel drops, partnerships)
- Facilitate team reflection meetings to evaluate the effectiveness of events and activities

*The Vice-President shall:*

- Assume duties of the President in his/her absence
- Oversee the various committees
- Ensure that all the activities of the club meet regulations and policies of the University of Toronto
- Coordinate organizational recruitment efforts

Additional responsibilities may include:

- Manage execution of workshops, seminars, and speaker events
- Oversee planning of special events
- Assist in creating inclusivity campaigns to make the weight room welcoming to all members

*The Secretary shall:*

- Make a list of all registered members
- Maintain the web sites and member contact list
- Record notes and motions for meetings
- Notify all members of meetings
- Handle official correspondence of the organization

Additional responsibilities may include:

- Track participation in events and training programs for community engagement stats
- Organize digital resources like shared lifting programs, schedules, and form guides
- Maintain archive of previous workshops, training cycles, and member achievements
- Assist in collecting feedback from members through surveys or suggestion forms
- Coordinate communication of weekly updates via email or social media

*The Treasurer shall:*

- Record all financial transactions of the group
- Hold signing officer authority along with the President for financial purposes
- Maintain a budget of income and expenses along with receipts
- Advise members on financial position of the group
- Prepare an annual budget for the group as well as budgets for specific events

Additional responsibilities may include:

- Research and apply for UTM funding opportunities and fitness-related grants
- Manage finances for merchandise (e.g., Iron Eagles t-shirts)
- Handle payment logistics for guest speakers, event materials, or food/snacks

The group may appoint Directors or Coordinators for various committees such as social committee, publicity committee, and so on; however, such positions do not hold executive decision making authority.

#### **Termination of Executives or General Members:**

Any member of the club who commits an act negatively affecting the interests of the club and its members, including non-disclosure of a significant or continuing conflict of interest, may be given notice of removal.

The member up for removal shall have the right to defend his/her actions.

A two-thirds majority vote of the student members present in favor of removal is required. The member must have the right to an appeal before the general membership, and the majority vote of the general student membership will have the final say on the matter.

The member will be removed from the club's membership and will lose any privileges associated with being a member of the club.

Executive members are subject to the same termination or impeachment process and, as determined by the vote, may lose their executive position along with their membership to the group.

#### **5. Elections**

The executive committee shall strike the Elections Committee and appoint one (1) Senior Election Officer (SEO) from the general student membership on the committee to conduct and hold elections in March. All members of the Elections Committee shall be non-biased in the results of the election and shall be required to disclose any and all conflicts of interest in the election.

The SEO Election Officer shall accept nominations only from student members of the group for candidacy of executive positions from the general membership before the **beginning of March**. Candidates have to be members in good standing and be part of the group for at least one month prior to the nomination period.

The SEO shall select **three (3) election dates before March 30<sup>th</sup> for the voting period**. These dates will be announced in a **minimum of two (2) weeks prior to elections dates** and must fall on weekdays.

The SEO shall provide each student member with a paper ballot on the voting dates and ask the member to place their ballot in an enclosed box.

In preparation for a tie, the SEO shall select an executive from amongst the executive committee, to cast their ballot and seal it in an envelope. In the event of a tie for an executive position, one of the two Scrutinizers shall break the seal and count the ballot in order to break the tie.

After the election is over, the SEO shall count the ballots. The candidate with the most votes shall be elected to the position. The SEO shall submit a report of the results of the elections to the Executive Committee and general members.

Student members may not vote by proxy. External members may not nominate or vote in elections.

Only student members who have paid any applicable membership fees and have been a member in good standing for 30 days prior to election dates are eligible for voting.

Term of executive positions shall be from May 1st to April 30th.

## **6. Finances**

The Treasurer shall keep records of all income and expenses. The Treasurer shall present the group's financial health at the annual general meetings. The Executive Committee will vote on expenditures of over \$100.00 by majority vote at an executive meeting.

The group's executive or members may not engage in activities that are essentially commercial in nature. This is not intended to preclude the collection of membership fees to cover the expenses of the group, or of charges for specific activities, programs or events, or to prohibit groups from engaging in legitimate fundraising. However, the group will not have as a major activity a function that makes it an on-campus part of a commercial organization, will not provide services and goods at a profit when that profit is used for purposes other than those of the organization, and will not pay salaries to some or all of its officers.

## **7. Meetings**

### **A) Annual General Meetings (AGMs):**

The group shall hold general meetings at least twice per year, i.e. once per academic term.

The Executive Committee will announce these dates two (2) weeks prior to holding the meetings. These meetings are intended to go over the group's annual activity plan, financial health and propose or vote on constitutional amendments, if any. Motions will require 2/3 majority of student members in attendance for a vote to be cast. The motion with the most votes will be passed.

### **b) Executive Meetings:**

The executive committee shall meet on a monthly basis where date and times are to be set by an executive. The quorum of executive meetings shall be 50%+1 of executives.

## **8. Amendments**

Any student member may propose and vote on amendments to this constitution. The Executive Committee will administer the process of having amendments discussed at general meetings.

Constitutional amendments shall require a 2/3 majority to be passed at Annual General Meetings by student members in attendance.

The Executive Committee shall formally adopt the new constitution and submit the revised constitution to the respective University offices (i.e. Centre for Student Engagement, etc) within two (2) weeks of its approval by the general student membership.