

# Ontario Powerlifting Association Annual General Meeting 2014

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## Board of Directors

Title	Name	Present Y/N
President	Dave Hoffman	y
Vice President	SandroD'Angelo	y
Secretary	Trisha Boyle	y
Treasurer	Phil Plato	y
Registrar	Blake Giberson	y
Referee	Michael Knott	y
Web	Julie Watkin	y
Records	Mark Boyle	y

## Regional Chairperson(s)

Title	Name	Present Y/N
Northern	Ron Dillig	
Central	Frank Nadeau	y
Eastern	Art Chan	
Southwest	Jerry Marentette	y

## Agenda

Roll Call	Dave Hoffman		
Reading of Minutes of Previous AGM			
President Report	Dave Hoffman		
Vice President Report	Sandro D'Angelo		
Treasurer Report	Phil Plato		
Registrar Report	Blake Giberson		
Referee Report	Michael Knott		
Records Report	Mark Boyle		
Website/Newsletter Report	Julie Watkin		
Northern Region Report	Ron Dillig		
Eastern Region Report	Art Chan		
Central Region Report	Frank Nadeau		
Southwest Region Report	Jerry Marentette		
Proposals			
Discussion			
2013 Male and Female Lifters of the Year			
2013 OPA Team of the Year			
Nomination for Bill Jamison Award			
OPA Recognition Award			
Club with Most New Members			
2014 Classic/2015 Equipped Provincial Championship Proposals			

## **Roll Call**

### **Presidents Report**

The year of 2013 has been very successful for our association. Our membership jumped from 325 to 400. Our classic provincials had an incredible turnout and we may have to go to a three day meet in 2014 as I'm sure not many liked going close to midnight on Saturday. The only disappointment was the cancellation of our college/university challenge in North Bay due to lack of entries but with the move to Mississauga the attendance has rebounded and as of this writing we had 20 entries and have set a max of 36 to enter. Most of our meets were filled to capacity and I hope that trend continues. We had new clubs registered and Dundas Valley stepped up the end of the year and put on a late meet so some could qualify for the provincial championships. Many thanks to all our meet directors who stepped up again this year. It is not an easy task to put on a meet especially for those who slug it out on the platform.

My two years as president have been anything but uneventful. I wish I could take credit for our growth spurt in membership but I can't. It boils down to the implementation of classic lifting. I have been fortunate to have had what I would consider one of if not the best executive in OPA history. Not to slight those who have gone before. At the end of the day we are all volunteers and there have been many since the early 70's who have been great roll models and some continue to be involved. I am happy to see that all the executive have agreed to stand for their positions again with the exception of myself and I know my successor will enjoy the benefits of a supporting cast as I have. If there are some new names on the executive at the end of this meeting and their will be at least one I'm sure they will be up to the task. Thanks again everyone for your support over the last two years.

Dave Hoffman  
OPA President

January 3, 2014

## **Vice President Report**

In my view Powerlifting in Ontario has never been better. With record number of lifters and meets in 2013 and with most meets filling up very quickly it is evident that the OPA remains the standard in Ontario powerlifting and powerlifting in Canada. This increase in lifters resulted in a record number of meets in 2013 and along with the regular annual meets in London, Belle Rive Niagara, Ottawa, North Bay and Toronto it was good to see new meets directors and new meets in South Huron and Hamilton. Thanks to all the clubs and meet directors for putting on the meets as without meet directors and volunteers none of this could be possible. All these meets along with high schools meets in Hamilton and Waterloo resulted in a record number of lifters for the 2013 OPA Classic Provincials.

The OPA could not be the standard in powerlifting in Ontario without having a high standard of officiating. With the record number of meets and lifters throughout Ontario it is not always easy to ensure that we have available referees for all meets. Thanks to Mike Knott for all his experience and hard work in always making sure that the high standard of officiated was maintained at each and every meet in Ontario in 2013.

In order to maintain the standard in powerlifting in Ontario we have also had to ensure that we change and respond to new membership needs. Things such as ebanking for the OPA treasurer, the ability for members to obtain their OPA membership electronically are now all realities for the OPA. Thanks to Julie Watkin for this initiative and also many other electronic forms have now been added (i.e., contest entry form, club renewal forms etc). This should makes things easier and faster for members and meet directors.

