

Lynnwood CrossFit's Myrmidons

Proposed Bylaws

Article 1 – Name

The name of the organization shall be “Lynnwood CrossFit's Myrmidons” hereafter referred to as LCM.

Article 2 – Purpose

2.1.1 The LCM exists to support the active participation in the largest variety of drug free competitions as possible by members of the organization.

2.1.2 LCM's are encouraged to compete in as many different disciplines as this develops a broad athletic base.

2.1.3 LCM exists to help people find training partners so that we never train alone.

2.2.1 Acceptable competitions for LCM's shall include but be not limited to: powerlifting, strongman, Olympic lifting, 5k's, rowing contests, track and field, high school athletics, college athletics, semi-pro and professional athletics, Kettlebell contests, swimming, triathlons, CrossFit contests.

Article 3 – Membership

Section 3.1 – Standards

3.1.1 Membership in LCM shall be open to anyone who desires to compete in drug free competition as a member of LCM. As such all members will adhere to the spirit and the letter of all regulations of the USAPL, or similar drug free federation or organization.

Section 3.2 – Classes and Duties of Membership

3.2.1 Active competitive members (ACM) shall be those members whose current dues have been paid, attend monthly meetings on a regular bases and participate in at least one competitive event every two years. As the ACMs are the focus of the organization, it is expected that they will regularly participate in other events hosted by the organization, such as fund raising and community service functions. Dues for ACMs will be by donation only.

3.2.2 Supporting members will participate in activities to support LCM, but will not be actively involved in competition. Dues for supporting members will be by donation only.

3.2.3 Non-resident members will be those members who live more than 50 miles outside the greater Seattle-Tacoma metropolitan area. They may maintain association with LCM for purposes of competition, but because of distance will not be able to participate in normal meetings or activities of LCM. Dues for non-resident members will be by donation only.

Section 3.3 – Status of Membership

3.3.1 The member may initiate change in membership status by informing the LCM president in writing of the desire. They may move from any one classification into another.

Article 4 – Officers

Section 4.1 Offices

4.1.1 Any ACM of LCM shall be eligible to hold office.

4.1.2 The officers of LCM shall be President, Vice President, Secretary, Treasurer, Sergeant at Arms and Myrmidon Blogger. The officers shall constitute the Executive Board.

Section 4.2 Elections and Voting

4.2.1 Annual election of officers shall take place at the regular meeting in January. Election shall be by vote of the members. Officers shall serve a term of one year from when they were elected until the next elections, when they are either succeeded or they retain their position. No member shall be eligible to hold more than one office at a time.

4.2.2 Officer nominations shall be made from the floor during the November or December meetings.

4.2.3 Any vacancies occurring in an office shall be filled by the appointment of the President with the approval of the Executive Board, to serve until the next membership meeting at which time a successor shall be elected. In case a vacancy occurs in the office of President, Vice President shall fill out the unexpired term, and a new vice President shall be appointed to serve until the next membership meeting at which time a successor shall be elected.

4.2.4 All officers shall transfer to their successors all books papers and other property of LCM in their possession within 30 days following elections.

Article 5 – Duties of Officers

Section 5.1 – Duties of the President

5.1.1 The President shall preside at all meetings of LCM and at meetings of the Executive Board. The President shall be an ex-officio member of all committee except the nominating committee. The President shall prepare an agenda for each regularly scheduled membership meeting.

5.1.2 The President and Treasurer shall approve all expenditures of LCM funds.

5.1.3 The President shall appoint an Audit Committee to audit the books of LCM each year at the end of the fiscal year.

5.1.4 The President shall cast the deciding vote in the case of tie in both membership meetings and in meetings of the executive committee.

Section 5.2 – Duties of the Vice President

5.2.1 The Vice President shall assist the President and shall perform the duties of the President in the absence of that officer. The Vice President may not approve expenditures of LCM funds. The Vice President shall be in charge of fund raising activities. However the Vice President may delegate specific fund raising responsibilities to other members.

Section 5.3 – Duties of the Secretary

5.3.1 The Secretary shall keep an accurate record of the members of LCM and all business transacted at each meeting. The Secretary shall have on hand for reference at each meeting a copy of the by-laws, the minutes of the previous meeting, and a list of all committees and their respective responsibilities.

