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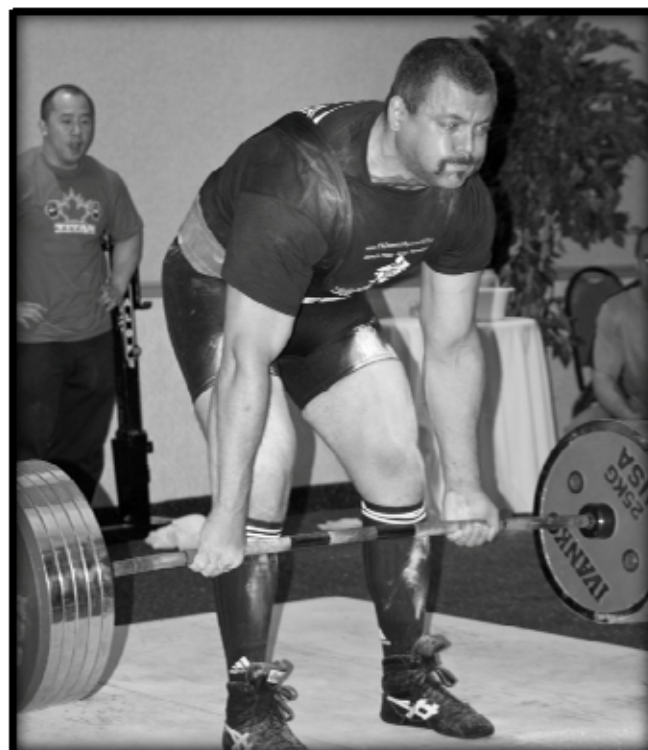
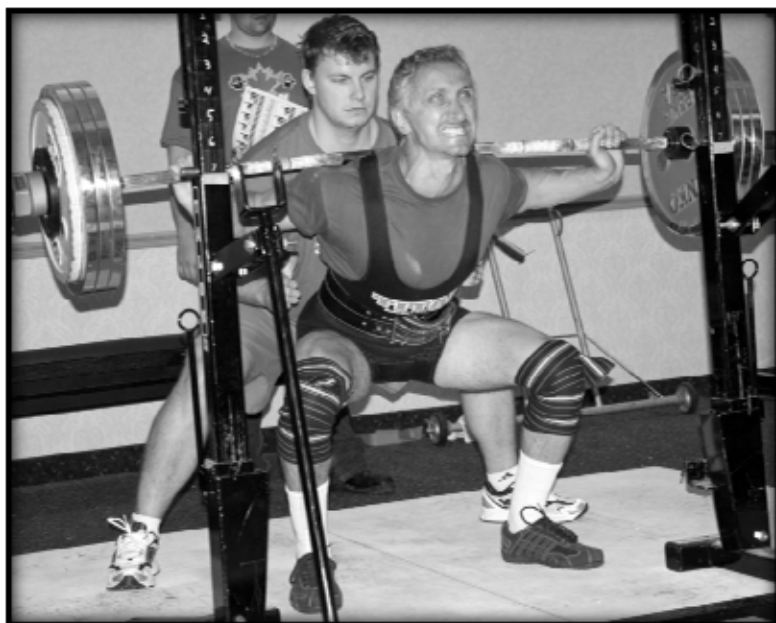
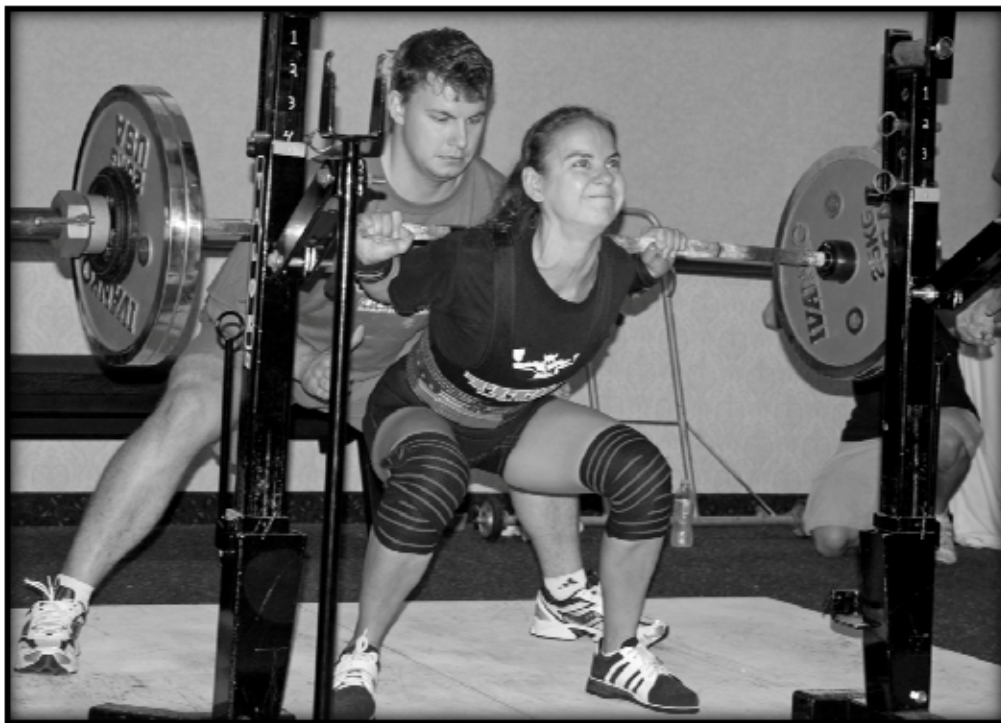


## Ontario Powerlifting News

August 2009, Volume 60, Issue 2

Official Newsletter of the Ontario Powerlifting Association

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



Ottawa Open Results page: 9

## From the President

- Glyn Moore

**Record Application:** I would like to address Ontario lifters who are applying for a Provincial or National Record. The Ontario Website now has an online form which should eliminate a lifter having to make two separate applications when applying for an Ontario and a Canadian Record. The Online Form will serve as a dual purpose form and has check-off boxes for both Provincial and National Records. The only way to keep confusion to a minimum is for ALL ONTARIO LIFTERS from now on to use the Online form on the Ontario Website and not the Canadian Powerlifting Website whenever applying for a Provincial or National Record. The fee should be sent to the Registrar for either type of record within the 45 day period following the contest that the record was set.

**Provincial Championship Weekend:** This is a transition year and athletes have the opportunity to lift at the Provincial championships in Ottawa in October OR the Provincials in Niagara in January in order to be eligible to go to the 2010 Nationals. Lifters can choose to lift at both Championships.

**Niagara Open 2010:** The Niagara Open has relinquished it's time slot of January to accommodate the 2 day Ontario Open, Master and Junior Championships. From 2010 onwards, the Provincials will be held during the month of January. The Niagara Open will move to August.

## Registration

- Marlene Moore

This has been a great year for the Ontario Powerlifting Association. Our membership is increasing at a steady rate each and every week. In this issue you will find a chart that breaks down membership into categories. Our new members have increased

substantially this year. Thanks to all the veteran powerlifters who encourage old and young alike to participate in this great sport!

We also have a new club, "SWIS Powerlifting Club" run out of Mississauga. If you are an unattached lifter, please look for our list of clubs at the back of the newsletter. If any of these gyms or clubs are in your area, maybe you can hook up with the lifters for a training session.

I am happy also to mention our sanctioned meets. Each and every contest has been well attended and run efficiently. (I must mention that my husband, Glyn is always very willing to help out running the head table). We still have a couple regional meets as well as our two Provincials. Don't forget that this is an exceptional year where you will have two chances to qualify for the 2010 Nationals, in Ottawa in October for the Open, Masters and Juniors, as well as in St. Catharines for the same. The Men's Intermediates and Bench Press Provincials will be in Belle River in November.

If anyone has questions about membership, clubs or contests please feel free to call or e-mail me. If I am not there, Glyn can usually help.

## IMPORTANT INFORMATION ABOUT YOUR CPU CARD AND OPA LETTER

Everyone who applies for membership receives a Canadian Powerlifting Union (CPU) card. This card enables you to compete in any sanctioned meet. When you receive your card, a letter is sent with it, which also has my signature. This letter states that you are a member of the Ontario Powerlifting Association, contains your CPU #, your personal information, including your date of birth. I would like to encourage all lifters to keep this letter in their gym bag so that if you should lose your CPU card, and you go to a meet, you will still be able to

compete by showing your letter. The fee to replace a letter is \$5 and must be sent first before I issue a duplicate. Usually, time is of the essence and although I am very accommodating, I might not be able to get this sent for you in time.

Once again, I would like to thank everyone for printing clearly on their application to enable me to print up your cards accurately.

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## \* Ontario Powerlifting News\*

Ontario Powerlifting News is published several times per year. The Newsletter is included in the Ontario Powerlifting Association membership. Submissions are welcome from all members.

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**Contributors:** Glyn Moore, Marlene Moore, Mike Knott, Lori Zozzolto, Daniel Pare, Chris Yantha, Eytan Rip, Ulrike Kruger

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Please send submissions to:

[rekapower@gmail.com](mailto:rekapower@gmail.com)

## Front Cover:

Clockwise: Trisha Boyle, Eytan Rip, Chris Yantha, Sandro D'Angelo at the Ottawa Open

## Profile: Jeff Becker

By: Lori Zozzollo

Jeff Becker is the Clark Kent of powerlifting. By day he is a hard working, modest-living, small town guy who grew up on a dairy farm. In his spare time he switches identities to become a globetrotting, world-class elite powerlifter.



Becker's powerlifting adventure began 23 years ago when he saw Steve Chomitz and Paul Summers lifting at Popeye's Gym in Kitchener.



"I was working out before going out to a bar and I saw these guys grunting, groaning and chalk going. I thought what are these guys doing? They said, you look pretty strong, why don't you try powerlifting?"

The rest is history, a lot of history. Becker started training in 1986 and competed in his first competition in 1987. Since then he has won 15 Canadian championships: 9 Open, and 6 Masters. He is currently ranked 2nd in the CPU Master Rankings, 11th in men's Open, has a 500+ Wilk's score and holds Masters records for squat, bench and total.