As with any non-profit sports organization we rely on the efforts of volunteers for their time and experience. I would like to thank all the OPA executive for their work in 2013 and welcome Frank Butty on board who has agreed to take on the responsibility of maintaining the newsletter.

I am very pleased with the new number of lifters in Ontario and especially the number of world class lifters that we have seen at the CPU Nationals and also the number of Ontario lifters that represented Canada in 2013 at international competitions. These lifters have definitely have made the OPA proud. Overall I would say that 2013 has certainly been a good year in Ontario powerlifting and I am looking forward to a bigger and better 2014 in Ontario powerlifting. If anyone has any ideas, suggestions comments or concerns please us know.

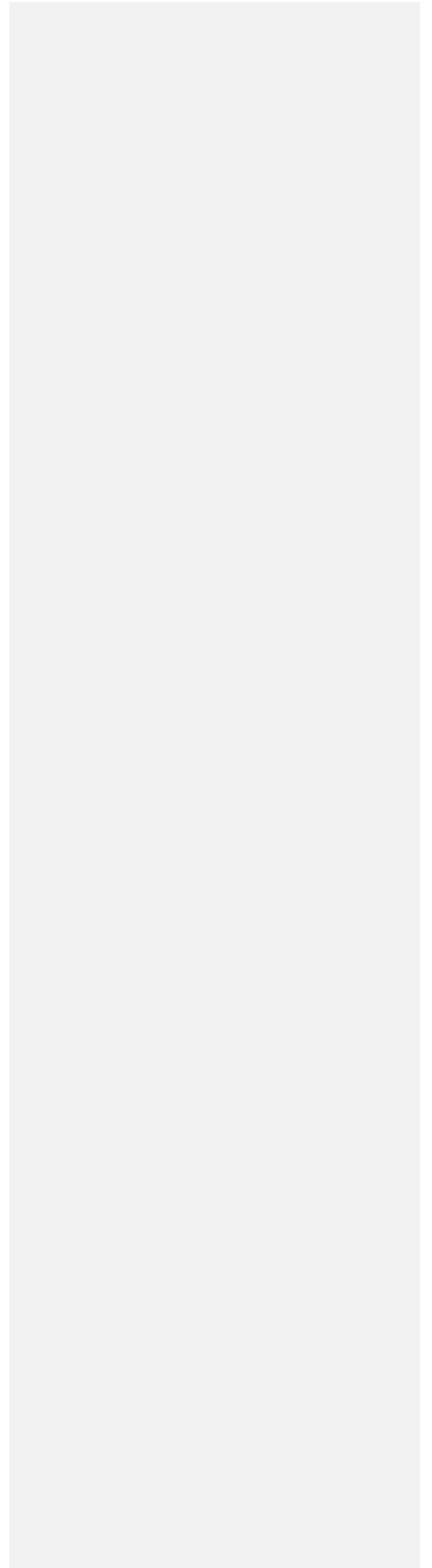
SandroD'Angelo  
VP Ontario Powerlifting Association

## Treasurer Report



Ontario Powerlifting  
AssociationFT.pdf

## Registrar Report



## **Referees Report**

### **Provincial Level II Referees this year**

Carol Brady

### **Provincial Level I Referees this year**

Maggie Rafferty

Julie Watkin

### **Number of Referees**

At present we have 28 active referees in Ontario, 2 IPF Level 1, 2 IPF Level 2, 8 National, 5 Provincial Level I and 11 Provincial Level II in Ontario at present.

### **Year at a Glance**

With the number of Open Meets, along with High School Meets, and Provincial Championships at an all-time high and with the championships lasting several days this has been one of the busiest years,

### **Looking Ahead**

For the new year I am already getting request for new referees and for some of the present referees to upgrade. Due to the number of meets increasing it is more important that we get new referees. I am continuing to hold referee seminars, and anyone is invited weather they want to become a referee or not. It is always good to know what the referees are looking for.

We need to maintain the standards we have set. Going forward, when hosting a meet, the hosting team must provide a referee each day of a meet to work in whatever capacity is required. This is more imperative during championships with multiple day events.

