

Ontario Powerlifting News



OFFICIAL NEWSLETTER OF THE
ONTARIO POWERLIFTING ASSOCIATION

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Jacquie Johnson

The Kitchener Waterloo Grizzlies: A Different Kind of Club



Cheryl Howey

Also in this issue:

*"Even at a Crossroads, It's Still a Great Time
to be A Powerlifter" - by Craig Hirota and*

*"Maggie Rafferty: The Girl That Does it All:" -
by Chris Fudge*

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President's Report

Greetings to everyone especially to all the new members who have chosen to join the OPA in 2012. We have had close to 300 members in some years but as of our executive meeting on the 22nd of September we were up to 325. The implementation of classic lifting has brought out many new faces and I hope your experience has been positive.

All of our meets have been at capacity levels. Thanks to VP Sandro and his crew from Ottawa for adding the October meet. It was definitely needed.

The World Masters in the USA will probably be history by the time you read this and Ontario is well represented on the Canadian team. The Open World's will follow with more Ontario lifters.

Our classic provincials are up in December along with the Ontario Bench Championships and I'm excited to see how many lifters will show for the classic three lift. Our equipped provincials will follow in January along with the AGM (Annual General Meeting). The timing of the AGM will be determined by the number of lifters who attend the equipped contest. It may be Friday or Saturday night.

The only disappointment this year was the number of lifters who signed up for the Toronto Pro Super Show. We only had lifting on one day. It was decided to make next years' contest an open event with a three lift on Saturday and a bench only Sunday. We are looking to add other events such as demonstrations. This will be the third year for this show and it has been a learning experience. Watch the website for developments.

At times executive members get calls from members asking questions which would be easily answered by a trip to the website. I sincerely enjoy talking to our members so please don't feel we are not accessible. Call me anytime to get clarification on anything. This is the second last edition of the newsletter. I have battled for many years to keep getting it published.

The recent passing of Grace Bartel was the low point for the OPA in 2012. She was a greet ambassador for our sport and our condolences go out to her family and the Niagara Powerlifting Club.

Good luck to everyone in the upcoming World and Provincial events. As they say-Where did the summer go.

Personally it was way to hot for me. All the best.
Dave Hoffman

Referee's Report

2012 continues strong with refereeing. I would like to congratulate Matt Cuthbert on obtaining his Level 1 Provincial Referee Certification.

I have been asked by several people about becoming referees. I am still looking for more referees in the other regions. With the amount of lifters in the Ottawa region, we need more referees in that area. With the cost of travel it is hard to get referees to travel outside their local areas.

Calendar

Date	Event
December 15-16 2012	Ontario Bench Press Championships and Ontario Three Lift Classic Championships
January 26 & 27, 2012	Ontario Provincial Equipped Championships
January 26 <u>or</u> 27	2013 AGM will be held Friday evening if it is a one day meet or Saturday evening if it is a two day meet.

Ontario Powerlifting News

The Ontario Powerlifting News is published several times per year and is included in the OPA membership fees.

Submissions and articles are welcome from all members.

Editor: Julie Watkin

Contributors: Adele Couchman, Frank Nadeau, Chris Fudge, Craig Hirota, Glyn Moore, Sandro D'Angelo, Pascal Tyrell, Dave Hoffman, Blake Giberson

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Newsletter Deadline: December 15, 2012

Submissions:
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Ontario Powerlifting News Goes Electronic

This past January 2012, it was voted upon at the Annual General Meeting to make the Ontario Powerlifting News available in electronic format.

As of January 2013, the Ontario Powerlifting News will only be available in printed format for those individuals who specifically request it. All others will receive their copy via email or they can access on the OPA website at Ontariopowerlifting.org.

When you register for your 2013 membership, please ensure that the registrar receives a current email address.

For those who prefer to continue to receive a printed copy, you must contact Julie Watkin at j_watkin@cogeco.ca or (905)529-7097. If you do not contact her, it is assumed you prefer to receive an electronic copy.

The decision to change the format to electronic was arrived at after much discussion. We believe our organization should adhere as closely as possible to all environmentally responsible initiatives such as cutting down on unnecessary paper production. In addition, as our membership becomes increasingly younger, electronic media is the expected format in which we choose to receive our news.

Registrar's Report

Greetings, Here we are, well into September. As of September 17th 2012, we have 324 members in the OPA. One hundred and thirty five (135) are new to the OPA. To those of you who are new, that is well beyond previous OPA membership numbers. So welcome to all of you. I hope 2012 has been a positive introductory year. We also have twenty one (21) registered clubs. As you might assume and expect, more lifters presents new challenges. Obviously the calendar year hasn't expanded, but we need and want to have sufficient competitions available for lifters to compete. From what I can gather there is an aggressive appetite for competition, and that's good news. Our challenge for the new year will be to hold sufficient contests for our expanding membership. Also, for those of you who are new, over the years, the same contests and directors had an almost pre-arranged contest schedule which for the most part was suitable for the needs of the organization, for the membership numbers. Going into the future, I expect that most and hopefully all of the past meet directors will stay with us for awhile and continue to show the way of hosting quality contests. But with a larger membership, it may also mean that new meet directors, may want to step forward and try your hand. There is probably no better time, as there are so many resources in the OPA at the present time, who would be more than happy to assist a new meet director. I won't dwell further on our expansion here, but there are several areas where discussion and decisions will be required. We may all need to show some patience as we move forward. All members of the OPA can provide input and everyone who is a member at the time of the OPA AGM, which coincides with our provincial championships in January 2013, can vote.

Just a reminder, as soon we will be signing up for 2013. When I receive your membership registrations, your information is typed (by me) onto a master OPA membership list. Therefore, if you could use due diligence in filling out the form in a complete and legible manner, it would make the job of your registrar so much easier. I'm getting old and my eyes aren't as good as they used to be. For the most part registrations are in good shape, but there have been a few that are less than tidy and complete. Thanks. Another area of registration, that will require some attention, is being able to register and pay for registration online. I know there are many who are asking about it and it is something we need to look at soon. I will get back to you on that.

A reminder to all club leaders for the new year: If you want your club points to count at the Provincial Championships in January 2013, you have to register **before** the contest, in order to have your club recognized for team points. **Remember**, a **2012** club registration doesn't count in **2013**. I will say here, so it is on record that **I will not accept** club registrations on contest date of the Provincials."

Suffice to say that goes for lifters as well. **2012 CPU** registrations are null and void on 31 December 2012. To lift in January 2013 you need a 2013 CPU registration.

