



# Ontario Powerlifting Association

Newsletter

*The Official News of the Ontario Powerlifting Association*



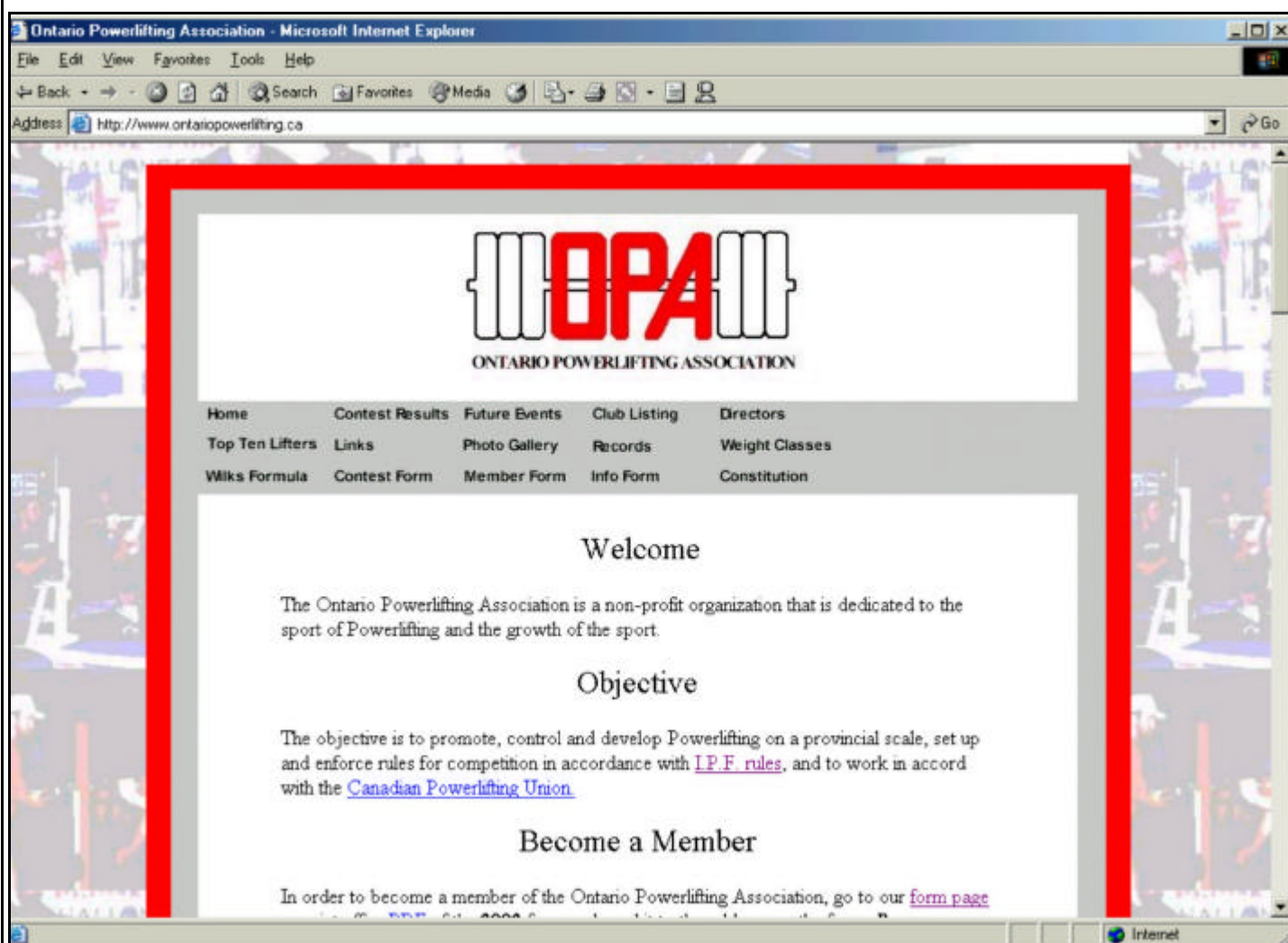
Team Ontario from Canadian Special Olympics Summer Games.

*See Page 11 - 12*

# OPA Website

## Check us out On Line!

[www.ontariopowerlifting.ca](http://www.ontariopowerlifting.ca)



What's on the OPA Site?

Contest Information, OPA Membership Form, Contest Entry Form, Contest Sanction Application, Club Affiliation Application and much more. All forms can be found at <http://www.ontariopowerlifting.ca/download.html>

## EDITORIAL

Fall has fallen on our door step after a hot summer. Time has gone by quickly and fast approaching are the Ontario Championships. For our new members to the sport, remember that you must have met the qualification standards to compete at this Championship. Also in order to go on to the National's you must lift here.

It takes a great deal of time and effort to put these newsletters together and I would like to thank the people who send articles in to be published. I would like to ask some of our more experienced lifters to contribute to the cause. Send training schedules, stories, travelling experience etc. Just a reminder as well, if you have information to send in, please respects the deadlines. Sending your information in late may cause it not to get printed or hold up production of the newsletter.

This year is an election year and I would like to have some feed back about the newsletter. Do you like it or not, what do you want to see printed in the pages. Remember this is your newsletter, I just lay it out and insert content that I am given. I would like to continue doing the newsletter and Web

site. It is my contribution to this sport.

Waiting to here from you,  
**Newsletter Editor/Web Master/Eastern Regional Chair**

Mike Latocha 613-348-1024  
 R.R.# 1 3312 CON 3 Brockville, ON K6V 5T1  
 E-mail: mike@ontariopowerlifting.ca

## OPA NEWSLETTER EDITORIAL DEADLINE

**Next Issue:** Nov (Volume 53, Issue 4) Deadline: Nov 2/02  
**Get you contributions in early Please**  
**See Back cover**

## QUICK LOOK AT UPCOMING EVENTS

Sept. 22 **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  
 Daniel Pare 519-633-8366

**CANCELLED**

Dec 7-8 **AGM, Ontario Junior Championships, Masters Championships and Bench Press Championships,** Guelph ON  
 Steve McKenzie 519-827-1946

March 13-16, 03 **2003 Canadian National Powerlifting & Benchpress Championships** Winnipeg, Manitoba  
**OPA President:** Bill Jamison  
 905-765-5345

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## MESSAGE FROM THE PRESIDENT

Dear OPA Membership,

In January the executive set out to attain two main goals. The first was to hold more referees clinics. The purpose of the clinics would be to inform our current referees of any rule changes and to encourage and test new referees. Mark Giffin, our referees' chairperson held two clinics in 2001. This year Mark has a referees' clinic and referees' meeting planned for September 21. The referees' exam will be given to anyone who wishes to become a referee and a referees' schedule will be drawn up for the coming year 2003.

Our second goal was to increase membership. Last year the OPA had 207 registered members and 7 associate members. This year with four months remaining, we have 227 registered members and 2 associate members.

### 2002 OPA Membership Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

The OPA is continuing to help and work with organizations that hold competitions in one or more of the three power lifts, such as the blind, physically disabled, mentally challenged and police and firefighters.

In the spring, Krista Schaus and myself had a meeting with the people at Special Olympics in Toronto. We discussed their needs for the coming year and will be staying in communication with them through their powerlifting co-ordinator Les MacLean. We also visited Ontario Sports for the Disabled. They were happy to see us and were pleased that we will be assisting them in the coming year.

The 2002 International Law Enforcement Games were held in August in Ottawa. The bench press and powerlifting contests were held on the 5th and 7th. I realized that it was going to be difficult to organize this competition from a long distance. Due to the excellent help received from Eric Gagnon and the members of the Ottawa Strong Powerlifting Club, we were able to utilize their people as spotter/loaders and scoreboard keepers. Others who also contributed were Louie Levesque as referee and announcer, Janet Warne -announcer, Ulrike Kruger who kept the score sheets, Hamek Rai and Lynton Lam who refereed, and my wife Janice who helped with timing and scoring. I would also like to thank Louie Levesque, Hamek Rai, Lynton Lam and Mike Latocha for supplying weights and equipment. Copies of the OPA newsletter were handed out at this contest and I spoke with the lifters from Ontario, who we will likely see lifting in our contests in the near future.

The Ontario Masters, Juniors and Bench Press Championships will be held at the University of Guelph on December the 8th. The OPA Annual General Meeting will take place on December 7th at 5 p.m. All items for the agenda must be received by the OPA secretary one month before the meeting. This is also an election year all positions are open. They are: President, Vice-President, Secretary, Treasurer, Registration Chair Person, Referees Chair Person, Records Chair Person, News Letter Editor, Web Site Master, Ontario Regional Chair Persons - Southern Ont., Eastern Ont., North Western Ont., North Eastern Ont.

Nominations for these positions must be received by the OPA Secretary one month before the AGM. This is your organization, it's important that as many members attend the AGM as possible. If you have the time, and feel that you can contribute more, run for one of the executive positions.

Early this year the OPA made contact with three or four high schools in southern Ont. This fall we plan to hold a contest within each of these schools, followed by a contest involving all of these schools. Your executive feels this high school program is important for our future growth and development of our sport in the province.

In four months it will be time for us to apply for our memberships, and affiliate our clubs. When registering don't wait until one or two weeks prior to the contest you wish to compete in, and expect to have your membership card in time. This should be done five or six weeks ahead of time. The ideal time would be in January, and if you belong to a club, your club affiliation and all of the members could apply at the same time. The registration chair person, whom ever this may be for the coming year, will be someone just like you and I with a job, family and other responsibilities besides their OPA registration job. So we must respect their time.

This year is more than half over and the OPA is in good shape. Our registration is up, our finances are good and we have programs in place for development. With your help the coming year will be a good one for the OPA.

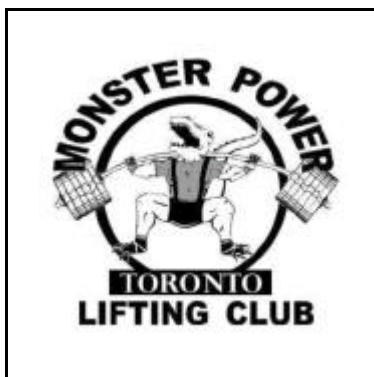
Respectfully,

William T. Jamison,  
OPA President.



**2002 ONTARIO INTERMEDIATE & SENIOR MEN'S**  
**AND**  
**WOMEN'S CHAMPIONSHIPS**

**Hosted by Monster Powerlifting Club**



**Sunday, September 22, 2002**

**CONTEST TIMES**

7:00 am All Intermediate Men & Senior  
Women lifters weigh-in & equipment check

9:00 am **LIFTING STARTS**

11:00 am All Senior Men lifters  
weigh-in & equipment check

1:00 pm **LIFTING STARTS**

**LOCATION:** Quality Hotel Airport, 6090 Dixie Rd.(North of Hwy 401), Toronto 905-670-0050, 1-800-228-5151

**AWARDS:** Trophies for: Best Lifter, Best Team First through Third places in each I.P.F.  
weight class: Men 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, 100kg, 110kg, 125kg, and 125+kg;  
Women 44kg, 48kg, 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, and 90+kg.

**ENTRY FEE:** \$55 (includes one T-shirt, \$15.00 for each extra T-shirt)

**DEADLINE:** September 6, 2002. Please return entry form by the deadline.

**ELIGIBILITY:** **Qualification Totals must be meet, see pg 24.** This contest is sanctioned by the Ontario Powerlifting Association (O.P.A.), the local I.P.F. affiliate. I.P.F.rules will be strictly enforced. Lifters may be drug tested. Lifters must be members of an I.P.F. affiliate, such the O.P.A. Be sure to specify your qualifying total and contest entered.

**CHEQUES PAYABLE TO:** Ontario Championships  
To: Harnek Singh Rai  
17 Lynmont Rd.  
Etobicoke, ON M9V 3W7  
416-748-8008

**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.



Dr. Ken Kinakin is a chiropractor, certified strength and conditioning specialist and a certified personal trainer. He has also competed in bodybuilding and powerlifting for over 20 years. He regularly lectures across Canada and the United States to doctors and personal trainers on the areas of weight-training, rehabilitation and nutrition. He is also on the Canadian and International Powerlifting Medical Committee. He maintains a private practice in Mississauga, Ontario and is the

founder and president of the **Society of Weight-Training Injury Specialists - SWIS**. He can be reached at [www.swis.ca](http://www.swis.ca)

## **HOW TO PREVENT WEIGHT-TRAINING INJURIES**

Dr. Ken Kinakin D.C., C.S.C.S.