#	Name	Level
	<b>Date</b>	
1	<b>Bill Jamison</b>	<b>I 1</b>
2	<b>Harneek Singh Rai</b>	<b>I 1</b>
1	<b>Lynton Lam</b>	<b>I 2</b>
2	<b>Michael Knott</b>	<b>I 2</b>
1	<b>Adele Couchman</b>	<b>N 1</b>
2	<b>Don Clarke</b>	<b>N 1</b>
3	<b>Glyn Moore</b>	<b>N 1</b>
4	<b>Jerry Marenette</b>	<b>N 1</b>
5	<b>Mark Giffin</b>	<b>N 1</b>
6	<b>Rick Gazdig</b>	<b>N 1</b>
7	<b>Scot Seguin</b>	<b>N 1</b>
8	<b>Stan Goss</b>	<b>N 1</b>
1	<b>Lynda Squires</b>	<b>P 1</b>
2	<b>Maggie Rafferty</b>	<b>P 1</b>
3	<b>Matt Cuthbert</b>	<b>P 1</b>
4	<b>Ron Strong</b>	<b>P 1</b>
1	<b>Steve Chomitz</b>	<b>P 1</b>
2	<b>Art Chan</b>	<b>P 2</b>
3	<b>Blake Gibberson</b>	<b>P 2</b>
4	<b>Carol Brady</b>	<b>P 2</b>
5	<b>Chris Fudge</b>	<b>P 2</b>
6	<b>Doug Block-Hansen</b>	<b>P 2</b>
7	<b>Frank Nadeau</b>	<b>P 2</b>
8	<b>Hoi Leung</b>	<b>P 2</b>
9	<b>Julie Watkin</b>	<b>P 2</b>
10	<b>Phillip Bjerring</b>	<b>P 2</b>
11	<b>SandroD'Angelo</b>	<b>P 2</b>
12	<b>Tim Jones</b>	<b>P 2</b>
13	<b>Trisha Boyle</b>	<b>P 2</b>

Michael Knott  
747 Little Grey St Lower  
London Ont N5Z 1P2  
**Tel** (519) 317-6078

## Records Report

The number records being set is decreasing as more and more top standards are being set across the new weight classes. Some of the issues experienced this year were:

1. When can classic records be set?
2. Score sheet notification of classic and equipped status.
3. National records which are applied for via snail mail as I don't receive a notification for this.

From Meeting: Note that this is likely already a policy. We have to put a reminder for the website.

Fortunately, I think the first two issues have been clarified and likely shouldn't be an issue going forward. For the third, it has only happened a couple of times, but it may be handy to put a notification about this to inform the OPA records chairperson if you have set a national record and are not applying online.

**Comment [TB1]:** Note that this is likely already a policy. We have to put a reminder for the website.



## Website Report

As of December 20, 2013 the OPA website has had 443,662 pages loaded from the site. This compares to 231,000 at this time last year; almost double. Every year sees more and more reliance on our site for information and communication. Now that we have on-line registration set up, we will see continued traffic and use of registration forms. The final step will be the introduction of paypal and, possibly the availability of OPA merchandise. In anticipation of this step, we have software capability of adding a shopping cart feature to our site.

Not surprisingly, the pages with the heaviest traffic are: 47% (home page), 13% (calendar), 14% (records/rankings) & 12% (results). When there is a meet approaching, traffic on the site for lists of lifters spikes and post meet traffic spikes as people look for results. This is a key indicator that we must continue to keep our information as current as possible and ensure that all updates are done in a timely manner. As far as meet results are concerned, it is my goal that results are not posted on the CPU site before they hit the OPA site.

In November of 2013 we switched from our current web host to Westhost to partner with the CPU and have our website reside in a portion of the space allocated for the CPU. We are not part of the CPU site, we remain an independent entity. The choice to move was associated with cost. Because we moved hosts, this necessitated a change in the format to the site and as such, the site was re-created with new software.

Because the new program is more flexible, a number of changes were easily executed. Since the switch in November we have added on-line membership registration with e-transfer payment. As of the time of this report, we have had 45 members register on-line.

Further anticipated changes are:

- Introduction of Paypal
- Addition of on-line forms for: Club registration, meet sanction, meet registration

One, unanticipated issue with the site changeover was the use of hotmail addresses routed through the OPA site address. At the time of this report, Hotmail still reads all email coming from the Ontariopowerlifting.org site as 'spam' and will bounce the mail back to the sender. Mike Armstrong has applied on our behalf to hotmail to have our site added as a legitimate email. Until that is activated, we cannot use any email with the @ontariopowerlifting.org extension the goes to hotmail accounts. For example, the Treasurer@ontariopowerlifting.org had to be omitted as the ultimate destination was a hotmail address. We will keep everyone apprised of the status of this issue.

