



**ONTARIO  
POWERLIFTING  
ASSOCIATION  
2016 AGM AGENDA**

November 21, 2015

## Board of Directors

<b>Title</b>	<b>Name</b>	<b>Present Y/N</b>
President	Julie Watkin	Y
Vice President	Maggie Rafferty	Y
Secretary	Carol Brady	Y
Treasurer	Linda McFeeters	Y
Registrar	Blake Giberson	Y
Referee Chairperson	Michael Knott	Y
Web	Julie Watkin	
Records	Mark Boyle	N
Para Powerlifting		

## Regional Chairperson(s)

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

# Agenda

<b>Roll Call</b>	<b>Julie Watkin</b>		
Reading of Minutes of Previous AGM			M-C Brady S- L McFeeters accepted
President Report	Julie Watkin		
Vice President Report	Maggie Rafferty		
Treasurer Report	Linda McFeeters		
Referee Report	Michael Knott		
Records Report	Mark Boyle		
Central Region Report	Frank Nadeau		
Proposals			
Discussion			
Election of Board Officers 2016-2017			
2015 Awards			
2016 Provincial Championship Proposals			

# AGM Reports

## President's Report

2015 has finished off with another all time high in membership, meets and positive drug tests. With the good comes the bad.

As of the end of October we have 816 members. This is a 51% increase over last year's membership of 536. In the past two years we have almost doubled in size.

With the increase in membership was an increase in meets. In 2015 we held:

- Three championship meets
- One college and university meet
- Six high school meets including the championship (two new regions added; North Bay, and London)
- Seventeen open meets

### **Total of 26 meets.**

The level of participation at the meets by both volunteers and officials continues to be tremendous. While our infrastructure continues to catch up to our membership, we are seeing more and more of our new members pitch in and become an important part of our Association. Our culture of participation and involvement is being communicated very well to our new membership.

The historically high number of meets during the year would not have happened without the cheerful participation of both our old guard clubs and a number of new ones. We had five new clubs host meets this year: Seneca Strength Athletics, Ultimate Fitness, Victory Barbell, Power Plant and StrengthWOD. We'd like to thank all of our clubs who put the work into creating competition opportunities for all of our members. Now that we have a competition set available for rent, we hope to see even more young clubs hosting meets of their own.

With an average of one meet every two weeks, our officials have also been run off their feet and stretched a bit thin. Without all of these people none of this would happen.

As mentioned above, with the good comes the bad. We had three positive drug tests in 2015. Eyes in the rest of Canada are on us to see how we handle this going forward. To that end, there is a proposal that was tabled in January with respect to increasing our drug testing funds.

I would like to thank our executive and everyone that volunteered their time and good attitudes over the past couple of years as we have hung on to the tiger tail of our growth. The challenges will continue but if we continue to adapt and evolve to meet them, we will be better than ever.

## Vice President's Report

This year has seen exponential growth in the membership of the OPA and our clubs have stepped up to offer more meets to accommodate this growth. In the eastern region the establishment of Victory Barbell has contributed to two additional meets this year. Many of the clubs have hosted meets and we encourage them to continue to do so!

With so many new lifters I am encouraging the veteran lifters to help out, coach and mentor to ensure a positive experience for everyone. With almost 40 registered clubs all over the province new lifters should be encouraged to join and learn from experience. Thank you to the clubs who have begun to do so and continue to contribute in meaningful ways.

It has been a pleasure working with the executive over the last year and the time and effort by its members does not go unnoticed. I am looking forward to a successful 2016 for the OPA.

Maggie Rafferty

## Treasurer's Reports

Please note for the attached reports that revenue increases can be expected by the year's end for membership fees as the current value reflects up to September only. Additionally drug fee revenue will increase from the Open/Masters championship as will the medals revenue, record revenue, t-shirt sales and possibly club fees and contest sanction revenue.

Notable increased expenses will be seen particularly with referee expenses and athlete travel to the year's end as well as drug testing fees for the current open/master championship. Drug testing fees from 2014 Provincials are included in the 2015 expense listing of \$2992.50. Most other expenses will be nominally increased as normal monthly charges ensue.