Becker is somewhat modest about his success so far: "I don't think my lifts are good at all, but some people would like to have them. You look at the world records."

Becker has been to the Ontario provincials and the Canadian nationals every year since he started competing.

"I've missed one national since 1988, that was the year I changed from conventional to sumo, but that's also the year I went to the Pan Ams," he said.

Becker trains intensely and is a fierce competitor. His dedication to powerlifting is two-fold, it stems from his desire to maintain good health and his love of travel.

"I have had 41 years of Type 1 diabetes and I'm still in good health. I train because I don't want to lose my sight or any of those things (to diabetes)... I train to get my personal best and because it keeps my blood sugar down. And that's why I compete, because you don't train as hard when you don't have a contest."

The screensaver on Becker's computer is a testament to the places that powerlifting has taken him. It features a rotating panorama of photos the athlete has taken on his travels.

"I like to travel. I've been to Europe 15 times with powerlifting. I've been to South Africa. It's taken me all over the world. I drop \$10,000 travelling every year going to powerlifting competitions."



When Becker isn't training or travelling to competitions he finds time to squeeze in his other interests. He is an avid outdoorsman, loves rock concerts and is a proud uncle.

"I camp ever year. I canoe, there's bugs and I sleep on the ground. I've been to Alaska and the Yukon camping. I live modestly so I can do

that." Becker's powerlifting adventure has not been a smooth or easy journey. Becker has seen his fair share of adversity. He said: "I'm always injured." He said he trains injured, and he competes injured, but has never let it stop him. In 2001 he broke his left leg while hiking in Algonquin Park and had to be airlifted to hospital. Becker said his main concern was how his broken tibia would affect his training for the upcoming world Master competition. "I got a cast on; I'm on crutches doing curls at the gym five days later. I was doing one-legged extensions with my right leg."

That accident, coupled with Becker's diabetes, would have been enough to derail a lot of athletes, but Becker seems to have made a complete recovery. As a matter of fact he is looking forward to powerlifting for as long as he can. He already has the dates for the next 20 contests on his calendar.

"I want to do it (powerlifting) for another 24 years. In four years I'll be a young man again when I move to the next age category (Master II). My brain still thinks I'm 18, but my body says no, you're beat up," he laughed.

Becker's advice to powerlifting newcomers is that they should try to constantly challenge themselves.

"I say compete and compete often. People who say I'm not strong enough will never compete because they won't train intensive enough. As soon as you pay for your CPU card, pick a contest and start training."





## Profile: Ulrike Kruger

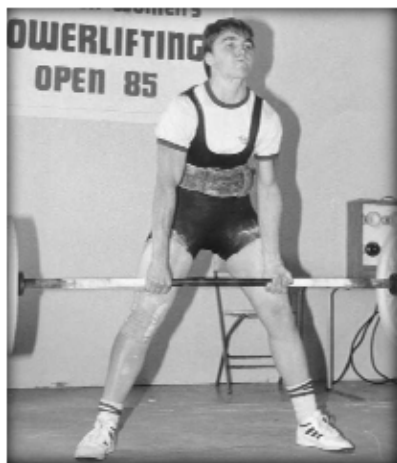
By: Lori Zozzolto

When Ulrike Kruger started exercising with weights in high school, people told her she was lifting too much weight for a girl and that she would become “disgusting and gross.” That was over thirty years ago and she’s still lifting heavy.



In 1985 Kruger was training as a bodybuilder when a friend showed her a poster advertising a powerlifting contest. Kruger entered the contest and won. That contest began a lifelong love affair with powerlifting.

“I was hooked,” Kruger said. “I started training heavier and heavier.”



She began training with Lynton Lam and the Kitchener Iron Angels at Popeye’s Gym on Kitchener. During that year she won the 1985 women’s provincials, the nationals and attended her first World powerlifting championships in Sweden.

“I was originally thinking about getting into bodybuilding, but I got into powerlifting,” she said. “I put on a few pounds in Sweden and never lost it. I blame the Swedish chocolate, that’s my excuse. So I went up a weight class and never looked back.”

Kruger has gone on to win a total of eight Provincial championships, five Canadian championships, a first in the Pan Am Games in 1996, and silver at the 2001 World Masters Championships.



Kruger, aged 47, competes in the 75 kg weight class, is ranked 8th in the CPU Women’s Masters 1, 25th in the Women’s CPU open, is a member of the Best Unequipped List for bench and deadlift, is also a member of the CPU’s Women’s All Time Greatest Lift Club for squats and deadlift, 400+ Kg total Club and has a Wilks Score of 420+. She has also held the provincial records for open deadlift 187.5 kg and total 435 kg since 1998.

The soft-spoken Kruger is not just a competitor though; she has also been an active volunteer with the OPA since 1993. She has been a referee, the newsletter editor, webmaster for the OPA website, the registration chairperson, volunteered at dozens of OPA contests and coached special athletes.

Kruger credited her strength to genetics and growing up on a farm in Dundalk, Ontario. She was doing heavy farm work when most girls were playing with dolls.



“We used to carry heavy buckets of things and 50-100 pound bags of feed. I would see how far I could lift

them. We would throw bales of hay to see how far we could heave them,” Kruger said.

Kruger said her mother was a physically strong woman and that she just assumed she would grow up to be strong too. Kruger did not realize that all women were not strong until she went to school.

“I used to be amazed at how big my mother’s biceps were. I admired her strength and I took it for granted that I would be strong like her,” Kruger said.

Kruger has been called the comeback queen of powerlifting because she keeps coming back for more. She said that the longest she has ever been away from the gym was three months and that was because of an injury. She is currently training for her “fabulous and fifty tour,” during which she intends to compete at the 2011 World Masters in St. Catharines.

“There’s nothing like the feeling of lifting all that weight,” she said of powerlifting. “It doesn’t feel as good when the weight’s not big...I would like to get my personal best in 2011.”

Kruger is a big advocate for the sport of powerlifting. She encourages newcomers, and women in particular, whom she feels are not encouraged to be strong.

“I tell women they are stronger than they think they are. I want women to realize their potential when they are at the gym,” Kruger said. “I see women lifting these teeny tiny weights and I say, why don’t you try a little more, or I ask them have you ever heard of powerlifting?”

In general, Kruger said she encourages people to lift for the personal satisfaction it gives them.

“You really need to sit down and do what is right for you, otherwise you will get injured and have a short career. I like to compete, but I’m mostly in it for the fun of it.”

# High School Powerlifting Championships

May 30, 2009 Results: Dave Hoffman

Wt.	Name	Squat	Bench	D/L.	Total	Wilks	Team
<b>Women</b>							
52.0	Ashley Costa	47.5	32.5	95.0	175.0	231.42	Monsignor Doyle
56.0	Emily Kessler	90.0	48.0	115.0	253.0	297.68	Essex High
56.0	Amberley Huck	62.5	42.5	97.5	202.5	240.28	Resurrection
56.0	Amber Shewfelt	0.0	0.0	0.0	0.0	0.00	Bluevale
60.0	Jenny Reid	77.5	30.0	97.5	205.0	229.74	Dunnville
60.0	Jocelyn Lee	57.5	45.0	95.0	197.5	223.38	Resurrection
67.5	Natasha Chang	80.0	50.0	105.0	235.0	255.78	Cayuga
67.5	Lisa Inthavong	70.0	35.0	110.0	215.0	222.54	Resurrection
67.5	Michelle Green	50.0	37.5	77.5	165.0	177.63	Dunnville
67.5	Chelsea Lavalley	40.0	32.5	75.0	147.5	155.81	Monsignor Doyle
75.0	Sam Middleton	100.0	65.0	122.5	287.5	274.46	Dunnville
75.0	Jessica Edie	57.5	30.0	82.5	170.0	163.13	Dunnville
75.0	Erica Skanes	37.5	40.0	90.0	167.5	169.35	Monsignor Doyle
82.5	Jessie Lamothe	60.0	52.5	95.0	207.5	195.65	Glenview Park
90.0	Lindsay Bartz	70.0	57.5	82.5	210.0	183.68	Glenview Park
90+	Taylor Thompson	92.5	52.5	137.5	282.5	241.75	Belle River H.S.
90+	Samantha Correia	55.0	45.0	100.0	200.0	167.54	Monsignor Doyle
<b>Men</b>							
56.0	Alex Norgen	100.0	80.0	137.5	317.5	309.69	S.J.A.M.
56.0	Brian Shillingford	72.5	50.0	105.0	227.5	210.06	Resurrection
60.0	Tarek Attia	90.0	87.5	137.5	315.0	279.54	S.J.A.M.
60.0	Tony Radivoi	100.0	82.5	132.5	315.0	268.66	Resurrection
60.0	Mark Deveau	90.0	57.5	125.0	272.5	241.02	Westdale
67.5	Dalton Major	155.0	97.5	202.5	455.0	369.05	L'Essor
67.5	Joe Huras	115.0	100.0	187.5	402.5	313.71	Bluevale
67.5	Andrew Levesque	137.5	92.5	160.0	390.0	309.33	Cayuga
67.5	Anis Muhammed	120.0	75.0	175.0	370.0	285.28	S.J.A.M.
67.5	Dylan Clark	110.0	92.5	155.0	357.5	275.64	Dunnville
67.5	Michael Fleming	105.0	80.0	152.5	337.5	260.22	Essex High
67.5	Eric Kangori	82.5	75.0	137.5	295.0	241.24	Westdale
75.0	Andrew Swatridge	192.5	115.0	212.5	520.0	372.62	Waterloo
75.0	Sam Preston	167.5	97.5	182.5	447.5	326.67	Westdale
75.0	Skylar Chauvin	130.0	75.0	160.0	365.0	263.82	Paincort
75.0	Josh Kowba	95.0	70.0	160.0	325.0	243.82	Bluevale
82.5	Eran Gerstein	170.0	105.0	192.5	467.5	320.18	Westdale
82.5	David Batky	137.5	100.0	170.0	407.5	276.26	Resurrection
82.5	Phillip Tofflemire	115.0	95.0	185.0	395.0	280.17	Tilbury
90.0	Cody Dyson	191.0	132.5	211.0	534.5	342.20	Essex High
90.0	Mark Whitworth	150.0	115.0	195.0	460.0	307.49	Cayuga
90.0	Spencer West	137.5	102.5	185.0	425.0	280.55	Westdale
90.0	Adam Silvestro	130.0	112.5	182.5	425.0	275.18	Bluevale
90.0	Jarrett McGibney	97.5	107.5	175.0	380.0	251.87	Westdale
90.0	Connor Voigt	125.0	80.0	172.5	377.5	241.13	Resurrection
100.0	Simon Chae	115.0	112.5	175.0	402.5	251.58	Westdale
100.0	Corey Baker	105.0	132.5	155.0	392.5	241.59	Glenview Park
125.0	Gareth Longley	172.5	115.0	227.5	515.0	298.69	Cayuga
125+	Chad Farquhar	192.5	115.0	205.0	512.5	287.70	Delta S.S.
125+	Addison Marks	170.0	132.5	205.0	507.5	287.99	M.M Robertson

47 athletes attended the 4<sup>th</sup> annual high school powerlifting championships held in Cambridge on May 30. The event was hosted by Monsignor Doyle Catholic Secondary School spearheaded by Vice-Principal John Dietrich, and supported by the Golden Triangle Powerlifting Club.

