

# Constitution of Southside Weightlifting Club

## Article 1: Name and Purpose

1. The name of this organization shall be the Southside Weightlifting Club, Logan INC.
2. The purpose of Southside Weightlifting Club, Logan INC is to be a community-driven weightlifting and athlete development hub that fosters physical, mental, and emotional strength.

## Article 2: Objectives

The objectives for which the Association is established are:

- a) To foster excellence in Olympic weightlifting and athlete development through structured training, recovery practices, and holistic support.
- b) To empower individuals to build physical strength, personal resilience, and confidence.
- c) To cultivate a strong sense of community where members feel supported, included, and valued.
- d) To provide pathways for participation and progression, from grassroots involvement to high-performance opportunities.
- e) To render aid financially or by other means to club members where appropriate, ensuring equitable access and support.
- f) To promote holistic wellbeing by integrating strength, recovery, and community connection.
- g) To organise, control, and develop the sport of weightlifting in Southside Weightlifting Club and surrounding districts under Queensland Weightlifting Association rules.
- h) To develop and intensify friendship and co-operation between competitors and officials in weightlifting amongst clubs.

## Article 3: Membership

1. Membership in Southside Weightlifting Club, Logan INC is open to individuals who share an interest in weightlifting and who adhere to the principles outlined in this constitution.
2. Membership may be obtained by completing a membership application and paying any required dues.
3. Members must abide by the rules and regulations set forth by the Association and conduct themselves in a manner that reflects positively on the organization.
4. Classes of membership:
  - o Senior Members (over 20)
  - o Junior Members (under 20)

## Article 4: Membership Fees

1. No fees are applicable unless changed by decision of the Board members.

# Constitution of Southside Weightlifting Club

## Article 5: Powers of the Association

The powers of the Association are:

- a) To buy, sell, and trade in all types of goods, supplies, and provisions—whether liquid or solid—for the benefit of members or persons using the Association's premises.
- b) To acquire land, buildings, and property necessary to carry out the Association's activities; provided that if such property is subject to a legal trust, the Association must respect and comply with the conditions of that trust.
- c) To enter arrangements with governments or authorities, seek benefits such as funding, rights, permits, or concessions, and comply with the conditions of those arrangements.
- d) To appoint, employ, remove, or suspend such managers, clerks, secretaries, servants, and other persons as may be necessary or convenient for the purposes of the Association.
- e) To remunerate any person or company for professional services (such as fundraising, financial arrangements, promotion, or administration) that help further the Association's goals.
- f) To construct, improve, maintain, develop, manage, alter, or control any buildings, grounds, works, or conveniences that may advance the Association's interests, and to take part in such activities with others.
- g) To invest and manage the Association's funds that are not immediately required, in any manner considered appropriate from time to time.
- h) To borrow or raise money, with or without security, and to secure repayment by way of notes, debentures, mortgages, charges, liens, or other securities over any part of the Association's property or assets, and to purchase, redeem, or pay off any such securities.
- i) To sell, improve, manage, develop, exchange, lease, dispose of, or otherwise deal with any part of the property or rights of the Association in furtherance of its objects.
- j) To accept any gift or property, whether or not subject to a special trust, for the purposes of the Association, provided that such acceptance complies with the law.
- k) To raise funds by personal or written appeals, public meetings, or other methods, including through donations, subscriptions, or other contributions.
- l) To print and publish any newspapers, periodicals, books, or leaflets that the Association may think desirable for the promotion of its objects.
- m) To amalgamate with one or more incorporated associations whose objects are wholly or partly similar to those of the Association, provided that such associations prohibit the distribution of income and property to their members to at least the same extent as required of the Association.
- n) To make donations for patriotic, charitable, or community purposes.
- o) To do all such other things as are incidental or conducive to the attainment of the objects and the exercise of the powers of the Association.

## Article 6: Admission and Rejection of Members

1. The Management Committee shall consider all applications for membership at its next meeting after receipt of an application and any required fees.
2. Any applicant who receives a majority of votes of the Management Committee members present shall be accepted as a member.

