



Ontario Powerlifting Association



U P C O M I N G E V E N T S	
Feb. 9	North Bay Invitational , North Bay ON
Mar. 10	Steel City Open , Brantford ON Contact Bill Jamison - (905) 765-5345
May 4	Ontario Deadlift Open/Developed Mentally Challenged, Special Olympics and others , Kitchener ON
May 25	London Open , London ON Contact Terry Stinchcombe - (519) 681-4766
Aug. 4	Guelph Open , Guelph ON
Sept. 21	Men's and Women's Ontario Powerlifting Championships and Ontario Intermediate Championships , Toronto ON Contact Harnek Singh Rai - (416) 748-8008
Oct. 26	St. Thomas Open , St. Thomas ON
Dec 7-8	Ontario Junior Championships, Masters Championships and Bench Press Championships ,

I N S I D E T H I S I S S U E :	
<i>President Message:</i>	<i>Pg 2</i>
<i>Bench Press Basic:</i>	<i>Pg 3</i>
<i>Member Ship Application:</i>	<i>Pg 3</i>
<i>AGM 2001 Report:</i>	<i>Pg 4</i>
<i>Featured Lifters:</i>	<i>Pg 8</i>
<i>OPA Contest Application:</i>	<i>Pg 9</i>
<i>Upcoming Events:</i>	<i>Pg 10</i>
<i>Contest Results:</i>	<i>Pg 12</i>
<i>Contest Entry Form:</i>	<i>Pg 14</i>
<i>OPA Awards:</i>	<i>Pg 15</i>
<i>Bench Press Performance:</i>	<i>Pg 16</i>
<i>Bench Press Records:</i>	<i>Pg 17</i>
<i>OPA Records:</i>	<i>Pg 18</i>
<i>Classification Totals:</i>	<i>Pg 20</i>
<i>Club Listings:</i>	<i>Pg 21</i>
<i>OPA Directors:</i>	<i>Pg 22</i>

MESSAGE FROM THE PRESIDENT

This letter was written Dec 12/01

Dear O.P.A membership,

Having been appointed as interim President of the Ontario Powerlifting Association, I would like to take this opportunity to thank the executive for their support and their trust in me.

Also, many thanks to Tyler McPhail and Perry Lacelle for the time and effort they have contributed to the O.P.A executive. In the coming year there are two main goals I would like to achieve. They are in the areas of refereeing and membership.

Without competent and knowledgeable referees, our competition results and records mean very little. Consequently, more referees' clinics will be held to upgrade our existing referees and qualify new referees.

By increasing our membership throughout Ontario, we will be promoting and developing powerlifting on a provincial scale. With increased membership we will have more competitors in our contests, new clubs and eventually more competitions. This will also increase our revenue to fund more programs. It will be difficult to reach these goals if only three or four people are working towards them.

But these goals will be achieved with the combined efforts of all our members.

I am looking forward to the coming year and wish all of you and your families a happy holiday season, a very Merry Christmas and a Happy New Year.

Sincerely,

William T. Jamison
President
Ontario Powerlifting Association

2001 REGISTRATION REPORT

Prepared by: Heather Johns

There were 207 Regular Members and 6 Associate members of the OPA in 2001. The overall numbers are down somewhat, especially among the men. 216 men were members of the OPA last year, as opposed to only 165 this year. There was a significant decrease in the Male Special Olympic membership particularly. Down from 76 men last year, to 54 men this year.

There were 21 Affiliated Clubs, 9 fewer than last year.

The number of contests held in the past few years have dropped from 21 in 1998, to 15 last year, to 10 this year.

One of the difficulties this year has been a lack of contests, partly due to problems with the three month sanctioning, and partly because a very select group of people are willing to put the time and energy necessary to put on a contest. It's one of a few jobs in the OPA that people only seem to miss when it's not happening, and the reality is, we can't be an organization if we don't have meets to go to. I believe you will see some resolutions today attempting to address this issue, and help make it easier for meet directors to run contests.

There may be grumbling from people about how membership has dropped and there aren't enough contests, and in some ways that is true, but I would like to point out that the memberships of this organization has tended to go in cycles. I'd also like to encourage those people who may be grumbling to get their friends involved in the sport - attracting new members is the only way we can continue to grow. Get involved and use your energy in a positive way!

I'd like to remind people that the membership fees for 2002 are increasing for most people by \$5. If you want to make sure you get your card on time, please make sure to send the correct fee. I can't send cards

out without payment, and it takes time to contact people about this.

Thanks everyone, have a great AGM and lets make 2002 another great year for Powerlifting in Ontario!

Heather Johns
OPA Registration Chairperson

	1997	1998	1999	2000	2001
MEN	148	245	219	216	165
WOMEN	18	38	38	39	44
Senior -Men	39	38	40	42	33
Int -Men	57	60	55	53	48
Nov -Men	52	55	56	42	82
Senior -Women	6	11	8	6	10
Int -Women	0	0	1	2	3
Nov -Women	12	3	16	31	29
Blind Men	9	7	6	7	6
Blind Women	1	1	1	1	1
S.O. Men	0	82	65	76	54
S.O. Women	0	19	12	16	17
CP Men	1	4	2	2	2
CP Women	0	1	0	0	0
Amputee	0	0	0	0	0
Wheel-Men	2	4	1	0	0
Wheel-Women	0	0	0	2	1
Associate	14	11	6	7	6
Affiliated Clubs	15	26	23	30	21
Contests	11	21	16	15	10

Heather Johns
OPA Registration Chair

Are You Planning a Meet?

If you plan to hold a meet in Ontario within the next 6 months, you can post the details in the next issue of the OPA newsletter. To apply for a meet, file out the sanction form and send it to :

Ontario Powerlifting Association
C/O Heather Johns, PO Box 93, Bancroft, ON K0L 1C0

*To hold an OPA sanctioned meet, you must ensure that the sanction application and applicable fees are received by the Registration Chair **3months before the proposed date of the meet and also keep in mind that it can not be within 21days of another meet.***

NOTE: All Pictures sent to editor for publishing for editing will not be returned to you. Please make sure that you are sending a double.

BENCH PRESS BASICS

Part 1 of 6 First Principle

The Bench Press is accepted as the ultimate test of overall upper body strength, using the muscles of the upper and lower back, as well as the biceps and brachialis, to stabilize the lift; while the chest, shoulders, latissimus dorsi, and triceps play a role as prime movers during different phases of the lift. We compete in the IPF drug tested contests with what is considered strict form, with the bar held under control by the lifter at arms length and upon receipt of the referee's "Start" command, lowered to the chest, where the bar must become motionless, or "paused", then extended evenly to lockout at arms' length and again held under the lifter's control until the referee's "Rack" command; then the lifter racks the bar, with assistance, if necessary, from the spotters. The Champion is the lifter who successfully lifts the heaviest one rep maximum weight on the platform in the contest, within his or her weight class.

In this first of a series of articles offering training tips on the Bench Press, we will introduce basic principles derived from Laws of Physics, and outline the topics of the series. The purpose of these articles is to assist you in putting together a sensible and effective training program that will allow you to continuously increase your one rep max weight that you lift on the platform. I have increased my one rep max (1RM) by an average of 12.5 pounds each year for the past twenty years, overcoming many injuries, such as torn rotator cuff, torn brachialis, and separated acromio-clavicular joint. Injuries can be overcome, with patience, persistence, and good physiotherapy from a sports injury specialist. You can do it if you want it bad enough.

Let us look to Biology, then for our first principle controlling the increase of the 1RM. Our body responds at the chemical and cellular level to any stimulus with a chemical response. The desired response we are seeking is an increase in strength resulting in an increase in our 1RM. The way our body works, once a stimulus has been responded to, little, if any, further response occurs with a repeated stimulus. Have you seen the guys at your gym that rarely, if ever, change their workouts? They never get bigger, or stronger. Yet they always do the same routine, over and over. The definition of insanity is repeating the same stimulus and expecting to get a different response. If you can already lift 200 pounds for 5 reps, then doing it again will not make you stronger. In fact, it has even been proven that continuously repeating the same stimulus will result in the perfection of motor firing patterns (coordination) and reduce the number of motor units required to execute the lift. This means it will be easier to lift without getting any stronger. In fact, you may even get smaller! This is just the opposite of increasing our 1RM. So if you want to lift the same or less, just keep doing the same old routine, again and again. If you want to increase your 1RM, change your routine. Change your workout. Every workout. I change my hand position on the bar 4 or 5 times every workout. I change my foot position 4 or 5 times every workout I squat. The more often the change, the greater the stimulus for your body to respond to, ideally with an increase in strength and a resultant increase in your 1RM.

We have derived our first principle, then, "Constant Change", which corresponds to the Biologic Law of Adaptation. Further Biology principles will be discussed in a later article on supplements and nutrition. The first principle of "Constant Change" will be applied in further discussion in a later article. Remember, if you want your 1RM to change, then you must change your workout. We can change the weights we train with, the number of reps, the number of sets, the rest interval between sets, the tempo of the eccentric, pause, and concentric phases of the lift, the rest interval between workouts, frequency of workouts; we can use free weights: barbells or dumbbells; machines, chains, boards or bands; we can change the exercise, the angle: flat, incline or decline; we can change the sequence of the exercises; we can change our grip (as above). Change is good! It increases your 1RM! Are you willing to change?

Sean W Brown

EDITORS LETTER

I would like to report on how the web site info form is working for the OPA. I receive anywhere from 1 to 5 e-mails a month since I have put the info form on the site. Most of the questions seem to be from people wanting to become part of the OPA. Hopefully this will increase our membership with new lifters joining our sport.

As well with the newsletter, there was only three issues last year. The newsletter can only contain info that is sent into me that you would like to see printed. I appreciate the time and effort that people are putting into the articles that they are writing. Any articles that you have permission to print in our newsletter from someone else, please include the author and address for we will be sending anyone who writes an article for us a newsletter if they are not a member of the OPA.

I had a hard drive crash in the middle of January and lost all of my work, 9 GB of info. All of my work including all previous copies of the newsletter and pictures. Any one having pictures that they would like printed, please send them to me if you wish to have them published.

Thank You

Mike Latocha

2002 OPA Membership Application

Name: _____

City: _____ Prov: _____

Postal Code: _____ Phone: _____

E-mail: _____

Canadian Powerlifting Union



Required if competing Jan 1/02 - Dec 31/02. Includes OPA Newsletter.

Allow 6 weeks for CPU Cards to be processed. Registration will not be accepted on the day of a contest.

- ☐ Renewal/New Open Member: \$60.00
☐ Renewal/New Open SDO & OSO Member: \$60.00
☐ New Member - All: After July 1 \$40.00

Date of Birth: _____ M or F

Level: Novice Intermediate Senior
Categories: Open Blind Special Olympics
CP Amputee Wheelchair Other

Club: _____

Club must be affiliated and train together at least once a week.

Training Facility: _____

Address: _____ City: _____

Phone: _____ Date: _____

Signature: _____

Make Cheque or Money order payable to: **Ontario Powerlifting Association**. Send to Ontario Powerlifting Association C/O Heather Johns, PO Box 93, Bancroft, ON K0L 1C0

ONTARIO POWERLIFTING ASSOCIATION, ANNUAL GENERAL

Meeting, December 1, 2001

Minutes

Attending:

- Krista Schaus - Treasurer
- Dave Hoffman - Records Chair
- Mark Giffin - Referee Chair
- Harnek Singh Rai - Southern Regional Chair
- Raimo Paananen - Northwest Regional Chair

Regrets:

- Mike Latocha - Eastern Regional Chair / Newsletter Editor
- Heather Johns - Registration Chair
- Bill Jamison - Drug Testing Official

Absent

- Tyler McPhail - President
- Perry Lacelle - Vice President
- Nancy MacPhail - Secretary

Acting Chairperson: Dave Hoffman

Acting Secretary: Mark Giffin

1. **CALL TO ORDER** - Meeting called to order - Moved by Dave - Seconded by Krista - Motion Carried. Meeting called to order at 1:35 p.m. to allow the President, Vice President and Secretary sufficient opportunity to make their intentions around attendance at the AGM known. No contact occurred.