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1-877-220-7947

Weight-training injuries can come from a variety of sources. Examples of this may be poor lifting technique, lifting beyond your capabilities, training too often without proper rest or recuperation or having previously injured areas that were not healed correctly that became dysfunctional when an excessive load was put upon it.

The most effective way of preventing a weight-training injury is done in three different ways. The first is to have excellent lifting technique. The second is to make sure the exercises that you are going to do are not contraindicated for you. The third is to make sure all the muscles, joints, nerves and biochemistry are working optimally and have no dysfunctions. A weight-training dysfunction is an abnormality in the structure or system causing an alteration in how the body performs.

We will concentrate on the optimization of the muscle, joint, nerve and biochemical functions this report since there are many excellent articles and books on proper technique and contraindicated exercises. There are not many on whether the body is capable of doing weight-training due to dysfunctions in the muscle joint, nerve and biochemical system. It is much better to prevent an injury from occurring in the first place then to have to deal with it after the fact.

### **Four Weight-Training Dysfunctional Factors**

A weight-training injury is much different than a contact sport injury such as hockey or football or overuse injuries like running. Weight-training injuries can be caused by an accumulation of microtrauma (small amounts of injury important for muscle growth and strength) that builds up due to a lack of recuperation to macrotrauma (large amount of injury that is not important for muscle growth or strength and will actually stop your training due to pain). This macrotrauma can affect the muscle, joint, nerve or create a biochemical problem and are usually the four causes of weight-training injuries. You can have one or all of them at the same time and may cause pain, weakness and altered joint motion when trying to perform an exercise. The more complex and chronic the problem, the more things that you probably have going on at the same time. The four weight-training dysfunctional factors that can occur are:

#### **Factor One**

Muscle Dysfunction - Has been damaged and has scar tissue, you have a muscle imbalance, or the muscle is deconditioned.

#### **Factor Two**

Joint Dysfunction - Abnormal motion of a joint or joint has become separated.

#### **Factor Three**

Nerve Dysfunction - Either tension or compression of the nerve has decreased or altered the potential power of the nerve.

#### **Factor Four**

Biochemical Dysfunction - If you are overtrained or deficient in specific

nutrients, this can cause a global lack of strength and recovery that can contribute to the chronicity of the injury.

## **The Anatomy of Weight-Training Injuries**

### **Factor One - Muscle Dysfunction**

The first factor that we will discuss is when a muscle may become damaged causing pain and weakness. If the muscle is damaged, it is usually has some inflammation and if it is mild enough, it will usually go away in a few days or weeks. If the muscular damage is more extensive, then the macrotrauma is occurring and the body responds to this by forming adhesions or scar tissue in the muscle, between the sheaths of the adjacent muscle groups called fascia. These fibrous adhesions limit the ease and range of motion of muscles and joints and can decrease the muscles lengthening and shortening capabilities. Once the normal biomechanics of the joint is altered, this can lead to further inflammation and the pattern becomes a vicious cycle of long-term wear and tear.

This fibrous adhesion pattern can be seen in people who do certain exercises such as bench press and complain of the same pain in the exact same spot. This doesn't happen by chance. The fibrous adhesion formed in the shoulder muscle is preventing proper movement and is pulling on the various soft tissue structures like the muscle, fascia, tendon and bursa when trying to perform the bench press.

Taking time off lifting will decrease the chronic inflammation, but it will not decrease the fibrous adhesion. As soon as you start training again, the fibrous adhesion will increase the inflammation and stop you again from doing this exercise due to pain. An analogy is when your car tire shakes when driving. Putting the car in the garage for one month and not driving it will prevent further damage to the tire and steering linkages, but it will not fix the tire alignment. You have to take it to a mechanic that will properly assess the altered tire alignment and then he balances it until it spins perfectly again. The same thing happens when you have an injury. You have to identify all the possible fibrous adhesions in the muscle, then perform some soft tissue therapy on the to break up all those fibrous adhesions in the muscle, muscle sheaths, tendons, ligaments and fascia.

### **Factor Two - Joint Dysfunction**

Another area that can be a contributing factor in an injury is the joint that the muscle crosses. You can have a muscle injury without the joint being affected directly if the trauma is mild enough, however if the joint is traumatized, the muscle and ligaments are also usually injured. This is due to the fact that in order to traumatize the joint, there has to be a lot of force and this usually damages the ligaments and muscles that stabilize the joint.

Most joint injuries can be separated into two categories: Compression Injuries or Shearing Injuries. These injuries can cause either a mild, moderate or severe trauma and can take days, weeks and sometimes even months to recover from depending on the severity and how aggressively treatment is pursued. In this article we will discuss in this article the two types of joint injury, how they occur and how they can be treated.

### **Compression Injury**

The first type of joint injury is the compression injury and the trauma is usually directed at the joint itself. This type of injury has little or no tearing of the tissues. If there is any swelling, it is limited to the joint capsule. The stress of the weight-training affects mechanoreceptors and nociceptors (little receptors in the joint that give the body information about position, load and pain) in the joint structure. This type of injury appears to affect the internal structures of the joint that can exhibit a common finding of multiple muscle weaknesses, especially muscles that cross the joint. Joints that can be affected by this are the ankle, knee, lumbar, thoracic, and cervical joints. The exercises that can affect these joints are usually those with a heavy downward pressure on the spine. Examples of these exercises are heavy squats, deadlifts, standing shoulder presses, etc. These heavy loads can compress the joints enough to create abnormal firing of joint receptors and can change the normal tone and strength of the muscles that surround the joint. Repeated traction of these joints can normalize the firing of the joint receptors and re-establish the normal tone and strength of the muscles.

## Shearing Injury

The second type of joint injury can occur from a shearing - tearing action that can injure multiple structures. This is the most common type of joint injury and occurs when joints and related structures are strained and twisted causing injury to muscles, ligaments, and cartilage of the joints. Any joint in the body can be affected by a shearing - tearing injury by virtually any exercise. The shearing type of joint injury can cause a weakness of the muscles that cross the joint and put a strain on the ligaments, which will cause residual pain. Ligaments are the structures that cross and stabilize the joint and when stressed abnormally, can also cause a weakness in the muscles that cross the joint. There are certain receptors in ligaments that when overloaded, will cause a reflex muscle weakness. This is because the muscles will not function properly or with full strength in an unstable joint. This is a protective mechanism that keeps the muscle weak, thus preventing further damage to the joint. Depending on the severity of the injury and the length of time before initiation of treatment, a person will adapt to their injury and require treatment for muscle imbalance. This brings about a secondary reason for pain and weakness in the muscle when doing the exercise, long after the initial injury. Limited range of motion can indicate an imbalance of the prime movers and the synergistic or supportive muscles. An example of this would be doing a squat improperly and inducing an injury to the knee. This will cause abnormal stress on the knee ligaments and as a result cause a weakness of the muscles that cross the knee joint such as the quadriceps and hamstrings. If the injury to the knee is not treated and rehabilitated properly, this can cause an imbalance between the quadriceps and hamstrings thus creating more pain and weakness. If the imbalance is severe enough or been there for a long period of time, this can also cause a stress in other joints and can cause weakness in other muscles unrelated to the original injury. This can affect your training and can hamper your gains.

## Factor Three - Nerve Dysfunction

When a nerve is either stretched or compressed it can have a major impact on the strength of the muscle it innervates (supplies). The best example of this is when you fall asleep with your arm above your head and it stays there all evening. In the morning, someone calls you on the phone that you have next to you on the night table. You go to pick up the phone, but notice that your arm doesn't move. It has "fallen asleep" and you have to pick it up with your other hand and shake it out until "feeling" comes back into the arm and hand with "pins and needles" type of sensation. Only then do you have enough strength to reach over and pick up the phone. The same can occur in weight-training injury. An example of this is when you push yourself too hard on a back workout and over stress the lumbar spine. The next day you go to do legs and notice that your right leg seems weaker than your left on squats and you are twisting your trunk as you are coming out of the bottom of the exercise. Your strength is less than usual and have a hard time with weights that are normally light. You think nothing of it and just feel that you just need some time to recover. But next week you notice that you have right knee pain when doing leg press and your strength is still not back to normal. No problem, next week it should be fully recovered. But next week comes around and it is still weaker than usual and has affected your strength in all the leg exercises and in fact you are starting to feel more pain with them in the right knee and hip. You finally give in to take a week off to let the pain go away and get your strength back. Sometimes that works, but as soon as you go heavier, the weakness shows up again and the pain is not far behind.

What happened? Research over the past few years has given us some insight that is rarely discussed or presented. Some studies have shown that the nerve supply to muscles can be decreased causing less strength and creating a possible scenario for pain. What happens is if the nerves have any compression or, more commonly found, any tension, the nerve supply from the spine to the muscles will be decreased creating a lack of performance and increased possibility for an injury if heavier weights are used. The question often asked is "how much compression or tension is needed to create this type of weakness?". The latest research reveals not much. The National Institute of Health found that 10 mm of mercury of compression (weight of a dime on the back of your hand) on a nerve decreased the action potentials (power) by 40%. Journal of bone joint surgery found that 6% strain (tension) decreased the action potentials (power) by over 70% leaving you with only 30% power to your muscles. This is why taking time off training will not work because as soon as you go heavy again, the problems will come back due to the problem still

being there. It is imperative that with any injury that the muscles, joints and nerves be examined to find out which is causing the pain and weakness and they being treated all at the same time.

## Factor 4- Biochemical Dysfunction

The fourth factor is becoming more common, but rarely checked for or found. If you are overtrained or deficient in specific nutrients, this will cause a global lack of strength that can contribute to the chronicity of the injury. Chronic stress due to training impairs normal adrenal cortisol production causing pain, weakness and the inability to respond to stress of any kind. It can take weeks or months to recover from this detrimental type of stress. It can be a nutrient deficiency due to the diet being so strict with the same foods being eaten every day especially seen with competitive bodybuilders. The body is being overstressed due to high amounts of weights and cardio work and the adrenals are overstressed by not having enough nutrients to handle the increased work demand.

The adrenal gland produces two hormone excretions, epinephrine (which used to be called adrenaline) and norepinephrine when you're training hard. Epinephrine is released from the adrenals when a known stressor like training stresses the body. Norepinephrine is released under unexpected or unknown stressors. Production of epinephrine and norepinephrine begins with the transformation of phenylalanine into tyrosine. Tyrosine is then changed to DOPA, to Dopamine, then to norepinephrine and finally to epinephrine. Conversion of phenylalanine into tyrosine needs the co-factors of vitamin C, B6, B12 and folic acid. If the co-factors aren't there, you can't produce enough epinephrine. If epinephrine is deficient, the person can't respond to hard work and the body starts to break down and get injuries and pain. You need to increase your B vitamins, especially B6, pantothenic acid and B12 along with folic acid and Vitamin C.

[www.swis.ca](http://www.swis.ca)

**NOTE:** The Golden Triangle Powerlifting Club celebrated its 20th year with a barbeque and bench press workout at Dave Hoffman's place Saturday Aug. 24th. Several big benches were performed by Rick Morrisette, Bruce McIntyre and Steve Chomitz. Watch for future story next issue.

## QUOTE

*"I receive all I need through the entertainment and comradere that I feel at the competitions. I am there when I can be and the reason I'm there is that I truly love the sport and nothing more".*

## FEATURED LIFTER

Sherry McDougall is a lifter that competed and enjoyed the sport of Powerlifting. A mother of 6, she enjoys the competitiveness of Powerlifting and the people in the sport.

Sherry started competing in 1995 after watching her partner compete in meets all over Ontario. She decided to start lifting at meets as well. Her first meet was in Maxville; Sherry competed winning a first place trophy in the 48 kg class. She continued to train and improve her lifts; she moved up one weight class to 52 kg her best total being 245 kg.

In 1996 the Pan Am Games were held in Hamilton by Bill Jamison. Sherry had made the qualification needed to compete at this meet in the 52kg weight class.

The weeks of training and preparation for competition can be hard and draining; but all the more for a meet of this stature being her first International meet. Two weeks before the competition in the gym doing deadlifts, Sherry suffered an accident during training.

A trip to the hospital for x-rays to find out what damage was done. The news was not good; she had suffered a hair line fracture in her pelvis and was told to rest.

The trip was made to Hamilton to compete in the competition. Once arriving at the meet, she was the only women in her weight class. Sherry competed that day in great pain finishing all of her lifts. Her total was not anywhere close to her lifts at her prior meets; but finishing and receiving the first place plaque.