OPA Referee Chairperson, Mike Knott from London, along with Ron Strong of Emeryville and Don Clarke of Kitchener made sure the rules of the lifts were enforced

Westdale High School from Hamilton, coached by Dave Walters, edged out Resurrection High from Kitchener (coached by Les Fleiszig) by one point for top team honours.

Emily Kessler from Essex High School was best female lifter. Andrew Swatridge from Waterloo Collegiate was the best male lifter.

16 lifters broke provincial records for this competition which was held previously in Cayuga, Kitchener, and Burlington. Congratulations to all the lifters as well as the students, friends, family members, coaches, officials, teachers, and members of the Golden Triangle Powerlifting Club for making this a great event.

## Best Lifter – Female:

Emily Kessler, Essex High School

## Best Lifter – Male:

Andrew Swatridge, Waterloo Collegiate

Best Team	Points
Hamilton Westdale	55
Kitchener Resurrection	54
Dunnville	47
Cayuga	41
Cambridge Monsignor Doyle	36
Cambridge Glenview Park	33
Waterloo sir John A. MacDonald	31
Essex	29
Waterloo Bluevale Collegiate	23
Waterloo Collegiate institute	12
Belle River	12
Hamilton delta	12
St. Clair Beach L'Essor	12
Burlington M.M.Robinson	9
Tilbury	8
Tilbury Paincort	8

## St Thomas Open

April 24, 2009

Results: Daniel Pare, Meet Director

Age Cl.	Wt. Cl	Name	Club	M/F	Sq.	Ben	D/L.	Total	Wilks
Open	52	Trisha Boyle		F	117.5	70.0	127.5	315.0	403.4
Junior	56	Glendy Randall	Niagara	F	105.0	60.0	137.5	302.5	356.9
Open	56	Sandra Huerter	London	F	110.0	62.5	127.5	300.0	355.5
M1	56	Anita Marcinko	Pheonix Fitness	F	107.5	80.0	135.0	322.5	382.4
Open	67.5	Garnet Morden	Niagara	F	75.0	65.0	110.0	250.0	255.8
Junior	67.5	Ricki-Lee Pitman	Capital Barbell	F	100.0	45.0	117.5	262.5	274.1
Open	75	Krista Miller	Defining Strength	F	82.5	55.0	97.5	235.0	224.7
SubJr	90+	Taylor Thompson	Power Pit	F	92.5	60.0	120.0	272.5	231.1
Junior	67.5	Craig Latendresse		M	110.0	105.0	160.0	375.0	312.8
SubJr	67.5	Dalton Major	Power Pit	M	187.5	110.0	205.0	502.5	399.6
Open	67.5	Aaron Wilson	London	M	152.5	110.0	210.0	472.5	364.3
Open	75	Mark MacWilliams		M	150.0	105.0	182.5	437.5	312.3
Open	82.5	Steve Spilak		M	205.0	155.0	185.0	545.0	369.2
M2	82.5	Stan Goss	London	M	160.0	112.5	200.0	472.5	323.3
Junior	82.5	Jake Wood	Niagara	M	177.5	125.0	232.5	535.0	369.1
Junior	82.5	Mike Wood	Niagara	M	197.5	152.5	240.0	590.0	400.0
Open	82.5	Nathan Coleman	St Thomas	M	180.0	120.0	250.0	550.0	369.8
Open	90	Andre Roy	Golden Triangle	M	137.5	95.0	172.5	405.0	264.4
Junior	90	Dave Jastrubecki	Niagara	M	135.0	107.5	185.0	427.5	273.1
M1	90	Dave Walters	Pheonix Fitness	M	255.0	232.5	245.0	732.5	468.6
Open	90	Jonathan McMillan	St Thomas	M	170.0	130.0	227.5	527.5	343.9
M1	100	Steve Garrett	London	M	262.5	160.0	242.5	665.0	410.8
Open	125	Pat Batgtaglia	Power Pit	M	215.0	142.5	245.0	602.5	352.1
SubJr	125+	Shaun McFadden	St Thomas	M	192.5	135.0	205.0	532.5	297.2
Junior	125+	Thomas Stoffelsen		M	212.5	150.0	250.0	612.5	342.6

## Referee Update

- Michael S. Knott

To support the increasing numbers of female lifters, I would like to see at least 2 new women referees this year. There have been challenges finding individuals to perform the womens' weigh-ins.

It is stated clearly that the hosting club must provide a referee to be used as seen fit. We have been relying on out of province referees for this function. We need to make sure any club running a meet is following the standards set out in the OPA Constitution.

### "ARTICLE XXX - Contest Sanctions

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

As per the IPF Rule Book on Weigh-Ins:

"In competitions in which women are competitors, the weigh in procedure may be altered to ensure that lifters are weighed by officials of their own sex. Additional female officials (not necessarily referees) may be appointed for this purpose. " This is why I would like to get more female referees, but the rules do allow for the lack of female referees to perform this function.

Thank you to Mike Knott for his help and to all volunteers, athletes and coaches.

Score keeper: Chrissy Clunas

Announcer: Rhonda Rae

Loaders: Matt Cuthbert, Brett Baresich, Jason Carnegie, Daniel Pare

Referees: Lynda Squires, Rick Gazdig, Terry Stinchcombe

Equipment: Thank to the London Powerlifting Club, the Niagara Powerlifting Club and Arthur Voaden Secondary School.

Set up, tear down: Steven and Derek Johnson, Brett Baresich, Jason Carnegie, Jonathan McMillan, Rhonda Rae, Nathan Coleman and Daniel Pare

Please contact me if interested for details and to schedule a referee exam. [Mike\\_Knott@bell.net](mailto:Mike_Knott@bell.net)

## OPA Memberships

So far in 2009, the OPA has 73 new members and 145 renewals in the following categories:

Category	Total
Associate	6
Open	63
Junior	39
Sub Junior	10
M1	37
M2	32
M3	8
M4	1
Blind	1
Special Athlete	21
<b>Grand Total</b>	<b>218</b>

## Belle River Open & Push / Pull Meet

June 6, 2009

Age Cl.	Wt. Cl.	Name	Club	M/F	Sq.	Ben	D/L.	Total	Wilks
M1	56	Maureen Laporte	Power Pit	F	115.0	75.0	136.0	326.0	384.7
Jr	60	Kristen Sweeney	Phoenix	F	95.0	45.0	122.5	262.5	293.4
Open	75	Courtney Watts	Niagara	F	150.0	82.5	137.5	370.0	357.2
Open	75	Natasha Farrell	Def. Strength	F	97.5	45.0	122.5	265.0	259.4
M1	90	Tracy Dunning		F	90.0	80.0	160.0	330.0	293.6
SubJr	90+	Taylor Thompson	Power Pit	F	120.0	67.5	132.5	320.0	274.0
SubJr	67.5	Dalton Major	Power Pit	M	172.5	110.0	215.0	497.5	404.1
Jr	67.5	Adam Defoe		M	155.0	100.0	182.5	437.5	347.5
M2	75	Glyn Moore	Niagara	M	250.0	150.0	225.0	625.0	445.4
Open	75	Mark MacWilliams		M	172.5	107.5	187.5	467.5	337.3
M1	75	John McKittrick	Golden Triangle	M	165.0	110.0	187.5	462.5	334.0
Jr	82.5	Phil Plato	Niagara	M	240.0	140.0	265.0	645.0	436.3
Jr	82.5	Marc Morris	Power Pit	M	200.0	152.5	220.0	572.5	388.4
SubJr	90	Cody Dyson		M	200.0	145.0	220.0	565.0	360.7
Jr	90	Mike Fortier		M	185.0	130.0	205.0	520.0	341.4
M1	100	Andy Childs	Phoenix	M	295.0	187.5	290.0	772.5	470.7
M2	100	Steve Chomitz	Golden Triangle	M	255.0	177.5	262.5	695.0	424.2
Jr	100	Alistair MacNicole		M	235.0	122.5	240.0	597.5	370.6
Jr	100	Greg Dery		M	195.0	130.0	227.5	552.5	337.8
M2	110	Blake Giberson	Power Pit	M	175.0	150.0	202.5	527.5	312.5
M1	125	Peter McGill	Steel City	M	215.0	170.0	177.5	562.5	321.7
M1	125	Tony Bunce	Golden Triangle	M	165.0	112.5	185.0	462.5	267.3
M2	125+	Mike Knott	London	M	247.5	195.0		0	0