Blake, OPA Registrar



Ontario High School Provincial Championships, May 4, 2012

Powerlifting Results Name	Team	Bwt (kg)	WtCls (kg)	Best SQ	Best BP	Best DL	(1) PL Total	Wilks Pts
Megan Foster	Cayuga	49.5	52	50.0	35.0	90.0	175.0	226.52
Anna Keats	G.Park	50.2	52	52.5	36.5	88.0	177.0	226.70
Shelby Ricker	Dunn V.	56.4	57	47.5	32.5	95.0	175.0	204.77
Jessica Bastos	St Marys	56.8	57	70.0	37.5	97.5	205.0	238.54
Kayla Welch	St Davids	67.8	72	80.0	47.5	117.5	245.0	249.26
Nicole Morrison	W.Dale	71.2	72	120.0	60.0	152.5	332.5	326.98
Careena Browne	W.Dale	75.3	84	112.5	52.5	152.5	317.5	301.09
Olivia Cook	W.Dale	87.5	84+	65.0	47.5	90.0	202.5	177.11
Jena Devine	Res	95.4	84+	102.5	50.0	142.5	295.0	249.33
Benjamin Dickhout	Dunn V.	56.4	59	95.0	50.0	115.0	260.0	235.07
Saim Tariq	G.Park	57.2	59	105.0	80.0	151.0	336.0	299.68
Adam Weiler	St Davids	58.6	59	0.0	0.0	0.0	0.0	0.00
Markus Jones	Mother.T	65.0	66	105.0	72.5	177.5	355.0	282.30
Ben Meyer	W.Oxford	62.8	66	135.0	0.0	0.0	0.0	0.00
Twana Maroofzadeh	Wminster	71.0	74	92.5	77.5	160.0	330.0	244.66
Sam Malavolta	W.Dale	73.0	74	150.0	85.0	180.0	415.0	301.46
Jimmy Lekkas	St Marys	72.2	74	135.0	85.0	183.0	403.0	295.08
Matt Mason	W.Oxford	79.8	83	155.0	110.0	185.0	450.0	307.71
Tyler Vandevenne	Wminster	77.0	83	175.0	122.5	200.0	497.5	348.20
Tyler Walker	W.Dale	80.6	83	175.0	125.0	220.0	520.0	353.34
Jake Malavolta	W.Dale	88.2	93	195.0	130.0	205.0	530.0	341.90
Kyle Bonk-Dann	C.Central	91.2	93	185.0	140.0	252.5	577.5	366.25
Mike Rotermann	St Davids	94.0	105	117.5	77.5	147.5	342.5	214.06
Connor Garrett	Laurier	94.4	105	137.5	65.0	147.5	350.0	218.33
Khaleed Najak	W.Dale	105.0	105	0.0	0.0	0.0	0.0	0.00
Kyle Marr	Dunn V.	108.0	120	187.5	125.0	227.5	540.0	319.63

May 4 saw the 2012 High School Championships. This year they were hosted by Cayuga Secondary School. There were a number of provincial records broken. Best team went to Westdale Secondary School with seven of the twenty six lifters.

Best lifter female went to Nicole Morrison of Westdale who also won best lifter at the Hamilton Regional meet.

Best lifter male went to Kyle Bonk-Dann of Catholic Central who finished the day with a 252.5kg deadlift.

A number of the lifters qualified for the Classic Provincial Championships in December in Belle River. We hope to see many of them in this or other upcoming open meets.



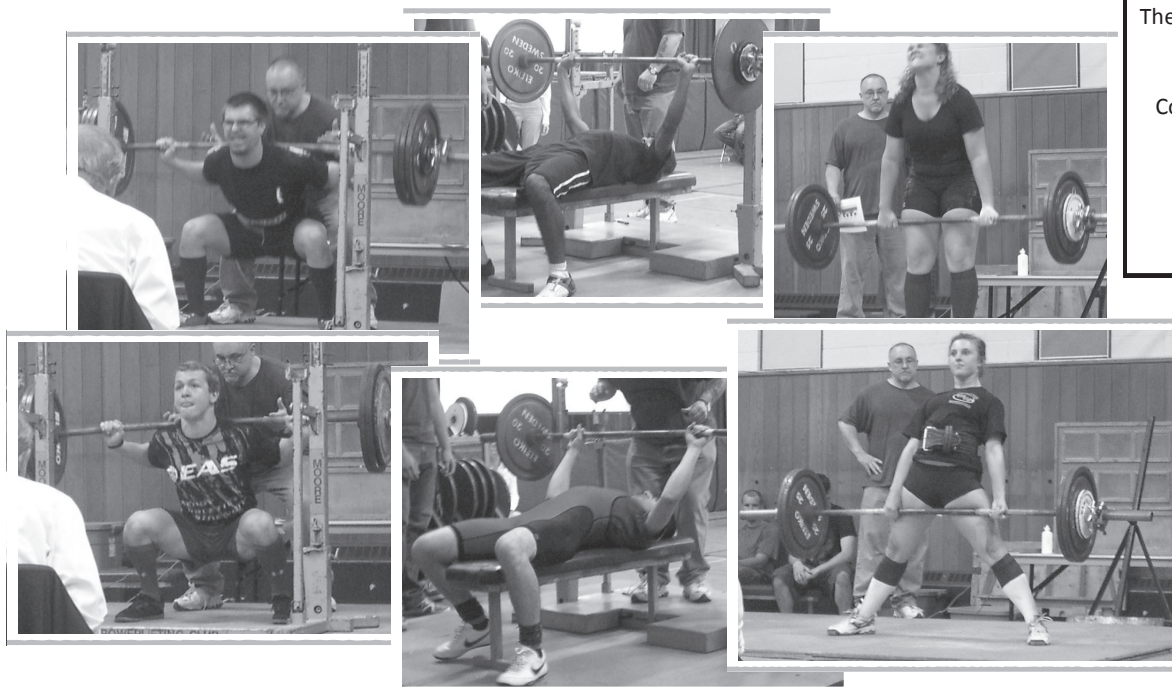
Referees Needed!

The Ontario Powerlifting Association always needs more referees.

Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: Mike_Knott@bell.net



Grace Bartel 1959 - 2012

I would like to share with you how Grace became a powerlifter. It was in 2003; Frank Nadeau and I were bench pressing at the YMCA, when we noticed this very strong smell of perfume followed by this very distinctive laugh. Turning around we saw this very attractive and petite girl with a red bandana and red lipstick and a fantastic body, yes it was Grace. Frank and I carried on with our workout and Grace came over to the squat rack while was right next to the bench-press rack. She started squatting and very soon this very small lady was squatting a 45lb plate a side and that's when Glyn, moved into his, powerlifting recruitment mode. I went over and said "you're very strong, have you ever thought of powerlifting" She said that she was into boxing and punching a bag so no thanks..... That was in 2003 and that same conversation went on for the next five years, because every time I saw Grace, I would say, are you ready to come over to powerlifting yet? and she would just give a Grace laugh.... It was 2008 before she finally conceded and said that she would like to try powerlifting

She started training with us and was making good progress and we had chatted about her doing a competition. Unfortunately this was also when cancer reared its ugly head. Later that year after many tests she knew that she would have to undergo Chemotherapy and radiation treatment early in the New Year. We talked about this and I said, why not get this treatment over with, get yourself healthy and then you can compete next year. It was so easy for me to say, I had no idea of how much she would have to endure. I went up to see Grace at the Henderson hospital just after her last treatment of radiation, she just looked dreadful and I came home thinking to myself that she will never bounce back from this.....Little did I know just what determination she had. Within two weeks she came back to the gym. All that she could manage to squat was the empty bar....This was in April 2009 and in the fall of that year she entered her first contest and the next year went to Nationals in Quebec City, won the Canadian Championships and got the best lifter award for Masters Two. Last year she represented Canada at the World Masters while wearing a chemo stint in her arm.

Our friend Grace was a champion in every sense of the word.

Back in 2003 Niagara Powerlifting Club adopted the motto.....3lifts, 9 attempts and most importantly....."No excuses"Grace has



taught us all, what no excuses really means. She continually got knocked down by this dreadful disease but like the song goes..."I get knocked down but I get up again, ain't never going to keep me down". This epitomizes what Grace was, not once did I hear her complain, she just got up, dusted herself off and started again. Grace is without doubt the toughest person that I have ever met.

Grace will always be in the heart of Niagara Powerlifting Club and we are going to miss her so much.