After the competition was over and the presentation for the plaques was about to take place, she stood at the back of the room with her partner and 4 of their children. Her name was announced; the National Anthem for Canada was played as she made her way to the stage to receive her plaque. Limping from being in such pain, tripping and almost falling over the stairs she made her way up to receive her plaque. The tears flowed down her face, I don't know if it was from the joy of winning, or the pain that she was suffering at that time. I don't think that there was a dry eye in the house that day and is an experience that they will never forget.

Later that year, her x-rays were shown to some of the best in chiropractors in the sport and they were amazed that she was even able to lift.

After taking some time off and letting her fracture heal, she competed again in 1997 finishing in first place at the Ontario Deadlift with a record lift of 110 kg. Competing at the Eastern Ontario's later that year taking first place in her class and the best women's award.

Sherry went on to compete in 1998 at the Women's Seniors finishing first in the bench and three lift meet. This meet was the last meet that she has competed in due to illness. She has been busy starting a new business [www.leedsandgrenville.com](http://www.leedsandgrenville.com) but she is back in the gym now and beginning training to compete in London Open 2003.

She has spent hours of time helping arrange competitions, announcing, acting as drug Marshall, helping on the announcing table and many other number of tasks. We look forward to seeing her return in 2003 and pick up where she left off.

**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.ca](mailto:mike@ontariopowerlifting.ca)



Sherry seen benching 50 kg at the Women's Seniors Brockville, ON



Sherry setting up for the deadlift.

## GET MENTAL!

Written by **Krista Schaus**

Originally for Natural Strength online magazine  
([www.naturalstrength.com](http://www.naturalstrength.com))

*(Natural Strength Editor note: This could have gone in the Mind Strength section, but since it is primarily directed toward women, I put it in the Hard Training Women section.)*

Ladies! **Its time to get mental!** If you don't already know it, your mental state is KEY to the success of your training, lifting and progress.

There is a whirlwind of information out there about diet and training and most of it is crap. (Editors note: Especially the zero and very low carb diets!) You won't find squat (pardon the pun) about getting mentally prepared for your workouts in the mainstream training magazines. (Only in the good magazines like the ones in Natural Strength resource section.) Your state of mind is **everything!** If you tell yourself you can't do something than guess what? You can't! I know you have heard it before, but don't just hear the words, actually listen to them, understand them and actively change the way you prepare for your lifts as a result.

It doesn't even start first thing in the morning when you get up. It starts while you are going to bed and thinking about the day you have ahead of you. If you know the next day you will be taking on a new, challenging exercise or attempting a weight you haven't achieved before, use visualization.



See yourself walking into the gym (or where ever you train) with confidence, knowing you are going to have an incredible workout. Don't bring with you memories of a past poor workout or lagging negativity about missing a new PR your last workout. Feel the surroundings; look and listen for any possible distractions and be aware of them so you can't use them as an excuse. Go through the motions of your workout. Load the bar or pick up the dumbbells or grip the handles. Choose your weapon that you will use to destroy the mental blocks that you have set up for yourself in the past. Visualize yourself just kicking the shit out of that weight! Perfect form, perfect execution you nailed it and focus for a few minutes on how great that feels.

Visualization is only one ingredient in the recipe of mental preparation. You have to take that vision and make it a reality. Do exactly that when you enter whatever pain domain you call your gym.

Refuse to believe any misconception, myth, stereotype and down right CRAP that you ever grew up believing about women and lifting about women and anything for that matter. Get utterly infuriated inside when you hear a fellow sister say, "I don't want to bulk up", "Women don't dead lift", "Chin ups are for men", "I just want to get toned" or "I really don't need any more than 5 lb. weights". Get mental when you hear anything remotely similar to that and use that frustration to fuel your workouts. Use those comments as a challenge to prove them wrong. Women ARE supposed to dead lift and squat and bleed and sweat and swear and be exceptionally good at it!

Remember when you were a kid or a teenager and anything and everything you couldn't do or weren't allowed to do, you wanted to do even more! But, when you did you always ended up in trouble, right? Now is the opportunity to do all the things you stereotypically shouldn't. Plus, the added bonus is you won't be "grounded" if you do. You will become a conqueror, a heroine, a fighter, a role model, and a stronger person both mentally and physically.

Getting mental is all about confidence in your abilities. You need to understand and believe that there is no threshold on what you can do or what you can lift. Believe that there is no maximum. With that state of mind you will be able to accomplish tasks and feats you never ever thought possible. The human psyche creates its own ceiling. When you mentally tell yourself, "I bet I can bench 125", even though that is a positive thought, you just set yourself up for not being able to lift 130. It is great to have a goal of a certain poundage but don't stop there. Tell yourself "I will be able to squat 200 by fall, and 225 by winter" and so on and so forth. Don't put a cap on it. Invincibility is the mind-set you want to establish for lifting. Only then can you truly start to discover what you are capable of lifting. Confident is not a four-letter word. Do not confuse confidence with conceit. When someone calls you cocky, simply say, "thank you". Take that as a compliment.

Eliminate the words can't, won't, couldn't, wouldn't, shouldn't, will not from your vocabulary please. That is an excellent place to start on the road to positive thinking. Out loud, right now, say "can't" and be aware of the inner feelings that occur as a result. Negations produce similar type feelings within. They make you feel crappy. Now, out loud say "can". Feel the difference? Your head is held a bit higher, your heart feels a bit lighter yet stronger, and your posture is more erect. Keep that in mind. Make an effort to go about your day without using negations in your sentences. You can say the same thing as a positive. Rather than "I can't go for a walk tonight", say, "I will go for a walk tomorrow morning". Try it!

I want you to picture the most mental guy or gal at your gym. The one who walks in to the gym with a purpose and gets right to work. They don't socialize or really speak to anyone. They hardly even smile. They are focused and it is very obvious that they are thinking very hard and seriously about what they are about to do. They may make a lot of noise or deep breathing or have little rituals. They may stretch in the same order and place, they may have a very systematic approach and have to do everything a certain way. Or, diversely they may approach the bar with amazingly little noise, breathing or preparation. Basically, they are in the right state of mind for ultimate results. Try to get inside their head and think what they may be thinking. Give yourself the task of developing your own system for getting mental.

If your training and diet are right on track, you get ample rest, don't over train, you have great genetics, but you still feel like you are just spinning your wheels then you may need to **get mental**. You may be lacking a key ingredient in the training recipe mental preparation and self-confidence in your lifting.

The only way to gain self-confidence in your strength and abilities as a lifter is to overcome your fears. If you are telling yourself you can't do dumbbell presses with 40 lbs., then DO IT! Maybe it is only one rep, but next time it will be three, then five and before you know it you've done a set of 6-8 at a weight four weeks ago you told yourself you could never handle.

Most of our female role models are those who have achieved things we never would have thought possible. They take a challenge and make it a reality. They make us proud that they are women and that they represent us. They acquire possibly the physical, mental or emotional attributes we personally are lacking. They have no fear of their fears and are not hindered by their weaknesses. Learn from them. That is why we have role models. To use them as a source of inspiration and motivation to be more like them. Don't just watch them as they succeed and dream of being like that. Be like that. Everyone has the ability to be a role model for others too. That is the ultimate reward to have your accomplishments recognized and mimicked by others. In order to do that, you have to have what it takes mentally. Get mental, and know you can do it; whatever "it" may be or mean to you.

Although, remember that you are responsible for your state of mind only. We can try to be role models for others but each individual is 100% responsible for how they chose to think and feel. Once you have discovered the power of your positive thinking you will not be able to understand why others are so hard on themselves and negative. You will want to try and make everyone feel the way you do. Focus on yourself first. Confidence is very contagious. You will influence others without even trying.

I would like to share with you my own personal experience, a recent one where I was letting mental barriers block my progress:

*I have always been very jealous of those who could perform wide grip pull ups on their own, especially women. It was a primary goal of mine to be able to do one, just one on my own. I had only been properly training my back for a short period of time and figured that it would be a year before I would see my vision as a reality. You see I put a mental block on my progress I told myself it would be a year. Mistake. For months I was doing bent over rows, chins and assisted wide grip pull-ups religiously. I was very pleased with my progress in the rows. I had excelled from doing reps of 5 at 25 lbs. to over 80 lbs. But, I was still only doing sets of 8 pull-ups with a chair. One day I was in my gym showing a friend of mine how to perform wide grip pull-ups. Without even thinking about it, I put my hands on the chin bar and without a wiggle or struggle lifted myself up to the bar and back down. After a few seconds I realized it "I just did one on my own holy shit!" I started jumping up and down in the gym and hugging my friend. I was elated. And I did it in about 3 months of me establishing that as a goal. I kept saying "I thought it would at least 6 more months before I would be able to do that." That was my problem. I never tried! I kept putting the chair under me because it wasn't enough time in my mind anyway. It wasn't until I literally forgot about the chair that I discovered I was underestimating my abilities. That was just last week. So tomorrow when I am scheduled to do chins I will not tell myself how many I will be able to do, I will tell myself I there is no limit to the number I can do!*

Ladies you really, truly can do whatever you set your mind to do. But that is the key; you must first set your mind to do it. All the old cliches are fact. My mother used to tell me "Krista, you must think before you act!" Usually my Mom was saying that because once again I messed up. Now, I consider that one the eleventh lifting commandment. I make a conscious effort to do exactly that before every lift I perform and every challenge I am faced with.

It is not about merely getting psyched. It is about sheer self confidence, absolute conviction and utter determination. Get Mental! Great things will follow.

**Think Act Achieve!**

## CONTEST RESULTS

### 2nd Annual Battle of the Giants for the Ontario Special Olympics.

Name	Place	Class	Bench	Deadlift	Total
<b>Women</b>					
Christy Campbell	1	44	40	45	92.5
Cindy Fritsch	1	60	35	72.5	107.5
Cheryl Howey	1	67.5	30	55	85
Patti Turner	1	75	45	102.5	147.5
Emily Beauchamp	2	75	45	87.5	132.5
Linda Milsap	1	90	35	77	112.5
Heather Calvert	1	90+	45	107.5	152.5
<b>Men</b>					
Tod Kane	1	52	35	80	115
Eugene Miller	2	52	30	75	105
Russel Gerbe	1	67.5	95	162.5	257.5
Richard Horner	2	67.5	70	132.5	202.5
Nathan Wise	3	67.5	42.5	70	112
Bruce Penne	1	75	72.5	120	192.5
Shane McNulty	1	82.5	112.5	172.5	285
Neil Besselink	2	82.5	77.5	205*	282.5
Tim Telfer	1	90	97.5	162.5	260
Charlie Gall	2	90	80	137.5	217.5
Ross McAlister	3	90	70	140	210
Roberto Fiorino	4	90	62.5	137.5	200
Norm Beemer	5	90	52.5	92.5	145
Paul Wanamake	1	100	90	157.5	247.5
Cleve Heath	2	100	65	132.5	197.5
Steve Heath	3	100	60	127.5	187.5
Richard Battram	4	100	60	127.5	187.5
Tom Armstrong	1	125	67.5	92.5	160

#### \*record

A Special thanks to the London Powerlifting Club for their help and support.

### Steel City Open

Brantford, ON., March 10/02 Results: Bill Jamison

<b>Women</b>					
Name	Place	Bench	Deadlift	Total	
<b>44 kg</b>					
Christy Campbell	1	35.0	50.0	85.0	
<b>60 kg</b>					
Cindy Pritsch	1	32.5	65.0	97.5	
Cheryl Howey	2	27.5	50.0	77.5	
<b>67.5 kg</b>					
Heather Cullagan	1	32.5	72.5	105	
<b>75 kg</b>					
Emily Beauchamp	1	40.0	80.0	120.0	
Marie Gods	2	30.0	80.0	110.0	
<b>90 kg</b>					
Linda Milsap	1	25.0	70.0	95.0	
<b>90+ kg</b>					
Heather Calvert	1	47.5	107.5	155.0	
<b>Men</b>					
<b>52 kg</b>					
Tod Kane	1	35.0	67.5	102.5	
<b>60 kg</b>					
Anton Ritchie	1	65.0	100.0	165.0	
<b>67.5 kg</b>					
Russell Gerber	1	70.0	160.0	230.0	
Ben Taylor	2	45.0	122.5	167.5	
Eric Martin	3	55.0	102.5	157.5	
Adam McMurran	4	40.0	85.0	125.0	
Nathan Wise	5	37.5	60.0	97.5	
<b>75 kg</b>					
Jason Barter	1	85.0	130.0	215	
Kevin Barker	2	62.5	145.0	207.5	
Bruce Penner	3	70.0	125.0	195.0	
<b>82.5 kg</b>					
Danny Burke	1	95.0	190.0	295.5	
Shane McMulty	2	107.5	170.0	277.5	
Neil Besselink	3	70.0	185.0	255.0	

### 90 kg

Ross McAlister	1	70.0	142.5	212.5
Roberto Fiorino	2	60.0	135.0	195.0
Steve Heath	3	62.5	125.0	187.5
Norman Beemer	4	47.5	85.0	132.5

### 100 kg

Richard Batirm	1	55.0	100.0	155.0
Charlie Call	DISQ	---	---	---

### 110 kg

Clive Heath	1	55.0	127.5	182.5
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### 125 kg

Tom Armstrong	1	62.5	85.0	147.5
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### 125+ kg

Jason Richardson	1	145.0	247.5	392.5
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### Women's Champion of Champions

Heather Calvert 130.959 coefficient

### Men's Light Champion of Champions

Danny Burke 201.795 coefficient

### Men's Heavy Champion of Champions

Jason Richardson 220.349 coefficient

Thank you to the lifters, coaches, organizers and volunteers for a great day of competition! Those in attendance saw a great day of lifting with good competition in a number of weight classes, most notable the 67.5 and 90 kg men's classes. All lifters should be proud of their accomplishments!