2. **ADOPTION OF MINUTES** - Adoption of 2000 AGM minutes and updates to the O.P.A. Constitution be adopted as published in the O.P.A. Newsletter. - Moved by: Harnek - Seconded by Pete - Motion carried

3. **EXECUTIVE COMMITTEE** & Chairperson's Reports

A. Secretary, Nancy MacPhail - Absent, no report submitted

B. Registrar, Heather Johns - regrets, no report submitted as the Registration Chair's report was in the possession of the President who was absent

C. Treasurer, Krista Schaus - report tabled - summary as follows

- Statement of Income and Expenses, 2001 tabled
- Proposed Budget, 2002 tabled
- Drug Test Fees - Meet Directors were 100% in compliance of providing Drug Test Fees to the Treasurer in 2001. Totals as follows: fees rec'd in 1999 - \$200, fees rec'd in 2000 - \$364, fees rec'd in 2001 - \$1,035

■ Membership Revenue - Revenue received from O.P.A. membership sales gradually decreasing over the last three years

■ Newsletter Publication Costs - Costs to publish O.P.A.

Newsletter are increasing. Costs to publish 3 newsletters in 2001 were approximately the same to publish 4 newsletters in previous years. Estimate provided by the Newsletter Editor for the coming year place publishing and distribution costs at approximately \$1,000.00 per issue. Recommendations: The Treasurer recommends all attempts need to be made to reduce costs involved.

■ O.P.A. T-shirt Sales / Fund-raising - Only \$160 was recovered from T-shirt sales. Exact inventory of O.P.A. T-shirts needs to be established and steps need to be taken to ensure that T-shirts are available for sale at all O.P.A. events. It was the understanding of the Referee Chair that the President is in possession of the O.P.A. T-shirts. Treasurer's Recommendations: Fund-raising Proposal required

■ Teleconference Call - Additional cost to the O.P.A. of two teleconference executive meetings. Treasurer believes these costs are justified due to the benefit to the O.P.A. of improved communication. Treasurer's Recommendation: Two teleconference executive meetings be organised between AGM's

■ Investments - The O.P.A. purchased a \$5,000 redeemable G.I.C. in 2001. Treasurers goal is to have one years operational expenses held in a safety reserve. The average annual operating expense of the O.P.A. since 1999 is \$12,836. Treasurer's Recommendation: The O.P.A. invest \$2,500 in a redeemable G.I.C. in 2002

D. Records Chair, Dave Hoffman - report tabled - summary as follows

- 2000 Combined Canadian Championships - 38 lifters from Ontario competed
- 2001 World Masters Championship - 10 lifters from Ontario competed
- 2001 World Open Championships - 3 lifters from Ontario competed
- Five applications for merit badges were received
- Top O.P.A. Club, 2001 - London Powerlifting Club who won the team trophy at the London Open, Ontario Deadlift Open, Ontario Intermediates.
- Honorable mention for the Niagara Powerlifting Club who won the team trophy at the Men's Seniors and the St. Thomas Open
- Concern raised by Records Chair over lack of in-competition drug testing in the last year. Recommendation that all record breakers at the Ontario Junior, Master and Bench Press Championships be tested.

E. Referee Chair, Mark Giffin - report tabled - summary as follows

- Referee clinics were held in conjunction with the Guelph Open and the Ontario Senior Men's Championships. Attendance was moderate
- Much difficulty exists in getting qualified referees to commit to officiating at an event. The risk is real that an event will be cancelled at the last minute because of this.
- Incentives need to be provided for those individuals who commit their time and energy to officiate at our events
- Two Referee clinics will be held in 2002 - likely venues: Guelph Open & Ontario Senior Men's Championships
- Training will be provided to attending referees in the correct procedures and protocol for in-competition drug testing.
- Recruitment drive to increase the number of active referees on a club by club basis is proposed
- Creation of a Quarterly Referee Newsletter in 2002 is proposed

F. Southern Regional Chair, Harnek Singh Rai - verbal report - summary as follows

- Raised his concerns around the issue of having the application for sanction for the 2001 Toronto Open denied
- Expressed an interest in reviving system of patches for O.P.A. Referees - Dave Hoffman to discuss this issue with Lynton Lam and report to the Exec. Comm.
- Enquired about current plans and proposals for fund-raising

G. Eastern Regional Chair, Mike Latocha - regrets

H. Northwest Regional Contact - Raimo Paananen - Verbal Query

- Enquired as to the status of O.P.A. T-shirts, would like to see

them available for sale at all events

- I. Vice President - Perry Lacelle - Absent, no report submitted
- J. President - Tyler MacPhail - Absent, no report submitted

Motion that the reports of the Executive Council and Officers both verbal and written be received as read. Moved By: Dan - Seconded By: Linda - Motion Carried

4. **TABLING OF RESOLUTIONS**

- **Due to oversight in previous Constitutional revisions, it is proposed to reword the following:**

A. ARTICLE XVI - Duties of Registration Chairperson

4. The Registration Chairperson is to ensure that there is a reasonable time between meets, minimum one week, depending upon meet locations.

Change to read:

4. The Registration Chairperson is to ensure that there is a reasonable time between meets as laid out in ARTICLE XXX - Sanctions

Moved by: Krista - Seconded by: Raimo - Motion: Carried

- **It is proposed that the Women's Provincial Competition Standards Masters I be changed to previous experience only**

Change ARTICLE XXII - Levels of Competition, 4. Qualifying Totals, v. WOMEN'S PROVINCIAL COMPETITION STANDARDS to read:

CURRENT: Junior, Open, Master I: Class III / Master 50+: Previous Experience Only

PROPOSED: Junior, Open, Master I, Master 50+: Previous Experience Only

Moved by: Don - Seconded by: Harnek - Motion: Defeated

- **It is proposed to reword ARTICLE XX - Provincial Referees**

9. Referees will receive a \$25.00 honorarium, upon proof of attendance submitted to the Treasurer, for each sanctioned competition attended as a referee.

Change to read: Referees are eligible for expense reimbursement as per the schedules listed in ARTICLE XXVI, 1, 3

Moved by: Pete - Seconded by: Harnek - Motion: Carried

- **It is proposed to reword the title of ARTICLE XXVI - Travel /Accommodations / Honorarium Reimbursement**

Change title to read: Travel / Accommodations / Expense Reimbursement

Moved by: Harnek - Seconded by: Don - Motion: Carried

- **It is proposed to reword ARTICLE XXVI - Travel / Accommodations / Honorarium Reimbursement**

1. Within 30 days of the competition and upon submission of receipts to the Treasurer on the proper fully completed O.P.A. expense form, competing lifters will be reimbursed ONE WAY TRAVEL and ACCOMMODATION to CHAMPIONSHIP MEETS ONLY as follows: 1001 kilometres -\$100.00 EFFECTIVE JANUARY 1ST, 1997

Change to read: Within 30 days of the competition and upon submission of receipts to the Treasurer on the proper fully completed O.P.A. expense form, competing lifters will be reimbursed ONE WAY TRAVEL and ACCOMMODATION to CHAMPIONSHIP MEETS ONLY effective January 1st, 2002 as follows :

Provincials, Nationals 1001 km + = \$100.00

Internationals 1001 km + = \$200.00

Moved by: Lynda - Seconded by: Pete - Motion: Carried

- **It is proposed to reword ARTICLE XXVI - Travel / Accommodations / Honorarium Reimbursement**

3. Provincial Referees will receive one-way travel reimbursement when travelling to competitions to obtain their National or International Referees Badge as per the above schedule, provided they pass the test. Referees will also receive an honorarium of \$25.00 per competition judged.

Change to read: Provincial Referees will receive one-way travel reimbursement when travelling to competitions to obtain their National or International Referees Badge as per the above schedule (ARTICLE XXVI #1 - revised), provided they pass the test.

Referees will also be eligible for reimbursement of expenses according to the following schedule:

- a. Travel up to 100 km = \$25.00
- b. Travel from 101 km to 1000 km = 0.10 cents per km, Accommodations - \$80.00 max. per day refereed
- c. Travel over 1000 km = as per schedule listed in ARTICLE XXVI #1 - revised

Moved by: Harnek - Seconded by: Les - Motion: Carried

- **It is proposed to change ARTICLE XXX - Sanctions**

3. A competition cannot be advertised prior to the O.P.A. granting a sanction and approving the application form.

Change to read: A competition cannot be advertised in the O.P.A. Magazine prior to the O.P.A. granting a sanction and approving the application form

Moved by: Harnek - Seconded by: Pete - Motion: Carried

4. Any club proposing a sanction for a meet shall provide one referee. This official must be an active referee, Level II Provincial or higher. The designated referee must be present at the meet to function in whatever capacity deemed necessary by the Referee Chairperson.

Change to read: Any club proposing a sanction for a meet shall provide one referee. This official must be an active referee, Level II Provincial or higher. The designated referee must be present at the meet to function in whatever capacity deemed necessary by the Referee Chairperson. The host club must provide one meal per day for each referee officiating.

Moved by: Les - Seconded by: Harnek - Motion: Carried

Add 6. To ARTICLE XXX - Sanctions

The O.P.A. Executive at its discretion may organise special contests for the purpose of introducing new lifters to the sport of Powerlifting (i.e. Students, Police and Fire personnel). Lifters must be Ontario residents but do not have to have a CPU card. These contests must be approved by applying to the O.P.A. Executive, (attention O.P.A. Secretary).

Moved by: Harnek - Seconded by: Pete - Motion: Carried

5. COMPETITION BIDS

- a. Men's Open / Intermediate Men's / Women's Open Ontario Championships to be held on the third weekend in September (September 21, 22, 2002)

Submitted By: Monster Gym Powerlifting Club
Awarded To: Monster Gym Powerlifting Club

- b. Master's / Juniors / Bench Press Ontario Championships to be held on the first weekend in December (December 7, 8, 2002)

Submitted By: Iron Foundation Powerlifting Club
Awarded To: Iron Foundation Powerlifting Club

- c. Canadian Nationals

Submitted By: Monster Gym Powerlifting Club

- d. International

No Bids

6. AWARD NOMINATIONS:

- i. O.P.A. Recognition Award
Nominees: Mike Latocha, Dave Hoffman
Congratulations to: Dave Hoffman
- ii. O.P.A. Team Champions
Congratulations to: London Powerlifting Club
- iii. O.P.A. Female Athlete of the Year
Nominees: Sara Clark, Ulrike Kruger, Mary Greenidge
Congratulations to: Sara Clark
- iv. (O.P.A. Male Athlete of the Year) Bill Jolley Award
Nominees: Jim Jong, Gynn Moore
Congratulations to: Gynn Moore
- v. Nominations for the CPU Bill Jamison Award if different from above
Nominees: Dave Hoffman

7. OTHER BUSINESS

- A. Issue of letter submitted by Janet Warne at last year's AGM
- Unsure as to the current status of this issue as the President was not in attendance to provide a report.
- B. Request that a Committee be assembled to work together in an effort to increase number of contests and make the entire process of holding a meet more co-ordinated for all involved. This committee would report quarterly to the President and at the AGM in December 2002 with some resolutions .

Krista Schaus speaks and provides rationale behind forming the committee. Krista provides comments on behalf of the Registration Chair regarding the Registration Chair's thoughts on reducing the sanctioning deadline. As relayed by Krista, in the Registration Chair's opinion, the whole sanctioning procedure needs to be examined and that reducing sanctioning deadlines would not address the issues.

Suggested Committee Focus:

- what it currently involves or is required to run a sanctioned contests
- problems meet directors encounter when organising / running a contest
- how to make it easier for meet directors to run a contest
- educating clubs on the requirements and responsibilities

- problems Regional Chairs may be having in their area
- educating Regional Chairs on the responsibilities that accompany the position
- possible recommendation of the appointment of a "Meet Coordinator" to oversee
 - a. putting together a meet schedule for the coming year
 - b. contacting meet directors about whether they can run a meet
 - c. help the meet directors complete the sanction application within the prescribed deadline
 - d. ensure that they have proper equipment
 - e. arrange for referees

Committee Members: Heather Johns, Bill Jamison, Krista Schaus, Mark Giffin, Dave Hoffman

- C. Appointment of Bill Jamison to oversee Ontario Drug Testing - Approved

- D. Proposal to have nomination of Bill Jamison to the I.P.F. Hall of Fame forwarded to Mike Armstrong, CPU President - Approved, action: Dave Hoffman

- E. In the event that the O.P.A. Secretary resigns, Krista Schaus has volunteered to take on the responsibilities of O.P.A. Secretary

- F. Letter provided by Bill Jamison read by Krista Schaus

- Content of letter provided information of Bill Jamison's contribution to the sport of Powerlifting over many years
- Content of letter expresses Bill's willingness to provide leadership for the O.P.A. should the need arise.