## Belle River - Push / Pull Meet

June 6, 2009

Age Cl.	Wt. Cl.	Name	Club	M/F	Bench	Deadlift
M1	60	Cheryl Howey	K.W.Grizzlies	F	32.5	87.5
M1	67.5	Tammy Coles		F	60	115
M1	67.5	Jayne Boer	Def. Strength	F	50	95
M2	67.5	Carol Brady	Def. Strength	F	45	85
Open	75	Sonja Bendic	Def. Strength	F		
Open	82.5	Susan Abbott	Def. Strength	F		
Open	90+	Jacqui Johnson	K.W.Grizzlies	F	45	97.5
M2	67.5	Gord Catterson	London	M	135	
Junior	75	David Digirolamo	London	M	117.5	200
Junior	82.5	Mike Wood	Niagara	M	150	227.5
Junior	82.5	Jake Wood	Niagara	M	125	235
Open	82.5	Robert Greig	K.W.Grizzlies	M	52.5	112.5
Junior	90	Dave Jastrubeki	Niagara	M	102.5	215
Junior	100	Greg Dery		M		200
Open	100	Jeff King	Phoenix	M		182.5
Junior	110	Robert Hoffman	Golden Triangle	M	137.5	190
M1	125	Kevin Sedore		M	150	285
M2	125	Rick Gazdig	London	M	182.5	245
Open	125+	Larry Chappell	K.W.Grizzlies	M	80	160

## Upcoming Events

### London Open

Date: Aug 29 10:00am  
 Hosted by: London Powerlifting Club  
 Contact: Terry Stinchcombe  
 18 Locust Cres.,  
 London, ON N6E 2K2  
 (613) 222-6374  
 Location: Ultimate Workout  
 Centre,  
 595 Exeter Rd,  
 London, ON  
 Entry Fee: 50\$ payable to London  
 Powerlifting Club  
 Deadline: Aug 29  
 Details: Open contest, 3-Lift

### Ontario Championships

Date: Oct 3,4 9:00am  
 Hosted by: Iron Works PL Club  
 Contact: Barry Antoniow  
 148 Balfour Ave  
 Ottawa, ON K1G 0G9  
 (613) 222-6374  
 Location: Travel Lodge  
 Convention Center  
 1376 Carling Ave.  
 Ottawa, ON  
 Entry Fee: \$65 payable to Barry  
 Antoniow  
 Deadline: Oct 1  
 Details: Ontario Junior, Master  
 and Senior.  
 Refer to qualifications  
 table for Provincial  
 Championship.  
 3-Lift only  
 Weigh-ins: 7:00am and  
 noon

## Club Profile: Ottawa Strong

By: Eylan Rip

The Ottawa Strong powerlifting club currently trains out of the Ottawa Athletic Club in the south eastern end of Ottawa. Ottawa Strong migrated there sometime in the late 90s, following its inception in the early part of that decade.

Ironically, the club's inception occurred at the Colonade Y, which is now the Merivale Y which is home to the Capital Barbell club. Woody McCullough and Ray Gibbs are among the local iron legends who conceived the Ottawa Strong club. Other notable members from the earlier years include Tom Nicholls and Travis Lyndon, who in addition to his success in the CPU, has had a notable career in Strongman.

Somehow, the club name crossed town and ended up at the OAC. Squatting Eric Gagnon joined in 1999 along with Jonas Elliott. At the time, the only powerlifter at the OAC was Herb Greenidge, who is of course still a force on the Masters scene today. Within a couple of years, Anatoli Demidenko, the ageless wonder and former Soviet paratrooper would join, as well as his son Andrew, and several other guys including Chris Yantha, Kerry LeBlond and Ryan Silverson. Over that time, national medals and championships have been won and records set, including squat and deadlift records by Eric Gagnon and Chris Yantha respectively.

The OAC, our home base, is a commercial club, however unlike most of those kinds of establishments, it welcomes powerlifters. We have a power rack, two lifting platforms and plenty of chalk, when it doesn't run out. We also have a full range of boards (1-5), chains, a cambered bar and a reverse hyper that Eric picked up directly from Louie Simmons at Westside Barbell. Staff will not

accost you for making noise, though the odd member might.

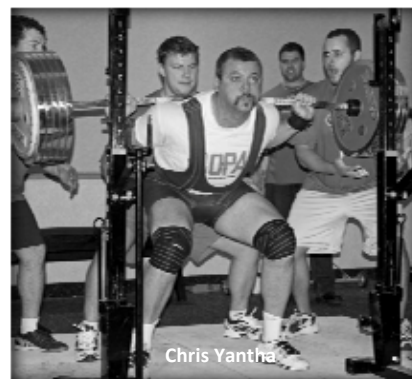
Our lifters range in age from about 18 to 70, though I believe the majority fall in the 25-50 range, and our numbers are around 12-14 at the moment. Since early winter we have had a gear group training session that runs Sunday mornings with about six regular attendees. Some people just cannot get up early Sunday mornings though and those individuals train in much smaller groups during the week, including an informal 'Tuesday Bench Session'.

Eric remains our mentor, coach and motivator. We are a pleasant bunch, we are an intense bunch. We help each other out and we welcome and encourage newcomers, especially Monsieur Gagnon.

### OPA Club Affiliation

The following table contains the number of members per club so far in 2009 based on how members registered:

Club	#Members
Capital Barbell	6
Defining Strength & Power	14
Fern's Gym	1
Golden Triangle	7
Iron Foundation	8
Iron Works Powerlifting	7
K. W. Grizzlies	6
London Powerlifting	13
Monster Powerlifting Club	1
Niagara Powerlifting	17
Ottawa Strong	1
Phoenix Fitness	6
Power Pit Gym	17
PowerReach	2
St Thomas Powerlifting	5
Steel City	6
Team Barbarian	5
Titans of Mississauga	11
Unattached	85



## Upcoming Events

### Ontario Mens Intermediate &

#### Ontario Bench Press

Date: Nov 7 9:30am  
Hosted by: Power Pit Powerlifting Club  
Contact: Jerry Marentette  
1530 County Rd.  
Belle River, ON NOR  
1A0  
(519) 727-6096  
Location: Knights of Columbus  
1303 County Road  
Emeryville ON  
Entry Fee: \$55 payable to Jerry Marentette  
Deadline: Nov 3  
Notes: Refer to Provincial qualifications table for qualifications  
Intermediates is a 3-lift meet  
Weigh-in at 7:30am

### Neogenixx Last Chance Open

Date: Nov 28, 11:00am  
Hosted by: Iron Works PL Club  
Contact: Barry Antoniow  
148 Balfour Ave  
Ottawa, ON K1G 0G9  
(613) 222-6374  
Location: Fitness Warehouse  
2095 St. Joseph Boul.,  
Ottawa, ON  
Entry Fee: \$65 payable to Barry Antoniow  
Deadline: Oct 1  
Details: 3-Lift only, Open



Ottawa Open – 3 Lift										July 18, 2009
Age	Wt.	Name	Club	BW	M/F	Sq.	Ben	D/L	Total	Wilks
Open	52	Trisha Boyle	Team Barbarian	49.9	F	125.0	75.5	127.5	328.0	422.0
M1	52	Jayne Major	.	50.1	F	62.5	45.0	105.0	212.5	272.6
M1	56	Julie Watkin	Steel City	55.2	F					
Jr	60	Kristen Sweeney	Phoenix Fitness	60.0	F	105.0	52.5	140.5	298.0	332.2
Jr	60	Jennifer Mulhall	.	58.0	F	90.0	40.0	92.5	222.5	254.7
Jr	60	Marie Louis Gervais	Capital Barbell	59.5	F	67.5	50.0	105.0	222.5	249.7
Open	67.5	Sarah Leighton	.	66.6	F	155.0	97.5	162.5	415.0	427.7
Jr	67.5	Stacey Jensen	.	60.1	F	92.5	52.5	125.0	270.0	300.6
Open	75	Catherine Rohani	Iron Works	68.0	F	125.0	70.0	160.0	355.0	360.4
Open	82.5	Susan Abbot	Defining Strength	79.0	F	130.0	100.0	125.0	355.0	327.1
Open	90+	Tracey Alf	.	95.6	F	75.0	52.5	127.5	255.0	215.4
Jr	60	Steve Earl	.	58.3	M	130.0	82.5	185.0	397.5	348.2
M3	75	Richard Sarazin	Capital Barbell	73.3	M					
M2	75	Frank Naudeau	Niagara	73.9	M	210.0	166.0	200.0	576.0	414.7
SubJr	75	Blaine LeBlond	.	72.5	M	207.5	142.5	195.0	545.0	397.8
Open	75	Donald Francis	.	72.6	M	157.5	135.0	187.5	480.0	350.0
M1	82.5	Sandro D'Angelo	.	78.8	M	220.0	147.5	227.5	595.0	410.1
Open	82.5	Eytan Rip	Ottawa Strong	81.6	M	192.5	142.5	207.5	542.5	365.8
M2	82.5	John Cahill	.	80.9	M	182.5	80.0	212.5	475.0	322.0
Open	90	Dave Bolton	Iron Foundation	87.8	M	245.0	177.5	280.0	702.5	454.3
Jr	90	Rowan Neufeld	.	88.4	M	230.0	140.0	210.0	580.0	373.7
Jr	90	Danny MacDonald	.	89.0	M	175.0	137.5	230.0	542.5	348.3
Open	90	Jonathan McMillan	St. Thomas	87.4	M	170.0	130.0	210.0	510.0	330.6
Jr	90	Ryan Guterman	London	86.1	M	170.0	105.0	192.5	467.5	305.6
Jr	100	Matthew Giesa	.	98.6	M	230.0	150.0	220.0	600.0	367.3
Open	110	Kerry Leblonde	.	108.9	M					
M1	110	Craig Hirota	Team Barbarian	108.0	M	212.5	185.0	252.5	650.0	384.7
Open	125	Chris Yantha	.	122.8	M	305.0	220.0	322.5	847.5	484.7
M1	125	Peter McGill	Steel City	123.8	M	217.5	177.5	180.0	575.0	328.3

Ottawa Open – Bench Press							
Age Cl.	Wt. Cl	Name	Club	BW	M/F	Bench	Wilks
Para	48	Sally Thomas	.	43	F	65	92.917
Para	82.5	Donavan Snell	Iron Works	81.6	M	62.5	42.148
Para	67.5	Eric Flemming	Iron Works	66.1	M	105	82.343
Para	100	Shane Risto	.	98.2	M	130	79.706
M1	48	Sue Thompson	Capital Barbell	47.2	F	60	80.446
M2	90+	Ellyne Dickson	.	108.9	F	62.5	50.926
Junior	75	Justin Van Schyndel	Iron Foundation	72.5	M	0	0
M3	125	George Flikas	.	120.2	M	170	97.699
Junior	90	Greg Page	Iron Works	88.6	M	155	99.756
M2	110	Fred English	.	108.9	M	182.5	107.74
Open	110	Serge Leduc	Iron Works	107.8	M	160	94.762
Open	125+	Ryan Silversen	.	134	M	245	137.85
M1	125	Marc Rioux	.	122.2	M	245	140.28
M1	125+	Curd Hos	.	166.2	M	0	0

Submitted By: Chris Yantha

On July 18 2009, the 3rd annual Ottawa Open Powerlifting & Bench Freak competition was successfully held thanks to the efforts of Barry Antoniow and a wide range of sponsors and volunteers. This has become a popular meet over the past few years, so you better get your entries in early as the spots fill up quick.