# Constitution of Southside Weightlifting Club

3. Upon acceptance or rejection, the Secretary shall give the applicant written notice of the decision.

## Article 7: Termination of Membership

1. A member may resign by giving written notice to the Secretary. Resignation takes effect upon receipt, unless a later date is specified.
2. Membership may be terminated if a member:
  - a) is convicted of an indictable offence;
  - b) fails to comply with the Rules;
  - c) has membership fees in arrears for two (2) months or more;
  - d) conducts themselves in a manner considered injurious or prejudicial to the character or interests of the Association.
3. The member shall be given a fair opportunity to present their case. If terminated, the Secretary must notify the member in writing.

## Article 8: Appeal Against Rejection or Termination

1. A person whose membership is rejected or terminated may lodge a written appeal with the Secretary within one (1) month of receiving notice.
2. The Secretary shall convene a general meeting within three (3) months of receiving the appeal.
3. At the meeting:
  - a) The applicant may fully present their case.
  - b) The Management Committee (or those who made the decision) may present their case.
  - c) The members present shall vote to decide the appeal.
4. If the person does not appeal in time, or the appeal fails, the Secretary must refund any fees paid.

## Article 9: Register of Members

1. The Management Committee shall maintain a Register of Members, including names, residential addresses, and dates of admission.
2. The Register shall be open for inspection by any member who applies to the Secretary.

## Article 10: Management Committee

1. The Association shall be governed by an Executive Board consisting of elected officers, including but not limited to a President, Vice President, Secretary, and Treasurer.
2. Officers shall be elected by majority vote of members and shall serve a one (1) year term.

# Constitution of Southside Weightlifting Club

3. The Executive Board is responsible for decisions regarding activities, finances, and other matters related to the operation of the Association.
4. Meetings of the Executive Board shall be held regularly as necessary.
5. Notwithstanding the above, the Founder of the Association, \_\_\_\_\_, shall hold an ex-officio position on the Executive Board for life, unless they resign in writing.
  - o The Founder may hold any office, including President, if nominated or appointed.
  - o If the Founder chooses not to hold office, they remain a voting Executive Board member.
  - o The Founder may voluntarily step aside or resign at their discretion.

## Article 11: Vacancies on the Management Committee

1. The Management Committee may appoint any member to fill a casual vacancy until the next AGM.
2. If vacancies reduce the Committee below quorum, remaining members may act only to:
  - o appoint enough members to restore quorum, or
  - o call a general meeting.

## Article 12: Functions of the Management Committee

1. Except where otherwise provided, and subject to general meeting resolutions, the Management Committee:
  - a) has general control and management of the Association's affairs, property, and funds;
  - b) has authority to interpret the meaning of these Rules and decide on any matter where the Rules are silent.
2. The Committee may exercise all Association powers, including:
  - a) to borrow, raise, or secure money, including by issuing securities against Association property, and to redeem or pay off such securities;
  - b) to borrow from members at interest rates not exceeding bank overdraft rates, and to mortgage or charge property as security;
  - c) to invest Association funds as determined by members.

## Article 13: Meetings of the Management Committee

1. The Management Committee shall meet at least once each month.
2. A special meeting may be called by the Secretary upon a written request signed by at least one-third of Committee members.

# Constitution of Southside Weightlifting Club

3. A quorum is a simple majority of the Committee as elected or appointed at the last general meeting.
4. Decisions are by majority vote. In the case of a tie, the motion is lost.
5. A Committee member must not vote on matters in which they have a direct interest.
6. The Secretary shall give at least fourteen (14) days' notice of special meetings.
7. The President shall preside as Chairperson, or the Vice-President if absent. If neither is present, members may elect a Chairperson.
8. If quorum is not present within thirty (30) minutes:
  - o if convened at members' request, the meeting lapses;
  - o otherwise, it is adjourned for one week (or another time decided). If still no quorum, the meeting lapses.

## Article 14: Sub-Committees

1. The Management Committee may delegate powers to sub-committees as it sees fit.
2. A sub-committee may elect its own Chairperson. If not, members present may choose one.
3. Sub-committees may meet and adjourn as they see fit, with decisions by majority vote. In case of tie, the motion is lost.

## Article 15: General Meetings

**19. First General Meeting**  
Held no earlier than one (1) month and no later than three (3) months after incorporation.