### London 2002 Open

May 25/02 Results: Terry Stinchcombe

#### Women

Name	Place	Squat	Bench	Deadlift	Total
<b>56 kg</b>					
Peggy Cookson	1	80.0	62.5	97.5	240.0
<b>60 kg</b>					
Cindy Lee Cosby	1	110.0	70.0	117.5	297.5
Jane Lessard	2	112.5	65.0	142.5	320.0
<b>67.5 kg</b>					
Linda Squires	1	135.0	65.0	137.5	337.5
Leslie Harley	2	100.0	47.5	100.0	247.5
Amy Croteau	--	---	---	---	---
<b>90 kg</b>					
Mary Greenidge	1	105.0	57.5	100.0	262.5

#### Men

<b>60 kg</b>					
Jim Jong	1	192.5	137.5	212.5	542.5
<b>67.5 kg</b>					
Brian Decastro	1	170.0	117.5	195.0	482.5
Frank Nadeau	2	157.5	120.0	180.0	457.5
<b>75 kg</b>					
Glyn Moore	1	232.5	135.0	237.5	605.0
Everett Beachey	2	182.5	140.0	230.0	552.5
<b>82.5 kg</b>					
Barry Simms	1	235.0	147.5	205.0	632.5
Eric Dunstan	2	205.0	160.0	200.0	565.0
Ryan Etchells	3	160.0	140.0	212.5	512.5
Kevin Stirling	4	185.0	110.0	190.0	485.0
Ivan Williamson	5	152.5	100.0	182.5	435.0
<b>90 kg</b>					
Rick Morrisette	1	265.0	155.0	292.5	712.5
Peter Perry	2	235.0	135.0	250.0	620.0
Tim Jones	3	210.0	132.5	230.0	572.5
Jonas Elliott	4	212.5	150.0	210.0	572.0
Matt CHUTE	5	185.0	150.0	217.5	552.5
Laurie Greenidge	6	200.0	145.0	205.0	550.0
ken Kinakin	7	172.5	120.0	205.0	497.5
Anatole Demidenko	8	150.0	140.0	205.0	495.0
<b>100 kg</b>					
Eric Gagnon	1	292.5	172.5	265.0	730.0
Jason Platts	2	247.5	162.5	280.0	690.0

## CONTEST RESULTS CONTINUED

Markus Skypas	3	230.0	165.0	275.0	670.0
Blair Lyon	4	227.5	147.5	260.0	635.0
John Dack	5	232.5	0.0	205.0	437.5
Paul Francis	6	70.0	--	65.0	--

### 110.kg

Mark Finochio	1	275.0	177.5	262.5	715.0
Mark Glofcheskie	2	252.5	182.5	240.0	675.0
Richard Lyndon	3	262.5	142.5	260.0	665.5
Paul Coveny	4	232.5	150.0	230.0	612.5
Mark Miller	5	217.5	142.5	242.5	602.5
Ken Smalko	6	230.0	140.0	227.5	597.5
Matt Nichol	7	200.0	147.5	227.5	575.0
Doug Theal	8	175.0	162.5	190.0	527.5

### 125.kg

Sean Brown	1	305.0	215.0	315.0	835.0
Rick Freeman	2	275.0	210.0	285.0	770.0
Heath Weir	3	277.5	202.5	275.0	755.0
Desmond Savage	4	260.0	--	--	--

### 125.+

Len Johnson	1	215.0	--	--	--
Mike Knott	--	--	--	--	--

**Meet Directors:** Terry Stinchcombe & Stan Goss

**Spotters/Loader:** Mike Goss (Platform Manager), Travis Stinchcombe, Dale Simpson, Sean Sullivan, Rick Gazdig, Brett Barsich, Terry Stinchcombe

**Score Table:** **Speaker:** Gary Sage  
**Score Sheets:** Karen Stinchcombe, Tracey Stinchcombe, Matt Ireland

**Computer:** Ricky Phan, Rachel Goss

**Score Board:** Ricky Phan, Rachel Goss, Trevor

**T-Shirt Design:** Steve Thorton

**Sponcers:** McLean Scales, Trafalger Automotive, Peter Perry Insurance and Spartan Nutrition

**Snack Bar:** Lisa Gibson, Linda Squires, Karen Stinchcombe

**Door:** Rosemary Goss, Shaun Merton

**Set-up:** Mike Goss, Stan Goss, Rick Gazdig, Terry Stinchcombe, Karen Stinchcombe, Linda Squires, Travis Stinchcombe, Richard Smyders, Arnc Dyck, Mike Knott, Barry Simms

**Tear Down:** Mike Goss, Stan Goss, Aron Goss, Terry Stinchcombe, Karen Stinchcombe, Arnc Dyck, Mike Knott, Barry Simms

**Referees:** Don Clarke, Adele Couchman, Rick Gazdig, Angelo Papolis, Linda Squires, Lynton Lam

**Referee Chair:** Mark Giffen

### Awards:

**Best Womens Novice:** Peggy Cookson  
**Best Mens Novice:** Markas Skypas  
**Best Lifter Mens Light:** Jim Jong  
**Best Lifter Light:** Sean Brown  
**Best Lifter Women:** Jane Lessard  
**Best Master I:** Jim Jong  
**Best Master II:** Glyn Moore  
**Team Trophy:** London Powerlifting Club

The London Open 2002 featured 45 lifters. Most Ontario Clubs were well represented including Ottawa, Niagara, Steel City, London, Mississauga, Kitchener, Monster, Limestone, Iron Foundation, North Bay, St. Thomas. We had 10 new lifters seven men and three women. Some highlights of the meet were unofficial master records by Glyn Moore

and Peter Perry. Sean Brown totals 835 kg at 125kg. Linda Squires Women's Master lifter got Class I total. We had two Master III lifters qualifying for Provincial Championships.

The London Powerlifting Club wishes to thank everyone who helped make this event a success. Especially those who worked Friday night and all day Saturday. Special thanks goes to announcer Gary Sage and Karen Stinchcombe who worked the score table from 9:00 am to 11:00 pm.

*Terry Stinchcombe*

## 8th Annual Toronto Open

June 30/02 Results: Sean Brown

### Women

Name	Place	Squat	Bench	Deadlift	Total
<b>67.5 kg</b>					
Doreen Bonnell	1	80.0	45.0	105.0	242.5
<b>75.0kg</b>					
Jane Warne	1	120.0	65.0	122.5	307.5
<b>90.0kg</b>					
Pan Elson	1	115.0	70.0	125.0	310.0
Mary Greenidge	2	105.0	62.5	110.0	277.5

### Men

<b>67.5kg</b>					
Jean Sebastine Reaume	1	167.5	145.0	192.5	505.0
<b>82.5kg</b>					
Louis Levesque	1	197.5	110.0	210.0	517.5
<b>90.0kg</b>					
Rick Morrisette	1	270.0	147.5	280.0	697.5
Laurie Greenidge	2	205.0	145.0	200.0	550.0
Ken Kinakin	3	192.5	125.0	220.0	537.5
John Heisel	4	182.5	137.5	215.0	535.0
<b>100.kg</b>					
John Dack	1	235.0	117.5	212.5	565.0
Matt Nickel	1	205.0	142.5	240.0	587.5
<b>110.kg</b>					
Mark Glofcheskie	1	245.0	175.0	235.0	655.0
<b>125.kg</b>					
Chris Yantha	1	205.0	175.0	250.0	630.0

**Best Club:** Quebec PL

**Best Novice:** Chris Yantha

**Best Male:** Rick Morrisette

## Canadian Special Olympics Summer Games

Prince Albert, Saskatchewan July 12/02 Results: Les MacLean

### Women

Name	Province	Place	Bench	Deadlift	Total
<b>67.5 kg</b>					
Vivian Gauvreau	ON	1	42.5	105.0	147.5
<b>75 kg</b>					
Josee Tremblay	Que	1	35.0	77.5	112.5
<b>82.5 kg</b>					
Jo Jo Lentz	BC	1	37.5	112.5	150.0
<b>90 kg</b>					
Bev Phippen	ON	1	65.0	157.5*	220.0
A. Woodcock	ALB	2	40.0	77.5	117.5

### Men

<b>52 kg</b>					
Eric Carmen	SASK	1	30.0	70.0	100.0
<b>56 kg</b>					
Paul Wragg	ON	1	95.0	160.0	252.5
Anton Ritchie	ON	2	60.0	125.0	185.0
<b>60 kg</b>					
Devon Miller	BC	1	65.0	125.0	190.0
Randy Luzny	SASK	2	60.0	125.0	185.0
<b>67.5 kg</b>					
Greg Eagle	NS	1	105.0*	160.0	265.0
Richard Saunders	NFL	2	57.5	137.5	195.0
James Riley	SASK	3	52.5	132.5	185.0

## CONTEST RESULTS CONTINUED

### Canadian Special Olympics Summer Games

Name	Province	Place	Bench	Deadlift	Total
<b>75 kg</b>					
Paul Perreault	ON	1	110.0	200.0	310.0*
Louis Duval	QUE	2	80.0	147.5	227.5
Laurie Carter	SASK	3	65.0	160.0	225.0
Bruce Penner	ON	4	72.5	115.0	187.5
Doug Pringlemire	SASK	5	52.5	--	52.5
<b>82.5 kg</b>					
Jody Naugler	NS	1	110.0	215.0*	325.0*
Michael Thompson	BC	2	105.0	185.0	290.0
Daniel Burke	ON	3	110.0	182.5	285.0

\* Denotes Canadian Record

The Canadian Special Olympics Summer Games held in Prince Albert, Saskatchewan on July 12, 2002. The meet Director's Name was Randy Emerson. The referees were Joe Stockinger, Brock Haywood and Jeff Butt.

The Coaching Staff for Ontario consisted of Bob Boisvert, Doug Vair and Gerry Perreault.

The Team consisted of ten Athletes who had qualified for this meet at the Provincial Games in 2000 at Auroa, Ontario. From the meet in Prince Albert, the selection will be made for Athletes to represent Canada at the Special Olympic World Games next year in Dublin, Ireland. Based on thier performance, I expect the entireCanadian Team to be made up of Ontario Athletes.

I want to express our gratitude to the OPA for keeping the Ontario Special Olympics powerlifters technically perfect. It appears this is not the case throughout the rest of the country. The tournament was technically weak. This resulted in our Athletes, all OPA members, to stand out like a sore thumb.

The Athletes excelled at this meet. They took 16 gold, 8 silver and 4 bronze. Eight Canadian records fell to the Ontario Team. Both male and female overall lifters were from Ontario.

I hope that all OPA members share in our Pride over these fine powerlifters who represented Ontario with distinction. It was with great pleasure that I was connected to this team at all.

*Les MacLean*

Head Choach, Ontario Special Olympics Powerlifting Team

### Canadian Special Olympics Summer Games

Paul Perreault of Timmins, ON., was selected as the top male lifter at the Canadian Special Olympics Summer Games which were held in Prince Albert, Saskatchewan. He was top contestant in the 75 kg class for the bench and deadlift and also breaking the total point Canadian record. In total there were 28 male lifters from all provinces including the North West Territories.

These Canadian National Games were also the qualifying games for the selection of a Canadian Team to participate in the World Games in Dublin, Ireland in June 2003.

Bev Phippen of North Bay, ON., was also selected as the top female lifter at the Summer Games and competed in the 90 kg class. She was also the top lifter in both the bench and deadlift categories. Bev broke a Canadian deadlifter and total point record.

