

## **ARTICLE I. NAME OF STUDENT ORGANIZATION**

A. The organization shall be called Triton Barbell.

## **ARTICLE II. STATEMENT OF PURPOSE**

A. Triton Barbell is a powerlifting-oriented community that aims to promote physical education and competition through participation in strength sports. Our goal is to create a friendly, welcoming community in which everyone, regardless of personal goals or experience level, can feel supported to pursue self-empowerment, physical and mental wellbeing through the Triton Barbell community.

## **ARTICLE III. NONPROFIT STATEMENT**

A. Triton Barbell is a non-profit student organization.

## **ARTICLE IV. REQUIREMENTS FOR MEMBERSHIP**

A. Members must be registered UCSD students of any level.

## **ARTICLE V. MANDATORY ORGANIZATION EVENTS**

A. Weekly Meets: Triton Barbell will meet once every week on Saturdays. A time for the event must be established each year.

B. General Body Meetings: On the first weekend of the quarter, the Board will host a General Body Meeting in which all prospective and current members must attend to obtain information on the agenda for the quarter.

C. Mock Meet: The Mock Meet is a student-ran event that simulates a professional powerlifting meet in a controlled environment, giving members the opportunity to experience weightlifting meets in a safe and familiar setting. Event liability waivers found in the Triton Barbell shared drive will be distributed with the event interest form.

D. Barbell Brunch: The Barbell Brunch is a traditional quarterly event where Triton Barbell members organize a potluck once a quarter to promote adequate nutrition.

E. Quarterly Banquet: The End-of-the-Year Banquet will be held on week 8 or 9 of each quarter before finals week to thank members for their participation and contributions to the Triton Barbell community.

## **ARTICLE VI. QUALIFICATIONS FOR HOLDING OFFICE AND METHODS OF SELECTING AND REPLACING OFFICERS**

A. Only registered undergrad UCSD students may hold office in the organization.

B. Officer terms are a full academic year with NO EXCEPTION made to graduation or leave of absence. Resignation is forbidden, unless under specific exception, due to exogenous personal circumstances, decided upon on a case-by-case basis by the President and Vice-President. An already elected Officer will only be removed from the Board in the scenario of being asked to step down by the President and Vice President over disciplinary matters.

C. All Officers will be required to attend all Officer Meetings (OMs) unless excused (see ARTICLE VII Section D.), attend at least one fundraising event, the quarterly Mock Meet, and the Quarterly Banquet. Officers are also expected to attend additional events not mentioned heretofore, and marketing efforts when possible. Other

committees and Officers Positions may be created in order to accommodate the needs of the organization as it grows and evolves on a quarterly basis.

D. Positions are open to all eligible members and are described as follows:

1. **President:** This role is tasked with leading fellow officers during officer meetings, GBMs, and other appropriate circumstances, creating professional development opportunities for members, and establishing and maintaining lasting connections with other organizations.
  - a. Responsible for setting the vision and tone for Triton Barbell
  - b. Working with Vice President to establish and accomplish weekly, quarterly, and yearly goals for the club, as well as individual members
  - c. Work as the connective entity in board operations;
  - d. Lead General Body Meetings (GBMs) for members and new recruits;
  - e. Temporarily substitute for any board member responsibility if needed or delegate to another Officer
  - f. Working with the Vice President to determine and board/general member disciplinary actions and mediate conflict
  - g. Organize Election processes, interviews, and facilitate deliberations and voting. Announce new board.
  - h. Be available to help board members in need of support
  - i. Record all relevant minutes of Board meetings.
  - j. Check the Triton Barbell email account daily and respond accordingly.
  - k. Prepare powerpoint presentations for General Body Meetings
2. **Vice President:** This role is tasked with supporting the officers by developing and reinforcing effective communication and leadership skills.
  - a. Assists the facilitation of event tasks
  - b. Assist President in making executive decisions, including but not limited to: organizing Board structure, disciplinary actions, and election procedures
  - c. Delegates meetings when the president is not able to
  - d. Responsible for risk management (ex: mock meet liability forms)
  - e. Organize once-per-quarter one-on-one Officer check-ins with President and Vice President
  - f. Temporarily substitute for any board member responsibility if needed or delegate to another Officer
  - g. Assist the President in checking the Triton Barbell email account daily and respond accordingly.
  - h. Track Board attendance, warnings, and strikes.
3. **Social Media Chair:** This role is tasked with publicizing Triton Barbell's events to general members through social media such as Instagram and Discord.
  - a. Create and publish Triton Barbell event flyers on Instagram and Discord
  - b. Capture (take pictures), film, and create interactive content at each Triton Barbell event, including Saturday Sessions for Instagram stories and posts.
  - c. Reply to Triton Barbell's Social Media direct messages on Instagram and repost tagged photos/videos from general members
4. **Treasurer:** This role is tasked with creating and maintaining club financial records, officers budgets for the school year, and holding onto all Club Funds.
  - a. Responsible for all the bookkeeping of financial documents and receipts.
  - b. Create and manage a quarterly budget to fund events, including but not limited to:” Tabling, Mock Meet, Brunch.
  - c. Maintaining a strong relationship with Associated Students and other funding sources.