OPA Executive & Contacts

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Central Regional Chairperson	Frank Nadeau	905-529-7097	Frank.nadeau@ontariopowerlifing.org
Northern Regional Chairperson	Ron Dillig	705-499-2867	rondillig@yahoo.com

London Open, May 17, 2012

Powerlifting Re-sults Name	Team	Div	Bwt (kg)	WtCls (kg)	Age	Best SQ	Best BP	Best DL	(1) PL Total	Wilks Pts
Maria Commisso		F-O	56.5	57	M I	95.0	0.0	0.0	0.0	0.000
Lynn Lister		F-O-U	60.9	63	M II	70.0	60.0	100.0	230.0	253.483
Mikki Leung	Niagara	F-O-U	68.0	72	O	85.0	65.0	90.0	240.0	243.672
Tannis Waugh	TO Rex	F-O-U	80.5	84	O	75.0	45.0	100.0	220.0	200.618
Jeffery Muise		M-O-U	65.0	66	Jr	0.0	0.0	0.0	0.0	0.000
Kin (Fung) Leung		M-O-U	72.1	74	O	192.5	112.5	255.0	560.0	410.480
Bilal Khan		M-O	72.0	74	O	175.0	130.0	200.0	505.0	370.518
Justin Carvery		M-O-U	72.8	74	O	127.5	0.0	0.0	0.0	0.000
Nikkolas Trillo		M-O-U	80.8	83	Jr	217.5	122.5	260.0	600.0	407.100
Michael Whiting		M-O	76.7	83	O	200.0	130.0	220.0	550.0	385.935
Shaun Roach	Golden	M-O-U	81.8	83	O	162.5	117.5	200.0	480.0	323.232
David McRae	Niagara	M-O-U	82.2	83	O	142.5	137.5	190.0	470.0	315.558
Andrew Irons	Highland	M-O	82.9	83	M I	150.0	90.0	165.0	405.0	270.540
Travis Graham		M-O	91.5	93	O	230.0	152.5	265.0	647.5	409.932
Brian Whitworth	Steel City	M-O	86.8	93	O	250.0	160.0	215.0	625.0	406.687
Andrew Armstrong		M-O-U	89.5	93	O	127.5	150.0	240.5	518.0	331.624
Ryan Snow		M-O-U	91.3	93	Jr	157.5	105.0	195.0	457.5	289.964
Tyler Buruma	London	M-O-U	89.1	93	O	115.0	87.5	162.5	365.0	234.221
Steven Holden	London	M-O	84.4	93	M I	222.5	0.0	0.0	0.0	0.000
Roberto Celio		M-O	100.7	105	M I	275.0	175.0	260.0	710.0	430.899
Andy Childs		M-O-U	104.3	105	M I	235.5	168.5	275.5	679.5	407.020
Rowan Neufeld		M-O-U	99.3	105	O	235.0	142.5	245.0	622.5	379.912
Zach McGuire		M-O-U	95.8	105	Jr	220.0	137.5	220.0	577.5	357.877
Ethan Schwandt		M-O-U	112.0	120	Jr	200.0	132.5	227.5	560.0	327.768
Gerry Frenette	Niagara	M-O-U	114.8	120	M I	205.0	165.0	170.0	540.0	313.902
Robert Moore		M-O-U	106.8	120	O	160.0	102.5	190.0	452.5	268.830
Adam McInroy		M-O-U	122.5	120+	O	235.0	165.0	275.0	675.0	386.303
Chad Farquhar	Niagara	M-O	141.2	120+	Jr	210.0	147.5	245.0	602.5	336.255

This year's London Open had a full house with 28 lifters. While there were a number of new faces that we hope to see again, there were also many veteran lifters including multiple world competitor Andy Childs. As always, London put on a great meet and we hope to see that many competing again next year.

Best lifter female was Lynn Lister and best lifter male was Robert Celio



Ontario Bench Press and Class Three Lift Championships

Date	December 15-16, 2012	Meet Director/Contact	Jerry Marentette (519) 727-6096
Location	Knights of Columbus Hall, 1303 County Road 22, Emeryville, Ontario, N0R 1A0	Note:	More details to follow

Toronto Super Show, June 2, 2012

Powerlifting Results Name	Team	Div	Bwt (kg)	WtCls (kg)	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	(1) PL Total	Wilks Pts
Srinandan Murthy	Candore	M-O-U	109.2	120	125	145	-162.5	-87.5	92.5	-95	155	170	180	417.5	246.242
Gary Lacoursiere		M-O-U	72.6	74	125	135	-151	110	-121	-121	190	200	-205	445	324.539
Dave Pigozzo	Iron	M-O-U	92.4	93	185	192.5	205	125	130	132.5	225	235	247.5	585	368.609
Dane Blimke	Ultimate	M-O-U	101.5	105	205	215	230	130	-140	-140	247.5	260	-272.5	620	375.100
Bhojkumar Jagnarine		M-O-U	80	83	165	182.5	-197.5	100	110	-112.5	245	265	-275	557.5	380.605
Craig Hirota	Toronto	M-O-U	104.2	105	200	207.5	-210	140	-145	-145	260	280		627.5	375.998
Brandon Ward	Golden	M-O	92.5	93	250	-260	260	175	-185	185	260	275	-285	720	453.456
Ashwin Naik		M-O-U	91.8	93	-140	-140	140	-92.5	92.5	-100	225	-230		457.5	289.186
Stan Goss	London	M-O-U	83.4	93	130	152.5	-160	92.5	-100	-100	182.5	-200		427.5	284.544
Frank Mayer		M-O-U	100.5	105	200	210	220	150	155	-157.5	235	245		620	376.588
Leslie Moon	Ultimate	F-O-U	82.5	84	-65	65	-77.5	40	42.5	47.5	87.5	97.5	107.5	220	198.000
Tannis Waugh		F-O-U	79.3	84	67.5	72.5	-80	45	-47.5	-47.5	95	100	102.5	220	202.290
Shelby Postma	Ultimate	F-O-U	57.7	63	77.5	82.5	-97.5	40	42.5	45	112.5	127.5	-132.5	255	293.097
Erin Denton	Steel	F-O-U	97.5	84+	-135	142.5	145	85	-90	-90	140	150	-152.5	380	318.858
Mary Ann Kaczor		F-O-U	65	72	122.5	130	-137.5	70	75	77.5	142.5	150	152.5	360	377.676
Julie Watkin	Niagara	F-O	60.7	63	-135	-135	145	75	-80	80	-152.5	152.5	-160	377.5	417.100
Sarah Leighton	Ultimate	F-O-U	70.3	72	127.5	140	145	87.5	95	-100	152.5	162.5	172.5	412.5	409.159
Jackie Pritchard	Highland	F-O	77	84	-150	150	160	85	90	-97.5	152.5	160	-165	410	383.514

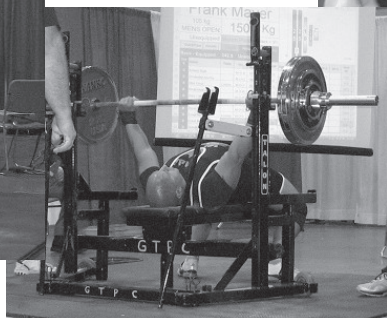
June 2, 2012 was the date of the Toronto Super Show meet. Like last year, the Super Show at the Toronto Convention Centre was an amazing venue to lift in. There were a number of events running concurrently. Spread out over the entire north building were Olympic lifters, boxers, cross fitters, strong man, arm wrestlers and quite a number of body builders and physique competitors. See pictures below of some of the other events.