- G. Resolution to be forwarded to the CPU President requesting that club affiliation be indicated on C.P.U cards - Action: Dave Hoffman

- H. Motion put forward by D. Hoffman to provide a \$200.00 honorarium to Jeff Becker, Steve McKenzie, Brandon Summers to help offset costs incurred while attending the 2001 World Open Championships in Finland. Motion seconded by Les, Motion carried

- I. Sports For Special Athletes

- O.P.A. will be inclusive of all special need athlete regardless of whether or not they are affiliated with OSO
- Fee structure for Sport For Special Athletes group would enjoy same fee structure as OSO athletes
- Don Clark is contact for Sports for Special Athletes. Don to provide additional information

- J. Motion from the Floor - Executive in attendance to investigate the absence of the President, Vice-President at the AGM and report to the membership as soon as possible.
Motion: Pete, Seconded by: Harnek, Motion Carried.

- K. Motion from the Floor - Executive in attendance to request the resignation of the current President unless he is willing to fulfil the duties and obligations of his office as outlined in the O.P.A. Constitution.
Motion: Krista, Seconded by: Raimo, Motion Carried.

8. Calling of the 2002 AGM

- To be held in conjunction with the 2002 Masters / Juniors / Bench Press Championships to be held on the first weekend of December, 2002.
- To be hosted by the Iron Foundation Powerlifting Club of Guelph

9. Adjournment - Motion by: Harnek - Seconded by: Bill - Motion carried.

- Resolved that this 2001 Ontario Powerlifting Association

Annual General Meeting does now adjourn at 5:04 p.m.

THE GYM SHOP POWERLIFTING DISTRIBUTOR

163 WHEELERS ROAD
CORNER BROOK, NF.

A2H 7R8
709-634-9606 or 4291
Fax# 709-634-4291
E-mail info@thegymshop.net
<http://www.thegymshop.net>



INZER SHIRTS

Extra High Performance Heavy Duty (EHPHD)	CAN \$149.99
High Performance Heavy Duty (HHPD)	\$129.99
(NEW) Heavy Duty Erector	\$79.99
Double EHPHD Blast (not I.P.F. approved)	\$232.50
Double Denim Blast (not I.P.F. approved)	\$139.99
Double Radical Denim Blast (not I.P.F. approved)	\$139.99
Triple Radical Denim Blast (W/O Velcro) (not I.P.F. approved)	\$309.99
Triple Radical Denim Blast (with Velcro) (not I.P.F. approved)	\$348.75

INZER SUITS

(NEW) Inzer Hardcore Squat Suit	\$214.99
(NEW) Inzer Max DL Deadlift Suit	\$214.99
Wrestling Singlets (with Inzer logo)	\$49.99
Champion Suit	\$59.99
Z - Suit	\$59.99
Double Champion or Z-Suit (not I.P.F. approved)	\$99.99

WRAPS

Inzer Iron Z- Knee Wrap	\$39.99
Inzer Iron Z- Wrist Wrap	\$29.99

POWERLIFTING BELTS

13mm Thick, 10cm Wide SINGLE PRONG	\$114.99
13mm Thick, 10cm Wide LEVER	\$114.99
(All Inzer Belts Are I.P.F. Approved And Carry A Life Time Warranty)	

GROOVE BRIEFS

Heavy Duty Groove Briefs	\$44.99
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LIFTING SHOES

Inzer Power Shoe	\$169.99
Deadlift/Wrestling Shoes	\$79.99

T-SHIRT

The Gym Shop T's (Muscle Bird Logo)- White, Ash, Natural	\$17.99
Inzer Advance Designs Logo T-Shirt (Sm--2XL)	\$19.99
Red, Yellow, Black, Forest Green, Purple. (3XL)	\$24.99
(4XL)	\$25.99
SLIPPERS SUIT	
Small, Medium, Large	\$29.99
CHALK	
Box Of 8 Blocks	\$19.99

AMMONIA CAPS

Box Of 12 Caps	\$12.99
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BENCH SHIRT "AID" GLOVES

No More Skinned out Knuckles	\$17.99
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INZER ADVANCE DESIGN BASEBALL HATS

White Cotton Twill Soft, White Wash	\$24.99
Denim (Hats Include a 2-Color Monogrammed Inzer Logo)	\$29.99

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FEATURED LIFTERS

Donald MacVICAR

Reprinted with permission from Nova Scotia Sports Hall of Fame.

He is short in stature...less than five feet tall. He is slight of build, weighing but 114 lbs. But when he was competing in powerlifting, from 1978 to 1983, he was the strongest man in Canada in his weight class (114 to 148 lbs), held 38 Canadian records, was twice North American champion and ranked as high as second in the world.



Born in Donkin, Cape Breton, MacVicar didn't start powerlifting until he was 22. Then living and working in Hamilton, Ontario, he was jogging one afternoon and passed a building where several people were working with weights. He stopped, asked some questions of these members of Steel City Powerlifting Club of Hamilton, was immediately recruited by coach Bill Jamison and started his lifting career.

On his first attempt, MacVicar lifted 315 lbs. Within three months, he had broken three Canadian bench-press records and finished fourth at the world championships in Dayton, Ohio.

In his prime, he was working with weights for three hours a night, four nights a week. He was diet conscious, paying attention to meat, fish and eggs. And he was winning.

"The training was tough enough but especially so when you're holding down a full time job (at Dofasco). Your diet lets you eat an egg, and a piece of bacon and a salad. Then you work for eight hours and train for another four."

At 23, he was fourth in a world competition. He later won Ontario, Eastern Canadian, Canadian and North American titles. In 1981, at 25, he lifted 10 times his body weight in a competition in Santa Clara, California.

Lifting for the Steel City Powerlifting Club, and coached by William Jamison, MacVicar's top lifts were 485 lbs at squat, 297 lbs from bench press, and 434 lbs in dead lift, all Canadian records at the time.

A member of Hamilton's Sports Wall of Fame at Copps Coliseum, MacVicar was always squeaky clean in a sport rife with substance abuse. "I got into the sport to see how strong I was," he said a few years ago. "Winning wasn't all that important. Athletes today seem to be no longer there for fun. They're being pressured to win and they'll cheat to do it."

He attributes his strength to his father and grandfather who worked in Cape Breton mines. "They were very strong," he says. "I guess they passed it on to me."

The soft-spoken MacVicar is more than a powerlifter. He's an avid church worker, giving time to inner-city youth for the last two decades, to meet spiritual and physical needs of more than 1,000 children involved in the program over the years.

He coordinates outreach groups at four different churches, has organized city-wide basketball tournaments for more than 10 years and helped raise \$55,000 to send needy children to camp.

MacVicar plays flute in the church band, sings in the choir and teaches Sunday School. He works with the John Howard Society and helps Salvation Army appeals. And he organized a floor hockey league at church, played some tennis and swam with his wife and continues to work at Dofasco.

Powerlifting Career Summary:

(from www.novascotiasportshalloffame.com)

MacVicar held 38 Canadian records, was a four-time Canadian champion and was twice World Cup silver medallist, 1980 in Santa Clara California and 1981 in London England. He was a bronze medalist at the 1983 World Championships in Gothenburg Sweden. He was North American Champion in 1979 and 1980. He has placed in the top ten in 3 other international events. He was Ontario Champion 5 times, and a 4 time Eastern Canadian Champion. He was called the strongest man in Canada in 1982 and in his classification of 52 kilos has the ability to lift 10 times his body weight. His Canadian records include in the 114-lbs. category: Squat 451 lbs. Bench press 292 lbs., and total lift weight of 1,118 lbs. In the 123 lbs. category his records are: Squat 485lbs., Bench press 297 lbs., and a total lift weight of 1,218 lbs. In most instances he bettered a Canadian record he already held.

SUPER GRANNY IS OUT OF SIGHT!

Ms. Thompson is an inspiration to all of us, no matter what age we are.

In 1974, a severe stroke dealt Sarah a double - whammy by leaving her with only 2% of her vision in one eye and paralysis along the right side of her body.

Less than 10 years after her lowest point due to health, Sarah was a competition athlete in the Blind Masters Division, breaking Canadian records in the 3000 metre race, 100 metre dash, long jump, discuss, javelin and shot put.

More recently, Ms. Thompson has concentrated on powerlifting, breaking a string of records and wins in this sport.

At the age of 82, Belleville's Sarah Thompson shows no sign of slowing down.

From November 24- 26, 2000, in the Masters Division at the Netherlands Competition, Sarah set six new World Records and is now the only person to have ten World Championships.

Sarah was inducted into the Belleville Hall of Fame in 1987. She was also inducted into the Terry Hall of Fame in Toronto. Sarah was presented by the Honorable Hilary Weston with the International Year of Older Person Legacy Award and was one of only four people in Ontario to be presented with the award. Sarah was also the recipient of a commemorative medal for the 125th Anniversary of Canadian Confederation, from His Excellency the Right Honorable Ramon John Hantysky.

Sarah has not only overcome the obstacles standing in the way of her sporting career, she has vaulted over them, and in the process, made a name for herself and her community.

Well-done Sarah!



OPA CONTEST SANCTIONING PROCESS

Note: The OPA Contest Sanction Application Form below is for the use of meet directors only.

Please review the following before you fill out the 2002 OPA Contest Sanction Application form:

Applications for contest Sanctions must be made **3 months before the competition.**

Both the OPA Contest Application form and the full Contest Sanction Fee must be included with the request before a sanction can be granted.

Unregistered athletes may not compete in a sanctioned competition.

Only affiliated clubs in good standing will be granted a sanction.

The Meet Director must be a full member of the OPA at the time the contest sanction application is made.

Both the Meet Director and the person applying for the contest sanction must be members of a registered club.

The member applying for the sanction may designate another Meet Director who is a member of a registered Club.

The Club associated with the Meet Director is the point of contact with the OPA Board of Directors.

Contest Sanction Fee: \$35.00

Note: In addition, \$5.00 of the entry fee for each competitor must be sent into the OPA to cover drug testing costs.

OPA EXPENSE FORM

Request for Reimbursement of Funds

Date: _____ Date Expense: _____

Name: _____

Address: _____

Phone: _____ CPU#: _____

Club: _____

E-mail: _____

Details: _____

Amount: _____

Signature: _____

****Forms must include any related, invoices or proofs of purchase****
Requests submitted without receipts may not be granted.

Mail to OPA Treasure: C/O Krista Schaus 295 Link Road, R.R.#2
Cayuga, ON N0A 1E0

2002 OPA CONTEST SANCTION APPLICATION

Sanction Application info: Please send Meet Director Handbook ☐

Host Club: _____

Host Club Contact: _____

Meet Director: _____

Meet Director's Club: _____

Contest Info:

Contest Name: _____

Weigh-in-info: _____

Location: _____

Type of Contest (i.e. Open, Blind, Men's, Women's, Novice, Master 3 Lift, Bench Press, Special Olympics, etc.) Include categories and class

Awards: _____

Member Entry Requirements:

Entry Deadline: _____ Entry Fee: _____

Fee Payable to: _____

Send Entry to: _____

It is hereby agreed that, should we receive the sanction applied herewith, it will be accepted with the distinct understanding that the executive of the OPA reserves the right to cancel it at any time.