- d. Maintain connection to Student Legal Services and off-campus bank account.
- e. Request AS Funding for events, including but not limited to, the Quarterly Banquet.
- 5. **Event Coordinator:** This role is tasked with facilitating and organizing social events to connect and improve professional and friendly relationships between Triton Barbell members.
  - a. Research viable social events and propose such events during board meetings.
  - b. Consistently organize social events each quarter and activities to facilitate member and officer interactions.
  - c. Responsible for coordinating the quarterly Mock Meet and coordinating the quarterly banquet.
  - d. Plan a quarterly officer retreat.
  - e. Arranging rides for off campus events and providing necessary supplies.
  - f. Maintaining contact with fundraiser collaborators.
  - g. Assisting the President in Election Procedures.
- 6. **Competition Team Coordinator:** This role is tasked with managing the competitive powerlifting team in the club.
  - a. Work closely with the team's coach to plan and schedule quarterly tryouts
  - b. Work with the team's coach to organize weekly practice days for the athletes
  - c. Coordinate and plan meets quarterly for the team
  - d. Coordinate volunteer events for meets off-campus
- 7. **Outreach Chair:** This role is tasked with representing Triton Barbell when creating and maintaining communication pipelines with external organizations/businesses for the purpose of collaborations that benefit the Club or General Members.
  - a. Reach out via email to lifting and nutrition companies, UCSD-affiliated organizations, and businesses for the purpose of sponsorships, collaborations, and fundraising.
  - b. Communicate Triton Barbell's core values and image to external organizations whilst carrying out Triton Barbell's goals and agendas.
  - c. Reach out to celebrities to host educational events.

E. Additional roles may be added by discretion of the President and Vice President if deemed necessary for the upcoming quarter or school year. Similarly, roles and role-specific responsibilities may be removed, merged, or transferred by discretion of the President and Vice President if deemed necessary for the upcoming quarter or school year.

F. Vacancies in any elected office other than that of the President shall be filled via an election held by the executive board and appointed by a majority vote. If the position of President becomes vacant as the result of graduation or exogenous circumstances, the Vice-President shall assume the office. All elections must be fair on the basis of personal identity. The application and interview process must be consistent among all nominees. Fitness level must not be considered in electing an individual to the Board.

## ARTICLE VII. BOARD ELECTIONS

- A. Only registered UC San Diego students may vote in elections for the selection of the organization's officers.
- B. The Board elections will be largely organized by the President and will follow the following procedure:
  - 1. During Week 1 Spring Quarter, the opening procedures for the election will be announced at a General Body Meeting. Opening procedures include each board member providing all attending members of the meeting with brief descriptions of their roles and describing the interview and training process.

2. During Week 3 Spring Quarter, candidates will have submitted their position proposals and resumes by the week's end. Candidates are allowed to run for 1, 2, or 3 positions. The preceding board should begin considering which candidates they will choose to endorse in the next General Body Meeting.
3. Interviews will be held via Zoom to select applicants. Attendance must be taken and the Current Board must stay for the entirety of the interview, deliberations, and voting process. Board Members will have one vote per Role.
4. The Board has until the following Monday to determine the future board. If the board notices any anomalous activities that may have resulted in a fraudulent outcome of the election, the Board must publicize evidence of suspicious activity and an election veto process. During the veto process, The Board will discuss the evidence and must vote two of three ( $\frac{2}{3}$ ) to overturn the vote. Then, the Board must hold a special election for the overturned position. Candidates who conclusively violate board election integrity may be barred from applying to Triton Barbell elections by discretion of the current standing President and Vice-President.
5. Once results are finalized, the Board will begin training the Board Elect in their positions throughout the rest of the Spring Quarter, resulting in the transfer of responsibilities to the Board Elect upon the end of the Spring Quarter.

## ARTICLE VIII. BOARD DISCIPLINARY ACTION

A. Warnings: Each Strike Criteria listed below in “C. Strikes Criteria” is designated 1 warning, before receiving a strike. Warnings are permanent, and any further failures will lead to a strike. Each officer is allowed one (1) warning per criteria.

B. Strikes: **One (1) strike**, officers must schedule a professional call with the President and Vice President addressing what they accomplished that week and why they received a strike. All strikes will be permanently present on each OM document and agreed upon verbally by the perpetrator to the President and Vice President. Strikes are clearly at the start of each quarter and new school year. **Two (2) strikes**, Officers will review their commitments on the constitution with the President and Vice President over video call. Officers will be warned that any more Strikes from any criteria will result in Officer termination. **Three (3) strikes** will result in officer termination in which they must transfer all Triton Barbell related documents, including but not limited to, email chains, contacts, receipts, monetary fund, and et cetera, to the acting President or Vice President.

