



Canadian Strength and Conditioning Association

DELEGATE FORM

I, _____, a Member in good standing with the Canadian Strength and Conditioning Association, hereby give my proxy vote to _____, also a Member in good standing, to attend, act, and vote on my behalf at the Annual General Meeting of members to be held virtually on **Sunday, November 20, 2022 at 6:30 p.m. EST** (including adjournments thereof).

OPTIONAL

Further, I wish to register the following limitations to the exercise of my proxy with respect to any agenda item(s) or amendments thereto:

Name: _____

Date: _____

Signature: _____

It is the responsibility of the member to determine whether the person to whom they assign proxy is able and agrees to act in the manner described.

Proxy limits: A General Member is not permitted to cast more than one proxy vote in addition to his or her own vote.

Please ensure delivery of the completed proxy to the CSCA no later than **Sunday, November 13, 2022** at 23:59 EST: by email: membership@canadianstrengthca.com