



# Cambridge University Powerlifting Club

**Committee Positions and Responsibilities**

**2021-2022**

## President (Executive)

In charge of strategy and general goings on of the club. Drives change and improvement in the club. They have ultimate responsibility for guiding the club throughout the year from freshers' fair, recruitment events, internal competitions, coordinating equipment with the sports centre amongst other ad hoc duties. They must unfortunately liaise with the Other Place to organize beating them at varsity. You're the main point of communication if people have queries. You'll have the final say on spending, so you must liaise with the Treasurer and exercise fiscal responsibility at all times to ensure that the club remains in a financially healthy position. You'll also maintain good relationships with the key figures, namely the staff at the University Sports Centre e.g., Tristan, who is in charge of the Strength and Conditioning Suite, and Simon, who is head of operations as well as Hugh, who looks after bookings. We will need favours from many of these individuals. It is your job to make sure that club conduct is top notch, and our admin is compliant. You must also be visible, friendly/approachable, energetic, and driven to make the club grow and improve. Best if competent at administrative duties.

## Men's and Women's Captains (Executive)

Selecting the team for varsity is the prime function of the captains. This includes all aspects of improving team performance, standard setting and organising selection competitions and recruitment. Also responsible for putting together a squad for British Uni Championships. The captains lead the effort in convincing as many people as possible to enter. Therefore, the captains must be on-top of all the entry opening dates and deadlines, as well as keep records of who has entered, in what weight category as well as keeping tabs on how everyone will make their way to the destination. You must possess a genuine interest in other lifters and keep an eye on how they are progressing, offering support where necessary. You're also required to motivate and inspire members into taking the sport more seriously. Finally, you must have an eye for talent - candidates who can make excellent powerlifters must be encouraged at every turn for them to maximise their athletic gifts because the club, at its heart, remains a competitive one and we want to be the best.

## Secretary (executive)

General administrative aid to president, captains, and entire committee. There to help with paperwork, any quandaries regarding administrative tasks, and doing anything that requires some dedicated behind the scenes work.



## Treasurer (Executive)

In charge of collecting subs, making payments, and applying for university funding with the help of the other senior members of the committee. It is also vital to liaise with Nigel Spivey the senior treasurer and maintain and submit accounts in December.

## Social Secretary (General)

They will bring the fun to the club in as wider range of activities as they can envisage that will enhance membership for all members to enjoy spending time inside or outside the gym with each other. A vital role in building O\*\*\*\*d slaying morale.

## Social Media Officer (General)

Maintaining a strong and visible presence on all social media platforms is vital for club exposure and recruitment, being a sport in which often people train at random hours. It is vital to boost the image of the club within the university and beyond! You'll be required to post frequently on our social media pages (Instagram and Facebook) which requires that you're active. You'll also be responsible for making content which goes to our YouTube channel. This content includes footage of competitions, training days and profiles on standout athletes. This is an exciting role for budding social media stars who want to sharpen their skills before growing their own personal brands in the future. Ideally, you're creative, metrics-oriented, and social media savvy.

## Stash Officer (General)

Someone with a passion for fashion. Everyone who does university sport wants to look fly and have the slickest get up. This requires early work and persistent badgering of infamously difficult clothing companies. The rewards of the job are enormous as you see the bounty of your labour strutting around Cambridge. Your goal is to ensure that our stash is of the best possible quality (for student budgets) and is instantly recognisable. You'll be required to work on long timelines, liaising with personnel who represent brand names. Ideally, you're a skilled negotiator and a persistent character as some of these brands are awful at responding to emails.



## Webmaster (General)

A job for the more tech savvy aiding the maintenance and continued update of the website with relevant recent news and maintaining club records. This requires coordination of members to write for the website and paying close attention to the lifts our strong contingent are hitting.

## Welfare Officers - 2, with different gender representations (General)

Your welfare role is that of a facilitator. You'll be a go-to for club members experiencing any problems stemming from within the club or elsewhere. You'll provide a line of contact through which club members may reach you to seek guidance on who can best help with the issues they are facing. Training for this role is provided through the University Sports Centre. You must be friendly, approachable as well as a good listener.

## Health & Safety (General)

Your main job is to ensure that all preventable injuries during club activities are prevented. You're in charge of carrying out any risk assessments for bookings, competitions, and any club activities outside of Cambridge. You're also responsible for ensuring that the club's health and safety policy is being upheld at all times. It also means you provide guidance and organise contingency plans for how to deal with possible scenarios (contacting a guardian/partner when someone gets injured or making sure you or someone else is available during socials to look after someone who has drunk a little too much).

## Notes on Roles of Women's Captain and Female Welfare Officer

Boost the profile of powerlifting amongst women. It is vital that we continue to promote and spread the word of how wonderful a sport powerlifting can be for women, and why their participation and visibility matters for women and the sport in general. This requires someone with zeal, passion, and a welcoming air to guide others in their pursuit of strength and fulfilment from training for and competing in powerlifting. You'll have crucial roles to play, especially in raising participation in the sport amongst women. Therefore, you'll be key figures in leading and organising specific and tailored training sessions, but also doing the necessary groundwork to establish other ways in which the club can be more inclusive. These roles are particularly important in ensuring we continue to increase the number of women who train/compete on a full-time basis to better promote the sport and more importantly, raise female representation in the Varsity and BUCs. You'll ideally be passionate about powerlifting and seek to share it with as many people as possible; you'll also possess strong



communication skills to truly understand the pain-points and barriers to female participation in Cambridge whilst also engaging in formal/informal discussions to obtain solutions on how we can tackle the problems we face. You'll also have some persistence as you'll be working together to follow up on athletes, ensuring they've all signed up for major competitions. Additionally, you'll be on hand to provide help if athletes/members are experiencing issues with their training. Irrespective of the gender ratio in the committee, they will all look to you for guidance.