C. Strikes Criteria:

1. **Not Meeting Deadlines**: all Officers are expected to fulfill their assigned task before an agreed upon or given deadline by the President or Vice President. Failure to complete the task for the first time results in a warning that will be dated and permanently written on each OM as a reminder. Subsequent failures will each result in a strike.
2. **Tardiness**: showing up 15 mins late after weekly board meetings or after their scheduled time for an event results in a warning. Subsequent tardiness will each result in a strike. For any club events including but not limited to GBMs, fundraising, lifting socials, Mock meet and non-essential events scheduled to happen, each officer is required to be present at the time they are scheduled unless they are excused for valid reasons (see Section D. Excused Actions).
3. **Quality of Work**: submitting poor quality internal/external documents, including but not limited to, emails, social media content (stories/posts/captions), event forms, et cetera will result in a warning, and subsequently, strikes. Poor is defined as, content not following a set blueprint (ex: color templates) or anything with excessive typos or suggests being completed in a rushed manner, by discretion of the President or Vice President. Additionally, poor planning and execution of events by discretion of the President or Vice President may also result in a warning, and subsequently, strikes.

4. **Board Conduct:** officers are expected to behave professionally during OM's, official Club Events, and carry themselves respectfully at the gym on an everyday basis. Officers must acknowledge that they carry the badge of Triton Barbell, and as an ambassador, one's own actions reflect upon the integrity and respect of the Club. Insults and bullying whether directly, online, or behind people's back, intended to harm Officers and general members on the premise of anything from personal identity, to lifting experience will not be tolerated to any extent.
5. **Excused Absences and Unforeseen Circumstance**
  - a. Advance Notices for excused absences must be announced to the President and Vice-President 48 hours prior to the event or OM.
  - b. Unforeseen Circumstances: any circumstances are considered "unforeseen" if they exist outside the control of the officers. This includes but is not limited to personal and family occurrences including but not limited to, sickness, accidents, and injuries.

#### **ARTICLE IX. RISK MANAGEMENT**

- A. Triton Barbell is a registered student organization at the University of California, San Diego, but not part of the University itself.
- B. Triton Barbell understands that the University does not assume legal liability for the actions of the organization.
- C. Triton Barbell is a weightlifting and powerlifting club, a sport that can cause serious potential injury. The club is dedicated to preventing such injury through teaching proper form and encouraging safe lifting habits.
- D. Possible risks may include injuries at tournaments and/or in transportation. All members traveling to an event will sign a waiver of liability. These waivers will be kept by the Vice-President.

#### **ARTICLE IX. SECTION 2. IN CASE OF THE PROVISION OF MEDICAL ASSISTANCE**

- A. In the event that Triton Barbell provides medical assistance to a community, all volunteers will work under the direction of licensed professionals (doctors, nurses, counselors, etc). The University does not recommend that students provide medical assistance.

#### **ARTICLE X. FINANCIAL MANAGEMENT**

- A. Triton Barbell will be solely supported by University funding or Triton Barbell fundraising campaigns. No dues will be collected for the purpose of maintaining the club. In some cases, a competition fee may be charged to participate in planned events, such as the Mock Meet.

#### **ARTICLE XI. AFFILIATION WITH OTHER GROUPS**

- A. Triton Barbell is an independent organization and is subject to UCSD guidelines.

#### **ARTICLE XII. AMENDMENTS**

- A. The Constitution may be amended by a two-thirds (2/3) majority vote of officers at any board meeting.

**ARTICLE XIII. SIGNATURES OF AGREEMENT**

*A. President (Aile Banuelos)*

\_\_\_\_\_ Aile Banuelos \_\_\_\_\_ 9/25/2024 \_\_\_\_\_ Signature/Date

*B. Vice President (Gabriel Zamora)*

\_\_\_\_\_ Gabriel Zamora \_\_\_\_\_ 9/25/2024 \_\_\_\_\_ Signature/Date

*C. Secretary (Joshua Ham)*

\_\_\_\_\_ Joshua Ham \_\_\_\_\_ 9/25/2024 \_\_\_\_\_ Signature/Date

*D. Treasurer (Elin Helmy)*

\_\_\_\_\_ Elin Helmy \_\_\_\_\_ 9/25/2024 \_\_\_\_\_ Signature/Date

*E. Social Media Chair (Jeremy Pham)*

\_\_\_\_\_ Jeremy Pham \_\_\_\_\_ 9/25/2024 \_\_\_\_\_ Signature/Date

*F. Athletic Director (Timothy Ochoa)*

\_\_\_\_\_ Timothy Ochoa \_\_\_\_\_ 9/25/2024 \_\_\_\_\_ Signature/Date

*G. Creative Director (Daraudom Nhem)*

\_\_\_\_\_ Daraudom Nhem \_\_\_\_\_ 9/25/2024 \_\_\_\_\_ Signature/Date