We hope to see this become an annual event. However, we'd like to see it be more than a meet. In coming years, this should be a venue to promote our sport. We expect to improve in a number of areas and expect to see more of our lifters participate and show everyone else what our sport is about.

We'd like to thank all the volunteers for their tireless help. Special thanks go to Mark Boyle and the T-Rex powerlifting club for spearheading the event. In addition, we'd like to thank Mike Knott for providing the referees and the audio video equipment. This event would not have happened without his assistance



Crossfit



Figure

Boxing



TITAN POWERLIFTING EQUIPMENT IN CANADA



Titan-Canada.ca

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Phone : 819-864-6810 (between 6 and 9 p.m. Eastern time only, or at lunch hour) **E-mail:** llevsque@powerlifting.ca

Equipment	Price
Titan Toro Bravo Belt: (S, M, L, XL) About 10 mm. thick	\$89
Titan Toro Bravo Lever Belt: (S, M, L, XL) 10 mm thick	\$109
Titan Brahma Buckle Belt: (S, M, L, XL) 13 mm thick	\$125
Titan Brahma Lever Belt: (S, M, L, XL) 13 mm thick	\$145
Singlet : Titan singlet with logo	\$55
Knee wraps : THP ,TITANIUM, MAX RPM	\$37
Wrist wraps : THP, TITANIUM, MAX RPM :	24" - \$28 12" - \$24 50 cm-\$26
Deadlift slippers :	\$10
Powerwash:	\$10
Titan socks:	\$8.50
Wrap roller:	\$50
T-shirts : S-XL :	\$20
T-shirts : 2XL :	\$25
Ram:	\$55
Super Ram:	\$70
Beanie:	\$16

Belle River High School Regional Meet, April 28, 2012

Powerlifting Results Name	Team	Bwt	WtCls	Best SQ	Best BP	Best DL	PL Total	Wilks Pts
Mackenzie Demas	BR	72.5	84	20.0	20.0	75.0	115.0	111.734
Kyra Beaune	BR	80.2	84	20.0	25.0	70.0	115.0	105.075
Lucas McDermott	L'Essor	65.7	66	97.5	72.5	147.5	317.5	250.222
Tyler Duquette	BR	63.4	66	72.5	62.5	120.0	255.0	207.111
Blais Quenville	L'Essor	71.7	74	110.0	80.0	150.0	340.0	250.240
Brandon Renaud	Essex	83	83	172.5	115.0	192.5	480.0	320.400
Spencer Rowe	Chatham	81.4	83	160.0	102.5	185.0	447.5	302.242
Mitchel Beatch	BR	92.2	93	137.5	105.0	160.0	402.5	253.897
Austin Lowe	BR	90	93	95.0	90.0	137.5	322.5	205.884
Alex Davison	Essex	104	105	162.5	100.0	162.5	425.0	254.830
Mattiew Snivley	Leam	93.2	105	70.0	70.0	125.0	265.0	166.314
Jordan Robinet	BR	118	120	130.0	107.5	145.0	382.5	220.779
Paul Ewert	BR	119.4	120	82.5	70.0	115.0	267.5	153.973





Belle River Open, June 9, 2012

Age Class	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks
M2	52	Sue Thomson	.	49.2	Female	110.0	77.5	125.0	312.5	406.375
Open	84	Susan Abbot	Defining Strength	76.3	Female	125.0	105.0	115.0	345.0	324.507
M2	74	Greg Platsko	PowerPit	73.1	Male	180.0	147.5	235.0	562.5	408.150
Open	74	Jason Marentette	PowerPit	74	Male	207.5	112.5	230.0	550.0	395.615
Open	74	Eric Kiebert	PowerPit	74	Male	170.0	122.5	225.0	517.5	372.238
Junior	74	Micheal Pearl	.	73.3	Male	147.5	160.0	142.5	450.0	325.890
M2	83	James Abraham	.	83	Male	212.5	150.0	247.5	610.0	407.175
Junior	83	Brandon Renaud	PowerPit	81.7	Male	182.5	120.0	210.0	512.5	345.374
Open	93	Ryan Meadel	PowerPit	90.6	Male	230.0	165.0	235.0	630.0	400.869
Open	93	Jake Wardington	.	91.6	Male	195.0	145.0	265.0	605.0	382.844
M2	93	Kevin Stirling	PowerPit	88	Male	160.0	115.0	195.0	470.0	303.573
Junior	93	Gianmarco Giglio	.	84	Male	155.0	115.0	182.5	452.5	299.917
Junior	120	Dan Fraser	PowerPit	113.9	Male	192.5	125.0	177.5	495.0	288.387

June 9 was the annual Belle River Three Lift Open. As always, this meet is eagerly anticipated and well run by veteran Meet Director, Jerry Marentette. There were 13 lifters and the day saw some good results for experienced and novice lifters. Best female lifter was Sue Thomson and best male lifter went to Greg

OPA Meet Lifter and Coach Responsibilities

Before coming to a contest make sure that you have the necessary attire to be allowed to compete.

Coaches and Lifters Responsibilities

1. At weigh-in you will receive a booklet of attempt cards. Either the lifter or the Coach should print in the name of the lifter on each attempt card, also the coach or the lifter MUST sign each attempt card.
2. It is good practice to do this prior to the contest starting so that all you have to worry about is filling in the appropriate attempt.
3. At weigh in you will be asked to put in your opening attempts for each lift. Remember that All Attempts are in Kilos. You can make one change to this but it has to be within three minutes or three lifters before your flight starts for that lift.
4. If you are not successful with your attempt you can either take the same lift again or increase the weight if you want. It is not permitted to reduce the weight of the attempt.
5. After your lift is completed you or your coach has ONE minute to put in your next attempt.
6. If an attempt is a National or Provincial Record it is the responsibility of the lifter or coach to inform the head table and request the appropriate referees for such an attempt if the referees are available.
7. If you or your coach would like to know the reason for failure of an attempt then you must approach the Head Referee not a side referee.

Lifters Responsibilities on the Platform

1. From the time the Announcer says the bar is loaded you have one minute to start your attempt.
2. Always wait for the signals of the Head Referee before commencing or completing the lift. If you do not follow the Referees signals then your lift will be failed.
3. a lift is not successful always stay with the bar and never attempt to dump it as it places the spotters and loaders in severe jeopardy.
4. No profanity will be tolerated on the platform.
5. Exit the platform from the rear of the squat rack and not the front.
6. Once your lift is complete you have 30 seconds to leave the platform.



U.T.M. Open Classic Three Lift and Special Athlete Three Lift Powerlifting

Special Athlete, Three Lift and Push Pull

AgeClass	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks
Open	63	Cheryl Howey	Grizzlies	58.1	Female	62.5	27.5	85.0	175.0	200.1
Open	72	Kelly Fitzgerald	UTM	71.8	Female	45.0	60.0	80.0	185.0	180.9
Open	84	Melissa Mancini	UTM	76.8	Female	45.0	47.5	90.0	182.5	171.0
Open	84+	Jacquie Johnson	Grizzlies	109.5	Female	87.5	57.5	90.0	235.0	191.3
Open	59	Ryan Lamey	UTM	58.4	Male		60.0	85.0	145.0	
Open	66	Michael Rastas	UTM	66.0	Male	30.0	47.5	75.0	152.5	119.7
Open	74	Jeffrey Killins	UTM	73.7	Male		75.0	115.0	190.0	
Open	74	Michael Arruda	UTM	69.8	Male	80.0	80.0	115.0	275.0	206.5
Open	74	Steven Chan	UTM	68.2	Male	35.0	57.5	90.0	182.5	139.6
Open	74	John Kim	UTM	66.5	Male	40.0	45.0	80.0	165.0	128.8
Open	83	Robert Greig	Grizzlies	76.2	Male	92.5	55.0	100.0	247.5	174.4
Open	93	Frankie Ho	UTM	84.1	Male		40.0	70.0	110.0	
Open	120	Morgan Smith	UTM	108.8	Male		117.5	190.0	307.5	
Open	120	Larry Chappell	Grizzlies	105.6	Male	92.5	55.0	130.0	277.5	165.5

Titans of Mississauga and the University of Toronto at Mississauga (UTM): the perfect combination!