## Ontario Powerlifting Association

### BALANCE SHEET

(As of 08-Nov-15)

<b>ASSETS</b>	<b><u>2015</u></b>	<b><u>2014</u></b>
<b>Current Assets</b>		
Cash	14,425.45	22017
Accounts Receivable	2,922.00	3122
OPA Medals on Hand	1,555.00	2013
T Shirts on Hand	406.86	311
	<b>19,309.31</b>	27,463.00
<b>CURRENT ASSETS</b>		
Competition & Platform Equipment	9,471.49	NIL
Accumulated Depreciation		
Competition & Platform Equipm Depn **	(236.79)	
<b>TOTAL CURRENT ASSETS</b>	<b>9,234.70</b>	NIL
<b>TOTAL ASSETS</b>	<b>28,544.01</b>	<b>27463</b>
<b>LIABILITIES</b>		
Current Liabilities		
Deferred Revenue	0	1055
<b>MEMBER'S EQUITY</b>	<b>28,544.01</b>	26408

\*\* Note - Depreciation is calculated at 10 year lifetime with 10% depn per year

## Ontario Powerlifting Association

### INCOME STATEMENT & MEMBERS EQUITY As at Period Ending November 8, 2015

	<b>YEAR-TO-DATE</b>	
	<b>Nov 8/2015</b>	<b>2014</b>
<b>REVENUE</b>		
Membership Revenue	16,271.88	33,660.00
Equipped Provincials	1,500.00	
Drug Fee Revenue	2,770.00	2,235.00
Record Revenue	2,035.00	1,685.00
Provincial Medals Revenue	430.00	940.00
Toronto Show Revenue	6,500.00	4,750.00
Club Fees Revenue	1,565.00	1,180.00
Misc Revenue (2015- Equip Rntl Income)	150.00	99.00
T Shirt Revenue	980.00	1,115.00
Contest Sanction Revenue	550.00	324.00
<b>TOTAL REVENUE</b>	<b>\$ 32,751.88</b>	<b>\$ 45,988.00</b>
<b>EXPENSES</b>		
CPU Membership Costs	1935.00	19,425.00
Equipment Depreciation Expense	236.79	0.00
Equipped Provincial Expenses	2584.31	0.00
Referee Expense	8028.64	10,736.00
Travel Expense - Athletes	5200.00	1,000.00
Insurance Expense	918.00	810.00
Office	698.33	1,008.00
Bank Charges	204.25	209.00
Medals and Trophies	1065.16	712.00
Super Show Expenses	3453.46	3,063.00
Supershow Referees	857.87	1,100.00
Drug Testing Expenses **	4817.45	1,691.00
T Shirts	303.84	428.00
Storage Rental Expense	313.07	0.00
Total Expenses	<b>\$ 30,616.17</b>	<b>\$ 40,182.00</b>
<b>NET INCOME</b>	<b>\$ 2,135.71</b>	<b>\$ 5,806.00</b>
<b>MEMBERS EQUITY, BEGINNING OF YEAR</b>	<b>\$ 26,408.30</b>	<b>\$ 20,602.00</b>
<b>MEMBERS EQUITY, NOV 8, 2015</b>	<b>\$ 28,544.01</b>	<b>\$ 26,408.00</b>

\*\* Note - Drug testing fees include 2014 Provincials \$2850

## Ontario Powerlifting Association

### Proposed 2016 Operating Budget

	2016		
Membership (Assumes 5% growth over 2015 - Increase for 2016)	538	\$ 40.00	\$21,520
Students (Assumes 5% growth over 2015 - Increase for 2016)	316	\$ 20.00	\$6,320
	854		
Club fees (Assume same as 2015)	38	\$ 40.00	\$1,520
Contest Sanctions	20	\$ 25.00	\$500
Drug fees (based on 18 meets @36 spots each + 200 championship)	848	\$ 15.00	\$12,720
Medals			\$1,000
Misc (equipment rental)			\$300
T-Shirts			\$1,000
			<u>\$44,880</u>
CPU Affiliation Fee			\$500
Presidential/Delegate travel			\$1,000
Online Registration Fees	854	\$ 1.13	\$965
Referee Travel - national/international	10	\$ 200.00	\$2,000
Athlete Travel	70	\$ 100.00	\$7,000
Bank charges	12	\$ 15.00	\$180
Drug Testing			\$10,000
Medals and Trophies			\$1,000
Referees			\$13,000
Office			\$500
Insurance			\$917
Equipment storage			\$1,140
Equipment depreciation			
T-Shirts			\$500
			<u>\$38,702</u>
Profit/Loss			\$6,178

