

1. TITLE

The Club shall be called "Loughborough Students' Hour of Power Club", hereinafter referred to as "the Club".

2. AIMS AND OBJECTIVES

To provide a non-competitive arena for student to improve health; to provide a proven effective means by which normal people can attain a high level of fitness.

The Club shall provide a fitness class that is simple yet highly rewarding, with the aim of reducing the amount of time spent exercising while optimizing the benefits; to introduce the concept of upper-body fitness and other unique Hour of Power training philosophies; to provide an aerobics class that attracts all students regardless of sex, sporting ability, co-ordination etc.

3. AFFILIATION

The Club shall form part of Loughborough Students' Athletic Union and as such, shall adhere to all guidelines and policies as approved by its members at Loughborough Students' Athletic Union General Meetings.

The Club shall also be affiliated to

4. MEMBERSHIP

Membership of the Club shall be open to all students of those institutions in membership of Loughborough Students' Union (namely Loughborough University, Loughborough College and the RNIB Vocational College). At the discretion of the Club, members of staff at the above institutions and alumni may join the Club.

Associate Membership

The Club may apply to the Athletic Union to have a maximum of FIVE associate members per academic year. These non - student individuals would be expected to be high-class performers, who could contribute to the club in the following ways:

- (a) As a short term measure for the Club to enter a new league/competition which, with the current level of student players could not be sustained.
- (b) As part of a Regional or National Academy

- (c) To enhance the Club's activities

Maximum numbers

The Club's Committee must be aware of maximum membership level as indicated in its annual development plan and not permit over-subscription.

The subscription fee shall be determined annually by Loughborough Students' Athletic Union and must be paid to the Club Treasurer before any participation in club activities.

5. CLUB COMMITTEE

The Club's Committee is responsible for the day to day running of the Club and posts must include Chairman, Secretary and Treasurer; Committee positions must be held by current students. There must be at least three Committee Meetings per term.

6. DUTIES OF COMMITTEE MEMBERS

Chairman Shall oversee the running of the Club, preside at all meetings and ensure that they are properly conducted. In his/her absence, a member of the Club's Committee shall take the chair.

Secretary Shall give notice of all Committee and General Meetings and take the minutes of each. Shall be responsible for the dissemination of information to members and any correspondence thereto. In conjunction with the Treasurer, shall be responsible for the upkeep of membership records.

Treasurer Shall be responsible for the upkeep of the Club's accounts in accordance with Loughborough Students' Athletic Union policies. Shall also be the Club's signatory for any cheques issued from the Club's private account (these cheques also to be countersigned by either the Athletic Union President or Athletic Union Sports Administrator).

Maintenance Representative Shall be responsible for the storage and safe-handling of club equipment. Also responsible for any equipment borrowed by members.

7. MEETINGS

General Meetings

A General Meeting shall be called by the Committee or by written request, signed by not less than one quarter of the membership. Two weeks' notice of

such meetings must be given by the Secretary to the membership and at least one such meeting should take place each term.

Annual General Meeting/Election of Club Committee

The election of Officers of the Club Committee shall take place at the Annual General Meeting of the Club, which shall take place the week either side of the first day of March each year.

8. QUORACY

Quoracy at *General Meetings* and the *Annual General Meeting* shall be no less than 40% of the membership.

Should such meetings be inquorate, then a further *General Meeting* shall be held within 15 days and will be automatically quorate.

9. VOTING

All Club members shall have speaking rights at all meetings, BUT only current, registered student members of those institutions affiliated to Loughborough Students' Union are entitled to vote.

10. AMENDMENTS TO CONSTITUTION

Amendments to the constitution must be passed by two thirds of those present at a *General Meeting* or by 51% of the membership.

All amendments must be ratified by Loughborough Students' Athletic Union Executive Committee, who will then forward the same on to the Procedures Committee of Loughborough Students' Union for approval.

11. DISSOLUTION

In the event that the club is no longer able to carry out its activities, and thus folds, all assets will revert back to Loughborough Students' Athletic Union.