We hosted our official combined competition last June again and it was a great success! The morning was dedicated to our special athletes and in the afternoon we ran a classic 3-lift session. The turn-out was fantastic and the meet ran smoothly thanks to the always wonderful OPA officials and to our volunteer crew. Congratulations to Cheryl Howey (Grizzlies) – best female special athlete, Michael Arruda (UTM) – best male special athlete, Jazz Kaur (UTM) – best female lifter,

Classic Powerlifting Three Lift

AgeClass	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks
Open	52	Jazz Kaur	UTM	51.1	Female	82.5	57.5	122.5	262.5	331.7
Open	52	Leah Gitterman	.	50.2	Female	92.5	47.5	115.0	255.0	326.6
M1	57	Maria Commisso	Power Sys.	56.3	Female	85.0	37.5	105.0	227.5	266.6
M2	63	Lynn Lister	.	61.7	Female	75.0	65.0	107.5	247.5	270.0
Junior	84	Amanda Santos	.	78.8	Female	60.0	35.0	87.5	182.5	168.4
Junior	84+	Jodi Spivak	.	85.5	Female	122.5	60.0	137.5	320.0	282.9
Open	84+	Joanie Gaudreau	.	85.5	Female	100.0	52.5	127.5	280.0	247.5
Junior	66	Daniel Lee	.	63.1	Male	0.0	0.0	0.0		
Junior	66	Daniel Remulla	.	65.9	Male	192.5	135.0	220.0	547.5	430.4
Open	66	Andrew Carnovale	Highland	64.5	Male	152.5	117.5	190.0	460.0	368.2
Open	66	Jeremiah Villanueva	.	65.3	Male	160.0	105.0	190.0	455.0	360.5
Open	74	Bilal Khan	Power Sys.	73.1	Male	162.5	140.0	195.0	497.5	361.0
Open	83	Michael Whiting	Power Sys.	78.9	Male	187.5	140.0	222.5	550.0	378.8
Open	83	J Newton	Highland	81.2	Male	192.5	122.5	235.0	550.0	372.0
Junior	83	Jonathan Kuhlmann	PowerPit	80.6	Male	167.5	110.0	225.0	502.5	341.4
M1	83	John McKittrick	.	76.3	Male	170.0	112.5	202.5	485.0	341.5
Open	83	Osama Khan	Power Sys.	80.7	Male	147.5	117.5	200.0	465.0	315.7
Open	83	Chris Juryn	.	81.6	Male	125.0	135.0	205.0	465.0	313.6
Open	93	Andrew Armstrong	.	90.6	Male	147.5	155.0	230.0	532.5	338.8
Junior	93	James Cash	.	90.3	Male	180.0	110.0	215.0	505.0	321.8
Open	93	Anthony Fenech	Highland	84.4	Male	160.0	105.0	200.0	465.0	307.4
Open	105	Alastair MacNicol	.	98.5	Male	232.5	145.0	272.5	650.0	398.0
M1	105	Charles Banfield	Highland	104.2	Male	180.0	127.5	205.0	512.5	307.1
Open	120	Jamie Johnson	.	115.6	Male	190.0	167.5	277.5	635.0	368.5
M1	120	Gerry Frenette	Niagara	115.4	Male	215.0	172.5	192.5	580.0	336.7
M1	120	Thomas Foley	Highland	112.3	Male	157.5	137.5	200.0	495.0	289.5

and Daniel Remulla – best male lifter.

The competition between teams was exciting this year with team UTM winning for the special athlete session and team Highland for the open session. Team Power Systems was a close second by only 1 point! I encourage you all to lift for a team. It is motivating and most importantly, it is fun.

If you attended our meet and have suggestions that could help us improve please contact me. We aim to keep this meet welcoming to all lifters, new and experienced alike.

We look forward to seeing you all at our competition next June!

UTM powerlifting

Maggie Rafferty: The Girl That Does it All



2012 has been a great year of lifting for all women in Ontario with numbers of female participants growing every contest. A large part of this increase is the impressive strength shown by Ontario's top female lifters and Maggie Rafferty is amongst the best.

Maggie's first contest was November 28/2009 where she competed in the NeoGenixx Last Chance Open with a "not" so solid four weeks of training. She totaled a class one under the old weight classes just missing a Master total.....and she did it with just knee wraps. From there Maggie moved onto her first Provincials and Nationals winning her weight class both times then jumped into the ring with the world's best attending the Worlds Bench Press Championships in Kileen Texas. At that event Maggie was introduced to her first surreal feeling of failure where she had trouble working with a bench shirt and failed to hit an opening attempt. While some people might have quit the sport all together because of frustration with the gear or underestimating the competition and what it takes to be successful, Maggie had her moment of disappointment and then accepted her first "bomb" and used it as motivation for her next contest where she was able to redeem herself setting new PR's in 2/3 lifts and going 8/9.

Maggie continued on setting Provincial and National records over the next couple of years in equipped and classic. She was ranked the highest classic wilks score until recently when she was pushed to 2nd all time behind Rhea Fowler.

Maggie's accomplishments are easy to write about because the numbers speak for themselves. It is what she has accomplished beyond the numbers that is really inspiring.

I always knew that Maggie was inspiring to other female competitors because of her lifts but it wasn't until OPA classic provincials earlier this year where I saw the impact. Maggie was 2/2 on Squats and as I was contemplating the third attempt for her I looked over and saw her signing another competitor's singlet. I quickly asked "what's going on here?" and the competitor apologized but said "I just really wanted her autograph". I told Maggie based on these events; she now must hit her 3rd attempt. As per norm, she approached a National unequipped record squat of 135kg weighing 56.5 and with a calm and confident approach; she crushed it adding another accomplishment to her short career.

Maggie has taken a break from Powerlifting for the past couple of months focusing on other aspects of her life but is eager to begin training again for the upcoming Provincials as a test run and then peaking for the Nationals next year unless baby making gets out of control. Until then you can find Maggie most days at many schools teaching, coaching and now running weight room sessions for young girls promoting strength training or you can find her at Place D'Orleans Goodlife Saturday mornings helping new lifters.

Maggie is truly an advocate of the sport for female athletes and will continue to help grow and promote the sport for years to come.