**Comment [TB2]:** In order to set up a paypal account we need proof that we're a non-profit organization (maybe the articles of incorporation?). We're not sure who has this so someone should follow up on it.

Recently, there has been a degree of discussion on the CPU forums on making our organization more 'lifter friendly' for new lifters. We are always open to suggestions for formatting the site in a way that makes information more clear to new lifters. We have a "New Lifter" section on the home page and if anyone has any suggestions for additional information or more clear formatting, please send the to me.

[From Meeting: In order to set up a paypal account we need proof that we're a non-profit organization \(maybe the articles of incorporation?\). We're not sure who has this so someone should follow up on it.](#)

## **Northern Region Report**

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## **Eastern Region Report**

2013 was a great year for the growth and development of powerlifting in eastern Ontario. We hosted 2 competitions the Ottawa Open in July and the Ontario Classic Championships in November. As in the past, the Ottawa Open filled up fast and was well attended. The Ontario Classic Championships set a new record for our province. With 142 lifters competing over the course of 3 days, it was by far the largest competition in the country, outside of our Nationals Championships.

2013 also saw emergence of a new club hailing from Brockville. In August, had the privilege of helping the Brockville Barbell club run Lift For Kids, a charity Push/Pull to raise money for the Big Brothers and Sisters of Leeds/Grenville. With 22 lifters raising over \$2000 for the charity, it was a huge success. We look forward to the guys from Brockville registering their club for 2014.

In 2014, we are looking to continue to grow. With our membership at an all time high, we would like to keep the momentum rolling throughout the year. I would like to thank all the members of the Iron Works club as well as all the members of the Ultimate Fitness club as they have been integral to all of our success this past year.

## **Central Region Report**

We had a very busy year in all regions, and the Central Region was no exception.

We had four meets and two High School Championships in the Region for the year.

04/18/2013 High School Regional Championships

05/25/2013 Ontario High School Championships

06/1-2/2013 Toronto Supershow 3 Lift and Bench only

06/15/2013 UTM

08/07/2013 Niagara Open

11/03/2013 Dundas Open

All the above mentioned competitions were all well attended, and in fact we had them all filled well before closing dates. Which would indicate that there is a very high demand.

Hopefully we will continue to grow in 2014 and beyond.

## Southwest Region Report

From Meeting: Sandro has looked into getting powerlifting as a varsity sport for universities. It's not difficult, but he isn't actively pursuing this currently. He could give guidance if someone wants to take this up.

Marlene will send Julie here documentation on running a meet (meet checklist etc.) that Julie will publish on the web site for prospective meet directors.

**Comment [TB3]:** Sandro has looked into getting powerlifting as a varsity sport for universities. It's not difficult, but he isn't actively pursuing this currently. He could give guidance if someone wants to take this up.

**Comment [TB4]:** Marlene will send Julie here documentation on running a meet (meet checklist etc.) that Julie will publish on the web site for prospective meet directors.

## Proposals

1. Given the growth in memberships and clubs in the past couple of years, we should put all profit generated by the Toronto Super Show towards purchasing the following:

- competition rack and bench
- competition bar and plates
- lights

We currently have 24 clubs registered. Last year seven clubs hosted meets (not including the Super Show). All meets except one were at capacity, indicating that more meets could be held. Many smaller clubs don't have the considerable capital it takes to purchase the equipment necessary to hold a meet. In the past, the larger and more experienced clubs have loaned their equipment and expertise and acted as mentors to younger clubs. We should encourage this to continue as far as lending expertise but if we want more clubs running meets, we can't continue to expect the older clubs to loan their equipment.

If the OPA owned its' own equipment and stored it in a central and trusted location, we could rent it to new clubs for meets at a nominal rate encouraging them to host their own meets.

*Submitted by Julie Watkin*

*Seconded by Mark Boyle*

*Passed*

**Comment [TB5]:** Passed.

**Comment [TB6]:** Mark Seconded

**Comment [TB7]:** Used for growth of the OPA

2. I also would like to propose that the OPA put in place a request that each club upon registration agree to provide one member of the club to help out at one or both Provincials. We have quite a few clubs in Ontario, and we need help with these events. It would benefit all if we could have a commitment above and beyond a fee from these clubs to assist. I would also like to add that possibly as an incentive to participate possibly deferring the next year's registration fee for each club that does participate, might make it more attractive.