## 20. Annual General Meeting (AGM)

1. Held within three (3) months of the end of the financial year.
2. Business
  - a) Management Committee report and financial statement (income/expenditure, assets/liabilities, mortgages/charges/securities).
  - b) Auditor's report.
  - c) Election of Committee members.
  - d) Appointment of an auditor.

**21. Special General Meetings**  
Convened by the Secretary:  
a) when directed by the Committee;  
b) on requisition signed by one-third of the Committee or by members equal to twice the number of Committee members plus one;  
c) on notice of appeal against rejection/termination of membership.

## 22. Quorum for General Meetings

# Constitution of Southside Weightlifting Club

1. A quorum is twice the number of Committee members plus one.
2. No business may proceed without a quorum.
3. If no quorum within thirty (30) minutes:
  - o if convened by members, the meeting lapses;
  - o otherwise, adjourned for one week (or other time set). At the adjourned meeting, those present form a quorum.
4. The Chairperson may adjourn meetings with consent of the meeting.

## 23. Notice of Meetings

1. At least fourteen (14) days' notice must be given.
2. Method of notice decided by Committee.
3. Appeals require written notice.
4. Notices must clearly state the business.

## 24. Procedure at General Meetings

1. The President presides, or Vice-President if absent. If neither available, members elect a Chairperson.
2. Chairperson maintains order.
3. Resolutions decided by majority vote; in ties, Chairperson has casting vote.
4. Each member has one vote (unless more than one month in arrears).
5. Voting is by show of hands unless one-fifth of members demand a secret ballot.
6. Members may vote in person, proxy, or by attorney.
7. Proxies must be in writing, signed, and submitted before the meeting.
8. Proxy form must substantially follow the prescribed format.
9. Proxy forms must be lodged with the Secretary before commencement.
10. The Secretary must ensure accurate minutes are recorded and signed by the Chairperson of the meeting (or next meeting).

## Article 16: Activities

1. The Association shall organise regular weightlifting training sessions, competitions, and other events to promote the sport.
2. The Association may also engage in community service projects and outreach to promote health and fitness.

## Article 17: Finances and Accounts

# Constitution of Southside Weightlifting Club

1. The Association shall maintain a financial account to fund activities and expenses.
2. All funds shall be used exclusively for the benefit of the club and its members.
3. The Treasurer shall maintain accurate records and report regularly.
4. The funds of the Association shall be deposited in its name in a bank or building society as directed by the Committee.
5. Proper books and accounts shall be kept in English, showing financial affairs and particulars.
6. All money received shall be deposited promptly.
7. All payments of \$100 or more shall require two authorised signatures (President, Secretary, Treasurer, or authorised member).
8. Cheques shall be crossed "not negotiable," except for wages or petty cash reimbursements.
9. Petty cash shall be kept on the imprest system, amount determined by the Committee.
10. All expenditure shall be approved or ratified by the Committee.
11. At year end, the Treasurer shall prepare a financial statement including:
  - a) income and expenditure;
  - b) assets and liabilities, including mortgages, charges, and securities.
12. The auditor shall examine the statements and present a report before the AGM.
13. All income and property shall be used solely to promote the Association's objects. No portion shall be distributed as profit or dividend to members. This does not prevent payment to members for:
  - a) interest on money owed;
  - b) remuneration for services;
  - c) reimbursement of out-of-pocket expenses;
  - d) repayment of loans;
  - e) reasonable charges for goods hired;
  - f) reasonable rent for premises leased to the Association.

## Article 18: Amendments

1. Amendments may be proposed by any member of the Management Committee.
2. Proposals must be submitted in writing to the Executive Board.
3. Amendments require a two-thirds majority vote of the membership.
4. Amendments take effect immediately upon approval.

## Article 19: Dissolution

If the Association is wound up in accordance with the Associations Incorporation Act 1981 (Qld), and after satisfaction of all debts and liabilities property remains, it shall not be

# **Constitution of Southside Weightlifting Club**

distributed among members. It shall be transferred to another institution with similar objects that also prohibits distribution of income and property to members to the same extent.

## **Article 20: Financial Year**

The financial year of the Association shall close on 30 June in each year.

## **Article 21: Ratification**

1. This constitution shall be ratified upon approval by a majority vote of the membership.
2. Once ratified, it shall serve as the governing document of the Association and may be amended only as provided in Article 18.

**CONFIDENTIAL**