

Constitution

Article I - Name, Purpose, and Non-Discrimination Policy of the Organization.

Section 1: Name: GirlGains

We are a nationwide female weight lifting organization that provides resources and community for women of all backgrounds and fitness levels.

Section 2 - Purpose:

Our mission is to promote female weight lifting while empowering women to feel strong and beautiful in a judgment-free community.

Our core values and objectives consist of body positivity, knowledge, strength, and community. Body positivity is working out because you love your body, not because you hate it. Balance and sustainability are key to living a healthy lifestyle and loving your body through every phase. Knowledge is shown through experiences and education, we aim to provide factual information to promote nutrition, mental health, proper lifting technique, and more. Strength is the feeling that comes from reaching personal goals is so empowering and carries onto other aspects of life. Lifting takes physical and mental strength. Community is the last objective. We aim to build an inclusive and judgment-free support system where everybody is welcomed. We believe health should be accessible to everyone, which is why we invite women of all backgrounds to be a part of our family.

Section 3 - Non-Discrimination Policy:

"The Ohio State University is committed to building and maintaining a diverse community to reflect human diversity and to improve opportunities for all. The university is committed to equal opportunity, affirmative action, and eliminating discrimination. This commitment is both a moral imperative consistent with an intellectual community that celebrates individual differences and diversity, as well as a matter of law.

Ohio State does not discriminate on the basis of age, ancestry, color, disability, gender identity or expression, genetic information, HIV/AIDS status, military status, national origin, race, religion, sex, sexual orientation, protected veteran status, or any other bases under the law, in its activities, programs, admission, and employment."

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This organization does not discriminate on the basis of age, ancestry, color, disability, gender identity or expression, genetic information, HIV/AIDS status, military status, national origin, race, religion, sex, sexual orientation, protected veteran status, or any other bases under the law, in its activities, programs, admission, and employment.:

As a student organization at The Ohio State University, GirlGains expects its members to conduct themselves in a manner that maintains an environment free from sexual misconduct. All members are responsible for adhering to University Policy 1.15, which can be found here: <https://hr.osu.edu/public/documents/policy/policy115.pdf>.

If you or someone you know has been sexually harassed or assaulted, you may find the appropriate resources at <http://titleIX.osu.edu> or by contacting the Ohio State Title IX Coordinator at titleIX@osu.edu.

Article II - Membership: Qualifications and categories of membership.

II.a. As required by the Guidelines for Student Organizations, 90% of the membership of a student organization must include current Ohio State University students. Active members and Executive Committee are able to make decisions regarding the membership of community and other non-student members of an organization. Community or other non-student members may be temporarily suspended with a majority vote of the Executive Committee.

Article III – Methods for Removing Members and Executive Officers

III.a. If a member engages in behavior that is detrimental to advancing the purpose of this organization, violates the organization's constitution or by-laws, or violates the Code of Student Conduct, university policy, or federal, state or local law, the member may be removed through a majority vote of the officers in consultation with the organization's advisor.

III.b. Any elected officer of the chapter may be removed from their position for cause. Cause for removal includes, but is not limited to: violation of the constitution or by-laws, failure to perform duties, or any behavior that is detrimental to advancing the purpose of this organization, including violations of the Student Code of Conduct, university policy, or federal, state, or local laws. The Executive Committee may act for removal upon a two-thirds affirmative vote of the executive board in consultation with the organization's advisor.

III.c. In the event that the reason for member removal is protected by the Family Educational Rights and Privacy Act (FERPA) or cannot otherwise be shared with members (e.g., while an investigation is pending),

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the executive board, in consultation with the organization's advisor, may vote to temporarily suspend a member or executive officer.

Article IV - Organization Leadership:

Required leadership positions:

Primary Leader (President): Ashley Mason

- Setting goals and vision for the organization
- Effectively representing the organization
- Building future leaders
- Provide motivation and support
- Complete registration on behalf of the organization every year
- Attend a live session and complete the online training module
- Submit a Space Use Agreement (SUA) every year so the organization can use campus spaces
- Get communications from the university and share with organization members

- Pick up mail and packages the organization gets delivered to the Resource Room

Secondary Leader: Kailynn Davis

- No requirement besides being listed in this position on the roster

Treasurer: Cassandra Garcia

- Setting a financial vision for the organization
- Acting ethically and spending funds for the benefit of the organization as a whole
- Apply for Programming and Operating Funds and complete the required audits
- Maintain the organization's bank account oversee org finances

Advisor: Racheal Moreland

- Complete training every other year
- Submit approval of the goals and registration to complete registration
- Be employed by the University
- Be as involved as the org and advisor want

Article V- Election / Selection of Organization Leadership

The nominating process includes a procedure of filling out a questionnaire to help decide who to elect. The organization's leaders will then come together to discuss and come to an agreement of selecting the next leader. Whether this is for replacing a member or adding an additional member.