Signature : _____

Date: _____

Make Cheque or money order payable to: Ontario Powerlifting Association. Fill out the entry form and return it with payment to:
Ontario Powerlifting Association
C/O Heather Johns
PO Box 93
Bancroft, ON
K0L 1C0

UPCOMING EVENTS

The 2002 CPU Men & Women Open, Master, Junior National Powerlifting Championship The CPU National Bench Press Championship The CBSA Blind Powerlifting Championship

Dates: March 22, 23, 24, 2002

Meet Site: Rodd Grand Hotel
417 Main Street
Yarmouth, NS
B5A 4B2
www.rodd/hotels.ca
902-742-2446
\$69.00 per night 1 to 4 persons

(You must mention that you are with the CPU Powerlifting Championship to get these rates)

Times:

March 21	
1:00 pm	Annual General Meeting
March 22(Tentative)	
8:00 am	Weigh-in & Equipment check, CBSA Blinds, all women
10:00 am	Lifting CBSA Blinds, All Women
12 noon	Wiegh-in & Equipment Check all Masters Men
2:00 pm	Lifting Mens Master
March 23(Tentative)	
8:00 am	Weigh-in & Equipment check, Juniors and Mens Open up to 82.5 kg
10:00 am	Lifting Juniors and Mens Open up to 82.5 kg
12 noon	Wiegh-in & Equipment Check Juniors and Mens Open 90 kg and up
2:00 pm	Lifting Juniors and Mens Open 90 kg and up
March 24(Tentative)	
8:00 am	Weigh-in & Equipment check, Women and Mens up to 82.5 kg
10:00 am	Lifting National Bench Press, Women and Mens up to 82.5 kg
12 noon	Wiegh-in & Equipment Check Men 90 kg and up
2:00 pm	Lifting National Bench Press, Men 90 kg and up

Rules: IPF Rules Strictly enforced

Entry Fee: \$75.00 (includes T-Shirt and Banquet for one event
\$30.00 for each additional event \$15.00 for each T-Shirt)

Spectator Admission: \$5.00 each day or \$10.00 for all three days
(Free for lifters and coaches)

Awards Banquet: Will be held at the Hotel, Sunday March 24, 7:00pm,
extra tickets \$30.00 each.

Deadline: March 1, 2002

Qualification: You must qualified at Provincial.

Contact: Paul Gidney 902-245-4302
E-mail: nspl@hotmail.com

The 2002 CPU Men & Women Open, Master, Junior National Powerlifting Championship The CPU National Bench Press Championship The CBSA Blind Powerlifting Championship

Name: _____

Address: _____

City: _____ **Province:** _____

Postal Code: _____ **Phone:** _____

Weight Class: _____ **CPU #** _____

Date of Birth: _____ **Age:** _____ **Sex:** _____

Division Entered:

(Circle one)

Powerlifting: **Men:** Junior Master Open CBSA
Women: Junior Master Open CBSA

Bench Press: **Men:** Junior Master Open CBSA
Women: Junior Master Open CBSA

Occupation: _____ **Years of Competing:** _____

Best Official Total: _____ kg at _____ kgs body weight

Qualification: _____ **Date:** _____

Contest Name: _____

Provincial President Signature: _____

In consideration of your acceptance of the entry, I hereby intend to be legally bound for myself, my heirs, executors or administrators, wave and release any and all rights and claims against the CPU, NSPL, Rodds Grand Hotel Yarmouth, the Directors or their representatives and successors and/or assigns and the sponsors of this contest for any injuries suffered by me at the said competition.

Competitors Signature: _____

Parent or Guardian (If under 18) _____

Witness: _____

Referees: Are you Qualified at National Level and Willing to Referee these Championships YES NO

Entry Fee: _____ **Additional Event:** _____ **Total:** _____

Extra Banquet Tickets: _____ **T-Shirt:** _____ **Total:** _____

Total Enclosed: _____ **Shirt Size:** _____

Send Entry Form and Payment to:

Mr. Paul Gidney
R.R.# 5
Digby, NE
B0V 1A0
FAX: 902-245-6720

For information contact:

Bill Jamison 905-765-5345
412 Big Creek R.
Caledonia, ON
N3W 2G9
E-mail: billjamison@sympatico.ca

UPCOMING EVENTS

Steel City Powerlifting Club Open and Developed Mentally Challenged (Special Olympics)

Date:	Sunday, March 10th/2002
Place:	Best Western Brant Park Inn, 19 Holiday Drive Brantford ON (turn off the 403 at Wayne Gretzky Blvd.)
Host:	Steel City Powerlifting Club
Accommodations:	Best Western Brant Park Inn Phone: (519) 753-8651
Weigh-ins:	Developed Mentally Challenged (Special Olympics) - Weigh-in at 7:30 am Lift at 9:30am Open Powerlifting Contest Weigh-in at 10:30 am Lift at 12:30am
Eligibility:	Open to any registered powerlifter. C.P.U. card must be shown at weigh-ins.
Awards:	Developed Mentally Challenged First, second and third in each weight-class Champion of champions award (Men and Women) Team champions Open Powerlifting Contest First, second and third in each weight-class Champion of champions award (Men and Women) Team champions
Meet Director:	Bill Jamison (905) 765-5345
Entry Fee:	Developed Mentally Challenged: \$20.00 Open Powerlifting Contest: \$45.00 Payable to: Bill Jamison 412 Big Creek Rd. Caledonia ON N3W 2G9
Deadline:	Entries must be in by Wednesday, February 27th, 2002
Sanction by:	Ontario Powerlifting Association.
Rules:	I.P.F. rules will be strictly enforced. The C.P.U. and O.P.A. reserve the right to carry out drug testing at any contest under it's jurisdiction according to C.P.U. rules.

Ontario Deadlift Open

Date/Time:	Saturday May 4th, 2002 Lifting @ 3:00 p.m.
Place:	Albert Milarmack Arena Park Side Drive, Waterloo
Host:	Golden Triangle
Contest Type:	Open Deadlift
Weigh-ins:	1:00 p.m.
Eligibility:	Open to any registered powerlifter. C.P.U. card

Jan, 2002

must be shown at weigh-ins.

Awards:	1st - 3rd each weight class, Best Lifters, Team Trophy
Meet Director:	Dave Hoffman 519-894-5913
Entry Fee:	\$45.00 Payable to: David Hoffman 278 Thaler Ave., Kitchener, ON N2A 1R6
Deadline:	Entries must be in by Monday, April 1st 2002
Sanction by:	Ontario Powerlifting Association.
Rules:	I.P.F. rules will be strictly enforced. The C.P.U. and O.P.A. reserve the right to carry out drug testing at any contest under it's jurisdiction according to C.P.U. rules.

The 2002 London Open

Date:	Saturday May 25th/2002
Place:	South London Community Center 119 Jalna Blvd.
Host:	London Powerlifting Club
Accommodations:	110 Wellington Road South Phone: (519) 681-1240
Weigh-ins:	7:30 am all women and all men 52kg - 82.5kg 9:30 am all men 90kg - 125+ kg (may change) Lift at 9:30am
Eligibility:	Open to any registered powerlifter. C.P.U. card must be shown at weigh-ins.
Awards:	Men - 1st to 5th in each weight class Women - 1st to 5th in each weight class Best Lifters Mens (Light and Heavy) Best Lifter Women Best Lifter Novice Best Master I Lifter Best Master II Lifter
Meet Director:	Terry Stinchcombe (519) 681-4766 stinch44@hotmail.com
Entry Fee:	\$50.00 Must be with Entry Form Payable to: Terry Stinchcombe 18 Locus Cres. London, ON N6E 2K2
Deadline:	Entries must be in by Wednesday, May 15th, 2002
Sanction by:	Ontario Powerlifting Association.
Rules:	I.P.F. rules will be strictly enforced. The C.P.U. and O.P.A. reserve the right to carry out drug testing at any contest under it's jurisdiction according to C.P.U. rules.

Ontario Powerlifting Association



2002 OPA CLUB AFFILIATION APPLICATION

- In order to represent a club, a lifter must train with the club on a regular basis (at least once a week)
- No athlete may compete under a club name unless that club has taken an affiliation. An athlete who does not belong to a club must compete as an unattached lifter.
- Club affiliation must be renewed annually. Affiliation fees cover one year from January 1 to December 31.

Club Name: _____

Contact Name: _____
(must be an Ontario Powerlifting Association member)

CPU #: _____ **Address:** _____

City: _____ **Postal Code:** _____

E-mail: _____

Website URL: _____

- It is agreed that, if membership be granted, our club will abide by the Constitution requirements, for membership of the Ontario Powerlifting Association and the Canadian Powerlifting Union.
- We further understand suspension may follow any violation of the said constitution or by-laws. It is further and clearly the right to cancel this said affiliation at any time.

Date: _____

Signature: _____

Please Include:

- A Copy of all emblems and logos that the club will be using.
- A list of all club members.

Club Affiliation Fee: \$40.00

Make Cheque or money order payable to:
Ontario Powerlifting Association
C/O Heather Johns
PO Box 93
Bancroft, Ontario K0L 1C0

90 kg
Kim Murphy 1 110 67.5 135 312.5

Men
67.5 kg
Frank Nadeau 1 152.5 110 160 422.5

75 kg
Eric Dunstan 1 182.5 150 200 532.5
Hamek Rai 2 195 135 190 520

82.5 kg
Kevin Stirling 1 160 120 215 495
Stan Goss 2 170 105 210 485

90 kg
Rick Morrisette 1 250 152.5 277.5 680
Dave Pigozzo 2 235 152.5 257.5 645
Michael Goss 3 232.5 162.5 222.5 617.5

100 kg
Mark Finochino 1 262.5 170 250 682.5
Karel de Koning 2 200 110 227.5 537.5
Mark Miller 3 182.5 125 227.5 535
Andrew Rossi 4 100 115 125 340

110 kg
M. Glofcheskie 1 245 165 235 645
Michael Mangan 2 255 162.5 220 637.5
Ken Smalko 3 220 150 217.5 587.5

125 kg
Gord Cosby 1 227.5 172.5 275 675
Paul Reich - 125 --- --- ---

Best Lifter
Female Heavy: Pam Eisen
Male Light: Eric Dunstan
Male Heavy: Ricky Morrisette

Best Team: Niagara

Referees: Adele Couchman, Don Clarke, Mark Giffen

Spotters/Loaders: Brett Baresich, Joe Walker, Steve Majestrale, Nathan McQuarries

Setup/Tear Down: Brett Baresich, Shane McNulty, Joe Walker, Daniel Pare

Head Table: Saita Vandernalt, Dawn Bowie, Janice Gill

Thanks to the Following:

Equipment:
Crazy Joe's Gym, St. Thomas
MacGregor Auto Parts, St. Thomas, Jim MacGregor
Jim Moir, Sparta
Jason Orr, St. Thomas
Paul Coveny Engineering, St. Thomas
Hamek Rai, Etobicoke

Camara:
Jennifer Buckhinham (for the Weight Room Press)

Professional Care:
Dr. Greg Johnston Chiropractor, Family Health Options, St Thomas

I want to take this occasion to thank all of the people who helped make the 4th Annual St. Thomas Powerlifting Open a success.

Wish you all good lifting.

Daniel Pare
Meet Director

CONTEST RESULTS

4th Annual St. Thomas Open

St. Thomas, Oct 13/01 Results: Daniel Pare

Women

Name	#	Squat	Bench	Deadlift	Total
82.5 kg					
Pam Eisen	1	110	75	132.5	317.5

CONTEST RESULTS

Ontario Junior/Masters Championship

Cambridge, Dec 2/01 Results: Dave Hoffman

Junior Men

Name	#	Squat	Bench	Deadlift	Total
75 kg					
W. Albert	1	182.5	115	230	527.5

90 kg					
J. Elliott	1	202.5	145	200	547.5

100 kg					
S. Roach	1	202.5	132.5	232.5	567.5
M. Miller	2	195	130	240	565
K. DeKoning	3	202	132.5	220	555

110 kg					
C. Hawkshaw	--	225	--	--	--

Master 1 Women

60 kg					
J. Lessard	1	110	65	137.5	312.5

67.5 kg					
L. Squires	1	130	60	130	320

Master 1 Men

60 kg					
Jim Jong	1	190	130	210	530

67.5 kg					
R. Paananen	1	175	135	200	510

75 kg					
H. Singh Rai	1	190	147.5	170	507.5

82.5 kg					
J. Marentette	1	230	160	257.5	647.5
B. Simms	2	225	150	240	615
H. Greenidge	-	160	--	--	--

90 kg					
S. Seguin	1	227.5	140	240	607.5
T. Jones	2	210	132.5	220	562.5

110 kg					
R. Strong	1	245	152.5	275	672.5

125 kg					
R. Gazdig	1	222.5	175	252.5	650
G. Cosby	-	212.5	--	--	--

Master Men II

90 kg					
L. Greeidge	1	195	142.5	200	537.5

Awards

Best Lifter, Junior Men: William Albert
 Best Lifter, Master Women I: Jane Lessard
 Best Lifter, Master I Men: Jim Jong
 Best Lifter, Master II Men: Laurie Greenidge
 Best Team: London Powerlifting Club

Referees: Bill Jamison, Steve Chomitz, Sean Brown

The 5th annual Bench Press, Junior & Master Championships were hosted by the Golden Triangle and Pumphouse Powerlifting Clubs at the Holiday Inn Cambridge. An excellent meet was marred by a couple of mishaps on the platform during squats with Gord Cosby coming away with a few injuries. The bench meet featured 25 lifters with the highlight being Mark Giffens CPU/OPA record of 242.5kg in 110 kg Class. Super Dave Gratton also set an OPA mark with a lift of 235kg. Five other lifters also set new OPA standards.