*Submitted by Frank Nadeau*

*Seconded by Mark Boyle*

*Passed – only required to provide a member at one provincial championship*

**Comment [TB8]:** Mark Boyle Seconded, passed

**Comment [TB9]:** Just one provincial, not both.

3. I propose that we allow 5 exemptions per day of the contest to people who volunteer to help at a provincial championship contest. The list of exempted competitors would have to be published by the meet director at least one week before the contest entries are due (so others will have time to register). Generally exemptions should be given on a first-come, first-served basis, however it is ultimately up to the meet director who would receive the exemptions (so they can choose people to fill specific volunteering needs).

*Submitted by Mark Boyle*

**Comment [TB10]:** Trish Seconded, not carried

Seconded by Trish Boyle  
Not Passed

4. I propose that any lifter who would like an exemption from provincials for injury must be available to volunteer for at least 2 sessions of the contest in question. They may not have to actually volunteer if none are needed but must be available. What tasks may be asked of them would be dependant on their injury (i.e. someone with a broken arm wouldn't have to spot/load, but could perhaps be platform manager). Note that exemptions are still approved in the normal way. Volunteering is not an automatic way to get an exemption.

Submitted by Mark Boyle  
Seconded by Mike Knott  
Passed

#### ARTICLE XX - Provincial Referees

10. A provincial referee must officiate at least two meets per calendar year to maintain active status subject to the availability of meets within their region. No referee will be required to leave their region to complete this quota provided the referee has made every attempt to officiate two meets within the region. Failure to comply will result in the referee being dropped to inactive status. An inactive referee shall maintain all qualifications but may not be considered for the purposes of a club sanction.

I would like to reword the first line for Article XX Paragraph 10 to read:

Provincial Referees must officiate at least two meets per calendar year, plus one of the two Provincial Championships, and attend a Referee Clinic once every 2 years to maintain active status subject to the availability of meets within their region.

Submitted by Mike Knott  
Seconded by Bill Jamison  
Passed

#### ARTICLE XXVI - Travel / Accommodations / Expense Reimbursement

##### 2. Referees:

- a. Within 30 days of the Competition and upon submission of receipts to the treasurer on the appropriately completed O.P.A. expense form, referees will be eligible for reimbursement of expenses according to the following schedule:
- i. Travel up to 100 km = \$35.00

**Comment [TB11]:** Seconded by Mike Knott, passed.

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**Comment [TB12]:** Proposed by Mike, Seconded by Bill Jamison, passed

**Comment [TB13]:** Seconded by Bill Jamison, passed

- ii. Travel from 101 km. To 1,000 km. - 30¢ per km one-way, and the cost of a hotel room up to \$100.00 maximum per day refereed.
- iii. Travel over 1,001 km: Provincial or Nationals \$100.00; Internationals: \$200.00

I would like to reword the first line for Article XXVI:

Referees:

- a. Within 30 days of the Competition and upon submission of receipts to the treasurer on the appropriate completed O.P.A. Expense form, via Mail, or E-Mail, referees will be eligible for:
  - i) \$35.00 per session officiating at
  - ii) Travel over 100 Km – 0.20 ¢ per Km (This is counted from the first KM, so the entire distance is covered)
  - iii) Travel over 100 Km – Hotel up to the rate of the Meet Registered Hotel Cost per night refereeing, or less if the room is less than the Meet Rate. If no meet hotel is specified, then the amount is \$100 per night.
  - iv) Refereeing at the Nationals or Internationals \$200.00 to help offset travel expenses.

The difference for distance is:

London to Ottawa 650 Km one way

0.30 ¢ per Km X 650 Km = \$195.00

London to Ottawa 1300 Km Round Trip

0.20 ¢ per Km X 1300 Km = \$260.00

The 0.30 ¢ per Km one way was set when the cost of Gas was approx. 0.75 ¢ per Litre and the cost of gas has increased greatly since then.

The hotel, re-imburement at the Meet Rate per day officiating covers the hotel for the referees so they are not out of pocket to referee.