First was the Bench Only competition in conjunction with the Paralympic Bench Press. A special thanks to Paul Vaillancourt (who happens to be Ontario's Strongest Man 2009) for fabricating the bench used in the Paralympic event.

Strong performances were put out by all of the Paralympic benchers, Donovan Snell, Eric Flemming, Shane Risto, and Sally Thomas.

Paralympian Sally Thomas put out an especially impressive performance finishing with a 65 KG bench at a bodyweight of 43 KG. Sally took the overall female title with the highest Wilks of all female benchers.

In the Open Bench, both Marc Rioux (122.5 KG) and Ryan Silversen (134 KG) each put up a huge 245 KG bench with Marc just edging out Ryan by 2.4 Wilks points for the overall title. Ryan Silversen is a very handsome man if I do say so myself.

Big Curd "Bench Freak" Hos just missed getting a whopping 272.5 KG bench on a technicality. Big Curd will no doubt smash this next time.

In the Three Lift competition, there were 3 flights of lifters, with a whole flight comprised of Women's lifters. There were also a large number of novice lifters at this meet as well, which is a great sign for the sport of Powerlifting in Canada.

Sarah Leighton walked away with the overall Women's title. Sarah went an impressive seven for nine in the 67.5-kilo class finishing with a 415 KG total. Not far behind for the overall female title was Trisha Boyle of Team Barbarian. Sarah edged out Trisha by 5.7 Wilks points. Odette Michaud of Quebec had an over 3-times bodyweight deadlift, pulling 130 KG weighing 39.7 KG.



Chris Yantha receiving nicest mustache award from Barry Antoniow

In the Men's Three Lift, Junior 82.5-kilo lifter Joel Boulianne walked away

with the overall title and a very impressive 500 Wilks. Joel was followed by Masters 1 lifter Claude Dallaire. Claude, one of the best deadlifters in the country, pulled 312.5 KG at a bodyweight of 83.3 KG. Claude also just missed a pull of 317.5 at lockout.



Blaine LeBlond

As always the OPA came together and loaned their skill and expertise to the efficient running of this meet. The same can be said for the QPF. Ottawa powerlifting has always enjoyed a close relationship with the Quebec Powerlifting Federation and this year was no exception. It is always a pleasure to have so many volunteers and great lifters from our QPF friends.

Thanks to Mike Knott, Harnek Singh Rai, Terry Stinchcombe, Louis Levesque, and Daniel Royer for their precision job in the referee's chair.

Glyn and Marlene Moore did an excellent job of keeping the meet running smoothly at the head table along with Courtney Watts, Sue Thompson, and Ricki-Lee Pitman.

Janet Warne was great on the microphone for the announcing all day. Janet, have you ever considered a job in television?

A special thanks to the spotters and loaders. They work the hardest out of everyone, and are responsible for keeping the lifters safe and confident even while putting themselves at risk of injury. Every weight that is lifted on the bar is put there by a spotter and loader:

Russel Stocker, Art Chan, Danny Kohli, Connor Sheehan, Ronnie Hall, Raphael Deschenes, Stephan Mackie, Jean-marc Vernier, Scott MacDiarmid, Phil Gervais

Last but definitely not least, thanks to the sponsors:

Curd Hos – Neogenix  
<http://www.fitnesswarehouse.ca>

Louis Levesque - Titan Support Systems  
<http://www.titan-canada.ca/>

[www.nosweatpowerlifting.com](http://www.nosweatpowerlifting.com)

NAKA Nutrition

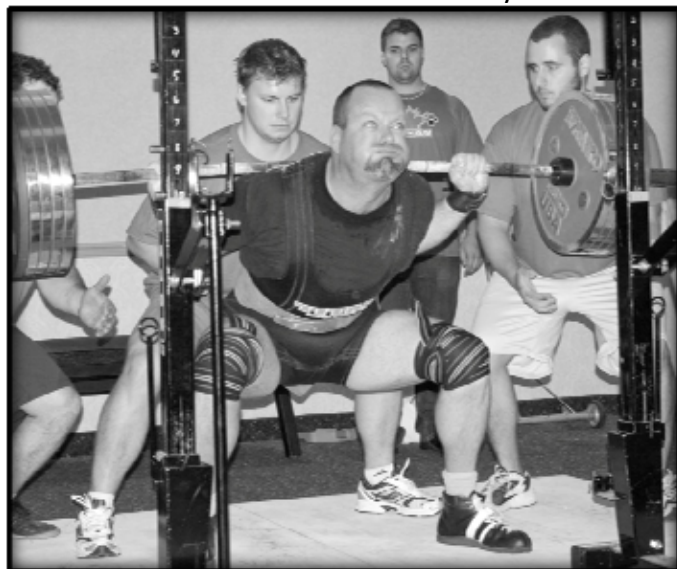
## Ottawa Open Photos

Photos by: U Kruger

Dave Bolton



Kerry LeBlond

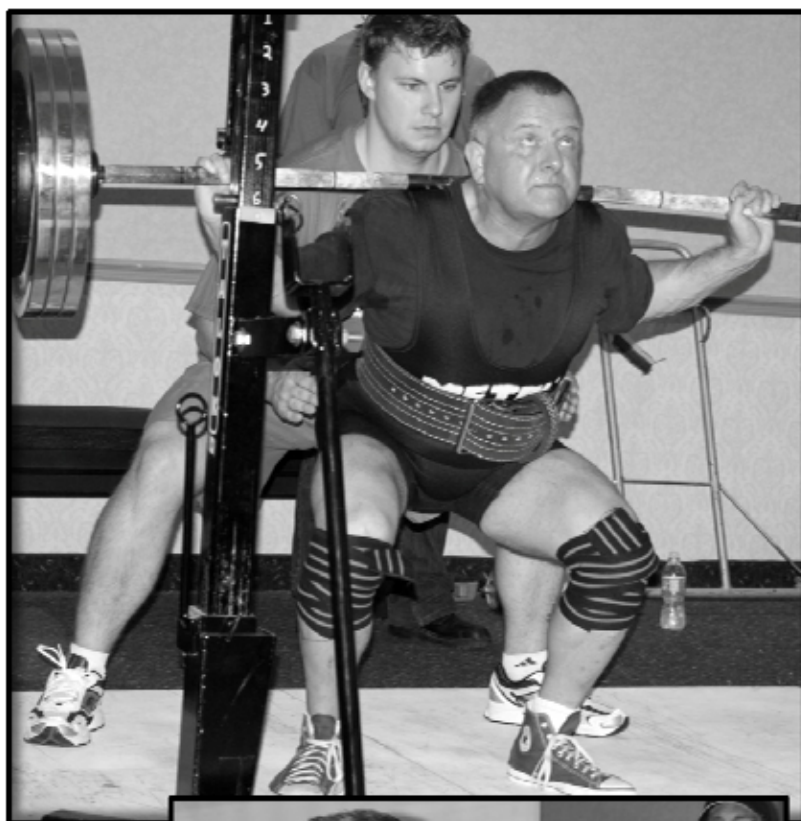


## Ottawa Open Photos

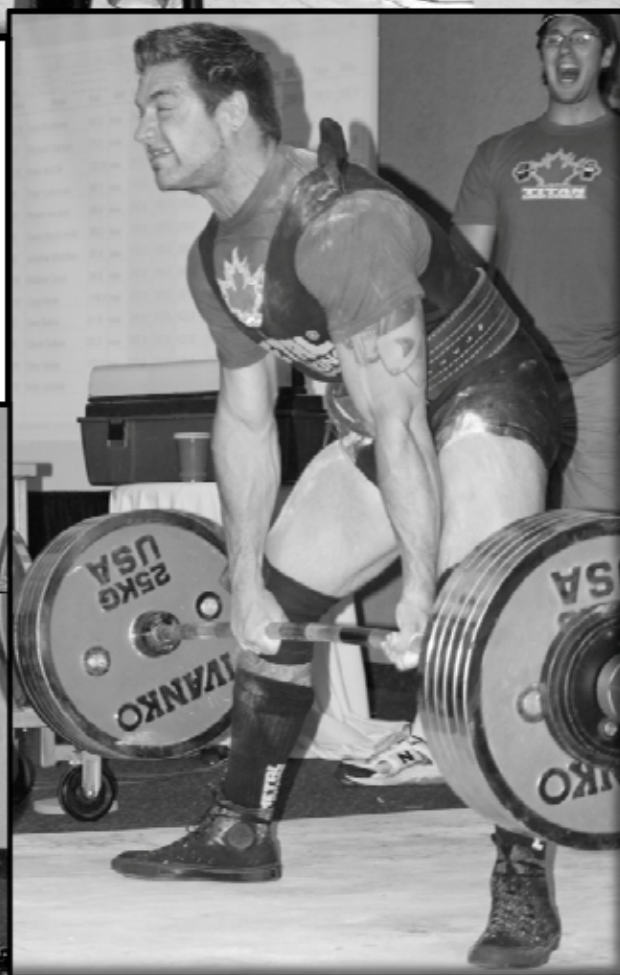
Photos by: U Kruger



Catherine Rohani



John Cahill



Quebec lifter Joel Boulianne



Quebec lifter Shaney Gilbert



## 2009 Membership Application

for residents of Ontario

Required if competing Jan 1, 2009 - Dec 31, 2009 (Includes Newsletter)



Becoming an OPA member automatically entitles you to a CPU (Canadian Powerlifting Union) membership. The CPU is affiliated with the IPF (International Powerlifting Federation).