Six Lifters competed in the Junior meet which I believe is the most in the meets five year history. A solid performance by best lifter William Albert

Ontario Open Bench Press Championship

Cambridge, Dec 2/01 Results: Dave Hoffman

Women

Name	#	Body Weight	Bench
60 kg			
C. Cosby	1	58.2	62.5
J. Lessard	2	59.3	62.5

67.5 kg			
L. Squires	1	68.5	67.5

Men

67.5 kg			
M. Piskorski	1	66.4	120

75 kg			
E. Dunstan	1	73.6	150
H. Singh Rai	2	73.7	145

82.5 kg			
H. Greenidge	1	80.7	160
K. Samson	2	80.8	127.5

90 kg			
D. Pigozza	1	89.5	155
M. Kpornicky	2	89.1	142.5
L. Greenidge	3	82.5	140
J. Elliott	4	86.5	135
J. Becker	-	88.7	--

100 kg			
M. Goss	1	96.0	175
M. Magan	2	99.4	175
T. Stinchcombe	3	99.5	152.5

110 kg			
M. Giffen	1	107.5	242.5
M. Finocchio	2	100.9	177.5
J. Roemer	3	105.9	172.5
M. Glofcheskie	4	107.1	170
J. Clayton	5	101.5	160

125 kg			
R. Freeman	-	121.2	--

125+ kg			
D. Gratton	1	126.1	235
S. Brown	2	129.5	205
G. Cosby	3	126.2	102.5

Best Lifter Women:: Cindy Cosby

Best Lifter Mne: Mark Giffen

Best Team: London

Referees: Bill Jamison, Steve Chomitz, Angelo Papolis

of the Ottawa Strong and a real close battle in the 100kg. with the three lifters only 12.5 kgs apart.

The Masters division featured 14 lifters despite a half dozen receiving byes to Yarmouth for lifting in Moose Jaw and not competing in this meet. Some good lifting by best lifter Jim Jong who broke his own CPU/OPA Masters squat record and the boys from Power Pit in Belle River.

Over 20 CPU/OPA records were broken and the following 10 lifters were tested. Eric Dunstan, Jonas Elliott, Rick Gazdig, Mark Giffen, Dave Gratton, Herb Greenidge, Jim Jong, Jane Lessard, Lynda Squires and Ron Strong.

My sincere thanks to our meet sponsor Mr. Marty Gillotte at Fitness Direct in Beamsville who supplied all our unique best lifter trophies at considerable cost. If you need equipment please call him at 905-945-2090.

I would also like to thank Olympian Gym in Kitchener for supplying some weights and equipment for the warmup area and Kitchener Scale for letting us have a scale once again to weigh the lifters.

Iron Foundation will host this meet next year.

Dave Hoffman.

CONTEST ENTRY FORM

ONTARIO POWERLIFTING ASSOCIATION CONTEST FORM

Name: _____ Contest Name: _____
Address: _____ Club Representing: _____
Phone: _____ CPU # _____ Best Official Total: _____ kgs Weight Class _____ kgs
When/Where: _____

Titles, Championships won: _____

Interests/Hobbies: _____

Contest Category Entered e.g., Junior, Novice, Blind, etc. _____

Contest Weight Class: _____ kg Date of Birth (mm/dd/yy) _____

Male or Female T-Shirt Size (If applicable) _____

You must be registered with the O.P.A. (Ontario Powerlifting Association) or C.P.U. (Canadian Powerlifting Union) or recognized I.P.F. (International Powerlifting Federation) affiliate. Registration cards must be shown at weigh-in.

I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the right carry out drug testing at any contest under their jurisdiction.

In consideration of your acceptance, I hereby intend to be legally bound for myself: my heirs, executors or assigns waive and release any and all rights and claims for damages I may have against the C.P.U., the O.P.A., the Directors, the Executives or their representatives and successors and/or assigns, and the sponsors of this contest for any and all injuries suffered by me at the said contest.

Signature of Competitor (Parent or Guardian if under 18): _____

Signature of Parent or Guardian (if under 18): _____

National or Provincial Record Application Form

Application for:

- | | |
|--|--|
| <input type="checkbox"/> National Men's Senior | <input type="checkbox"/> National Women's Senior |
| <input type="checkbox"/> National Men's Junior | <input type="checkbox"/> National Women's Junior |
| <input type="checkbox"/> National Men's Master 40-49 | <input type="checkbox"/> National Women's Master 40-49 |
| <input type="checkbox"/> National Men's Master 50+ | <input type="checkbox"/> National Women's Master 50+ |
| <input type="checkbox"/> Provincial Men's Senior | <input type="checkbox"/> Provincial Women's Senior |
| <input type="checkbox"/> Provincial Men's Junior | <input type="checkbox"/> Provincial Women's Junior |
| <input type="checkbox"/> Provincial Men's Master 40-49 | <input type="checkbox"/> Provincial Women's Master 40-49 |
| <input type="checkbox"/> Provincial Men's Masters 50+ | <input type="checkbox"/> Provincial Women's Masters 50+ |

Note: All National records must have been set using metric weights and equipment to be recognized. Please use separate sheets if applying for both national and Provincial Records.

Lifter Information

Name: _____

City: _____ Prov: _____ Code : _____

Phone: _____ CPU #: _____

Wt. Class: _____ Precise Body Weight: _____

Doping Control Sample NO.: _____

I have checked all the data and all lists, and hereby state that everything is in order.

Date : _____

Signature: _____

Competition Information:

Name of Competition: _____

Location/Address: _____

City: _____ Prov: _____

Date of Competition: _____

Attempt:	1 st	2 nd	3 rd	4 th
Squat				
Bench Press				
Deadlift				
Total				

Send complete form to: **Dave Hoffman**, 278 Thaler Ave, Kitchener, ON N2A 1R6

OPA AWARDS

O.P.A. Recognition Award

Congratulations to: Dave Hoffman

To the OPA,

It was truly ratifying experience to be the recipient of the 2001 OPA Recognition Award. I feel honored to be part of a group of individuals who have been selected since 1985 and am the 22nd person to receive the OPA's highest honor. In my 20 years as a lifter and 13th as part of the executive I have met some pretty unique and outstanding people from coast to coast. The world's strongest sport has certainly raised my self-esteem level and made me a better person in many other ways. I look forward to being involved for many years to come in our quest to make the OPA a better organization to be part of. Once again my greatest thanks to those at the AGM in Cambridge for honoring me with the award.

Yours in sport,

Dave Hoffman
OPA Records Chairperson

O.P.A. Team Champions

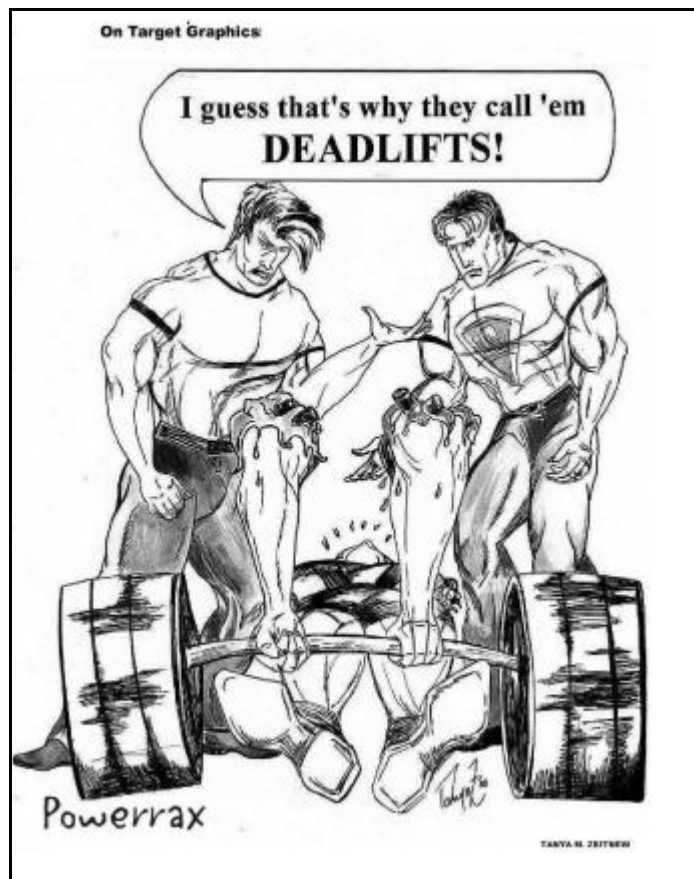
Congratulations to: London Powerlifting Club

O.P.A. Female Athlete of the Year

Congratulations to: Sara Clark

O.P.A. Male Athlete of the Year (Bill Jolley Award)

Congratulations to: Gynn Moore



CONTEST ENTRY FORM

Name: _____

Contest Name: _____

Address: _____

Club Representing: _____

Phone: _____ CPU # _____

Best Official Total: _____ kgs Weight Class _____ kgs

When/Where: _____

Titles, Championships won: _____

Interests/Hobbies: _____

Contest Category Entered e.g., Junior, Novice, Blind, etc. _____

Contest Weight Class: _____ kg Date of Birth (mm/dd/yy) _____

Male or Female T-Shirt Size (If applicable) _____

You must be registered with the O.P.A. (Ontario Powerlifting Association) or C.P.U. (Canadian Powerlifting Union) or recognized I.P.F. (International Powerlifting Federation) affiliate. Registration cards must be shown at weigh-in.

I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the right carry out drug testing at any contest under their jurisdiction.

In consideration of your acceptance, I hereby intend to be legally bound for myself: my heirs, executors or assigns waive and release any and all rights and claims for damages I may have against the C.P.U., the O.P.A., the Directors, the Executives or their representatives and successors and/or assigns, and the sponsors of this contest for any and all injuries suffered by me at the said contest.

Signature of Competitor (Parent or Guardian if under 18): _____

Signature of Parent or Guardian (if under 18): _____

INVESTIGATING BENCH-PRESS PERFORMANCE.

(How age, lifting experience, bench-press stroke length, and the use of bench-press shirts influence)

By: Rick Evans

Introduction

Of the three powerlifts, the bench press is the most appealing and popular among non-competitive powerlifters. The amount of weight one can bench-press is often stereotypically associated with his or her overall strength. Consequently, both non-competitive weight trainers and powerlifters are always looking for ways to improve their bench presses. While most powerlifters generally agree on physical characteristics and environmental factors that should theoretically make a person a good bench-presser, there is a lack of experimental evidence quantifying what measurable factors significantly contribute to improving one's bench press performance. The objective of this study is to determine the extent to which a lifter's age, lifting experience, bench-press stroke length, and use of a bench-press shirt contribute to his or her bench press performance. While there are likely many physiological factors and complex factors such as diet and training regimes that contribute to bench-press performance, I chose to examine the effects of unambiguously measurable variables. Lifting experience was defined as the amount of years (to the nearest half-year) that a lifter has been competing in bench-press or powerlifting competitions. It is expected that a lifter's bench-press performance will improve as he or she gains lifting experience. A lifter's bench-press stroke is defined as the distance that the bar travels from the contact point on the chest to lockout. Stroke length is influenced by two main factors: arm length and arching of the back. The shorter the distance a lifter has to move the bar during a bench press, the less work is required. Therefore, I hypothesize that as lifter's stroke length decreases, his or her bench performance will increase. Many competitive lifters wear extremely tight polyester (or denim) bench-press shirts, which are designed to improve their performances. When wearing a bench shirt, as a lifter lowers the bar to his or her chest, the shirt is forced to stretch and hold some tension of the lift. The shirt effectively stores elastic energy, which helps "spring" the bar up the once he or she begins the ascending movement of the lift. Therefore, I hypothesize that the use of a bench-press shirt will increase bench-press performance. In addition, I expect a lifter's age to influence bench-press performance. However, I do not expect this to be a linear function. I expect that there will be a middle age optimum and young lifters and old lifters will perform lower than the optimum.