Motion – L McFeeters

Second - M Knott carried



# Referee Chairperson Report

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

Dimitri Magirias

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

Linda McFeeters

John Beres

Carol Brady

## **International Level II Referees this year**

Glyn Moore

## **Number of Referees**

At present we have 29 active referees in Ontario, 2 IPF Level 1, 2 IPF Level 2, 7 National, 8 Provincial Level I and 9 Provincial Level II in Ontario at present.

## **Year at a Glance**

With a record 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 if 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 session of a meet to work in whatever capacity is required. This is more imperative during championships with multiple day events. I also need referees in each region to do step up and attend meets in their region as well as travel as required due to the number of meets being run. I have obtained approval from the IPF to use their online exam for Canada for National and Provincial Level exams. I am working with Hanne to set up Certificates for Provincial as well as National Level that will be printed off upon successful completion of an exam.

<b>Bill Jamison</b>	<b>I 1</b>
<b>Harnek Singh Rai</b>	<b>I 1</b>
<b>Glyn Moore</b>	<b>I 2</b>
<b>Michael Knott</b>	<b>I 2</b>
<b>Adele Couchman</b>	<b>N 1</b>
<b>Don Clarke</b>	<b>N 1</b>
<b>Jerry Marenette</b>	<b>N 1</b>
<b>Mark Giffin</b>	<b>N 1</b>
<b>Matt Cuthbert</b>	<b>N 1</b>
<b>Rick Gazdig</b>	<b>N 1</b>
<b>Ron Strong</b>	<b>N 1</b>
<b>Stan Goss</b>	<b>N 1</b>
<b>Carol Brady</b>	<b>P 1</b>
<b>Doug Block-Hansen</b>	<b>P 1</b>
<b>Frank Nadeau</b>	<b>P 1</b>
<b>John Beres</b>	<b>P 1</b>
<b>Julie Watkin</b>	<b>P 1</b>
<b>Linda McFeeters</b>	<b>P 1</b>
<b>Lynda Squires</b>	<b>P 1</b>
<b>Maggie Rafferty</b>	<b>P 1</b>
<b>Art Chan</b>	<b>P 2</b>
<b>Blake Gibberson</b>	<b>P 2</b>
<b>Brandon Ward</b>	<b>P 2</b>
<b>Chris Fudge</b>	<b>P 2</b>
<b>Dimitri Magirias</b>	<b>P 2</b>
<b>Glorianne Papolis</b>	<b>P 2</b>
<b>Phillip Bjerring</b>	<b>P 2</b>
<b>Ron Dillig</b>	<b>P 2</b>
<b>Sandro D'Angelo</b>	<b>P 2</b>

# Records Chairperson Report

The growth of our membership has caused a very large number of records to be set in 2015. Since the

end of April, 173 different records have been broken (includes each lift and age class combination) and that isn't including all the records set at Nationals. I implemented a VBA solution in order to automate much of the process of updating a record. This also keeps track of each record listed for increased auditability. Starting in 2016, we will no longer require a fee for our records, but will still require the \$5 for certificates.

## Central Region Report

We had quite a large amount of activity in this region over the past year. I will not be reporting with the names of all the meets but I will list that we had a total of two Provincial Championships, one College/University meet, 1 High School regional, 1 Ontario High School Championship, 1 Special Athlete competition, and seven Open meets. One of which was the Super Show, which is a two day event. All were well attended, with many having waiting lists due to their popularity.

Speaking of waiting lists and meets, with our incredible growth in the past couple of years, we find ourselves with a need for even more meets, and also clubs to put them on. If I have heard one thing from the membership it is that there seems to be such a quick fill up occurring that lifters end up missing out. We have seen more club activity recently, and a lot of new blood putting on meets for the first time, but to sustain such growth we will need even more participation from our newer members to step up, develop more clubs, and also get involved in referee/technical activity.