Congratulations to both lifters.

Gerry Perreault  
Timmins, Ontario



Paul Perreault of Timmins, ON., with his winning Deadlift performance at Canadian Special Olympics Summer Games which were held in Prince Albert, Saskatchewan.



Paul Perreault and Bev Phippen of North Bay, ON., accepting their awards at the Canadian Special Olympics Summer Games.

### International Law Games

Nepean, ON. August 5, 2002

#### Bench Press

Name	Country	Place	Bench	Total
<b>Women</b>				
<b>60 kg</b>				
Barbara Webber	USA	1	80.0	80.0
Jackie Yarborough	USA	2	32.5	32.5
<b>67.5 kg</b>				
Jody Trotter	Australia	1	45.0	45.0
<b>75 kg</b>				
Deborah Rivers	Canada	--	--	--
<b>Men</b>				
<b>67.5</b>				
Vladislav Kolupaev	Russia	1	55.0	55.0
<b>75 kg</b>				
Steven Heady	USA	1	170.0	170.0
Satvir Tak	Canada	--	--	--
<b>82.5 kg</b>				
Gyorgy Pokrococs	Hungary	1	170.0	170.0
<b>82.5 kg 40+</b>				
Herb Greenidge	Canada	1	175.0	175.0
John Presta	USA	2	102.5	102.5
Name	Country	Place	Bench	Total
<b>90 kg</b>				
Jesse Andrews	Canada	1	80.0	80.0



## CONTEST RESULTS CONTINUED

### International Law Games

#### 90 kg 40+

John Massey	USA	1	175.0	175.0
Robert Megahy	Canada	2	155.0	155.0

#### 90 kg Open

Shestakov Igor	Russia	1	192.5	192.5
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#### 100 kg

Daryl Moll	Canada	1	195.0	195.0
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#### 100 kg 40+

Istvan Agostor	Hungary	1	220.0	220.0
Arpad Muhoray	Hungary	2	105.0	105.0

#### 100 kg 50+

John Lawier	USA	1	147.5	147.5
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#### 100 kg Open

Daniel Corrado	USA	1	202.5	202.5
Timothy Walker	USA	2	182.5	182.5
Glenn Baxter	Australia	3	110.0	110.0
Brad Lentini	Canada	4	165.0	165.0
Jason Baker	Canada	--	--	--

#### 110 kg

David Nevell	Canada	--	--	--
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#### 110 kg 40+

Mark Hogan	USA	1	150.0	150.0
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#### 110 kg 50+

Wayne Alsup	USA	1	155.0	155.0
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#### 125 kg

Gerald Goines	USA	1	210.0	210.0
Gary Bellinger	England	2	170.0	170.0
Robert Minshew	USA	3	160.0	160.0

#### 125+ kg

Peter Lantanz	USA	--	--	--
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## International Law Games

### 3 Lift Powerlifting

#### Women

Name	PL	Country	Squat	Bench	Deadlift	Total
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#### 90 kg

Melinda Szik	1	Hungary	140.0	60.0	150.0	350.0
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#### Men

#### 67.5 kg

S. Nurgalyev	1	Kaz	200.0	150.0	220.0	570.0
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#### 75 kg

Steven Heady	1	USA	175.0	160.0	202.5	537.5
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#### 82.5 kg 40 +

H. Grenidge	1	Canada	180.0	180.0	220.0	580.0
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#### 90 kg

I. Shestakov	1	Russia	330.0	190.0	270.0	790.0
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M. Robinson	2	Canada	230.0	127.5	227.5	585.0
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#### 100 kg

Daryl Moll	1	Canada	170.0	195.0	227.5	592.5
------------	---	--------	-------	-------	-------	-------

Brad Lentini	2	Canada	190.0	175.0	207.5	572.5
--------------	---	--------	-------	-------	-------	-------

G. Priddle	3	Canada	110.0	110.0	160.0	380.0
------------	---	--------	-------	-------	-------	-------

#### 100 kg 40+

R. Megahy	1	Canada	177.5	155.0	200.0	532.5
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A. Muhoray	2	Hungary	115.0	110.0	120.0	345.0
------------	---	---------	-------	-------	-------	-------

#### 110 kg

Mark Hogan	1	USA	212.5	145.0	225.0	582.5
------------	---	-----	-------	-------	-------	-------

Gary Lewis	2	Canada	190.0	117.5	227.5	535.0
------------	---	--------	-------	-------	-------	-------

#### 110 kg 50+

Wayne Alsup	1	USA	212.5	157.5	277.5	665.0
-------------	---	-----	-------	-------	-------	-------

#### 125 kg

G. Goines	1	USA	272.5	205.0	320.0	797.5
-----------	---	-----	-------	-------	-------	-------

G. Bellinger	2	England	220.0	180.0	275.0	675.0
--------------	---	---------	-------	-------	-------	-------

#### 125+

P. Lantanz	1	USA	100.0	182.5	282.5	407.5
------------	---	-----	-------	-------	-------	-------



Igor Shestakov with Herb Greenidge Law Enforcement Games



Bill Jamison and Gerald Goins Law Enforcement Games



Law Enforcement Games Group

**Note:** Every effort has been made to ensure the correct information is published. The information that is published is only as good as the information received. If the information is not readable, or hand written it can be entered into the newsletter incorrectly. Please remember that this is a NON-PROFIT Organization and all of the Executive Members are all volunteers. Please send any errors, comments or articles to:  
Mike Latocha R.R.#1 3312 CON 3 Brockville, ON K6V 5T1  
OR E-mail:mike@ontariopowerlifting.ca

## UPCOMING EVENTS

### St. Thomas Open

**Date:** Oct 26th, 2002

**Place:** St Thomas - Arthut Voadon School

**Host:** St Thomas Powerlifting Club

**Weigh-ins:** 8:00 a.m. all women and all men 52kg - 82.5kg  
10:00 a.m. all men 90kg - 125+ kg  
(Subject to change)  
Lift at 10:00 a.m.

**Eligability:** Open to any registered powerlifter. C.P.U. card must be shown at weigh-ins.

**Awards:** First, second and third in each weight-class

**Meet Director:** Daniel Paire  
Pair DANIELPAIRE@aol.com

**Entry Fee:** \$50.00 Must be with Entry Form  
Payable to:  
Daniel Paire  
51 Elgin St,  
St Thomas ON  
N5B 3L9

**Deadline:** Entries must be in by  
Oct 12th, 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.

### Yvon-Côté QPF 2002 North Shore Powerlifting & Bench Press Championships

Québec City 2002 Regional Powerlifting Championship

**Date:** Sunday, October 20, 2002

**Location:** Centre socio-récréatif (Rec Centre), 500 Jolliet St., Sept-Îles, Qué

**Weigh-in:** Sunday, October 20, at 9 am

**Competition:** Starts at 11:00 am  
Open to men and women, powerlifting & bench press. (Also open to USAPL lifters with USAPL membership cards)

**Sanction:** Sanctioned by the QPF/CPU  
CPU membership card available at the meet for \$15; will expire Dec. 31, 2002

**Uniform:** One-piece lifting suit or singlet (no spandex pants) Only IPF-approved bench shirts and suits may be used. Double thickness suits and shirts not allowed!

**Weight Classes:** (kg) 52-56-60-67.5-75-82.5-90-100-110-125-125+ (Men)  
44-48-52-56-60-67.5-75-82.5-90-90+ (Women)

**Divisions:** Open, Juniors & Masters

**Awards:** Trophies will be given to the first 3 lifters of each division according to Wilks formula

**Drug Tests:** Approximately 10% of the lifters will be tested.

**Meet Director:** Serge Charest, tel: (418) 968-1904 (French)  
Louis Lévesque, tel: (819) 822-0727 English).

**Entry Fee:** \$35 for one event (PL or BP), \$50 for both events (\$CDN).

**Entry Deadline:** September 30, 2002. Please respect the dead line!

**General Admission:** \$5.00 per person for spectators.

**Entries and cheques payable to:**  
Serge Charest  
911 Bérubé  
Sept-Îles, Qué. G4R 3Y2

**Lodging:** Hôtel Les Mouettes, 842 Boul. Laure, Sept-Îles. \$59 single, \$69 double occ. full breakfast included.  
Reservations: 1-877-962-9427. Mention the competition to get this rate.

### 2002 Annual General Meeting

**Date:** Dec 7th, 2002 @ 5:00 P.M..

**Place:** University of Guelph Athletic Centre

**Deadline Date:** All proposals, resolutions must be recieved by the OPA Secretary no later than Nov 7th, 2002.

**Send to:** Krista Schaus  
R.R # 2 Cayuga, ON N0A 1E0  
E-mail: krista@powerlifting.ca

### Ontario Bench Press Championships

**Date:** Dec 8th, 2002 Lifting @ 10:00 am

**Place:** University of Guelph Athletic Centre

**Host:** Iron Foundation

**Weigh-ins:** Weigh-in at 8:00 a.m.  
Lift at 10:00 a.m.

**Eligability:** Must meet Provincial Qualifing standards total within 24 months.C.P.U. card must be shown at weigh-ins.

**Awards:** Medals 1st - 3rd in each class. Best lifter by wilks, best team.

**Meet Director:** Steve McKenzie  
519-827-1946

**Entry Fee:** \$50.00  
**Payable to:** Kevin Samson  
**Send to:** Steve McKenzie,  
106 Bagot St. Guelph, ON  
N1H 5T6

**Deadline:** Entries must be in by  
Nov 22nd, 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 Junior/Masters Championship

**Date:** Dec 8th, 2002 Lifting @ 10:00 am

**Place:** University of Guelph Athletic Centre

**Host:** Iron Foundation

**Weigh-ins:** Weigh-in at 8:00 a.m.  
Lift at 10:00 a.m.

**Eligibility:** Must meet Provincial Qualifying standards total within 24 months.C.P.U. card must be shown at weigh-ins.

**Awards:** Medals 1st - 3rd in each class. Best lifter by wilks, best team.

**Meet Director:** Steve McKenzie  
519-827-1946

**Entry Fee:** \$50.00

**Payable to:** Kevin Samson

**Send to:** Steve McKenzie,  
106 Bagot St. Guelph, ON  
N1H 5T6

**Deadline:** Entries must be in by  
Nov 22nd, 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.

## 2003 Canadian National Powerlifting & Benchpress Championships

Winnipeg, Manitoba

**Date:** Thursday, March 13, 2003  
Afternoon 2003 C.P.U. Annual General Meeting  
Dinner Meet & Greet  
Evening National Referees Clinic & Theory Examination

Friday, March 14, 2003 Morning Opening Ceremonies  
C.B.S.A. Powerlifting Championship  
Afternoon C.P.U. Masters & Juniors Powerlifting Championship  
Evening Lifting Seminar with Special Guest

Saturday, March 15, 2003 Morning C.P.U. Women's Open Powerlifting Championship  
Afternoon C.P.U. Men's Open Powerlifting Championship