Ontario Equipped Provincial Championships

Date	January 26 & 27, 2013	Meet Director/Contact	Mike Knott 519-317-6078
Location	London, Ontario	Note:	More details to follow



Ottawa Three Lift and Barry Antoniw Bench Only, July 14, 2012

Bench Only

Lifter	Team	Div	Bwt	WtCls	Age	BP-1	BP-2	BP-3	Best BP	Best BP	Wilks Pts
Maggie Rafferty	Iron Works	F-O	59.9	63		-85	90.0	92.5	92.5	92.5	103.258
Ellyne Dickson	Ultimate Fitness	F-O	104.4	84+	M3	-70	-72.5	-72.5	0.0	0.0	0.000
Natasha Sadowski	Iron Works	F-O-U	72.0	72		55	60.0	-65.0	60.0	60.0	58.560
Nicole Gervais		F-O-U	106.8	84+		85	-92.5	-92.5	85.0	85.0	69.564
Chris Fudge	Iron Works	M-O	73.1	74		142.5	-152.5	-152.5	142.5	142.5	103.398
Philippe Bjerring	Iron Works	M-O-U	70.8	74		105	110.0	-115.0	110.0	110.0	81.730
Leon Brown		M-O-U	89.5	93	M1	165	180.0	190.0	190.0	190.0	121.638
Fred English		M-O-U	116.2	120	M2	155	160.0	165.0	165.0	165.0	95.618
Curd Hos		M-O-U	148.8	120+		165	182.5	192.5	192.5	192.5	106.626
George Flikas		M-O-U	124.3	120+	M4	170	182.5	187.5	187.5	187.5	106.969



The 6th annual Ottawa open powerlifting meet was held on July 14, 2012 at the Travelodge Hotel in Ottawa. The Ottawa Open has become an annual event in Ottawa each July with an ever increasing number of novice and experienced lifters. This year was no different as this was our biggest Ottawa Open meet to date with a total of 60 lifters including 50 in three lift and 10 in the bench press.

It was nice to see so many new lifters as this is a good sign that powerlifting is steadily growing in Ontario. Congratulation to all the new lifters for their successful lifts and I hope it was a good learning experience and we will hopefully see many of these lifters back next meet.

Thanks to the OPA refs who kept the meet running on time – (Mike Knott, Mark Giffin, Art Chan, Lynton and Stan Goss). With over 60 lifters we were able to keep things moving smoothly and finish at a reasonable time. These meets are never easy to run but they certainly could not be done without the help of all the volunteers (too many to name). Thanks to all the volunteers for their help.



I would also like to thank the sponsors – Louis Levesque from Titan Canada and Bruce Millward from RescindX for providing the sharp looking meet T-shirts.

Congratulations to the best bench of the day Leon Brown with a bench of 190 kilos and a 121 wilks, the best female Classic lifter Maggie Rafferty with a three lift total of 365 kilos and a 407 wilks and the best male and overall lifter Classic lifter of the day Michael Sinclair with a three lift total of 787.5 kilos and a 453 wilks.

A reminder for those lifters who obtained their Provincial Qualifying totals the OPA Classic three lift Provincial and Bench Press Championships will be held November 24 in Belle River and the three lift equipped OPA Provincial Championships will be held in London Ontario in January 2013.

I also want to let everyone know that that Ottawa will also be running a Last Chance Three lift and Bench Press Open meet on October 13, 2012. See the OPA website for details.

We are looking forward to a bigger and better 7th annual Ottawa open in July 2013.

Sandro D'Angelo and Art Chan

Ottawa Open Meet Directors



Three Lift

Lifter	Team	Div	Bwt	WtCls	Age	Best SQ	Best BP	Best DL	Total	Wilks Pts
Jayne Major	Ultimate Fitness	F-O-U	50.6	52	M1	105.0	50.0	130.0	285.0	362.805
Anna Hardy		F-O-U	50.5	52		62.5	50.0	100.0	212.5	270.937
Leicy Ditmar	Ultimate Fitness	F-O-U	47.4	52	SJ	52.5	35.0	70.0	157.5	210.530
Leah Mamane		F-O-U	55.7	57	J	90.0	65.0	117.5	272.5	321.986
Kinsey Maxwell	Ultimate Fitness	F-O-U	53.0	57	SJ	62.5	27.5	82.5	172.5	211.899
Maggie Rafferty	Iron Works	F-O-U	59.9	63		140.0	75.0	150.0	365.0	407.449
Hilda Siegel	Ultimate Fitness	F-O-U	62.7	63		97.5	65.0	127.5	290.0	312.591
Shelby Postma	Ultimate Fitness	F-O-U	58.1	63	J	97.5	40.0	132.5	270.0	308.664
Melissa Beals		F-O-U	61.3	63		80.0	45.0	105.0	230.0	252.218
Karen Maxwell	Ultimate Fitness	F-O-U	61.9	63	M1	55.0	40.0	90.0	185.0	201.354
Carolyn Savage	Iron Works	F-O-U	71.3	72	J	97.5	62.5	135.0	295.0	289.808
Melissande Gagne	Iron Works	F-O-U	71.9	72	SJ	102.5	52.5	117.5	272.5	266.205
Natasha Sadowski	Iron Works	F-O-U	72.0	72		60.0	60.0	102.5	222.5	217.160
Jennifer Crawford		F-O-U	79.1	84		87.5	60.0	102.5	250.0	230.225
Leslie Moon	Ultimate Fitness	F-O-U	83.2	84		77.5	50.0	110.0	237.5	212.824
Lesley Hammil	Iron Works	F-O-U	107.9	84+	M1	142.5	75.0	167.5	385.0	314.353
Shelley Colter	Ultimate Fitness	F-O-U	115.9	84+	M1	105.0	65.0	132.5	302.5	243.422
Mark MacWilliams		M-O	81.2	83		200.0	135.0	195.0	530.0	358.492
Steve Earl		M-O-U	65.8	66		172.5	100.0	215.0	487.5	383.760
Michael-Anthony Clement		M-O-U	72.8	74	J	202.5	137.5	222.5	562.5	409.388
Jamie Stephen		M-O-U	73.0	74		185.0	120.0	230.0	535.0	388.624
Adrien Stotesbury		M-O-U	73.9	74		210.0	107.5	215.0	532.5	383.400
Chris Fudge	Iron Works	M-O-U	73.1	74		185.0	120.0	212.5	517.5	375.498
Christopher Latham		M-O-U	72.9	74		132.5	112.5	222.5	467.5	339.919
Philippe Bjerring	Iron Works	M-O-U	70.7	74		150.0	110.0	190.0	450.0	334.665
Paul Charron		M-O-U	73.1	74	M2	137.5	125.0	170.0	432.5	313.822
Kinnon MacKinnon		M-O-U	71.1	74		125.0	85.0	165.0	375.0	277.725
Donald Carrieres	Iron Works	M-O-U	81.7	83	M3	180.0	130.0	217.5	527.5	355.482
Eytan Rip		M-O-U	82.4	83		180.0	125.0	210.0	515.0	345.256
Jon Stewart	Limestone	M-O-U	80.8	83		162.5	115.0	225.0	502.5	340.946
Corey Tsang		M-O-U	78.5	83		160.0	92.5	200.0	452.5	312.677
Philippe Cholette		M-O-U	82.8	83		135.0	100.0	180.0	415.0	277.428
Brendan Wood	Ultimate Fitness	M-O-U	80.6	83	SJ	132.5	80.0	182.5	395.0	268.402
Cameron Duncan		M-O-U	81.6	83	J	140.0	90.0	0.0	0.0	0.000
Leon Brown		M-O-U	89.9	93	M1	215.0	190.0	225.0	630.0	402.444
Brent Patrick		M-O-U	87.7	93	J	200.0	120.0	232.5	552.5	357.523
Daniel Laporte		M-O-U	89.8	93		185.0	110.0	202.5	497.5	317.952
Chad Patrick		M-O-U	88.7	93	J	215.0	0.0	0.0	0.0	0.000
Jason Platt		M-O-U	92.7	93		0.0	0.0	0.0	0.0	0.000
Ted Rabbets		M-O-U	90.0	93	M1	180.0	0.0	0.0	0.0	0.000
Caleb Cox		M-O-U	101.2	105		207.5	132.5	225.0	565.0	342.221
Kevin Obrien	Limestone	M-O-U	104.5	105		180.0	110.0	245.0	535.0	320.251
Patrick Hammond		M-O-U	102.9	105	J	160.0	100.0	220.0	480.0	288.912
Ashwin Juneja	Iron Works	M-O-U	102.2	105		165.0	105.0	202.5	472.5	285.154
Jonathan Beals		M-O-U	100.6	105		125.0	92.5	152.5	370.0	224.627
Michael Sinclair		M-O-U	118.7	120		230.0	220.0	337.5	787.5	453.915
Philippe Landry		M-O-U	114.4	120		202.5	170.0	255.0	627.5	365.142
Adam Reynolds		M-O-U	110.8	120		152.5	97.5	200.0	450.0	264.240
Chris Yantha		M-O-U	128.1	120+	M1	257.5	150.0	292.5	700.0	396.970
John Beres		M-O-U	140.8	120+	M1	215.0	175.0	245.0	635.0	354.521