While many of our members that have been around for a while have done wonders to keep everyone happy, we still need more. Maybe not so much with putting on more meets, but possibly reaching out and offering their experience and mentor, assist with getting these new people to put on a meet, or get them started in new clubs.

I am surprised that many members do not even know how to even start up a club, and this is one way that we can get the members informed on what we offer as an association.

Last of all, I would like to thank the Executive for allowing me to be part of this process for the last few years,

Sincerely,

Frank Nadeau

## Northern Region Report

Popularity of our Sport continues to grow in North Ontario. With the efforts of the Canadore Panthers and the Valhalla Powerlifting Club, two meets were hosted this year. The Northern High School meet held in February attracted 20 lifters. From there a few went onto the Provincial High School Championships. The North Bay Open in September had a field of 38 lifters with strong representation from other Northern cities.

A couple non-sanctioned Push/Pull competitions were held to attract new lifters to the sport.

Looking into 2016, plans are to have more Provincial referees qualified and expansion of more clubs in the surrounding centres.

# Eastern Region Report

It was another record year for us in the Eastern region with 6 full meets being run by 3 different clubs. We would like to thank The Ottawa Strong, Victory Barbell and Ultimate Fitness clubs for all their time and efforts in bringing so many quality events to our area. It is a welcome addition to have 3 different clubs hosting events in our area. We now have seven powerlifting clubs in the region and we are hoping that in the near future a few of them will decide to host an event or two. Powerlifting has never been stronger in our region.

I am also happy to see that we were able to secure a full set of para powerlifting equipment from the Pan Am games for Canadian Strength and their facility. We will continue to help develop awareness of sport and hope to see a few para athletes on the platform in the coming years.

# Proposals

## Maggie Rafferty

1. Teams that accept new members should require an on-boarding process established by the OPA to protect team administrators/leaders. **Proposal: Make on boarding process obligatory for new members. Motion to table – J Watkin second – M Knott carried**
2. Establish a positional role for anti-doping representative for the province. This role would require working with the CPU affiliate to educate and promote anti-doping policies to members within the province. **Removed - M Rafferty, second N. Doelman**
3. The role of the VP should be expanded to overseeing the regional representatives in fulfilling their roles. I.e. Help regional reps in the organization of referees for meets, as well as running referee and coaching clinics. This would allow the VP to assist the provincial referee chairperson in placing referees at meets. **Motion – M Rafferty, second M Knott Defer to committee to further develop role - Motion – M Giffen, second C Brady carried**

## Harneek Singh Rai

When a lifter (CPU member) is found positive (drug test) this changes the medal placements (i.e. gold/silver/bronze). Due to the changes in medal placements the lifter who now qualifies for a medal must be awarded his/her medal immediately. Regardless of whether the lifter, who lost the medal, returns the medal or not.

### **Reason:**

The lifter who waits for his medal is already been punished by not getting his medal at the award ceremony and not standing on the podium. He/she did not get a chance to take pictures or celebrate his/her accomplishment.

The lifter should not have to wait months, sometimes years, to get his/her medal.

### **NOTE:**

*I request the OPA to put forward this motion, if passed, to CPU, to be considered at thenational level (AGM).*

**Motion – H Singh Rai , second – F. Nadeau carried**

## **Brandon Ward:**

### ARTICLE XXX - Contest Sanctions #7

#### **Current:**

Anyone in the warm-up area must be lifters, coaches and contest personnel. The aforesaid persons must be registered with the O.P.A., C.P.U. or I.P.F. The only exceptions are media and emergency personnel. **There is a limit of one coach per lifter in the warm-up area. The Meet Director will provide a stamp, batch or wristband to show that it is a coach. This coach must be a member of the O.P.A., C.P.U. or I.P.F. as stated above.**