Data collection
All of the data for this study were collected on November 17th, 2001 at the Canadian Powerlifting Union's 2001 Alberta Provincial Powerlifting Championships. Data were collected for both males and females; however, females were not included in the analysis due to the low sample size (7 lifters).

Statistical Analysis

Before conducting any parametric tests, the distributions the dependent

variable (wilks points) as a function of each of the independent variables (experience, age, etc.) were tested for normality (an smooth, non-skewed bell-shaped distribution), and linearity (i.e relationship between wilks points and other variables is linear, not exponential or otherwise). Following these tests, a multiple regression test conducted on the data, which would indicate how much each of the variables influence bench performance.

Results

After removing an outlier from the data, all of the independent variables met the assumptions of normality. As Figures 1d and 1e illustrate, "age" was the only independent variable that was noticeably non-linearly related to "wilks points." Therefore, the "age" variable was linearly transformed into "deviations from the optimum age" (OPTAGE) after determining the optimum age to be 35 and taking the absolute value the optimum age sub-

tract the original age values (e.g. for a 30 or 40 year old lifter, deviations from opt. Age = 35-30 or 35-40 = -5 = 5). The new OPTAGE variable was linearly related to wilks points and could be included in the multiple regression. The adjusted mean squared of the multiple regression was 0.455, which means that together all of the independent variables explained 45.5% of the variation in bench performance.

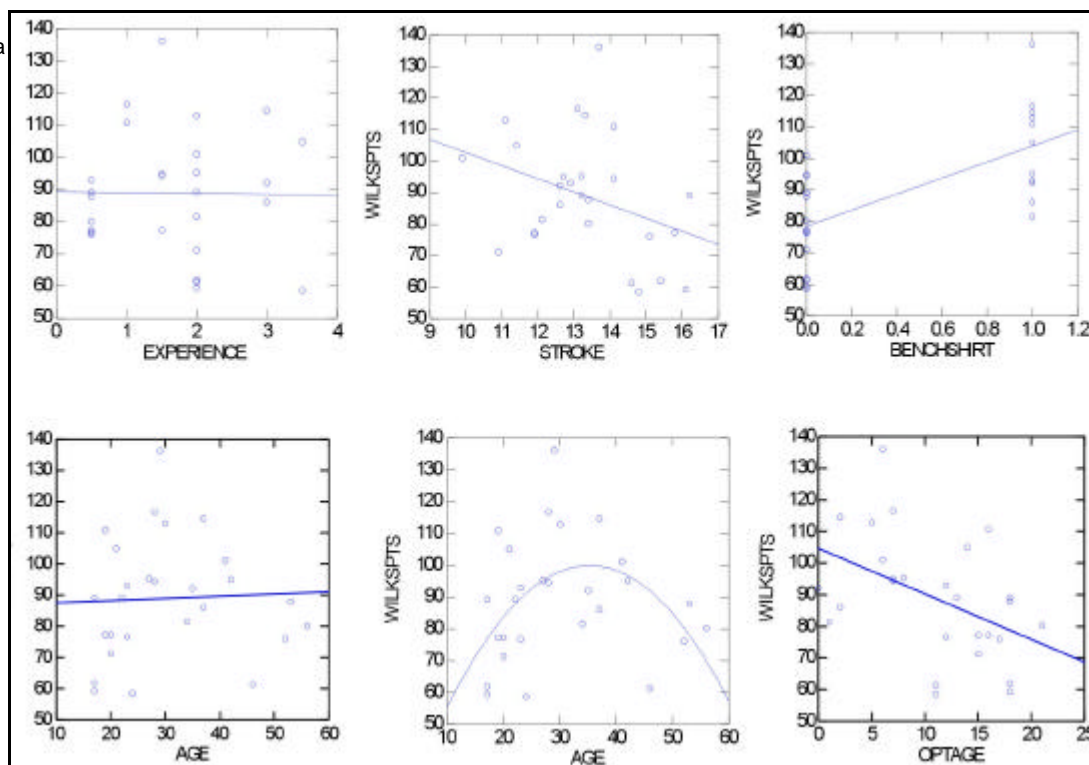


Figure 1: Scatterplots of Wilks points as a linear function of a) years of competitive bench pressing experience (years), b) bench-press stroke length (inches), c) use of a bench shirt (y/n) d) lifter's age. e) Wilks points as a quadratic function of age of lifter, and f) Wilks points as a linear function of deviations from the optimum age (years).

Wilks points = 116.896 - 6.09(Experience) + 24(b. shirt) - 1.669(stroke) - 0.484(dev. optage)

Figure 2: Multiple regression equation for Wilks points (bench performance) as a function of experience (years), use of a bench shirt (yes = 1, no=0), stroke length (inches), and deviations (years) from the optimum age of 35.0 years.

Discussion and Conclusions

Admittedly, the sample size of 27 lifters was not sufficient to reveal reliable trends in the data. In addition, there was a lot of variance in the data, which possible masked the significance of some independent variables. Therefore, the predictive multiple regression equation (Figure 2) is not very accurate or realistic.

Of all of the independent variables studied, only the use of bench shirts significantly influenced lifters bench press performances (statistical significance is usually set as $p=0.05$, which is the "allowed error," which means that chance alone can explain the "significant relationship" 5% of the time). As Figure 2 shows, with 116.8 wilks points as a constant (before being affected by all of the variables) the use of a bench shirt increases bench performance by 24 wilks points.

Even though the results of the multiple regression suggest that stroke length, deviations from the optimum age, and lifting experience do not sig-

nificantly influence bench press performances, the lack of significance was likely due to the small sample size. While the effects of these variables were not statistically significant and must be interpreted with caution, they do reveal some interesting trends. As Figure 2 reveals, lifters who wore bench shirts and had short stroke lengths, small deviations from the optimum age, and less experience would be expected to have higher bench press performances than their counterparts.

Although the results from this study can not accurately predict how much certain measurable factors influence bench performance, this study can be used as a stepping stone for further research. Future research should attempt combine data from local, provincial, national, and international competitions in order to get larger sample size and broader representation of lifting experience, age, and sex, which would allow one to accurately estimate how certain measurable factors influence bench press performance.

Note: This is a condensed version of my 11-page biostatistics term paper. I left out most of the statistical jargon and some tables and charts. If you would like the complete report e-mail me at ricktor17@hotmail.com and I'll send you a copy.

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OR E-mail: mike@ontariopowerlifting.com



BENCH PRESS RECORDS

Women's Open

	Total	Name	Date/Place
52 kg	75	K. Parsons	Dec 10/89 Hamilton, ON
60 kg	85	C. Lahey	Feb 01/92 Kitchener, ON
67.5 kg	96	G. Papolis	Jan 31/98 Cambridge, ON
82.5 kg	42.5	M. Greenidge	Dec 18/99 Toronto, ON

Women's Master

60 kg	62.5	J. Lessard	Dec 02/01 Cambridge, ON
67.5 kg	67.5	L. Squires	Dec 02/01 Cambridge, ON
82.5 kg	42.5	M. Greenidge	Dec 18/99 Toronto, ON

Men's Junior

75 kg	140	G. Gray	Feb 01/92 Kitchener, ON
90 kg	135	J. Elliott	Dec 01/01 Cambridge, ON
110 kg	167.5	D. Kuntz	Jan 31/98 Cambridge, ON

Men's Open

60 kg	137.5	J. Jong	Feb 27/00 Moose Jaw, SA
75 kg	157.5	F. Fraraccio	Dec 18/99 Toronto, ON
82.5 kg	182.5	S. Moir	Jan 31/98 Cambridge, ON
90 kg	207.5	M. Whitford	Dec 18/99 Toronto, ON
100 kg	192.5	M. Giffen	Dec 02/01 Cambridge, ON
125 kg	205	R. Silverston	Dec 03/00 Brockville, ON
125+ kg	235	D. Gratton	Dec 02/01 Cambridge, ON

Men's Master 40 - 49

60 kg	137.5	J. Jong	Feb 27/00 Moose Jaw, SA
67.5 kg	140	K. Lam	Jun 19/90 Surrey, B.C.
75 kg	150	E. Dunstan	Dec 02/01 Cambridge, ON
82.5 kg	160	H. Greenidge	Dec 02/01 Cambridge, ON
90 kg	175.5	H. Greenidge	Apr. 01/01 Quebec City, QU
125 kg	195	B. Jolley	Mar 01/97 Winnipeg, Manitoba
125+ kg	170	D. Hoffman	Jan 31/98 Cambridge, ON

Men's Master 50 - 59

75 kg	132.5	W. McCullough	Feb 12/95 Chilliwack, B.C.
82.5 kg	137.5	L. Greenidge	Dec 03/00 Brockville, ON
90 kg	155	K. Hult	Jan 31/98 Cambridge, ON
100 kg	165	K. Hult	May 19/98 Leduc, Alberta
110 kg	165	K. Hult	Dec. 12/98 Guelph, ON
125+ kg	162.5	D. Hoffman	Dec 03/00 Brockville, ON

NEW ONTARIO RECORDS

More on Pg 18 -19

Women's Master 40 - 49

60 kg			
Squat	105	J. Lessard	Dec 01 Ontario Masters, Cambridge ON
Bench	65	J. Lessard	Dec 01 Ontario Masters, Cambridge ON
Deadlift	137.5	J. Lessard	Dec 01 Ontario Masters, Cambridge ON
Total	512.5	J. Lessard	Dec 01 Ontario Masters, Cambridge ON

Men's Master 50 - 59

67.5			
Squat	200	G. Moore	Mar 01 Canadian Masters, Quebec C
Bench	122.5	G. Moore	Mar 01 Canadian Masters, Quebec C
Deadlift	235	G. Moore	Mar 01 Canadian Masters, Quebec C
Total	557.5	G. Moore	Mar 01 Canadian Masters, Quebec C

Men's Master 60+

60 kg			
Squat	170	L. Lam	Oct 01 Master Worlds, Moose Jaw, S
Bench	100	L. Lam	Oct 01 Master Worlds, Moose Jaw, S
Deadlift	215	L. Lam	Oct 01 Master Worlds, Moose Jaw, S
Total	485	L. Lam	Oct 01 Master Worlds, Moose Jaw, S

Ontario Powerlifting Association Records

PLEASE NOTE: These records were last updated December, 2001. They do not include confirmed or pending records made since this time.