**--. PLEASE PRINT. Complete all areas.**

**Membership Fees are non-refundable.**

### Who can become an Ontario Powerlifting Association Member?

- Residents of Ontario can be full members of the Ontario Powerlifting Association. Lifters in other provinces must register with the association in their province
- Non-residents of Canada must register with the CPU Registration Chairperson directly
- Any person from anywhere can be an Associate member.

**Are you a new Member?** ☐

**Name:** \_\_\_\_\_  
First Name Middle Initial Last Name

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**Province:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

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

*Insurance waiver form that MUST accompany the membership form. Note that there is a separate version of this form for Minors to be signed by the parent/guardian.*

**\*\*\* Both the Waiver and Membership form must be signed before a CPU card can be issued \*\*\***

### **Type of Membership** (Check only one)

☐ **Regular: \$65.00/Regular Sub-Junior \$45.00** or ☐ **Special Athlete: \$45.00** or ☐ **Associate: \$30.00**

**Note:** All members receive the OPA Newsletter several times per year. Regular and Special Athletes receive a CPU card which entitles entry into IPF affiliated contests.

**Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_ ☐ M or ☐ F **Level:** ☐ Novice ☐ Intermediate ☐ Senior  
DD / MM / YYYY

**Categories:** ☐ Open ☐ Blind ☐ Special Athlete ☐ Other \_\_\_\_\_  
(check all that apply) ☐ Sub Junior ☐ Junior ☐ Master I ☐ Master II ☐ Master III

**Affiliated OPA Club:** \_\_\_\_\_ or ☐ Unattached

**Note:** In order to represent an affiliated OPA club, the lifter must train with the club regularly (at least once a week) Notify the Registration Chairperson if you are changing clubs. You can only compete for the club that is indicated above.

As a member of the Ontario Powerlifting Association, I agree to follow and obey all rules, regulations, and drug testing procedures as specified in the Ontario Powerlifting Association Constitution and Bylaws (available on the OPA website and upon request). In order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.

#### **Privacy:**

The Ontario Powerlifting Association collects and uses your personal information primarily for the purposes of: a. registration activities associated with the Ontario Powerlifting Association, the Canadian Powerlifting Union and affiliates; b. mailing of periodic newsletters; c. Posting contest results on the website and in the newsletter; d. insurance.

I understand that by joining the Ontario Powerlifting Association, I am granting permission to use my likeness, voice and words on television, radio, films, newspapers, newsletters, on the internet and any other media. As a competitor, I further understand that my age, bodyweight and competition results will be available for scrutiny and posting at competitions as well as in the above described media.

I consent to the information above being made available to our members for networking (e.g. membership lists, newsletters, etc). Only the information that is necessary (and nothing additional) will be shared. This information will not be given out to any other organization.

#### **Medical:**

Should there be an instance during a club practice or competition where I am not medically able to determine emergency medical care for myself, I authorize the Ontario Powerlifting Association or Ontario Powerlifting Club officials to take such measures and arrange for such medical and hospital treatment as they may deem advisable for my health and well-being.

**Signature (Required):** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(Parent/Guardian if under 18)

**Send application & cheque/money order to:**  
Ontario Powerlifting Association  
c/o Marlene Moore, 9 Old Oxford Road  
St Catharines, ON L2M 2J7

**Make Cheque or Money Order payable to:**  
Ontario Powerlifting Association

\*Allow 4-6 weeks for CPU Cards to be processed.  
**Registration will not be accepted on the day of a contest.**  
Rev: 01/07 v1.0



## **ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY**

For Participants **Over the Age of Majority in** the Province or Territory in which the Athletic Activities are Provided by the Organization

### **WARNING: THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, READ IT CAREFULLY!**

Every Person MUST Read and Understand this Waiver Before Participating in Athletic Activities

The following waiver of all claims, release from all liability, assumption of all risks and other terms of this agreement are entered into by me (the "Participant") with and for the benefit of **Ontario Powerlifting Assoc.**, its directors, employees, volunteers, coaches, officials, business operators, agents and site property owners or Occupiers (the "Organization"). Occupiers is defined in accordance with the definition of Occupiers contained in the Occupiers Liability legislation applicable to the Province or Territory in which the Athletic Activities are provided by the Organization.

- 1) "Athletic Activities" includes but is not limited to contact and non-contact sports, fitness activities, personal training instruction and activities, use of facilities, and fitness programs and services provided to the Participant by the Organization.
- 2) I am aware that there are inherent and significant risks ("Risks") associated with the participation in Athletic Activities. I am aware that those Risks include but are not limited to the potential for serious personal injury caused by any event or any condition of the facility or equipment where Athletic Activities are provided by the Organization and health risks such as transient light-headedness, fainting, abnormal blood pressure, chest discomfort, muscle cramps or soreness, and nausea. I understand the Risks are relative to my own state of fitness and health (physical, mental and emotional), and to the awareness, care and skill with which I conduct myself while participating in Athletic Activities.
- 3) I freely accept and fully assume all responsibility for all Risks and possibilities of personal injury, death, property damage or loss resulting from my participation in Athletic Activities. I agree that although the Organization has taken steps to reduce the Risks and increase safety of the Athletic Activities, it is not possible for the Organization to make the Athletic Activities completely safe. I accept these Risks and agree to the terms of this waiver even if the Organization is found to be negligent or in breach of any duty of care or any obligation to me in my participation in Athletic Activities.
- 4) I acknowledge my obligation to immediately inform the nearest employee or others of the Organization if I feel any pain, discomfort, fatigue or other symptoms that I may suffer during and immediately after my participation in Athletic Activities. I understand I may stop participation at any time, and I may be requested to stop by an employee or others of the Organization who observes any symptoms of distress or abnormal response.
- 5) I confirm that I have reached the age of majority in the province or territory in which I am participating in Athletic Activities.
- 6) In addition to consideration given to the Organization for my participation in Athletic Activities, I and my heirs, next of kin, executors, administrators, and assigns (collectively my "Legal Representatives"), agree:
  - a) To waive all claims that I have or may have in the future against the Organization;
  - b) To release and forever discharge the Organization from all liability for all personal injury, death, property damage, or loss resulting from my participation in the Fitness Activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error of judgment of the Organization; and
  - c) To be liable for and to hold harmless and indemnify the Organization from all actions, proceedings, claims, damages, costs demands including court costs and costs on a solicitor and own client basis, and liabilities of whatsoever nature or kind arising out of or in any way connected with my participation in Athletic Activities.
- 7) I agree that this waiver and all terms contained within are governed exclusively by the laws of the Province or Territory of Canada in which the Athletic Activities are provided to me by the Organization. I hereby irrevocably submit to the exclusive jurisdiction of the courts of that Province or Territory. Any litigation to enforce this waiver must be instituted in the Province or Territory in which the Athletic Activities are provided by the Organization.
- 8) I confirm that I have had sufficient time to read and understand each term in this waiver in its entirety, and have agreed to the terms freely and voluntarily. I understand that this waiver is binding on myself and my Legal Representatives.

Please Initial the box after reading and understanding the above statements and conditions.

Please Print Clearly

Participants Name#	Participant Address	Participant Signature
Organization Witness Name	Organization Witness Signature (if available)	
Signed this _____ Day of _____, 20__		

## **ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY**

For Participants Under the Age of Majority in the Province or Territory in which the Athletic Activities are Provided by the Organization

### **WARNING: THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, READ IT CAREFULLY!**

Every Person MUST Read and Understand this Waiver Before Participating in Athletic Activities

The following waiver of all claims, release from all liability, assumption of all risks and other terms of this agreement are entered into by me on behalf of the Minor Participant (the "Minor") with and for the benefit of **Ontario Powerlifting Assoc.**, its directors, employees, volunteers, coaches, officials, business operators, agents and site property owners or Occupiers (the "Organization"). Occupiers is defined in accordance with the definition of Occupiers contained in the Occupiers Liability legislation applicable to the Province or Territory in which the Athletic Activities are provided by the Organization.

- 1) I am the Parent/Guardian of the Minor and am executing this waiver on behalf of the Minor in my capacity as Parent/Guardian and with the intent that this waiver be binding on myself and the Minor for all legal purposes.
- 2) "Athletic Activities" includes but is not limited to contact and non-contact sports, fitness activities, personal training instruction and activities, use of facilities, and fitness programs and services provided to the Minor by the Organization.
- 3) I am aware that there are inherent and significant risks ("Risks") associated with the participation in Athletic Activities. I am aware that those Risks include but are not limited to the potential for serious personal injury caused by any event or any condition of the facility or equipment where Athletic Activities are provided by the Organization and health risks such as transient light-headedness, fainting, abnormal blood pressure, chest discomfort, muscle cramps or soreness, and nausea. I understand the Risks are relative to the Minor's state of fitness and health (physical, mental and emotional), and to the awareness, care and skill with which the Minor conduct him or herself while participating in Athletic Activities.
- 4) I freely accept and fully assume all responsibility for all Risks and possibilities of personal injury, death, property damage or loss resulting from the Minor's participation in Athletic Activities. I agree that although the Organization has taken steps to reduce the Risks and increase safety of the Athletic Activities, it is not possible for the Organization to make the Athletic Activities completely safe. I accept these Risks and agree to the terms of this waiver even if the Organization is found to be negligent or in breach of any duty of care or any obligation to me or the Minor in the Minor's participation in Athletic Activities.
- 5) I acknowledge on behalf of the Minor the Minor's obligation to immediately inform the nearest employee or others of the Organization if he or she feels any pain, discomfort, fatigue or other symptoms that he or she may suffer during and immediately after his or her participation in Athletic Activities. I understand the Minor may stop participation at any time, and I may be requested to stop by an employee or others of the Organization who observes any symptoms of distress or abnormal response.
- 6) In addition to consideration given to the Organization for the Minor's participation in Athletic Activities, I and my heirs, next of kin, executors, administrators, and assigns, as well as the Minor and his or her heirs, next of kin, executors, administrators, and assigns, (collectively our "Legal Representatives"), agree:
  - a) To waive all claims that I or the Minor have or may have in the future against the Organization;
  - b) To release and forever discharge the Organization from all liability for all personal injury, death, property damage, or loss resulting from the Minor's participation in the Fitness Activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error of judgment of the Organization; and
  - c) To be liable for and to hold harmless and indemnify the Organization from all actions, proceedings, claims, damages, costs demands including court costs and costs on a solicitor and own client basis, and liabilities of whatsoever nature or kind arising out of or in any way connected with the Minor's participation in Athletic Activities.
- 7) I agree that this waiver and all terms contained within are governed exclusively by the laws of the Province or Territory of Canada in which the Athletic Activities are provided to me by the Organization. I hereby irrevocably submit to the exclusive jurisdiction of the courts of that Province or Territory. Any litigation to enforce this waiver must be instituted in the Province or Territory in which the Athletic Activities are provided by the Organization.
- 8) I confirm that I have had sufficient time to read and understand each term in this waiver in its entirety, and have agreed to the terms freely and voluntarily. I understand that this waiver is binding on myself as Parent/Guardian, the Minor and our Legal Representatives.