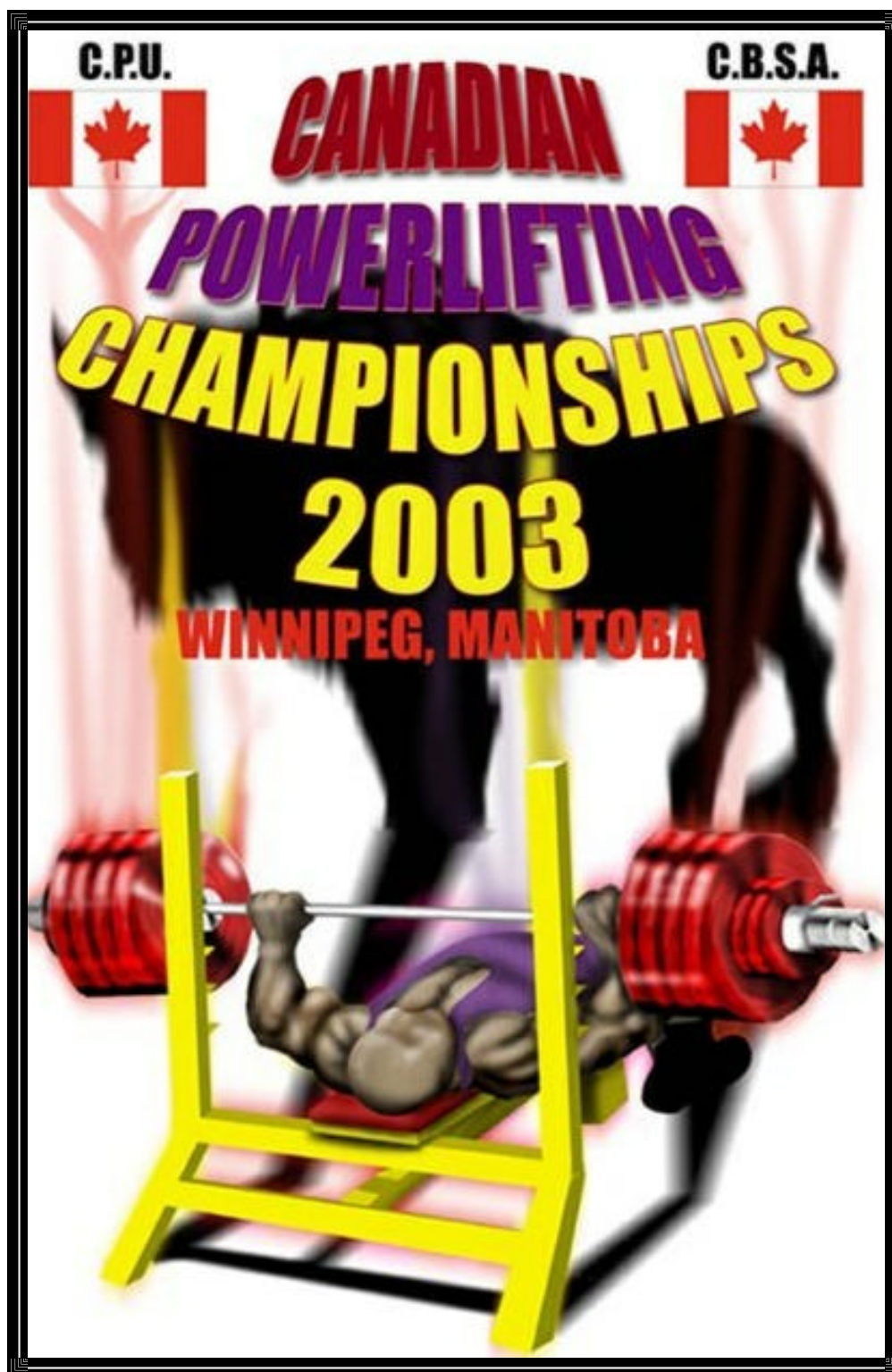
Sunday, March 16, 2003 Morning C.P.U. Benchpress Championship  
Afternoon C.P.U. Benchpress Championship  
Evening Awards Banquet

**Note:** It should be noted that this schedule is tentative and subject to some revision based on review by the Canadian Powerlifting Union Executive Council. Provincial Presidents will be notified of any changes to the competition schedule no less than eight (8) weeks prior to the competition.

After careful thought and deliberation, we have elected to relocate the Women's Open portion of the Championship to the Saturday, placing the Master's and Junior's on the Friday. By doing this, it will allow any Master and/or Junior wishing to compete in the Open Championship, the ability to do so.

### ONTARIO TOP TEN WOMEN - 2 YEARS ENDING DECEMBER 31, 2001 (Top 10 Men Next Issue)

52 kg	Bench Press	Deadlift	Total
<b>Squat</b>			
1. 65.0 K. Nolen 10/14/00	1. 50.0 K. Nolen 10/14/00	1. 122.5 K. Nolen 10/14/00	1. 237.5 K. Nolen 10/14/00
<b>56 kg</b>			
1. 115.0 K. Schaus 08/04/01	1. 60.0 K. Schaus 08/04/01	1. 150.0 P. Baker 10/14/00	1. 295.0 p. Baker 10/14/00
2. 92.5 P. Baker 10/14/00	2. 52.5 P. Baker 10.14/00	2. 117.5 K. Schaus 08/04/01	2. 292.5 K. Schaus 08/04/01
3. 70.0 A. Brooker 04/08/01	3. 42.5 A. Brooker 04/08/01	3. 85.0 R. Goss 08/04/01	3. 190.0 A. Booker 04/08/01
4. 52.5 R. Goss 08/04/01	4. 37.5 R. Goss 08/04/01	4. 77.5 A. Brooker 04/08/01	4. 175.0 R. Goss 08/04/01
<b>60 kg</b>			
1. 112.5 C. Cosby 09/16/00	1. 65.0 J. Lessard 12/02/01	1. 137.5 . Lessard 12/02/01	1. 312.5 J. Lessard 12/02/01
2. 110.0 J. Lessard 12/02/01	2. 65.0 C. Cosby 09/15/01	2. 117.5 K. Schaus 09/15/01	2. 282.5 K. Schaus 09/15/01
3. 107.5 K. Schaus 09/15/01	3. 57.5 K. Schaus 09/15/01	3. 112.5 C. Cosby 09/15/01	282.5 C. Cosby 06/03/00
<b>67.5 kg</b>			
1. 142.5 S. Clark 09/15/01	1. 65.0 L. Squires 04/01/01	1. 145.0 S. Clark 09/15/01	1. 342.5 S. Clark 09/15/01
2. 130.0 L. Squires 12/02/01	2. 55.5 S. Clark 09/15/01	2. 130.0 L. Squires 12/02/01	2. 320.0 L. Squires 12/02/01
3. 117.5 J. Warne 12/03/00	55.0 D. McPherson 09/15/01	3. 127.5 D. McPherson 09/15/01	3. 295.0 J. Warne 12/03/00
4. 102.5 D. McPherson 09/15/01	55.0 J. Warne 07/08/00	127.5 J. Warne 12/03/00	4. 285.0 D. McPherson 09/15/01
5. 72.5 S. Elliott 10/13/00	5. 52.5 S. Elliott 10/14/00	5. 112.5 M. Hunter 08/05/00	5. 217.5 M. Hunter 08/05/00
6. 62.5 M. Hunter 08/04/01	6. 42.5 M. Gorgi 08/04/01	6. 77.5 S. Elliott 10/14/00	6. 202.5 S. Elliott 10/14/00
7. 52.5 M. Gorgi 08/04/01	42.5 M. Hunter 08/05/00	7. 72.5 M. Gorgi 08/04/01	7. 167.5 M. Gorgi 08/04/01
<b>75 kg</b>			
1. 102.5 S. Clarke 08/05/00	1. 55.0 D. McPherson 05/26/01	1. 132.5 S. Clark 08/05/00	1. 290.0 S. Clark 08/05/00
2. 97.5 D. McPherson 08/04/01	55.0 S. Clarke 08/05/00	2. 120.0 D. McPherson 08/04/01	2. 270.0 D. McPherson 08/04/01
3. 62.5 K. Hiltz 10/14/00	3. 42.5 K. Hiltz 10/14/00	3. 90.0 K. Hiltz 10/14/00	3. 195.0 K. Hiltz 10/14/00
<b>82.5 kg</b>			
1. 130.0 S. Frankel 04/08/01	1. 77.5 P. Eisen 08/04/01	1. 142.5 S.Frankel 09/15/01	1. 337.5 S. Frankel 09/15/01
2. 117.5 P. Eisen 09/08/01	2. 72.5 S. Frankel 09/15/01	2. 132.5 P. Eisen 10/13/01	2. 317.5 P. Eisen 10/13/01
3. 110.0 K. Murphy 10/14/00	3. 57.5 M. Greenidge 08/04/01	3. 130.0 M. Morrison 10/14/00	3. 292.5 K. Murphy 10/14/00
4. 95.0 M. Greenidge 08/04/01	57.5 K. Murphy 10/14/00	4. 125.0 K. Murphy 10/14/00	4. 282.5 M. Morrison 10/14/00
95.0 M. Morrison 10/14/00	57.5 M. Morrison 10/14/00	5. 100.0 M. Greenidge 08/04/01	5. 252.5 M. Greenidge 08/04/01
<b>90.0 kg</b>			
1. 147.5 H. Johns 09/15/01	1. 67.5 K. Murphy 10/13/01	1. 152.5 H. Johns 09/15/01	1. 365.0 H. Johns 09/15/01
2. 110.0 K. Murphy 10/13/01	2. 65.0 H. Johns 09/15/01	2.135.0 K. Murphy 10/13/01	2. 312.5 K. Murphy 10/13/01
3. 105.0 M. Greenidge 05/26/01	3. 55.0 M. Greenidge 05/26/01	3. 110.0 M. Greendge 05/26/01	3. 270.0 M. Greenidge 05/26/01



## 2003 Canadian National Powerlifting & Benchpress Championships

March 13, 2003 - March 16, 2003

Web site: <http://cpunationals2003.1afm.com/>

E-mail: [mfiliba@shaw.ca](mailto:mfiliba@shaw.ca)



## QUALIFYING FOR COMPETITIONS:

### From the Constitution

i. To compete in an Ontario Championship, the lifter must hold a valid Ontario issued CPU card and be an Ontario resident. Proof of residency must be provided to the Registration Chair if required.

ii. All lifters intending to compete at a National Competition ARE REQUIRED TO COMPETE AT THEIR RESPECTIVE PROVINCIAL CHAMPIONSHIP.

### 4. QUALIFYING TOTALS:

i. A contest for qualifying totals requires two qualified referees.

ii. Qualifying totals must be made at a sanctioned meet in front of two provincial level one or higher referees.

iii. Any lifter having competed at the World's or National's within the past 60 days or who will be competing within 60 days shall be exempt from the Ontario Championships and receive a "bye" to the next Nationals.

## BACK EXERCISES

### Good Morning

Place the barbell across your shoulders (same as you would for squats) and stand with your feet a little more than shoulder width apart, toes pointed out slightly. Keep your knees bent slightly throughout the movement. Tighten your abdominals so your lower torso feels stable. Make sure that your chest is out and back slightly curved inward. Be sure not to let your back round during the exercise. Slowly lean forward, concentrating on keeping your knees bent and your lower back flat. Ideally you would like to have your torso parallel to the floor. Until you get this exercise down, it is good not to increase the weight until you are comfortable with the movement. This exercise should be done in a power rack for safety.

### High Pulls

This exercise is essentially the same as a Olympic Clean except that you don't have to rotate your wrists and rack the bar at your shoulders. You assume the same position as for the deadlift except using the over hand grip. Use wrist straps if you like, and start by doing a smooth but quick deadlift; but for this exercise, follow through by continuing to pull the bar up as high as you can, driving your elbows toward the ceiling. Pull the bar fast and don't bend the arms too soon. Keep the bar in close to your body. You can repeat completely off the floor for sets or just repeat the second part of the movement from the waist. This movement works not just the lower back, but the rhomboids, lats, traps and all the big muscles of your back in one single movement.

### 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 3 months before the proposed date of the meet and also keep in mind that it can not be within 21 days of another meet.*

## CONTEST RESULT PROTOCOL

After a competition, a Meet Director has to do the following:

**1. All sanctioned official scoresheet results, signed by three referees, held in Ontario, including World meet results, be distributed by the Meet Director within one week of the contest to:**

1. OPA President
2. OPA Newsletter Editor
3. OPA Records Chairperson
4. CPU President



## 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

## 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: \$40.00**

**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: \_\_\_\_\_

Date: \_\_\_\_\_

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

**Contest Sanction Fee: \$40.00**

*Note; In addition \$5 of the entry fee for each competitor must be returned to the OPA to cover drug testing.*

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

## CONTEST ENTRY FORM

### ONTARIO POWERLIFTING ASSOCIATION CONTEST FORM

Name: \_\_\_\_\_ Contest Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Club Representing: \_\_\_\_\_  
\_\_\_\_\_ Best Official Total: \_\_\_\_\_ kgs Weight Class \_\_\_\_\_ kgs  
Phone: \_\_\_\_\_ CPU # \_\_\_\_\_ 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

# *Interested in Advertising??*

*Full Page \$75.00*

*Half Page \$50.00*

*Quarter Page \$25.00*

*Business card \$10.00.*

*Please send images by e-mail.*

## **CONTEST ENTRY FORM**

Name: \_\_\_\_\_ Contest Name: \_\_\_\_\_

Address: \_\_\_\_\_ Club Representing: \_\_\_\_\_

Best Official Total: \_\_\_\_\_ kgs Weight Class \_\_\_\_\_ kgs

Phone: \_\_\_\_\_ CPU # \_\_\_\_\_ 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): \_\_\_\_\_



## QUALIFICATION POINTS TO REMEMBER:

- a) You must have qualified in the class in which you will compete in the previous 24 months from the date of the intended Provincials.
- b) The only exception to the above is if you lift in a lighter class you may use that lift or total to qualify for a heavier weight class. I.e. for an Open Class man competing in the 100kg weight class who records a total of 705kg he may then compete in the 110kg weight class if his bodyweight places him there on the day of the meet.
- c) If you lose weight and go down a class YOU MUST RE-QUALIFY at that lower class.
- d) A Master lifter must meet the minimum age requirement on the day of the meet, BUT must have previously qualified either as a MASTER, or within the 12 month period before meeting the minimum age requirement for the class they will compete in.
- e) A Junior lifter remains a Junior until December 31 of the year they turn 23 years

**Note:** Every effort has been made to ensure the correct information is published. The information that is published is only as good as the information received. If the information is not readable, or hand written it can be entered into the newsletter incorrectly. Please remember that this is a NON-PROFIT Organization and all of the Executive Members are all volunteers. Please send any errors, comments or articles to:  
Mike Latocha R.R.#1 3312 CON 3 Brockville, ON K6V 5T1  
OR E-mail: [mike@ontariopowerlifting.ca](mailto:mike@ontariopowerlifting.ca)

## GET A GRIP

To get a better grip, try these exercises from Miklos Horvath, C.S.C.S., of the Healthplex Sports Club in Pennsylvania. Do six to 10 slow, controlled repetitions of each once a week, using as much weight as you can manage. One set is enough.