10th Annual Niagara Open, August 18, 2012

Name	Club	Bwt.	Wt. Class	M/F	Squat	Bench	D/L.	Total	Wilks
Maria Commisso	.	56.8	57	Female	97.5	47.5	115.0	260.0	302.5
Lynn Lister	.	60.6	63	Female	80.0	60.0	112.5	252.5	279.4
Tannis Waugh	Toronto Rex	71.9	72	Female				0	0
Frances Manias	.	66.3	72	Female	120.0	75.0	147.5	342.5	354.1
Susan Abbott	Defining Strength	71.5	72	Female	115.0	97.5	125.0	337.5	331.0
Linda Rousseau	Defining Strength	71.5	72	Female	90.0	52.5	102.5	245.0	240.2
Lynda Squires	London	70.8	72	Female	87.5	52.5	102.5	242.5	239.4
Linda McFeeters	.	80.4	84	Female	67.5	60.0	112.5	240.0	219.0
Erin Denton	Steel City	101.3	84+	Female				0	0
Noah Wiles	.	72.4	74	Male				0	0
Andy McKenzie	Niagara	72.5	74	Male	177.5	115.0	227.5	520.0	379.6
Greg Platsko	Power Pit	73.7	74	Male	150.0	130.0	220.0	500.0	360.7
Mark Marotta	.	82.7	83	Male	227.5	135.0	222.5	585.0	391.3
Phil Plato	Niagara	81.3	83	Male	200.0	130.0	232.5	562.5	380.2
Steve Holden	London	81.6	83	Male	210.0	140.0	212.5	562.5	379.3
Stathis Theofilopoulos	.	81.0	83	Male	182.5	142.5	227.5	552.5	374.3
Brian Lawrence	.	82.5	83	Male	200.0	110.0	232.5	542.5	363.4
Mark Boyle	Toronto Rex	78.1	83	Male	167.5	117.5	215.0	500.0	346.7
Aaron Valenta	.	82.8	83	Male	170.0	102.5	227.5	500.0	334.2
Dominick Farrell	.	79.3	83	Male	175.0	102.5	192.5	470.0	322.7
Stan Goss	London	82.5	83	Male	155.0	100.0	200.0	455.0	304.8
David O'Riley	.	80.9	83	Male	155.0	127.5	170.0	452.5	306.8
Jon Murray	.	80.9	83	Male	120.0	70.0	170.0	360.0	244.1
John Noguera	.	81.9	83	Male	105.0	102.5	135.0	342.5	230.5
Andrew Irons	Highland Powerlift-	86.9	93	Male				0	0
Paul Mathews	.	91.5	93	Male				0	0
Travis Graham	.	91.4	93	Male	227.5	152.5	260.0	640.0	405.4
Miroslav Koprnicky	.	92.8	93	Male	180.0	151.0	210.0	541.0	340.2
Daniel Schultz	.	100.0	105	Male	235.0	142.5	235.0	612.5	372.8
Steve Janik	London	103.2	105	Male	200.0	132.5	250.0	582.5	350.2
Joel Alain	.	100.8	105	Male	135.0	105.0	185.0	425.0	257.8
Zachary Maguire	.	97.7	105	Male	227.5	0.0	0.0	227.5	139.8
Jason Byrne	Power Pit	119.9	120	Male	280.0	202.5	300.0	783	449.963
Nick Pape	.	118.5	120	Male	175.0	132.5	195.0	503	289.761
Michael Zivanovich	Steel City	133.2	120+	Male	252.5	205.0	245.0	703	395.658
Matthew Elliot	.	134.5	120+	Male	200.0	120.0	250.0	570	320.517



The tenth annual Niagara Open was another successful meet. We had lots of new lifters coming out to compete and it is lovely to see the growing number of women lifting. We ran three flights and flight A was virtually all female lifters.

We were very fortunate to have Titan support systems sponsor us and to have all our volunteers dressed in Titan shirts and the spotters and loaders in Titan shorts gave our competition a very professional appearance as we strive to take up the credibility of our sport.

We now have over three hundred members in Ontario, a third of the CPU membership. We have twenty three clubs in the Province yet only four clubs have been hosting competitions and now we have the North Bay club that is also hosting contests. I am more than willing to come and help any club host a competition and let them gain the experience and slowly accumulate their own equipment. Lets strive together to take our sport forward and give it credibility with well run competitions in decent venues.

Glyn Moore
Niagara Powerlifting Club



Photo by David Grey



Photo by Ulrike Kruger



Photos by Ulrike Kruger

A Decade of Powerlifting



CPU Nationals 2004

I don't have exact dates, and I won't bore you with a chronological list of my achievements and or failures in this sport which I have grown to love, and also hate, depending on the day.

What I will share is what it was like when I started, and how it is today.

I first joined the YMCA after a lengthy career as a 21/2 pack a day smoker. Trying to get back into shape was my short term goal at the time, and I had no idea of what I might get into a couple of months later.

My first encounter with the sport was with the Niagara Powerlifting Club. I was pretty well hooked from the beginning, and tried to do as much as I could in as short of period of time as possible with the usual success. Luckily I had patient, experienced training partners who just shook their heads and put up with me until I started to smarten up a little.

I still remember my first meet like it was yesterday. I had to borrow some of my gear, which is not uncommon for a novice lifter. I had needed a singlet and one of my training partners had graciously lent me the one he wore in his first meet. This one was unique in that it was home made and was blue with pink stitching. At equipment check I am sure it was a great hit.

We were allowed to wear work boots in those days, and I also wore an Inzer blast shirt that was so tight that I could feel my pulse pounding in my head. The more experienced lifters of the club used to tell me that they had underwear that was tighter than the gear I was wearing. Being around for a while now I tend to agree.

The thing that I will never forget though was the first competition squat. I was so nervous that I spent the last week in a caloric deficit, and my warm ups were horrible. My coach lowered my opener, and I was a total ball of nerves. I walked out and took the bar out of the rack, and I was shaking like a leaf waiting for the squat command. I got three white lights, and you would have thought I had won the lottery. I was high as a kite. I totalled and had a great day. I was officially a Powerlifter.

The thing that I got out of this meet aside from my first total was that everyone was so supportive and in particular one lifter. He kept trying to keep me calm, and told me to keep lifting at as many meets as I could. This guy was in my weight class and competing against me. I don't think that this kind of thing could happen in any other sport, and I will never forget it.



CPU Nationals 2011

As I have continued on, I have wanted to help out and see this sport grow. I still lift in as many meets as I can, and now have taken on roles within the organization. I saw how hard that people work to put on meets, and work on the High School program, and I try to do a bit whenever I can.