#### **Change to:**

Anyone in the warm-up area must be lifters, coaches and contest personnel. The aforesaid persons must be registered with the O.P.A., C.P.U. or I.P.F. The only exceptions are media and emergency personnel. **For lifters competing classic, there is a limit of one coach per lifter in the warm-up area. Lifters competing equipped may have up to two coaches per lifter in the warm-up area. The Meet Director will provide a stamp, batch or wristband to show that it is a coach. This coach must be a member of the O.P.A., C.P.U. or I.P.F. as stated above.**

#### **Basis:**

Competing in powerlifting equipment typically requires more hands-on coaching assistance for the lifter than competing classic. Putting on and taking off a bench shirt, squat/deadlift suit, wrapping knees, putting up suits straps on a lifter and taking them off for each attempt are all actions that routinely require the help of an experienced coach. Ideally this is someone who knows the lifter well and how they wear/use their equipment. This responsibility is in addition to typical coaching responsibilities of calling/determining attempt numbers, monitoring placings, etc. Obviously a classic lifter does not require this additional assistance because they are not wearing equipment. Therefore, one coach for a classic lifter is reasonable, as they are not assisting with equipment (in fact, they are prohibited from helping put on knee sleeves). Allowing two coaches per equipped lifter only is appropriate due to the additional coaching assistance required by the nature of competing in equipment. This is also consistent with international rules which limit the number of coaches per lifter to two in international competition.

Motion – B Ward second – C Brady carried

## **Julie Watkin**

### Article XXX - Contest Sanctions #8

#### **Current:**

All contest fees will include a \$5 per lifter fee that will go directly to the OPA for drug testing.

#### **Change to:**

Option One: All open meet contest fees will include a **\$10** per lifter fee and all Championship meet contest fees will include a \$20 per lifter fee that will go directly to the OPA for drug testing.

Option Two: All open meet contest fees will include a **\$15** per lifter fee and all Championship meet contest fees will include a \$20 per lifter fee that will go directly to the OPA for drug testing.

Motion to accept option Two – K Maxwell, second – J Beres carried

**Rationale:**

With current drug testing fees of approximately \$850 per test we would need 170 lifters to finance one test. With so many new lifters becoming members of our association and expecting a drug-tested federation, we must begin to commit more of our funds to that end.

Further, in the past year we have had three positive drug tests over the course of 4 months. A total of 13 Ontario lifters have been tested which means that almost 1/4 of the tests were positive.

**Recommendation:**

Rather than expecting meet directors to bear the brunt of any increases, I suggest restructuring our contest entry form(s) so that the layout is similar to those of national championships. For example:

Meet Fee: \$70.00

Drug Testing Fee: \$10.00

**Total: \$80.00**

Each contest entry form will have an automatic **\$15** for lifters to add to the meet fee. It is important that we highlight this fee; state it's use and become far more vocal regarding our drug testing. Add something along the lines of *"The OPA and CPU follow the rules and regulations of the World Anti-Doping Agency (WADA). By competing in this competition, you accept the possibility of being selected for drug testing. Entry fee includes drug-testing fee."*

**Motion – J Watkin, second J Beres carried**

**Glyn Moore**

I propose to increase the annual membership by \$20 to lifters who are lifting unattached or with clubs that have not held a contest in the previous 24 months.

**Reasons:**

The membership is approximately 750-800. Of that number of members, approximately 550 are unattached. Unattached lifters offer no contribution to the OPA as far as running contests. The revenue from this would be an extra \$10,000 which could be used for drug testing etc.

**Motion – G Moore, second – L McFeeters carried**

I propose that Ontario qualifying standards fall in line with CPU standards.

**Motion – G Moore, second – N Doelman carried**

I propose that part of the job description for OPA President require that he/she if at all possible attend the CPU AGM. The OPA should pay up to \$1000 for flight and accommodation for one or two evenings **with the budget to be amended accordingly.**

**Reasons:**

With 750 members and the OPA 1/3 of the CPU membership it is imperative to have representation from the President at the CPU AGM.