Section 5.4 – Duties of the treasurer

5.4.1 The Treasurer shall receive all monies of LCM and provide for payment of all bills and keep an accurate record of receipts and expenditures. The Treasurer shall prepare a monthly financial report for the members to be presented at the regular meetings. This report shall include a beginning balance of all LCM accounts, itemized receipts, itemized expenses and bills, summary of bills outstanding and an ending balance of the account. The Treasurer shall sign all checks issued by LCM.

Section 5.5 – Duties of the Sergeant at Arms

5.5.1 The Sergeant at Arms shall be responsible for orderly meetings and keeping the location of the meeting secure while the meeting is in session.

Section 5.6 – Duties of the Mymidon Blogger

5.6.1 The Myrmidon Blogger will be responsible for maintaining and updating the LCM website. The main purpose to provide a space for LCM's to post workout results and to network about training together.

Article 6 Meetings

Section 6.1 – Meeting Location

6.1.1 General meetings shall be held on the first Saturday of each month. The location of the meeting shall be at a place designated by the President and announced in the previous meeting.

Section 6.2 – Order of the Meeting

6.2.1 A quorum of members for voting on issues other than annual elections shall consist of 1/3 of the number of ACMs currently in LCM. The exception to this rule shall be at the annual election of officers when a minimum of ½ the ACMs must be present or voting by absentee for the results of the election to be valid. The members in attendance at a duly called meeting shall constitute a quorum. A majority of the Executive Board shall constitute a quorum.

6.2.2 When a quorum is present, a majority vote is sufficient for the adoption of any motion that is in order. The exception is for annual election of officers when conditions in 6.2.1 apply.

6.2.3 Roberts Rules of Order (Newly Revised) shall be the parliamentary authority for all matters of procedure not specifically covered in the by-laws or specific rules of procedure adopted by LCM. The Secretary will have a copy of Roberts Rules of Order (Newly Revised) at each meeting.

6.2.4 The annual meeting of LCM shall be in January for the purpose of electing officers for the year. Nominations for officers will begin in the previous November, and completed in December. This will permit the ACMs who cannot attend the annual meeting to cast their vote through absentee ballot prior to the annual meeting.

Section 6.3 – Special Meetings

6.3.1 The Executive Board may call Special business meetings of the membership on not less than ten (10) days notice to the membership.

6.3.2 All notices are required to be given to the members shall in writing, with the exception of specially called Executive Board meetings.

Section 6.4 – Concluding Meetings

6.4.1 The meetings will be summarily closed after an intense lifting session where personal records are broken and boundaries of the mind are dashed.

Article 7 – Executive Board

7.1 The Executive Board shall consist of all elected officers.

7.2 The duties of the Board shall be to transact necessary business in the intervals between LCM meetings; to create standing and special committees; to approve plans and work of committees; and to prepare and approve the annual budget.

7.3 The Executive Board shall meet quasi-annually in April, August and January to review LCM budget and finances, and at other times deemed necessary by the President or other members of the Executive Board.

Article 8 – Finances

Section 8.1 – The budget

8.1.1 A proposed budget shall be prepared annually by the Executive Board augmented by members appointed by either the President of the membership. The Executive Committee prior to seeking the approval of the general membership shall approve the budget.

8.1.2 The budget and finances will be reviewed quarterly by the Executive Board.

Section 8.2 – Expenditures

8.2.1 The President must approve all expenditures.

8.2.2 The Executive Board and the President must approve in writing any expenditure above \$50.

8.2.3 Expenditures for travel to competition must be approved by the membership as part of the periodic budget review process. Expenses for travel cannot be reimbursed without prior written approval from the President acting under the by-laws.

Section 8.3 – Receipts

8.3.1 Receipts must be provided for all expenditures associated with travel and/or participation in competitions.

Article 9 – Dissolution

9.1 Upon dissolution or disbandment of LCM, a vote of the membership shall be taken to determine the distribution of all non-allocated cash funds.

Article 10 – Parliamentary Authority

10.1 The rules contained in the current addition of Roberts Rules of Order: Newly Revised shall govern LCM meetings in all cases in which they are applicable and in which they are consistent with the by-laws of LCM.

Article 11 – Amendments to By-Laws

11.1 These by-laws may be amended at any regular meeting of LCM by a 2/3 vote of the total membership of the organization. Any vote on changes to the by-laws requires at 30-day prior notification to all members in writing with a full explanation of the proposed amendment.