Please Initial the box after reading and understanding the above statements and conditions.

**Please Print Clearly**

<b>Participants Name</b>	<b>Participant Address</b>	<b>Participant Signature</b>
<b>Parent/Guardian Name</b>	<b>Parent/Guardian Address</b>	<b>Parent/Guardian Signature</b>
<b>Organization Witness Name</b>	<b>Organization Witness Signature (if available)</b>	
Signed this _____ Day of _____, 20__		

### **CONTEST SANCTION FORMS**

Contact the Registration Chairperson  
for Contest Sanction Forms:  
Marlene Moore: (905) 646-8536  
Email: [marlene4opa@cogeco.ca](mailto:marlene4opa@cogeco.ca)

**OR**

Download from the OPA Website at:  
[www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)



ONTARIO POWERLIFTING ASSOCIATION

### **Referees Needed!!!**

The Ontario Powerlifting Association  
needs more referees

Contact the Referee Chairperson:  
Michael Knott (519) 317-6078  
Email: [Mike\\_Knott@bell.net](mailto:Mike_Knott@bell.net)

### **Benefits of being an affiliated club of the OPA**

- Only registered clubs can enter as team in a contest.
- Only registered clubs can sanction and host a contest.
- Clubs can play a part in promoting Powerlifting in their communities.
- Clubs are provided visibility on the website and newsletter.



ONTARIO POWERLIFTING ASSOCIATION

## **Club Affiliation Application Form**

**(for Jan 1 – Dec 31, 2009)**

- Only registered clubs can enter as team in a contest.
- 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 out 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 1 year from Jan 1 to Dec 31.

**Club Name:** \_\_\_\_\_

**CPU Card#:** \_\_\_\_\_

**Club Contact:** \_\_\_\_\_

*Club Contact must be a registered member of the Ontario Powerlifting Association*

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

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

**Postal Code:** \_\_\_\_\_

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

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

**Club Web Site:** \_\_\_\_\_

It is agreed that, if membership be granted, our club will abide by the Constitutional 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 understood that the Ontario Powerlifting Association reserves the right to cancel this said affiliation at any time.

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

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

**Club Affiliation Fee: \$40.00**

**Make cheque payable to:** Ontario Powerlifting Association

**→ All Fees are Non-Refundable**

**Send Cheque or Money Order to:**

Ontario Powerlifting Association  
c/o Marlene Moore, 9 Old Oxford Rd  
St Catharines, ON L2M 2J7

**\*Application must include a copy of all emblems and logos that the club will be using and a list of all of club members**

[Rev:2009-01]



## Request for Expense Reimbursement

This form along with original receipts is to be submitted within 30 days of the event to the OPA

Treasurer for:

- OPA Lifters claiming reimbursement for travel to championship contests (CPU, IPF)
- OPA Referees claiming reimbursement for refereeing a sanctioned contest (OPA)
- OPA Executive Meetings
- OPA Administrative Expenses

### Mail To:

OPA Treasurer:  
Jackie Pritchard  
581202 RR5,  
Dundalk, ON  
N0C 1B0

### Member Information

### Event Information

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

CPU Card #: \_\_\_\_\_

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

\_\_\_\_\_

Phone #: \_\_\_\_\_

Email (optional): \_\_\_\_\_

Competition \_\_\_\_\_

Meeting \_\_\_\_\_

Referee \_\_\_\_\_

Administrative \_\_\_\_\_

Name of Event: \_\_\_\_\_

Location: \_\_\_\_\_

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

Contest Results: (how you placed etc): \_\_\_\_\_

\_\_\_\_\_

**\*\* Each section must be completed as fully as possible. \*\***

### CLAIMANT SECTION

### O.P.A SECTION

Details of Expenses	Amount Claimed	Provision in Constitution	Amount Allowed	Amount Approved	Claim Category
<b>Total:</b>			<b>Total:</b>		

### OFFICE USE ONLY

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

Approved by: \_\_\_\_\_

Cheque #: \_\_\_\_\_

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

I hereby declare the above information to be true and expenses to be incurred by me:

**Claimant's Signature:**

\_\_\_\_\_

Rev. 01/ 08



## How to enter an OPA Sanctioned Contest

Anyone entering an OPA sanction competition must send a completed and signed Contest Entry form along with payment to the Meet Director or specified individual.

You must be an OPA Member in order to compete in an Ontario Championship. Competitors from out of province must possess the appropriate IPF membership to compete in other contests. Example: A lifter from Quebec can compete in an open competition as a CPU member affiliated with the QPF (Quebec Powerlifting Federation).

Here are the steps to follow to enter a contest:

- Verify that all qualifications are met if this is an Ontario Championship.
- Become an OPA Member. Fill out and send in the Membership form which can always be found on the website
- Complete the Contest Entry form (below) and send to the Meet Director along with the appropriate fees.



### 2009 - Contest Entry Form

- Use this form if you wish to enter an Ontario Powerlifting Association sanctioned contest.
- Send the completed form along with the appropriate fees to the contact indicated in the contest details.

→ Complete all areas of the form – Please Print Legibly

→ ALL ENTRY FEES ARE NON-REFUNDABLE

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

Your Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

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

Email : \_\_\_\_\_

Club Representing: \_\_\_\_\_ or ☐ Unattached

CPU Card#: \_\_\_\_\_ Weight Class: \_\_\_\_\_ kg ☐ Male ☐ Female Date of Birth: \_\_\_\_\_  
dd/mm/yyyy

Contest Category Entered: (check all that applied)

☐ 3-Lift ☐ Deadlift only ☐ Bench only ☐ Special Athlete ☐ Intermediate ☐ Blind ☐ Novice  
☐ Sub-Junior ☐ Junior ☐ Master I ☐ Master II ☐ Master III ☐ Open

T-Shirt size: (if applicable) \_\_\_\_\_

#### Required Information for Provincial or National Championships:

*(Note if this section is not filled out, you will not be considered qualified for Championships)*

Qualifying Total: \_\_\_\_\_ Date of Qualifying Total: \_\_\_\_/\_\_\_\_/\_\_\_\_

Where Qualifying Total was obtained: \_\_\_\_\_

**Note: All qualifying totals must be within 24 months of the competition applying for**

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 to carry out drug testing at any contest under their jurisdiction. In order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.

Should there be an instance during competition where I am not medically able to determine emergency medical care for myself, I authorize the Ontario Powerlifting Association or Ontario Powerlifting Club officials to take such measures and arrange for such medical and hospital treatment as they may deem advisable for my health and well-being.

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



(Parent/Guardian if under 18)

[11/2005]

## ARTICLE XIX - Provincial Records

1. Standard application form has to be submitted no later than 30 Calendar days from the date of the supposed record.
2. A) The Chief Referee's seat and two side judges' seats must be occupied by at least a Provincial Category I card holder.  
B) I.P.F. rules must be followed.
3. The lifter is responsible for completion and submission of the application form and fee of \$75.00 to the Ontario Registrar.
4. Any lifter who registers a positive doping test shall have all previous OPA records that he/she may have held removed. Records will revert back to the previous record holder.
5. Record Certificate designed by H. Rai is the Official Record Certificate of the OPA. The certificate will be distributed by the Records Chair for a fee of \$5.00 each.