**Motion – G Moore, second – F Nadeau carried**

I propose the the OPA drop the Toronto Supershow and host a contest in a more user friendly location as I do not believe that this generates membership and is a nightmare to set up and run. – ***This was done June 2015***

**Withdrawn**



## Items for discussion & clarification

### Mike Knott

#### Issues for AGM:

1. Closing Dates for Competitions. The lifter must have a valid membership before the closing date or cannot lift. **Motion – M Knott second – C Brady carried**
2. Closing Dates for all competitions need to be adhered too specifically proper qualifications for Championships. Closing date for championship is a minimum of 3 weeks, the actual closing date is what is posted and the lifter must qualify as a member in good standing and have a qualifying total before they can apply. **Withdrawn**
3. Article XX Provincial Referees, paragraph 10, needs to increase officiate at least 3 meets per year including one championship for P1 and above. (this is due to the number of meets being run due to the total of lifters in Ontario at this time) **Motion – M Knott second J Beres defeated**
4. As per Regional Chairpersons duties, the Referee Chair needs help with each Region in order to obtain more qualified referees in their regions and to help in managing the meets run in their regions. **Review of constitution**
5. Referees in a region need to ensure they participate in local meets to reduce travel between regions. **Withdrawn**
6. As the CPU has accepted the new qualifying standards last year the OPA needs to move to the same qualifiers for consistency. If the CPU increases at their AGM we need to be able to follow as we have in the past. As there is no reference and we follow CPU standards, anyone that is qualified as an Equipped Lifter is also qualified as a Classic Lifter as per CPU standards. The only difference OPA has to CPU is that we require your qualifier to meet the category you are lifting in. **Withdrawn**
7. Clean up of the information about going to Nationals must also now include the regionals so a lifter needs to go to a Provincial before attending a Regional, as new lifters now must attend a Regional to go to the Nationals. This should be a natural progression. **Withdrawn**
8. I talked to Louis about the amount of meets and the fact that they fill up so quick and he told me of the solution they come up with in Quebec.

If a meet is scheduled for Sep 15, it can be posted as a meet coming up, but they do not open for entries until one month before. This way they do not have someone jump in and block a spot in a meet. They also have entries set up on line in that the on line entry cannot be submitted until the opening date allowed, it will also not register a lifter in the meet until, they have listed a valid membership and paid in full. This would allow only active members in good faith to enter and not have entries blocked months in advance then they do not show. In Ottawa this weekend there were 16 no shows for the competition. With this method, it would allow for lifters serious to attend and not just put their names in to block a spot in case they want to lift. This would also allow only members in good standing to have a better chance to enter as opposed to non-members blocking a spot. **Tabled till future**

They have a very good website set up to handle this electronically and is specifically good for any Championship meets as they would also need to submit a valid qualifying total before the deadline for the meet along with a valid membership and payment.

## Julie Watkin

1. Following CPU Standards for OPA Championships, you can move up or down in weight class as long as the lifters total meets the requirements for the weight category they lift in. - *This item in the constitution needs clarification with respect to members lifting in a lighter weight class*

## 2. Membership and Meet Growth

<b>Year</b>	<b>Total Meets*</b>	<b>Total Open Meets</b>	<b>Total membership</b>	<b>% change</b>
2006	14	7	158	
2007	13	5	191	21%
2008	10	6	236	24%
2009	12	7	244	3%
2010	15	6	254	4%
2011***	16	6	271	7%
2012	18	9	323	19%
2013	17	9	397	23%
2014	19	11	536	35%
2015	26	17	816	51%

\*Total meets includes open, high school, college, championships (Provincial and national hosted in Ontario), special

\*\*Estimated 36 meet spots on average per open meet

\*\*\* First year of unequipped

## Nominations for Board of Directors 2016/2017

<b>President</b>	Glyn Moore
<b>Vice President</b>	Maggie Rafferty Lisa Nigh <b>elected</b>
<b>Secretary</b>	Brandon Ward
<b>Treasurer</b>	Linda McFeeters
<b>Registrar</b>	Karen Maxwell
<b>Referee/Technical Chairperson</b>	Mike Knott
<b>Records Chairperson</b>	Mark Boyle Leon Brown <b>elected</b>
<b>Website Administrator</b>	Vacant
<b>Equipment Administrator</b>	Robert Cilia
<b>Central Chairperson</b>	Vacant
<b>Southwest Chairperson</b>	Jerry Marentette
<b>Eastern Chairperson</b>	Art Chan Carolyne Savage <b>elected</b>
<b>Northern Chairperson</b>	Ron Dillig