**Reverse biceps curl:** Grab an E-Z curl bar with a palms-down grip, and hold it in front of your thighs. Slowly curl the bar upward until your forearms are parallel to the floor. Don't allow your upper arms to move forward or back.

**Finger flexion:** Stand with your arms at your sides, holding a weight plate in each hand, your fingers just under the outer edge of the plates. Using only your fingers, lift the weight plates as high as you can.

**Forearm twist:** Kneel and grasp the end of a 5-pound dumbbell. Lay the back of your forearm on a bench so that your hand hangs off. Start with your palm facing the ceiling, and roll your wrist inward until the end of the dumbbell points toward the ceiling. Finish the set, and repeat the exercise with your other arm.

**Reverse forearm twist:** Use the same setup, but start with your palm facing the floor. Roll your wrist outward until the end of the dumbbell points toward the ceiling. Finish the set and switch arms.

**Note:** Have an exercise tip or routine?  
Send to: Mike Latocha 3312 CON 3  
R.R.#1 Brockville, ON K6V 5T1  
Or E-mail: [mike@ontariopowerlifting.ca](mailto:mike@ontariopowerlifting.ca)

## ONTARIO RECORDS

To hold an amateur record in any sport is quite an accomplishment. To hold a record you must do two things after you break the record. You must be drug tested and you must send a 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 17 to apply for a Provincial or Nation Record.

*Dave Hoffman*

### Records Chair

## BENCH PRESS RECORDS

### Women's Open

	Total	Name	Date/Place
52 kg	75.0	K. Parsons	Dec 10/89 Hamilton, ON
60 kg	85.0	C. Lahey	Feb 01/92 Kitchener, ON
67.5 kg	96.0	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	140.0	G. Gray	Feb 01/92 Kitchener, ON
90 kg	135.0	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	B. Zharias	Dec 18/99 Toronto, ON
110 kg	242.5	M. Giffen	Dec 2/01 Cambridge, ON
125 kg	205.0	R. Silverston	Dec 03/00 Brockville, ON
125+ kg	235.0	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	140.0	K. Lam	Jun 19/90 Surrey, B.C.
75 kg	150.0	E. Dunstan	Dec 02/01 Cambridge, ON
82.5 kg	160.0	H. Greenidge	Dec 02/01 Cambridge, ON
90 kg	175.5	H. Greenidge	Apr. 01/01 Quebec City, QU
125 kg	195.0	B. Jolley	Mar 01/97 Winnipeg, Manitoba
125+ kg	170.0	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	155.0	K. Hult	Jan 31/98 Cambridge, ON
100 kg	165.0	K. Hult	May 19/98 Leduc, Alberta
110 kg	165.0	K. Hult	Dec. 12/98 Guelph, ON
125+ kg	162.5	D. Hoffman	Dec 03/00 Brockville, ON

**Please Note:** These records were last updated **August, 2002**. They do not include confirmed or pending records made since this time.

Women's Senior Records - Modern Era					
Class	Lift	Kg	Lifter	Date	Contest
<b>48 kg</b>	Squat	132.5	D. D'Angelo	Oct. 90	Cambridge Open, Cambridge, Ontario
	Bench	50.0	S. Marvel	Feb. 95	Women's Canadian C'sh, Chilliwack, BC
	Deadlift	102.5	S. Marvel	Feb. 95	Women's Canadian C'sh, Chilliwack, BC
	Total	235.0	S. Marvel	Feb. 95	Women's Canadian C'sh, Chilliwack, BC
<b>52 kg</b>	Squat	140.0	D. D'Angelo	Feb. 94	Canadian Women's, Kitchener, Ontario
	Bench	75.0	K. Parson	Dec. 89	Hamilton Open, Hamilton, Ontario
	Deadlift	155.0	D. D'Angelo	Feb. 94	Canadian Women's C'sh, Kitchener, ON
	Total	360.0	D. D'Angelo	Feb. 94	Canadian Women's C'sh, Kitchener, ON
<b>56 kg</b>	Squat	102.5	K. Schaus	Mar. 01	Women's Canadian C'sh Quebec C, Qu
	Bench	50.0	K. Schaus	Mar. 01	Women's Canadian C'sh Quebec C, Qu
	Deadlift	102.5	K. Schaus	Mar. 01	Women's Canadian C'sh Quebec C, Qu
	Total	255.0	K. Schaus	Mar. 01	Women's Canadian C'sh Quebec C, Qu
<b>60 kg</b>	Squat	160.0	C. Lahey	Feb. 92	Women's Canadian, Kitchener, Ontario
	Bench	85.0	C. Lahey	Feb. 92	Women's Canadian, Kitchener, Ontario
	Deadlift	137.5	J. Lessard	Dec. 01	Ontario Master C'sh, Cambridge, ON
	Total	395.0	C. Lahey	Feb. 92	Women's Canadian, Kitchener, Ontario
<b>67.5 kg</b>	Squat	182.5	S. Goudreau	Jan. 91	Women's Canadian, Winnipeg, Manitoba
	Bench	95.0	S. Goudreau	Jan. 91	Women's Canadian, Winnipeg, Manitoba
	Deadlift	130.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
	Total	437.5	S. Goudreau	Jan. 91	Women's Canadian, Winnipeg, Manitoba
<b>75 kg</b>	Squat	165.0	G. Guillemette	Feb. 95	Women's Canadians, Chilliwack, B.C.
	Bench	90.0	G. Guillemette	Feb. 95	Women's Canadians, Chilliwack, B.C.
	Deadlift	187.5	U. Kruger	Oct. 98	Women's Ontario C'sh Brockville, ON
	Total	435.0	U. Kruger	Oct. 98	Women's Ontario C'sh Brockville, ON
<b>82.5 kg</b>	Squat	105.0	M. Greenidge	May 01	London Open, London, Ontario
	Bench	55.0	M. Greenidge	May 01	London Open, London, Ontario
	Deadlift	110.0	M. Greenidge	May 01	London Open, London, Ontario
	Total	270.0	M. Greenidge	May 01	London Open, London, Ontario
<b>90.0 kg</b>	Squat	175.0	K. Hunter	Feb. 94	Canadian Women's C'sh Kitchener, ON
	Bench	75.0	K. Hunter	Feb. 94	Canadian Women's C'sh Kitchener, ON
	Deadlift	167.5	K. Hunter	Feb. 94	Canadian Women's C'sh Kitchener, ON
	Total	417.5	K. Hunter	Feb. 94	Canadian Women's C'sh Kitchener, ON
<b>90.0+kg</b>	Squat	185.0	H. Plamondon	Feb. 94	Canadian Women's C'sh Kitchener, ON
	Bench	100.0	H. Plamondon	Feb. 94	Canadian Women's C'sh Kitchener, ON
	Deadlift	155.0	S. Murphy	May 94	Women's World, Rotorua, New Zealand
	Total	430.0	H. Plamondon	Feb. 94	Canadian Women's C'sh Kitchener, ON

#### Women's Junior Records

Class	Lift	Kg	Lifter	Date	Contest
<b>52 kg</b>	Squat	127.5	D. D'Angelo	Nov 98	Women's Worlds, Sydney, NS
	Total	312.5	D. D'Angelo	Nov 98	Women's Worlds, Sydney, NS
	Squat	120.0	D. D'Angelo	May 89	NE Ontario Open, North Bay, Ontario
<b>60 kg</b>	Squat	137.5	A. Gilchrist	Jan. 88	Women's Canadians, Kitchener, Ontario
	Bench	70.0	A. Gilchrist	Oct 89	Intermediate Open, Cambridge, ON
	Deadlift	140.0	A. Gilchrist	June 89	Women's Canadians, Kitchener, Ontario
	Total	342.5	A. Gilchrist	Jan. 88	Women's Canadians, Kitchener, Ontario
<b>82.5 kg</b>	Squat	142.5	R. Butler	Oct 90	Women's Ontarios, Cambridge, Ontario
	Bench	67.5	R. Butler	Oct 90	Women's Ontarios, Cambridge, Ontario
	Deadlift	147.5	H. Johns	Dec. 92	Limestone City Open, Kingston, Ontario
	Total	355.0	R. Butler	Oct 90	Women's Ontarios, Cambridge, Ontario

Women's Master Records (40 - 49)					
Class	Lift	Kg	Lifter	Date	Contest
<b>60 kg</b>	Squat	110.0	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	65.0	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
	Deadlift	137.5	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
	Total	312.5	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
<b>67.5 kg</b>	Squat	130.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	60.0	L. Squires	Dec. 99	Ontario Masters, Toronto, Ontario
	Deadlift	130.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
	Total	320.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
<b>82.5 kg</b>	Squat	105.0	M. Greenidge	May 01	London Open, London, Ontario
	Bench	55.0	M. Greenidge	May 01	London Open, London, Ontario
	Deadlift	110.0	M. Greenidge	May 01	London Open, London, Ontario
	Total	270.0	M. Greenidge	May 01	London Open, London, Ontario

Men's Senior Records					
Class	Lift	Kg	Lifter	Date	Contest
<b>52 kg</b>	Squat	170.0	S. Boulterice	Feb. 92	Kitchener, Ontario
	Bench				
	Deadlift	185.0	S. Boulterice	Feb. 92	Kitchener, Ontario
	Total				
<b>60 kg</b>	Squat	195.0	J. Jong	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	142.5	J. Jong	Oct. 01	World Masters, Moose Jaw Sask
	Deadlift	217.5	J. Jong	Feb. 00	Canadian Cham p. Moose Jaw Sask.
	Total	537.5	J. Jong	Feb. 00	Canadian Champ., Moose Jaw Sask.
<b>75 kg</b>	Squat	277.5	J. Becker	May 96	Canadian Champ., Leduc, Alberta
	Bench	168.0	J. Becker	May 96	Canadian Champ., Leduc, Alberta
	Deadlift	285.0	J. Becker	Feb. 95	Ontario Seniors, London, Ontario
	Total	722.5	J. Becker	May 96	Canadian Champ., Leduc, Alberta
<b>82.5 kg</b>	Squat	277.5	J. Becker	May 98	Canadian Champ., Richmond, B.C.
	Bench	175.0	B. Obratowski	June 90	Canadian Champ., Surrey, B.C.
	Deadlift	298.0	J. Becker	May 98	Canadian Champ., Richmond, B.C.
	Total	747.5	J. Becker	May 98	Canadian Champ., Richmond, B.C.
<b>90 kg</b>	Squat	212.5	H. Greenidge	May 01	London Open, London, Ontario
	Bench	185.0	D. Bruce	June 88	Canadian Champ., Winnipeg, Man.
	Deadlift	322.5	P. Perry	Mar. 85	Ontario Seniors, Sault Ste Marie, ON
	Total	750.0	J. Peacock	Mar. 90	Ontario Seniors, Cambridge, Ontario
<b>100 kg</b>	Squat	300.0	B. Zacharias	Jan 00	Ontario Seniors, London, Ontario
	Bench	225.0	M. Giffen	Mar. 97	Ontario Seniors, Toronto, Ontario
	Deadlift	285.0	M. Giffen	Mar. 97	Ontario Seniors, Toronto, Ontario
	Total	750.0	M. Giffen	Mar. 97	Ontario Seniors, Toronto, Ontario
<b>110 kg</b>	Squat	347.5	R. Cello	May 97	Canadian Champ., Toronto, Ontario
	Bench	215.0	R. Cello	May 97	Canadian Champ., Toronto, Ontario
	Deadlift	325.0	R. Cello	May 97	Canadian Champ., Toronto, Ontario
	Total	887.5	R. Cello	May 97	Canadian Champ., Toronto, Ontario
<b>125 kg</b>	Squat	335.0	D. Gratton	Jan 00	Ontario Seniors, London, Ontario
	Bench	227.5	D. Gratton	Jan 99	Ontario Seniors, Cornwall, Ontario
	Deadlift	297.5	N. Singleton	May 98	Canadian Champ., Richmond, B.C.
	Total	830.0	D. Gratton	Jan 00	Ontario Seniors, London, Ontario
<b>125+ kg</b>	Squat	347.5	D. Gratton	May 01	London Open, London, Ontario
	Bench	238.0	D. Gratton	May 01	London Open, London, Ontario
	Deadlift	292.5	B. Dugway	Jan 99	Ontario Seniors, Cornwall, Ontario
	Total	860.0	D. Gratton	May 01	London Open, London, Ontario