Example of a Questionnaire includes:

1. What position are you applying for? (listed responsibilities for each position)
2. What year are you in and what is your major?
3. What are some qualities about yourself that make you fit for this position?
4. How many hours a week do you plan on dedicating your time into your responsibilities?
5. How many hours

Timing:

- Hold election middle of spring

Elections rules include:

- Every leader must agree on the upcoming leader
- Any leader may persuade or talk to nominees before the questionnaire if felt they are a good fit
- New leaders must be willing to fulfill the role and have filled out the questionnaire

Eligibility:

- Must be willing to show up on time to any event (any scheduled meetings and programs)
- Willing to put anywhere around 2-4 hours a week
- Know their roles for the position they are applying for
- Have shown leadership and teamwork by being apart of the club

Article VI - Executive Committee: Size and composition of the Committee

There is no general membership fee for becoming a part of the GirlGains organization. Some events will be held at the Recreational and Physical Activity (RPAC) Center at Ohio State University which requires a membership for any non half time student at OSU.

Interactive meetings are biweekly and include icebreakers, buddy pairings, and small groups. Meetings must reflect core values and mission statements. Meeting topics can include intuitive eating, body dysmorphia, rest and recovery, self care, healthy habits, body positivity, mental health, and more.

We will also include guest speakers such as nutritionists, certified personal trainers, and more.

Our events will include strength training, yoga, workshops, HIIT, hikes, and social bondings.

Fundraisers can be partnered with local businesses and restaurants to raise money for the chapter or raise money for charities.

Article VII - Standing Committees (if needed): Names, purposes, and composition.

These committees serve the organization leadership, the Executive Committee, and general membership. Standing committees are permanent and designed to carry out the basic functions of the organization. Often chairpersons of these committees are appointed by the organization leadership.

Article VIII – Advisor(s) or Advisory Board: Qualification Criteria.

Advisors of student organizations must be full-time members of the University faculty or Administrative & Professional staff. If a person is serving as an advisor who is not a member of the above classifications, a co-advisor must be chosen who is a member of these University classifications. Responsibilities and expectations of advisors should be clearly and adequately described.

Article IX – Meetings and events of the Organization: Required meetings and their frequency.

IX. Two general meetings are required each month that must include all leaders of GirlGains to plan events, fundraisers, and guest speakers for each academic term except for summer.

Article X – Attendees of Events of the Organization: Required events and their frequency.

X. The organization reserves the right to address member or event attendee behavior where the member or event attendee's behavior is disruptive or otherwise not in alignment with the organization's constitution.

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Article XI – Method of Amending Constitution: Proposals, notice, and voting requirements.

XI. Any proposed amendments should be presented to the organization in writing and should not be acted upon when initially introduced. Upon initial introduction, the proposed amendments should be read in the general meeting, then read again at a specified number of subsequent general meetings and the general meeting in which the votes will be taken, and should either require a two-third or three-quarter majority of

voting members (a quorum being present) or a majority or two-thirds of the entire voting membership of the organization, present or not. The constitution should not be amended easily or frequently.

Article XII – Method of Dissolution of Organization

Funds that are received from Ohio State University will only be used for club events to ensure there is no debts and leaders abusing their power.

By-Laws

Article 1 – Parliamentary Authority

“The rules contained in Robert’s Rule of Order shall govern the organization in all cases to which they are applicable, and in which they are not inconsistent with the by-laws of this organization.”

Article II- Membership

Attend a meeting, sign up with email, and a phone number for GroupMe.

Article III- Election / Appointment of Government Leadership

Members must obey **Article III – Methods for Removing Members and Executive Officers** of the constitution and **Section 3 - Non-Discrimination Policy** of the constitution.

Article V- Standing Committees (if needed)

Primary Leader (President): Ashley Mason

- Setting goals and vision for the organization
- Effectively representing the organization
- Building future leaders
- Provide motivation and support
- Complete registration on behalf of the organization every year
- Attend a live session and complete the online training module
- Submit a Space Use Agreement (SUA) every year so the organization can use campus spaces
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Secondary Leader: Kailynn Davis

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Advisor: Racheal Moreland

- Complete training every other year
- Submit approval of the goals and registration to complete registration
- Be employed by the University

- Be as involved as the org and advisor want

Article VI - Advisor/Advisory Board Responsibilities

Advisor(s) must attend all general meetings scheduled and participate in giving ideas for events and programs.

Article VII - Meeting Requirements

Two general meetings are required each month that must include all leaders of GirlGains to plan events, fundraisers, and guest speakers for each academic term except for summer.

Every leader must agree on the upcoming leader and that upcoming leader must have filled out the questionnaire and be willing to fulfill the role.

Article VIII - Method of Amending By-Laws

Method should be similar to amending the constitution, however, by-laws are apt to change more often than the constitution, thus amending should be somewhat easier. By-laws may be amended by proposing in writing and reading the change at a general meeting of the membership and then bring the proposed change up for a vote at the next general meeting with a 2/3 majority vote of the membership present (a quorum being present).

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Some organizations desire a structure that is fundamentally different from the guidelines presented here. The goal would be to incorporate basic principles important to the University while promoting those of the organization.

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