Women's Senior Records - Modern Era				
Class	Lift	kg	Lifter	Contest
48kg	Squat	132.5	D. D'Angelo	Oct-90 Cambridge Open, Cambridge, ON
	Bench	50.0	S. Marvel	Feb-95 Women's Canadians, Chilliwack, BC
	Deadlift	102.5	S. Marvel	Feb-95 Women's Canadians, Chilliwack, BC
	Total	235.0	S. Marvel	Feb-95 Women's Canadians, Chilliwack, BC
52kg	Squat	140.0	D. D'Angelo	Feb-94 Canadian Women's, Kitchener, ON
	Bench	75.0	K. Parsons	Dec-89 Hamilton Open, Hamilton, ON
	Deadlift	155.0	D. D'Angelo	Feb-94 Canadian Women's, Kitchener, ON
	Total	360.0	D. D'Angelo	Feb-94 Canadian Women's, Kitchener, ON
60kg	Squat	160.0	C. Lahey	Feb-92 Women's Canadians, Kitchener, ON
	Bench	85.0	C. Lahey	Feb-92 Women's Canadians, Kitchener, ON
	Deadlift	137.5	J. Lessard	Dec-01 Ontario Masters, Cambridge, ON
	Total	395.0	C. Lahey	Feb-92 Women's Canadians, Kitchener, ON
67.5kg	Squat	182.5	S. Goudreau	Jan-91 Women's Canadians, Winnipeg, MB
	Bench	95.0	S. Goudreau	Jan-91 Women's Canadians, Winnipeg, MB
	Deadlift	130	L. Squires	Dec-01 Ontario Masters, Cambridge, ON
	Total	437.5	S. Goudreau	Jan-91 Women's Canadians, Winnipeg, MB
75kg	Squat	165.0	G. Guillemette	Feb-95 Women's Canadians, Chilliwack, BC
	Bench	90.0	G. Guillemette	Oct-96 Women's Ontario, North Bay, ON
	Deadlift	187.5	U. Kruger	Oct-98 Women's Ontario, Brockville, ON
	Total	435.0	U. Kruger	Oct-98 Women's Ontario, Brockville, ON
82.5kg	Squat	105	M. Greenidge	May-01 London Open, London Ontario
	Bench	55	M. Greenidge	May-01 London Open, London Ontario
	Deadlift	110	M. Greenidge	May-01 London Open, London Ontario
	Total	270	M. Greenidge	May-01 London Open, London Ontario
90kg	Squat	175.0	K. Hunter	Feb-94 Canadian Women's, Kitchener, ON
	Bench	75.0	K. Hunter	Feb-94 Canadian Women's, Kitchener, ON
	Deadlift	167.5	K. Hunter	Feb-94 Canadian Women's, Kitchener, ON
	Total	417.5	K. Hunter	Feb-94 Canadian Women's, Kitchener, ON
90+kg	Squat	185.0	H. Plamondon	Feb-94 Canadian Women's, Kitchener, ON
	Bench	100.0	H. Plamondon	Feb-94 Canadian Women's, Kitchener, ON
	Deadlift	155.0	S. Murphy	May-94 Women's Worlds, Rotorua, N.Z.
	Total	430.0	H. Plamondon	Feb-94 Canadian Women's, Kitchener, ON
Women's Junior Records				
Class	Lift	kg	Lifter	Contest
52kg	Squat	127.5	D. D'Angelo	Nov-89 Women's Worlds, Sydney, NS
	Total	312.5	D. D'Angelo	Nov-89 Women's Worlds, Sydney, NS
	Squat	120.0	D. D'Angelo	May-89 N.P. Ontario Open, North Bay, ON
56kg	Squat	137.5	A. Gilchrist	Jan-88 Women's Canadians, Kitchener, ON
	Bench	70.5	A. Gilchrist	Oct-89 Intermediate Open, Cambridge, ON
	Deadlift	140.0	A. Gilchrist	Jan-88 Women's Canadians, Kitchener, ON
	Total	342.5	A. Gilchrist	Jan-88 Women's Canadians, Kitchener, ON
82.5kg	Squat	142.5	R. Butler	Oct-90 Women's Ontario, Cambridge, ON
	Bench	67.5	R. Butler	Oct-90 Women's Ontario, Cambridge, ON
	Deadlift	147.5	H. Johns	Dec-92 Limestone City Open, Kingston, ON
	Total	355.0	R. Butler	Oct-90 Women's Ontario, Cambridge, ON

Women's Senior Records (40-49)

Class	Lift	kg	Lifter	Date	Contest
67.5kg	Squat	130	L. Squires	Dec-01	Ontario Masters, Cambridge, ON
	Bench	60.0	L. Squires	Dec-99	Ontario Masters, Toronto, ON
	Deadlift	130	L. Squires	Dec-01	Ontario Masters, Cambridge, ON
	Total	320	L. Squires	Dec-01	Ontario Masters, Cambridge, ON
82.5kg	Squat	105	M. Greenidge	May-01	London Open, London, ON
	Bench	55	M. Greenidge	May-01	London Open, London, ON
	Deadlift	110	M. Greenidge	May-01	London Open, London, ON
	Total	270	M. Greenidge	May-01	London Open, London, ON
Men's Senior Records - Modern Era					
Class	Lift	kg	Lifter	Date	Contest
52kg	Squat	170.0	S. Boulterice	Feb-92	Canadian Juniors, Kitchener, ON
	Deadlift	185.0	S. Boulterice	Feb-92	Canadian Juniors, Kitchener, ON
	Squat	195	J. Jong	Dec-01	Ontario Masters, Cambridge, ON
	Bench	140	J. Jong	Mar-01	Canadian Championships, Quebec City, QU
60kg	Deadlift	217.5	J. Jong	Feb-00	Canadians, Moose Jaw, SK
	Total	537.5	J. Jong	Feb-00	Canadians, Moose Jaw, SK
75kg	Squat	277.5	J. Becker	May-96	Canadians, Leduc, AB
	Bench	168.0	J. Becker	May-96	Canadians, Leduc, AB
	Deadlift	285.0	J. Becker	Feb-95	Ontario Seniors, London, ON
	Total	722.5	J. Becker	May-96	Canadians, Leduc, AB
82.5kg	Squat	277.5	J. Becker	May-98	Canadians, Richmond, BC
	Bench	175.0	B. Obratowski	Jun-98	Canadians, Surrey, BC
	Deadlift	298.0	J. Becker	May-98	Canadians, Richmond, BC
	Total	747.5	J. Becker	May-98	Canadians, Richmond, BC
90kg	Squat	212.5	H. Greenidge	May-01	London Open, London, ON
	Bench	185	D. Bruce	June 88	Canadian Championships, Winnipeg, Man
	Deadlift	322.5	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie, ON
	Total	750	J. Peacock	Mar-90	Ontario Seniors, Cambridge, ON
100kg	Squat	300.0	B. Zacharias	Jan-00	Ontario Seniors, London, ON
	Bench	225.0	M. Giffen	Mar-97	Ontario Seniors, Toronto, ON
	Deadlift	285.0	M. Giffen	Mar-97	Ontario Seniors, Toronto, ON
	Total	775.0	M. Giffen	Mar-97	Ontario Seniors, Toronto, ON
110kg	Squat	347.5	R. Celio	May-97	Canadians, Toronto, ON
	Bench	215.0	R. Celio	May-97	Canadians, Toronto, ON
	Deadlift	325.0	R. Celio	May-97	Canadians, Toronto, ON
	Total	887.5	R. Celio	May-97	Canadians, Toronto, ON
125kg	Squat	335.0	D. Gratton	Jan-00	Ontario Seniors, London, ON
	Bench	227.5	D. Gratton	Jan-99	Ontario Seniors, Cornwall, ON
	Deadlift	297.5	N. Singleton	Jan 98	Canadians, Richmond, BC
	Total	830.0	D. Gratton	Jan-00	Ontario Seniors, London, ON
125+kg	Squat	330.0	D. Gratton	Apr-00	OPA/QPFF Challenge, Rock Forest, Qc
	Bench	230.0	D. Gratton	Apr-00	OPA/QPFF Challenge, Rock Forest, Qc
	Deadlift	292.5	B. Dugway	Jan-99	Ontario Seniors, Cornwall, ON
	Total	835.0	D. Gratton	Apr-00	OPA/QPFF Challenge, Rock Forest, Qc

To hold an amateur record in any sport is quite an accomplishment. To hold a record in the OPA you must do two things after you break the record. You must be drug tested and you must send a record application form to the Records Chairperson within 30 days. You can also have your coach make sure that all referees have signed the official scoresheet as that is also something that is needed to make things official. Use the form on page 16 to apply for a Provincial or a National record.

Dave Hoffman, OPA Records Chairperson

Men's Junior Records				
Class	Lift	kg	Lifter	Contest
52kg	Squat	172.5	S. Boulerice	Mar-92 Ontario Seniors, North Bay, ON
	Bench	90.0	S. Boulerice	May-91 Canadian Juniors, Kitchener, ON
	Deadlift	185.5	S. Boulerice	Mar-92 Ontario Seniors, North Bay, ON
	Total	445.0	S. Boulerice	Mar-92 Ontario Seniors, North Bay, ON
60kg	Squat	160.0	T. Lacroix	Feb-94 Canadian Juniors, Kitchener, ON
	Bench	110.5	S. Lindsay	Feb-91 Ontario Intermediates, North Bay, ON
	Deadlift	185.0	A. Box	Feb-94 Canadian Juniors, Kitchener, ON
	Total	430.0	A. Box	Feb-94 Canadian Juniors, Kitchener, ON
67.5kg	Squat	187.5	E. Lacroix	Oct-94 Ontario Intermediates, Maxville, ON
	Bench	135.0	M. Dincio	Apr-97 Canadian Juniors, Cornetbrook, NI
	Deadlift	207.5	M. Dincio	Apr-97 Canadian Juniors, Cornetbrook, NI
	Total	502.5	M. Dincio	Apr-97 Canadian Juniors, Cornetbrook, NI
75kg	Squat	230.0	B. Summers	Dec-00 Ontario Juniors, Brockville, ON
	Bench	152.5	B. Summers	Dec-00 Ontario Juniors, Brockville, ON
	Deadlift	257.5	B. Summers	Dec-00 Ontario Juniors, Brockville, ON
	Total	640.0	B. Summers	Dec-00 Ontario Juniors, Brockville, ON
82.5kg	Squat	235.0	T. Cottrell	May-90 Canadian Juniors, Winnipeg, MB
	Bench	150	P. Clipperton	Sept - 00 Ontario Intermediate, Mississauga, ON
	Deadlift	252.5	T. Cottrell	May-90 Canadian Juniors, Winnipeg, MB
	Total	602.5	T. Cottrell	May-90 Canadian Juniors, Winnipeg, MB
90kg	Squat	237.5	M. Balz	Oct-96 Ontario Intermediates, North Bay, ON
	Bench	157.5	B. Morris	Apr-88 Canadian Juniors, Kitchener, ON
	Deadlift	257.5	B. Morris	Apr-88 Canadian Juniors, Kitchener, ON
	Total	647.5	B. Morris	Apr-88 Canadian Juniors, Kitchener, ON
100kg	Squat	265.0	L. Kiss	Dec-98 Ontario Juniors, Guelph, ON
	Bench	193.0	L. Kiss	Dec-99 Ontario Juniors, Toronto, ON
	Deadlift	272.5	L. Kiss	Dec-99 Ontario Juniors, Toronto, ON
	Total	717.5	L. Kiss	Dec-99 Ontario Juniors, Toronto, ON
125kg	Squat	272.5	J. LaPlante	Oct-93 Ontario Intermediates, Alexandria, ON
	Bench	132.5	J. LaPlante	Oct-93 Ontario Intermediates, Alexandria, ON
	Deadlift	245.0	J. LaPlante	Oct-93 Ontario Intermediates, Alexandria, ON
	Total	650.0	J. LaPlante	Oct-93 Ontario Intermediates, Alexandria, ON
Men's Master Records (40-49)				
Class	Lift	kg	Lifter	Contest
60kg	Squat	195	J. Jong	Dec-01 Ontario Masters, Cambridge, ON
	Bench	140	J. Jong	May-01 Canadian Championships, Quebec City, QC
	Deadlift	217.5	J. Jong	Dec-99 Ontario Masters, Toronto, ON
	Total	537.5	J. Jong	Feb-00 Canadians, Moose Jaw, SK
67.5kg	Squat	227.5	K. Lam	Jun-90 Canadians, Surrey, BC
	Bench	141.0	K. Lam	May-93 Canadian Masters, Edmonton, AB
	Deadlift	262.5	K. Lam	May-90 Canadian Masters, Winnipeg, MB
	Total	630.0	K. Lam	Jun-90 Canadians, Surrey, BC
75kg	Squat	252.5	C. Archdekin	Mar-97 Ontario Seniors, Toronto, ON
	Bench	165.0	C. Archdekin	Oct-93 World Masters, Hamilton, ON
	Deadlift	280.0	C. Archdekin	Oct-93 World Masters, Hamilton, ON
	Total	685.0	C. Archdekin	Oct-93 World Masters, Hamilton, ON
82.5kg	Squat	240.0	D. Warriner	Feb-94 Canadian Masters, Kitchener, ON
	Bench	165	H. Greenidge	May 01 London Open, London, ON
	Deadlift	285.0	D. Warriner	Feb-94 Canadian Masters, Kitchener, ON
	Total	675.0	D. Warriner	Feb-94 Canadian Masters, Kitchener, ON