Mens Junior Records					
Class	Lift	Kg	Lifter	Date	Contest
<b>52 kg</b>	Squat	172.5	S. Boulrice	Mar. 92	Ontario Seniors, North Bay Ontario
	Bench	90	S. Boulrice	Mar. 91	Canadian Juniors, Kitchener Ontario
	Deadlift	185.5	S. Boulrice	Mar. 92	Ontario Seniors, North Bay Ontario
	Total	445	S. Boulrice	Mar. 92	Ontario Seniors, North Bay Ontario
	Squat	160	E. Lacroix	Feb. 94	Canadian Juniors, Kitchener, Ontario
<b>60 kg</b>	Bench	110.5	S. Lindsay	Feb. 91	Ontario Int. C/Ship's, North Bay Ontario
	Deadlift	185	A. Box	Feb. 94	Canadian Juniors, Kitchener, Ontario
	Total	430	A. Box	Feb. 94	Canadian Juniors, Kitchener, Ontario
	Squat	187.5	E. Lacroix	Oct. 94	Ontario Intermediates, Maxville, Ontario
	Bench	135	M. Dineno	Apr. 97	Canadian Juniors, Cornerbrook, Nfld
<b>67.5 kg</b>	Deadlift	207.5	M. Dineno	Apr. 97	Canadian Juniors, Cornerbrook, Nfld
	Total	502.5	M. Dineno	Apr. 97	Canadian Juniors, Cornerbrook, Nfld
	Squat	230.0	B. Summers	Dec. 00	Ontario Juniors, Brookville, Ontario
	Bench	152.5	B. Summers	Dec. 00	Ontario Juniors, Brookville, Ontario
	Deadlift	257.5	B. Summers	Dec. 00	Ontario Juniors, Brookville, Ontario
<b>75 kg</b>	Total	640.0	B. Summers	Dec. 00	Ontario Juniors, Brookville, Ontario
	Squat	235.0	T. Cottrell	May. 90	Canadian Juniors, Winnipeg, Manitoba
	Bench	150.0	P. Clipperton	Sept. 00	Ontario Int. Mississauga, Ontario
	Deadlift	252.5	T. Cottrell	May. 90	Canadian Juniors, Winnipeg, Manitoba
	Total	602.5	T. Cottrell	May. 90	Canadian Juniors, Winnipeg, Manitoba
<b>82.5 kg</b>	Squat	237.5	M. Bilz	Oct. 96	Ontario Int. C/ships, North Bay, Ontario
	Bench	157.5	B. Morris	Apr. 88	Canadian Juniors, Kitchener, Ontario
	Deadlift	257.5	B. Morris	Apr. 88	Canadian Juniors, Kitchener, Ontario
	Total	647.5	B. Morris	Apr. 88	Canadian Juniors, Kitchener, Ontario
	Squat	285.0	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario
<b>100 kg</b>	Bench	193.0	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario
	Deadlift	272.5	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario
	Total	717.5	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario
	Squat	272.5	J. LaPlante	Oct. 93	Ontario Int. C/ships, Alexandria, Ontario
	Bench	132.5	J. LaPlante	Oct. 93	Ontario Int. C/ships, Alexandria, Ontario
<b>125 kg</b>	Deadlift	245.0	J. LaPlante	Oct. 93	Ontario Int. C/ships, Alexandria, Ontario
	Total	650.0	J. LaPlante	Oct. 93	Ontario Int. C/ships, Alexandria, Ontario
	Squat	195.0	J. Jong	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	142.5	J. Jong	Oct. 01	World Masters, Moose Jaw Sask
	Deadlift	217.5	J. Jong	Dec. 99	Ontario Masters, Toronto, Ontario
<b>160 kg</b>	Total	537.5	J. Jong	Feb. 00	Canadian Chmp. Moose Jaw, Sask.
	Squat	227.5	K. Lam	Jun. 90	Canadian Championships, Surrey, B.C.
	Bench	141.0	K. Lam	May. 93	Canadian Masters, Edmonton, Alberta
	Deadlift	282.5	K. Lam	May. 90	Canadian Masters, Winnipeg, Manitoba
	Total	630.0	K. Lam	Jun. 90	Canadian Championships, Surrey, B.C.
<b>175 kg</b>	Squat	252.5	C. Archdekin	Mar. 97	Ontario Seniors, Toronto, Ontario
	Bench	165.0	C. Archdekin	Oct. 93	World Masters, Hamilton, Ontario
	Deadlift	280.0	C. Archdekin	Oct. 93	World Masters, Hamilton, Ontario
	Total	685.0	C. Archdekin	Oct. 93	World Masters, Hamilton, Ontario
	Squat	240.0	D. Warriner	Feb. 94	Canadian Masters, Kitchener, Ontario
<b>225 kg</b>	Bench	165.0	H. Greenidge	Mar. 01	Canadian Master, Quebec City, Quebec
	Deadlift	285.0	D. Warriner	Feb. 94	Canadian Masters, Kitchener, Ontario
	Total	675.0	D. Warriner	Feb. 94	Canadian Masters, Kitchener, Ontario
	Squat	257.5	D. Warriner	Feb. 98	Canadian Masters, Moose Jaw, Sask.
	Bench	172.5	H. Greenidge	May. 01	London Open, London Ontario

Men's Master Records (60+)											
Class	Lift	Kg	Lifter	Date	Contest	Class	Lift	Kg	Lifter	Date	Contest
82.5 kg	Squat	170.0	L. Lam	Mar. 02	National, YM NS	100 kg	Squat	180.0	R. Villeneuve	Nov 00	WB, Arnhem Nthl
	Bench	97.5	L. Lam	Mar. 02	National, YM NS		Bench	122.5	R. Villeneuve	Nov 00	WB, Arnhem Nthl
	Deadlift	220.0	L. Lam	Mar. 02	National, YM NS		Deadlift	220.0	R. Villeneuve	Nov 00	WB, Arnhem Nthl
	Total	487.5	L. Lam	Mar. 02	National, YM NS		Total	522.5	R. Villeneuve	Nov 00	WB, Arnhem Nthl
90 kg	Squat	170	L. Lam	Oct. 01	MasterW. MJ SK	110 kg	Squat	205.0	R. Villeneuve	May 97	C Blinds, TO, ON
	Bench	100	L. Lam	Oct. 01	MasterW. MJ SK		Bench	135.0	R. Villeneuve	Jul 99	WBlinds, Waterloo
	Deadlift	215	L. Lam	Oct. 01	MasterW. MJ SK		Deadlift	235.0	R. Villeneuve	May 97	CBlinds, TO, ON
	Total	485	L. Lam	Oct. 01	MasterW. MJ SK		Total	570.0	R. Villeneuve	May 97	CBlinds, TO, ON



## 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 con tests. 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 Awards Program Badge Application

(for Ontario Powerlifting Members)

Send 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: \_\_\_\_\_

#### CLASSIFICATION TOTALS: MEN

Weight Class	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

#### CLASSIFICATION TOTALS: WOMEN

Weight Class	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 Natrional	Men National
Senior	Class III	Class I	Class III	Class I
Master I (40 - 49)	Class III	Class II	Class III	Class II
Master III 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
Intermediates	(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

Jerry Marenette 519-727-6095  
1530 County Rd. 22  
Belle River, ON  
N0R 1A0

### Belleville and District Special Olympics

Nick de Vries 613-968-9721  
51 Prince of Wales Drive  
Belleville, ON  
K8P 2T6

### Fern's Gym

Fern Boucher 705-647-4279  
571 Bolger Ave.  
New Liskeard, ON  
P0S 1P0

### Golden Triangle Powerlifting Club

Dave Hoffman 519-894-5913  
278 Thaler Ave.  
Kitchener, ON  
N2A 1R6

### Iron Foundation Powerlifting Club

Kevin Samson 519-856-2168  
Box 10, Ennisclare Dr.  
R.R.#2 Rockwood, ON  
N0B 2K0  
E-mail: kshere@attcanada.net

### J.B. Fitness Powerlifting

Janice Box 519-421-3767  
523 Dundas St.  
Woodstock, ON  
N4S 1C3

### Kitchener Iron Angels

Lynton Lam  
98 Pepperwood Cres  
Kitchener, ON  
N2A 2R3

### K-W Grizzlies

Adele Couchman 519-744-4881  
A4 - 199 Elm Ridge Dr.  
Kitchener, ON  
N2N 2C7

### London Powerlifting Club

Terry Stinchcombe 519-681-4766  
18 Locus Cres.  
London, ON  
N6E 2K2  
E-mail: stinch44@hotmail.com

### London Special O

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Etobicoke, ON  
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### Monster Gym Powerlifting Club

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17 Lynmont Rd.  
Etobicoke, ON  
M9V 3W7

### "M" Power The Mississauga Powerlifting Club

Brian DeCastro 416-457-4345  
983 Mesa Cr  
Mississauga ON  
L5H 3T6

### Niagara Powerlifting Club

Jay Gemmell 905-658-9828  
20 Foxhill Cres.  
St. Catharines, ON  
L2S 3T9

### North Bay Powerlifting Club

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North Bay, ON  
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### Ottawa Strong

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### Pembroke Lighting

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### Pumphouse Powerlifting

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### Sports for Disabled Ontario

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### St Thomas Elite & Powerlifting Club

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### Steel City

Bill Jamison 905-765-5345  
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### The Power & the Glory

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### Timmins Special Olympics

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#### Want to start a club?

Club Affiliation Applications can be found on page 17. 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

## OPA BOARD OF DIRECTORS

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### Northwest Regional Chair (vacant)

Contact: Raimo Paananen 807-577-1994

### Northeastern Regional Chair:

Vacant

### Other Officials

#### CPU President:

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## ON THE WORLD WIDE WEB

**Ontario Powerlifting Association:** [www.ontariopowerlifting.ca](http://www.ontariopowerlifting.ca)  
**Canadian Powerlifting Union:** [www.powerlifting.ca](http://www.powerlifting.ca)  
**International Powerlifting Federation:** [www.powerlifting-ipf.com](http://www.powerlifting-ipf.com)

## OPA AFFILIATED CLUBS ( full contact info inside back cover)

**Bell River:** Power Pit Gym

**Belleville:** Belleville and District  
Special Olympics

**Etobicoke:** Monster Gym  
Powerlifting Club

**Guelph:** Iron Foundation  
Powerlifting Club

**Hamilton:** Steel City Powerlifting  
Club

**Kitchener:** K-W Grizzlies

**Kitchener:** Golden Triangle  
Powerlifting Club

**Kitchener:** Kitchener Iron Angles

**London:** London Powerlifting Club

**London:** London Special "O"

**Mississauga:** "M" Power - The  
Mississauga Powerlifting Club

**New Liskeard:** Fern's Gym  
**Niagara:** Niagara Powerlifting  
Club

**North Bay:** North Bay Powerlifting  
Club

**North York:** Sport for Disabled  
Ontario

**Ottawa:** Ottawa Strong

**Pembroke:** Pembroke Lightning

**St Catharines:** The Power & The  
Glory

**St Thomas:** St Thomas Elite &  
Powerlifting Club

**Timmins:** Timmins Social  
Olympics

**Woodstock:** Pumphouse  
Powerlifting Club

**Woodstock:** J.B. Fitness  
Powerlifting Club

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.ca](mailto:mike@ontariopowerlifting.ca) or sent by mail to:

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

## OPA NEWSLETTER EDITORIAL DEADLINE

**Next Issue:** Nov (Volume 53, Issue 4) Deadline: Nov 2/02  
**Get your contributions in early Please**

**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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