Submitted by Mike Knott

Seconded by Bill Jamison

Passed

Dave's Proposal

Exemption with provincials (30 day rule) would only be for Canadian National Championships and World Championships (so not Arnold's, Commonwealth Games) (clarification needed as we don't have the proposal)

Final motion from Dave's proposal: any Canadian National Championships plus any contest where an IPF world record may be set qualifies for the exemption  
Secoded by Trish Boyle  
Passed

Comment [TB14]: Secoded by Trish, passed

## Discussion Points

- CPU executive stipend needs to be reviewed, in particular for the vice president. This is a duplication of the president.
- CPU Executive Council Officers votes are not democratic ( They do not represent any one)– only the provincial presidents (CPU Vice Presidents) should have the right to vote at the Annual General Meeting of the CPU.
- Awards ceremony should be proper at any level of competition of the CPU (more formal, have a dress code). This should be documented in the Meet Directors handbook.
- Contest Sanction form should clearly state that the Meet Director must read and follow the guidelines in the Meet Directors handbook.
- Deadlift – if not complete there should be some sort of specific signal rather than punishing the lifter who is waiting to lower the bar. DOWN means the lift is complete and side referees may give white light.
- Any motion passed by CPU executive in an emergency must be passed at the national CPU AGM (or amended as necessary and passed by only the provincial presidents).
- New record attempt should be announced; if possible, so proper referees are arranged prior to lift.
- Drug testing – Where about and address of the lifter has to be up to date, If not then it should be considered cheat and lifter should be properly punished within the rules.
- New business – Local city's Sports Hall of Fame - Powerlifters from their own cities should be nominated to make the sport known and to get recognition.

All items as per HarnekRai



## Executive Positions

### President

Julie Watkin – nominated by Julie Watkin  
SandroD'Angelo – nominated by SandroD'Angelo

**Comment [TB15]:** Julie wins

[Julie Watkin wins.](#)

### Vice President

Maggie Rafferty – nominated by Mike Knott  
[Seconded by Julie Watkin](#)  
[Passed by acclimation](#)

**Comment [TB16]:** Seconded by Julie, passed by acclimation

For the remainder of executive positions, the current members are intending to continue in their positions.

[Passed by acclimation](#)

**Comment [TB17]:** Going forward, award nominations must be submitted 30 days prior

## Male and Female Lifters of the Year

[Note that going forward, the rule regarding 30 day advanced notice for award nominations will be enforced.](#)

### Best Lifter – Female

For best lifter female I'm nominating Mary Ann Kaczor. Mary Ann has consistently improved upon her already considerable talents as a lifter. She has ably represented Ontario and Nationals and Canada at the World Championships.  
*Nominated by Julie Watkin*

Carol Brady

Carol has competed at  
2010 Nationals  
2011 Nationals and World Masters  
2012 Nationals and World Masters  
2013 Nationals, World Masters and Commonwealth Championships  
*Nominated by Glyn Moore*

**Comment [TB18]:** Carol Wins

[Carol Brady wins](#)

### Best Lifter – Male

I would like to nominate Tim Ekert. Tim has been a long time lifter, and has excelled at all levels. I think it is about time that he is recognized for his achievements.  
*Nominated by Frank Nadeau*

**Comment [TB19]:** Tim Wins (didn't vote)

[Tim Ekert Wins](#)

**OPA Team of the Year**

[Belle River](#)

**Club with Most New Members**

[Ultimate Fitness](#)

**Nomination for Bill Jamison Award**

[Mark Giffen was nominated \(nominator is unknown\)](#)  
[Joanna Rieber seconded](#)  
[passed](#)

**Comment [TB20]:** Belle River

**Comment [TB21]:** Ultimate Fitness – have to be reimbursed \$20 as they have already paid the full fee

**Comment [TB22]:** Mark Giffen Nominated, Joanna Rieber seconded

## OPA Recognition Award

For OPA recognition award my nomination is for linda rousseau. She has enthusiastically raised awareness about powerlifting have many articles produced in many papers and magazines and even a nation wide broadcast tv show. She is so in love with the sport trains hard through tough injuries. Representing us proudly at worlds in Orlando the most recent of her accomplishments . Also she earned to commonwealth records with numbers put up at worlds.

*Nominated by Susan Abbott*

I would like to nominate Julie Watkin . She does so much for OPA - the website, reffing, organizing and helping at meets, supporting new lifters.