Men's Master Records (50-59)				
Class	Lift	kg	Lifter	Contest
90kg	Squat	257.5	D. Warriner	Feb-98 Canadian Masters, Moose Jaw, SK
	Bench	170.0	G. Shokmaker	Jan-98 Ontario Masters, Cambridge, ON
	Deadlift	302.5	P. Perry	May-91 Canadian Masters, Kitchener, ON
	Total	705.0	D. Warriner	Feb-98 Canadian Masters, Moose Jaw, SK
100kg	Squat	265.0	K. Hult	Apr-88 Canadian Masters, Kitchener, ON
	Bench	172.5	K. Hult	Apr-88 Canadian Masters, Kitchener, ON
	Deadlift	690.0	K. Hult	Apr-88 Canadian Masters, Kitchener, ON
	Total	245.0	S. Chomitz	Dec-00 Canadian Masters, Brockville, ON
110kg	Squat	167.5	S. Chomitz	Dec-00 Canadian Masters, Brockville, ON
	Bench	275	R. Strong	Dec-01 Ontario Masters, Cambridge, ON
	Deadlift	675.0	S. Chomitz	Dec-00 Canadian Masters, Brockville, ON
	Total	242.5	D. Hoffman	Feb-91 Ontario Intermediates, North Bay, ON
125kg	Squat	175	R. Gazdlig	Dec-01 Ontario Masters, Cambridge, ON
	Bench	272.5	D. Hoffman	Feb-91 Ontario Intermediates, North Bay, ON
	Deadlift	670.0	D. Hoffman	Feb-91 Ontario Intermediates, North Bay, ON
	Total	285.0	J. Baxter	Apr-90 World Blinds, Riverside, California
125+kg	Squat	167.5	D. Hoffman	Feb-94 Canadian Masters, Kitchener, ON
	Bench	275.0	D. Hoffman	Feb-94 Canadian Masters, Kitchener, ON
	Deadlift	702.5	D. Hoffman	Feb-94 Canadian Masters, Kitchener, ON
	Total	222.5	J. Bourgoim	Mar-97 Ontario Seniors, Toronto, ON
75kg	Squat	131.0	J. Bourgoim	Mar-99 Canadian Masters, Sherbrooke, QC
	Bench	232.5	W. McCullough	Feb-92 Ontario Intermediates, Nepawan, ON
	Deadlift	572.5	W. McCullough	Feb-92 Ontario Intermediates, Nepawan, ON
	Total	227.5	J. Bourgoim	Dec-99 Ontario Masters, Toronto, ON
82.5kg	Squat	137.5	L. Greenidge	Dec-00 Ontario Masters, Brockville, ON
	Bench	227.5	L. Lam	Oct-96 Ontario Intermediates, North Bay, ON
	Deadlift	565.0	J. Bourgoim	Dec-99 Ontario Masters, Toronto, ON
	Total	217.5	M. Kulso	Dec-98 Ontario Masters, Guelph, ON
90kg	Squat	165.0	K. Hult	Mar-96 Canadian Masters, Windsor, NS
	Bench	222.5	L. Lam	Feb-98 Canadian Masters, Moose Jaw, SK
	Deadlift	600.0	K. Hult	Mar-96 Canadian Masters, Windsor, NS
	Total	250.0	F. Tavernier	Dec-00 Ontario Masters, Brockville, ON
100kg	Squat	150.5	T. Stinchcombe	Jan-98 Ontario Masters, Cambridge, ON
	Bench	282.5	F. Tavernier	Dec-00 Canadian Masters, Brockville, QC
	Deadlift	682.0	F. Tavernier	Dec-00 Ontario Masters, Brockville, ON
	Total	205.0	R. Villeneuve	May-96 Canadian Blinds, Leduc, AB
110kg	Squat	120.0	R. Villeneuve	Sep-96 World Blinds, Edmonton, AB
	Bench	227.5	R. Villeneuve	May-95 Canadian Blinds, Ottawa, ON
	Deadlift	547.5	R. Villeneuve	Sep-96 World Blinds, Edmonton, AB
	Total	255.0	D. Hoffman	Mar-99 Canadian Masters, Sherbrooke, QC
125kg	Squat	160.0	D. Hoffman	Mar-99 Canadian Masters, Sherbrooke, QC
	Bench	240.0	D. Hoffman	Mar-99 Canadian Masters, Sherbrooke, QC
	Deadlift	650.0	D. Hoffman	Mar-99 Canadian Masters, Sherbrooke, QC
	Total	205.0	R. Villeneuve	May-97 Canadian Blinds, Toronto, ON
110kg	Squat	135.0	R. Villeneuve	Jul-99 World Blinds, Waterloo, ON
	Bench	235.0	R. Villeneuve	May-97 Canadian Blinds, Toronto, ON
	Deadlift	570.0	R. Villeneuve	May-97 Canadian Blinds, Toronto, ON
	Total	205.0	R. Villeneuve	May-97 Canadian Blinds, Toronto, ON

Men's Master Records (60+)				
Class	Lift	kg	Lifter	Contest
110kg	Squat	205.0	R. Villeneuve	May-97 Canadian Blinds, Toronto, ON
	Bench	135.0	R. Villeneuve	Jul-99 World Blinds, Waterloo, ON
	Deadlift	235.0	R. Villeneuve	May-97 Canadian Blinds, Toronto, ON
	Total	570.0	R. Villeneuve	May-97 Canadian Blinds, Toronto, ON

Classification Awards Program Badge Application

(for Ontario Powerlifting Members)

Send Application to Dave Hoffman, 278 Thaler Ave., Kitchener, ON N2A 1R6

Member Information:

Name: _____

Address: _____

Province: _____ Postal Code: _____

Contest Information:

Name of Meet: _____

Place of Meet: _____

Date: _____ Club Represented: _____

Weight Class: _____ Actual Weight: _____ Actual Total: _____

Badges Applied for: **Elite** **Master** **Class I**
Class II **Class II** **Class IV**

Lifters Signature: _____



Canadian Powerlifting Union

Classification Awards Program

Purpose of the Classification Awards Program:

- To give meet promoters some guidelines for qualifying totals when setting up local, provincial and national contests. There can be for example, specific contests for Class IV, Class II etc.
- To provide an incentive program for novice lifters.
- To provide recognition to those who have achieved status in our sport.
- The classification totals will be subject to alteration in time. Recognition will be in the form of a coloured patch designating the level of proficiency the athlete has attained.

Classification Totals:

Men

Weight Class-kg	52	56	60	67.5	75	82.5	90	100	110	125	125+	Badge Colours
Elite	482.5	525.0	565.0	632.5	692.5	745.0	785.0	827.5	857.5	882.5	917.5	black & red
Master	445.0	482.5	520.0	580.0	635.0	682.5	722.5	760.0	787.5	810.0	842.5	red & white
Class I	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	blue & white
Class II	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5	green & white
Class III	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0	orange & white
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5	yellow & white

Women

Weight Class-kg	44	48	52	56	60	67.5	75	82.5	90	90+	Badge Colours
Elite	290.0	310.0	332.5	355.0	375.0	412.5	445.0	477.5	512.5	540.0	black & red
Master	262.5	282.5	302.5	322.5	340.0	375.0	405.0	435.0	465.0	490.0	red & white
Class I	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	blue & white
Class II	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	green & white
Class III	182.5	197.5	212.5	225.0	237.5	262.5	282.5	305.0	325.0	342.5	orange & white
Class IV	157.5	170.0	182.5	192.5	205.0	225.0	242.5	260.0	280.0	295.0	yellow & white

Qualification Totals:

	Women - Provincial	Men - Provincial	Women - National	Men - National
Senior	Class III	Class I	Class III	Class I
Master I (40 - 49)	Class III	Class II	Class III	Class II
Master II 50 +	Previous Experience	Class III	Previous Experience	Class III
Master 60 +	Previous Experience	Previous Experience	Previous Experience	Previous Experience
Junior	Class III	Class III	Class III	Class III
Intermediate	(Not applicable)	(Class III + 4%) < Class I	(Not applicable)	(Not applicable)

Bench Press Qualifying Totals

Weight Class	52	56	60	67.5	75	82.5	90	100	110	125	125+
Men	80.0	87.5	95.0	105.0	115.0	125.0	130.0	137.5	142.5	147.5	152.5
Weight Class	44	48	52	56	60	67.5	75	82.5	90	90+	
Women	40.0	42.5	47.5	50.0	52.5	57.5	62.5	67.5	72.5	75.0	

OPA AFFILIATED CLUBS AND CONTACT INFO

Bell River Power Pit Gym

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Belle River, ON
N0R 1A0

Belleville and District Special Olympics

Nick de Vries 613-968-9721
51 Prince of Wales Drive
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Branford Bodyline Powerlifting

Doug Vair 519-759-6896
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Branford, ON
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Fern's Gym

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P0S 1P0

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J.B. Fitness Powerlifting

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Pembroke Lighting

Les MacLean 613-635-7394
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Pumphouse Powerlifting

John Guy Bourgoin 519-539-5207
357 Clarke St.
Woodstock, ON
N4S 7N2

St Thomas Elite & Powerlifting Club

Daniel Pare 519-633-8366
51 Elgin St. Upper
St. Thomas, ON
N5R 3L9

Timmins Special Olympics

Bob Boisvert 705-264-8818
670 Howard Ave.
Timmins, ON
P4N 5V8
E-mail: loubob@sympatico.ca

Windsor Wolves Powerlifting Club

Greg Vey 519-973-7341
1709 Elsmere Ave.
Windsor, ON
N8X 4H5
E-mail: windsorwolves@lycos.com

Want to start a club?

Club Affiliation Applications can be found on page 12. Fill out the form with \$40.00 money order or check payable to **Ontario Powerlifting Association** and send it to:

Ontario Powerlifting Association

C/O Heather Johns
PO Box 93
Bancroft, Ontario
K0L 1C0

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Northwest Regional Chair (vacant)

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On the World Wide Web

Ontario Powerlifting Association: www.ontariopowerlifting.com

Canadian Powerlifting Union: www.powerlifting.ca

International Powerlifting Federation: www.powerlifting-ipf.com

OPA Affiliated Clubs (full contact info inside back cover)

Bell River: Power Pit Gym

New Liskeard: Fern's Gym

Belleville: Belleville and District
Special Olympics

Niagara: Niagara Powerlifting
Club

Branford: Branford Bodyline
Powerlifting

Ottawa: Ottawa Strong

Brockville: Megaton Powerlifting
Club

Pembroke: Pembroke Lightning

St Thomas: St Thomas Elite &
Powerlifting Club

Guelph: Iron Foundation
Powerlifting Club

Timmins: Timmins Social
Olympics

Kitchener: K-W Grizzlies

Windsor: Windsor Wolves

Kitchener: Golden Triangle
Powerlifting Club

Powerlifting Club

Kitchener: Kitchener Iron Angles

Woodstock: Pumphouse
Powerlifting Club

London: London Powerlifting Club

Woodstock: J.B. Fitness
Powerlifting Club

Mississauga: Specialists (SWIS)

The Ontario Powerlifting Newsletter is the Official newsletter of the Ontario Powerlifting Association. It is published several times per year, and is included in the OPA membership.

Submissions typed may be sent and sent by

E-mail to: mike@ontariopowerlifting.com or sent by mail to:

Mike Latocha
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Brockville, ON
K6V 5T1

Note: Advertising; Full Page \$75.00, Half Page \$50.00, Quarter Page \$25.00, Business card \$10.00. Please send images by e-mail.

Note: If you would like to be or know someone that could be our featured athlete, send information lifting history, bios, pictures, etc.. to Mike Latocha 3312 CON 3 R.R.#1 Brockville, ON K6V 5T1 Or E-mail: mike@ontariopowerlifting.com

OPA NEWSLETTER EDITORIAL DEADLINE

Next Issue: May (Volume 53, Issue 2)

Contributions: All contributions pertaining to the sport of powerlifting are welcome, preference given to those that emphasize particular needs and interests of the OPA members. Contributions may be reports, articles, meet results, new member information, dates to remember, advertisements, tips, photos, creative writing, want ads, letter to the editor and special announcements. The Editor reserves the right to edit contributions for length, style and appropriateness.

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