*[From Ontario Powerlifting Constitution and Bylaws]*

 <small>ONTARIO POWERLIFTING ASSOCIATION</small>	<b>National or Provincial Record Application Form</b>																											
<b>Application for:</b> <table style="width: 100%;"><tr><td><input type="checkbox"/> National Men's Senior</td><td><input type="checkbox"/> National Women's Senior</td></tr><tr><td><input type="checkbox"/> National Men's Junior</td><td><input type="checkbox"/> National Women's Junior</td></tr><tr><td><input type="checkbox"/> National Men's Sub Junior</td><td><input type="checkbox"/> National Women's Sub Junior</td></tr><tr><td><input type="checkbox"/> National Men's Master 40-49</td><td><input type="checkbox"/> National Women's Master 40-49</td></tr><tr><td><input type="checkbox"/> National Men's Master 50-59</td><td><input type="checkbox"/> National Women's Master 50-59</td></tr><tr><td><input type="checkbox"/> National Men's Master 60+</td><td><input type="checkbox"/> National Women's Master 50+</td></tr><tr><td colspan="2"> </td></tr><tr><td><input type="checkbox"/> Provincial Men's Senior</td><td><input type="checkbox"/> Provincial Women's Senior</td></tr><tr><td><input type="checkbox"/> Provincial Men's Junior</td><td><input type="checkbox"/> Provincial Women's Junior</td></tr><tr><td><input type="checkbox"/> Provincial Men's Sub Junior</td><td><input type="checkbox"/> Provincial Women's Sub Junior</td></tr><tr><td><input type="checkbox"/> Provincial Men's Master 40-49</td><td><input type="checkbox"/> Provincial Women's Master 40-49</td></tr><tr><td><input type="checkbox"/> Provincial Men's Master 50-59</td><td><input type="checkbox"/> Provincial Women's Master 50-59</td></tr><tr><td><input type="checkbox"/> Provincial Men's Master 60+</td><td><input type="checkbox"/> Provincial Women's Master 60+</td></tr></table>		<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 Sub Junior	<input type="checkbox"/> National Women's Sub 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 50-59	<input type="checkbox"/> National Women's Master 50-59	<input type="checkbox"/> National Men's Master 60+	<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 Sub Junior	<input type="checkbox"/> Provincial Women's Sub 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 Master 50-59	<input type="checkbox"/> Provincial Women's Master 50-59	<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+	<b>Note:</b>  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  Provincial Records Mail to: Connor Sheehan 18 Newbury Ave Ottawa, ON K2E 6K8 National Records Mail to: Mike Armstrong 4709 Fordham Cr. SE., Calgary AB T2A 2A5
<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																											
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<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+																											
<b>Lifter Information:</b>  Name: _____  City: _____ Prov: _____  Phone: _____ Postal: _____  CPU# _____  Wt Class: _____ Precise Body Wt. _____  Doping Control Sample#: _____	<b>Competition Information:</b>  Name of Competition: _____  Location/Address: _____  City: _____ Prov: _____  Date of Competition: _____  <table border="1" style="width: 100%; border-collapse: collapse;"><thead><tr><th>Attempt</th><th>1<sup>st</sup></th><th>2<sup>nd</sup></th><th>3<sup>rd</sup></th></tr></thead><tbody><tr><td>Squat</td><td></td><td></td><td></td></tr><tr><td>Bench Press</td><td></td><td></td><td></td></tr><tr><td>Deadlift</td><td></td><td></td><td></td></tr><tr><td>Total</td><td></td><td></td><td></td></tr></tbody></table>		Attempt	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Squat				Bench Press				Deadlift				Total									
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Squat																												
Bench Press																												
Deadlift																												
Total																												
<b>I have checked all the data and all lists and hereby state that everything is in order:</b>  Date: _____  Signature: _____	Send completed form to the appropriate chairperson as stated above.																											

# Classification Awards Program Badge Application

for Ontario Powerlifting Association Members

## Member Information:

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

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

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

CPU#: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ ☐ M ☐ F



Send Application to:  
Connor Sheehan  
18 Newbury Ave  
Ottawa, ON K2E 6K8

## Contest Information:

Name of Meet: \_\_\_\_\_ Date: \_\_\_\_\_

Place of Meet: \_\_\_\_\_ Club Represented: \_\_\_\_\_

Weight Class: \_\_\_\_\_ kg Actual Weight: \_\_\_\_\_ kg Actual Total: \_\_\_\_\_ kg

Badge Applied for: ☐ Elite ☐ Master ☐ Class I ☐ Class II ☐ Class III ☐ Class IV

Lifter's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Purpose of the Classification Awards Program:

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

CLASSIFICATION TOTALS:				MEN								
Wt Class	52kg	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 1	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 11	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 111	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								
Wt Class	44kg	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 1	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White	
Class 11	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White	
Class 111	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	
Qualifying Totals		Women Provincial			Men Provincial			Women National		Men National		
Senior		Class III			Class I			Class III		Class I		
Master 1 (40 - 49)		Class III			Class 11			Class III		Class II		
Master 2 (50-59)		Class IV			Class III			Class IV		Class III		
Master 3 (60-69)		Class IV			Class IV			Class IV		Class IV		
Master 4 (70+)		(Not Applicable)			Class IV			(Not Applicable)		Class IV		
Junior		Class III			Class III			Class III		Class III		
Intermediates		(Not Applicable)			(Class 111+4%)<Class I			(Not Applicable)		(Not Applicable)		
Bench Press Open 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		



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## 2009 OPA Affiliated Clubs

## ONTARIO POWERLIFTING ASSOCIATION

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

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### Capital Barbell

Connor Sheehan (613) 978-7289  
18 Newbury Ave.  
Ottawa ON K2E 6K8  
[connorsheehan@hotmail.com](mailto:connorsheehan@hotmail.com)

### Defining Strength

Susan Abbott (905) 768-4723  
P.O. Box 988  
Hagersville ON N0A 1H0  
[suabbott@mountaincable.net](mailto:suabbott@mountaincable.net)

### Fern's Gym

Fern Boucher (705) 647-4279  
571 Bolger Ave, Box 2858  
New Liskard ON P0J 1P0

### Golden Triangle

Dave Hoffman (519) 894-5913  
278 Thaler Ave  
Kitchener ON N2A 1R6

### Iron Foundation

Alex Drolc (519) 767-3332  
[alex\\_drolc@hotmail.com](mailto:alex_drolc@hotmail.com)

### Iron Works Powerlifting Club

Barry Antoniow (613) 222-6374  
148 Balfour Ave.  
Ottawa, ON K1G 0G9  
[bantoniow@hotmail.com](mailto:bantoniow@hotmail.com)  
[www.ottawastrong.com](http://www.ottawastrong.com)

### K.W. Grizzlies

Adele Couchman (519) 744-4881  
[acouchman@sympatico.ca](mailto:acouchman@sympatico.ca)

### London Powerlifting Club

Terry Stinchcombe (519) 681-4766  
18 Locust Cres  
London ON N6E 2K2  
[londonpowerlifting.org](mailto:londonpowerlifting.org)

### Monster Powerlifting Club

Harnek Singh Rai (416) 569-1488  
6 Yukon Lane  
Brampton ON L6P 1L4  
[harnekpowerlifting@yahoo.com](mailto:harnekpowerlifting@yahoo.com)

### Niagara Powerlifting Club

Jay Gemmell (905) 685-9828  
20 Foxtrail Cres.  
St. Catharines, ON L2S 3T9  
[jgemmell@cogeco.ca](mailto:jgemmell@cogeco.ca)  
[niagarapowerlifting.org](http://niagarapowerlifting.org)

### Ottawa Strong

Eytan Rip (613) 594-8000  
[Eytan.rip@gmail.com](mailto:Eytan.rip@gmail.com)

### Phoenix Fitness

Andy Childs (905) 648-0226  
1015 Golf Links Rd.  
Ancaster ON L9K 1L6  
[andy@phoenixancaster.com](mailto:andy@phoenixancaster.com)  
[www.phoenixancaster.com](http://www.phoenixancaster.com)

### Power Pit Gym

Jerry Marentette (519) 727-6096  
1530 County Rd. 22  
Belle River ON N0R 1A0

### PowerReach

Ashley Hartwick (613) 832-2906  
139 Willand Lane RR3  
Woodlawn ON K0A 3M0  
[ethna@sympatico.ca](mailto:ethna@sympatico.ca)

### St Thomas Powerlifting

Daniel Pare (519) 633-0771  
403 Highview Dr  
St. Thomas ON N5R 5H6  
[weightroompress@aol.com](mailto:weightroompress@aol.com)

### Steel City Powerlifting Club

William T. Jamison (905) 765-5345  
412 Big Creek Rd.  
Caledonia ON N3W 2G9  
[billjamison@sympatico.ca](mailto:billjamison@sympatico.ca)

### SWIS Powerlifting Team

Dr. Ken Kinakin (647) 444-7947  
[Ken.kinakin@sympatico.ca](mailto:Ken.kinakin@sympatico.ca)

### Team Barbarian

Josh Hewett (416) 931-0800  
993 Roselawn Ave  
Toronto, ON M6B 4M9  
[josh@top-form-fitness.com](mailto:josh@top-form-fitness.com)  
[www.teambarbarian.com](http://www.teambarbarian.com)

### Titans of Mississauga

Pascal Tyrrell (905) 842-6701  
[Pascal.tyrell@gmail.com](mailto:Pascal.tyrell@gmail.com)

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## Ontario Powerlifting Association Board of Directors

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### President:

Glyn Moore (905) 646-8536  
9 Old Oxford Rd  
St Catharines, ON L2M 2J7  
[gmoore82@cogeco.ca](mailto:gmoore82@cogeco.ca)

### Vice President:

Barry Antoniow (613) 222-6374  
1800 Bank St, Suite 300  
Ottawa, ON K1V 0W3  
[bantoniow@hotmail.com](mailto:bantoniow@hotmail.com)

### Secretary:

Krista Schaus  
295 Link Rd RR2  
Cayuga, ON N0A 1E0  
[krista@definingedge.ca](mailto:krista@definingedge.ca)

### Treasurer:

Jackie Pritchard (519) 925-2744  
581202 RR 5  
Dundalk, ON N0C 1B0  
[jackie.pritchard@gmail.com](mailto:jackie.pritchard@gmail.com)

### Registration Chairperson:

Marlene Moore (905) 646-8536  
9 Old Oxford Rd,  
St Catharines, ON L2M 2J7  
[marlene4opa@cogeco.ca](mailto:marlene4opa@cogeco.ca)

### Records Chairperson, Website Editor:

Connor Sheehan (613) 978-7289  
18 Newbury Ave  
Ottawa, ON K2E 6K8  
[connorsheehan@hotmail.com](mailto:connorsheehan@hotmail.com)

### Referee Chairperson:

Michael Knott (519) 317-6078  
1002-860 Commissioners Rd E  
London, ON N6C 5Y8  
[Mike\\_Knott@bell.net](mailto:Mike_Knott@bell.net)

### Regional Chairpersons:

Northwest (vacant)  
Northeast: (vacant)

### Southern:

Jerry Marentette  
1530 County Rd 22  
Belle River, ON N0R 1A0  
Email: [opa.southern@ontariopowerlifting.org](mailto:opa.southern@ontariopowerlifting.org)

### Eastern:

Paul Behne  
1541 Riverside Dr. Unit 2208  
Ottawa, ON K1G 4E2  
[p\\_behne@hotmail.com](mailto:p_behne@hotmail.com)

### Newsletter:

Ulrike Kruger  
[rekapower@gmail.com](mailto:rekapower@gmail.com)

### Other Officials:

CPU President:  
Jeff Butt (306) 694-5262  
1110 Main Street N  
Moose Jaw, SK S6H 3K9  
[jeff@powerlifting.ca](mailto:jeff@powerlifting.ca)