*Nominated by Carol Brady*

I wish to nominate NelloMiele for the opa recognition award. I have been unable to access opa site until how as I realize it is late.

I do not want the award to go to anyone else by default. Nello deserves this honour due to his many years In the sport, his own personal growth in the sport and especially for his dedication on the growth of new lifters. He is extremely selfless and does not look for glory. He is exceptionally positive and a true team player. He has consistently written programs and coached me and other who were not even team mates over the past several years. I believe a successful person to receive this honour should have invested in the sport ass well as be an advocate and perpetuate growth among new lifters and seasoned. Nello embodies all these traits.

*Nominated by Lisa Nigh*

[Lisa Nominates Mark Giffen,](#)

[Secoded by Mike Knott](#)

[Passed](#)

**Comment [TB23]:** None of the prior nominees qualify as they have not been here 10 years

**Comment [TB24]:** Passed

## **2014 Classic Provincial Championship Proposals**

Dundas Valley as awarded bid.

### **Re: Proposal Bid for 2014 Ontario Classic Provincials November 14, 15 and 16.**

Location: Travelodge Hotel at 1376 Carling Avenue, Ottawa

Dates: 3 day event – from Friday November 14 to Sunday November 16, 2014

Meet Directors: SandroD'Angelo and Art Chan

Club: Iron Works Powerlifting Club

I am looking to host the 2014 OPA Classic Bench Press and Three Lift Powerlifting Championships in Ottawa in November 2014. Both myself and Art Chan have now ran several OPA sanctioned meets with the most recent being the 2013 OPA Classic bench Press and three lift championships.

The venue features a 1300 square foot warm up room (Rotary Room), a 5,600 square foot lifting area (Beachcomber room) and separate weigh in room. The seating capacity of the lifting area is approximately 500 spectators.

Thanks You

SandroD'Angelo

Art Chan

**Comment [TB25]:** Dundas Valley Wins

**Comment [TB26]:** Note there is still no bids for Equipped Provincials



Ontario Powerlifting Association

# 2014 CLASSIC PROVINCIAL'S

BID

prepared by:

**DUNDAS  
VALLEY POWER**

[fmarias@symptico.ca](mailto:fmarias@symptico.ca)  
(905) 379-4007

Dear OPA Executive & Members,

Thank you for allowing DUNDAS VALLEY POWER the opportunity to offer this bid for the 2014 OPA Classic Provincial meet.

Dundas Valley Power could not have successfully hosted the Last Chance Qualifier without the cooperation of a number of powerlifting teams from the area, and we hope to utilize those same resources for equipment and volunteers. Steel City, Niagara and Toronto Rex were invaluable to us, and we will work to recruit those team members and others to ensure that we uphold and exceed the standards of the OPA.

With less than 6 weeks preparation we were able to provide many lifters an opportunity to qualify for the Provincial meet held by the Iron Works team in Ottawa, giving many the springboard to further their competition skills at the upcoming Canadian Nationals in St. Catharines.

Although our team has only hosted this one previous meet, our team members have extensive experience in organizing many professional, athletic, political and charitable events and we are enthusiastic to put these skills to use once again!

Our team genuinely looks forward to providing a positive, organized and supportive powerlifting meet and further carrying on the tradition of spirit and community for which this sport is known.

Best Regards,

Dundas Valley Power

# 2014 OPA Classic Provincial Championships

Friday November 28th to Sunday November 30th, 2014

## Location



**Crowne Plaza Hotel & Conference Centre**  
150 King Street East, Hamilton, ON

## Venue



### **Royal Pavillion Ballroom**

4200 sq ft of main lifting and spectator area  
1800 sq ft of warm up area  
Same floor washrooms  
Same floor boardroom for weigh in and hospitality/meetings

### On-Site Amenities



**Fitness centre**  
**Pool, Whirlpool, Dry Sauna**  
**Parking garage**  
**Restaurant/Lounge**

Available for breakfast by 6am. Open until 11pm

### Hotel will Provide



Discounted block of rooms  
Room Rate of \$99.00 per night  
Direct email link to reservations

### Surrounding area & attractions

Easy Highway Access  
- Go Train Station and Hamilton Airport  
Several restaurants & pubs within a few blocks  
Shopping, entertainment, museums, markets