## Athlete of the Year Nominations

### Male Athlete of the Year

**Kelly Branton** *nominated by Blake Giberson*

Kelly is 28 years old and has been powerlifting for eight years. He has won many contests at the national and provincial levels. Kelly has dedicated his training to lift in Classic contests. He hasn't lifted equipped since 2010. He lifts in the 120 kg + weight class. Kelly holds the Canadian records in unequipped, Open in 120 kg. + weight class for all three lifts, total and bench only. In particular to 2015, Kelly won the classic provincials and classic nationals. Kelly then went on to the World Classic OPEN championships in Finland. At Worlds, Kelly of course was up against some of the biggest, strongest men in the world in the 120 kg + weight class. Kelly brought home a bronze medal and save for a handgrip slip on a deadlift would have won silver. This put the heavyweights of our sport on notice that Kelly is "all in" to represent Canada well into the future. In addition to his obvious dedication to training, Kelly works fulltime. He has been a member/coach for the Canadian Blind Sports Association for the past five years. Kelly readily helps lifters at his home gym, the Power Pit, with lifting advice and a friendly word of encouragement. Schedule permitting, Kelly also assists with contests hosted at the Power Pit, including the Essex County High School championships. Kelly attended the recent sub-Junior/Junior Ontario championships as a guest to talk to and encourage young lifters as they made their way in the warm-up area in preparation for their lifting challenges. A personal initiative that Kelly has added to his schedule, he has attended at Windsor high schools to speak with students, some at high-risk, to encourage them to make rewarding choices with their lives. Kelly was recently invited for an interview on the newly minted Canadian Powerlifting Podcast to share his powerlifting experiences and training advice. Next up for Kelly are the Commonwealth Championships, where without a doubt, Kelly will represent Canada, the Canadian Powerlifting Union and

the Ontario Powerlifting Association to the best of his ability. In view of his considerable accomplishments and work as an ambassador for the sport of powerlifting and the Ontario Powerlifting Association, Kelly is most deserving of Athlete of the Year for 2015. **elected**

### **Female Athlete of the Year**

**Joanna Reiber** *nominated by Sue Thompson and Linda McFeeters*

Dear OPA Executive and Members,

I would like to nominate Joanna Rieber as the OPA's Female Lifter of the year. Based on both her accomplishments as a lifter as well her time spent giving back to the sport I feel that she's a very worthy nominee.

Over the past year Joanna has put up some pretty amazing numbers (and keeping in mind that these numbers are unequipped number

- Arnold Sports Festival - 445.55 Wilks
- 2015 Canadian Championship - 446.25 Wilks
- IPF Classic World Championship - 443.42 Wilks

Joanna has also set numerous National Level records in her weight class as well as a Gold Medal in Bench at Worlds.

These are some of the reasons why I feel that Joanna would be a very worthy candidate for OPA Female Lifter of 2015

Sincerely yours,

Sue Thomson

**elected**

**Linda Rousseau** *nominated by Mary Lupton*

I would like to nominate Linda Rousseau.

Linda took up powerlifting in August of 2012 and her passion and dedication has resulted in the following records:

8 Commonwealth records. Most recently (June 2015), 6 records in Salo, Finland.

26 National records in both equipped and Classic.

Gold in Classic Nationals - 2015

Gold in Equipped Nationals - 2015

Gold in Classic Provincials - 2014

Gold in Equipped Provincials - 2015

Silver in Bench Only Classic - 2014

Because of her passion for powerlifting Linda takes every advantage to promote the sport and her trademark flamboyant style has certainly increased awareness. Her friendly and outgoing persona has also made her an excellent ambassador for Canada in the National and International arenas.

I would like to thank you for your consideration in this nomination.

Mary Lupton

Proposal for sub junior/junior provincial championships to be hosted

by Victory Barbell, October 28-30, 2016 in Ottawa. **Motion – C Fudge**

**Second M Rafferty, carried**

**Motion to adjourn – M Knott second Linda McFeeters carried**