In the years that have passed since my first meet, many things have changed. Rules have become more defined, training is more specific, our meets are more efficient due to our use of technology, and the gear is better than it ever was. Not to mention that we have become one very strong nation of lifters in a short period of time. I love nothing more than seeing a lifter getting a PR or record. It shows progress for the lifter and for our sport. I can see Canada soon becoming a big deal on the world stage at the rate we are going.

This sport has been very good to me for a lot of reasons. Sure I have had an opportunity to travel and compete in places I might have never seen. I also got to have some successes in a sport I love. But I think the greatest gift I have gotten is my health. Face it, if I had not started lifting when I did, I don't think that I would have stayed at the gym. I may not have started smoking, but I can say that I am in the best shape of my life right now. I have Powerlifting to thank for that. If I didn't have the goal of trying to get better at my sport I would have gotten bored in no time at all. I also have made many friends that have made me a better lifter, and I think also a better person.

Stay strong

Frank



CPU Nationals 2006



Kitchener-Waterloo Grizzlies: A Different Kind of Club

Who We Are:

The KW Grizzlies is a very small club at present but quite unique. We are one of two clubs in Ontario whose members are developmentally challenged.

While the size of the club once numbered 18, due to facility issues and lack of volunteers, it now has 4 members. The lifters train once a week as their Coaches' time is limited and the facility, which lets them train free of charge – has to keep it at one evening a week.

How We Started:

While with Special Olympics, we needed someone to 'coach' the region's power lifters at the spring games in Cornwall. I finally volunteered and because I thought it a good idea to know something about the sport – I started attending the practices of KW special athletes who were coached at that time by Lynton Lam and Les Kiss.

Before I knew it, Les and I were running the practices and Lynton had . . . disappeared???? I soon began to suspect he'd read me (correctly) as a 'soft touch' and this was his way of keeping me involved. Since it looked like I'd be coaching for a while, I decided to take the referee course with Bill Jamieson because I hoped it would make me a better coach – and then just wrote the referee test for fun. I passed and started showing up at meets to watch.

Back then, referees were very unreliable (not showing up) so I ended up refereeing at these meets – and dragging Don with me. It became a habit to bring our 'grays' along. More courses and testing - the rest is history and we were flattered to receive the Bill Jamieson Award a number of years ago.

The Coaches:

Don and I have been coaching special needs athletes in various sports for almost 25 years. I started the local existing chapter of Special Olympics and then left 11 years ago to form '**Sports for Special Athletes**' which now has about 180 challenged participants in 12 sports.

Don and I currently coach 2 ball teams in the summer months. This is our 'slow' time. For fun, I also announce/score ball games at various major tournaments in KW and Don often scores or does games control at these events too.

During the fall and winter I coach speed skating (non-challenged) and power lifting. I am on the Boards of Kitchener Sports Assoc. and **Sports for Special Athletes**.

Don is the equipment manager for the local speed skating club and coaches power lifting, 10 pin bowling and curling. He is a Board Member for Sports for Special Athletes and KW Sertoma Speed Skating Club. He's a member of the Kitchener Sports Association and President of the Condo Assoc. where we live.

We both Referee Power Lifting and are Co-Chairing the Hosting Portfolio (accommodations, registrations, lunches, etc.) for Special Hockey International - Tournament 2013 which will bring in 50 – 60 special needs hockey teams from England, USA and Canada in March. In our 'spare' time, when not working full time or

volunteering, we try to spend as much time with 5 grandchildren and family as we can.

The Athletes:

Our four lifters are Cheryl Howey, Jacquie Johnson, Larry Chappell and Robert Greig. All 4 are adults in their mid 30's – 40's. They work part-time and receive a disability pension which means there's very little disposable income. Cheryl works at Wilfred Laurier University in the cafeteria taking care of garbage, recycling and cleaning tables. Jacquie is employed at a local Swiss Chalet during winter months delivering meals to tables and stocking shelves in the storeroom. Both Larry and Robert work at a No Frills store. Larry collects carts from the parking lot, returns them to the store and cleans them. Robert works in the dairy, restocking shelves.

Jacquie and Larry live in a small home that their parents bought for them. Cheryl rents the basement apartment from them and Robert lives in his own apartment not far away. All grew up with their families except Robert, who is a product of foster and group home system. His parents died in a fire when he was young.

Cheryl has been in our programs for about 18 years and has been power lifting for about 11 of them. The others have been lifting for slightly less time.

When I was asked to write this article, I sat down with them to talk about their life experiences and their power lifting interests. Here or some of their thoughts on living with a disability and why they love power lifting. (Robert was not able to be with us).

Q. Why do you like Power Lifting as a sport?

Cheryl – It helps with posture.

Jacquie – It builds muscle and makes me feel good

Larry – I like competing with regular [non-challenged] lifters

Q. Why do you like Power Lifting as a sport?

Cheryl – It helps with posture.

Jacquie – It builds muscle and makes me feel good

Larry – I like competing with regular [non-challenged] lifters

Q. What Makes the KW Grizzlies a good club?

Jacquie – I like to compete with regular [non-challenged] lifters to show what we can do

Larry – We work well together and support one another

Cheryl – We help one another out, like a family.

Q. What do you most look forward to each season?

Jacquie – The Belle River competition!

Larry – Competing

Cheryl – Definitely the competitions!

Q. Why?

Unanimous: Competing with regular lifters!

Q. What do you like about being part of the OPA?

Unanimous: The newsletters and being a member like everyone else!

Kitchener-Waterloo Grizzlies: A Different Kind of Club cont'd



Robert Greig

Q. What has been the most difficult part of being developmentally challenged?

Larry – Being called fatso and other names all my life. People being mean.

Jacquie – All the testing and assessments! They were always testing me and it was so hard.

Cheryl – Being called stupid, retarded and lazy and all kinds of bad names. People not understanding.

Q. How does doing sports with Sports for Special Athletes make you feel/help you?

Jacquie – Overwhelmed in a good way, it's exciting to be able to participate.

Larry – We feel safe because our coaches help us and look out for us.

Cheryl – We're happy that our families can come and watch us practice and compete and see our awards and trophies.

Q. How do the other [non-challenged] lifters and officials treat you?

Larry – They treat us with respect.

Jacquie – They treat us as equals

Cheryl – They treat us as a good team.

Robert will be taking this season off – doctor's orders – until his blood pressure is under control. Recently Robert suffered severe heat stroke (which caused a seizure/fall/concussion) and ended up in hospital. When Jacquie and Cheryl went to see him, he didn't recognize them! The hospital released Robert and while he still was having memory issues, Jacquie & Cheryl persuaded him to stay with them until he was well enough to go home on his own. His friends cared for him when he had no one else.

They are more than just friends; they are a family in a very real sense of the word. They often vacation together and register for the same sports and always, always, look out for one another. It's a life lesson we could all benefit from.

Don and I have watched these athletes (and others) grow up over 20 plus years. It's our privilege to coach them and share their lives – in a small way.

We thank the members of the OPA for giving our athletes a sense of value and respect. The recurring theme from conversations with them is how very, very much they **LOVE** coming to meets with non-challenged lifters. After spending their lives being 'different', it is a sport where they can be the 'same'. **Sports for Special Athletes** believes in integrated sport where appropriate and our partnership with the OPA has been hugely successful. Kudos to all of you for ensuring that it works! You are truly good people!

With heartfelt thanks, Adele Couchman

A Comprehensive Comparison of High Bar Squat Vs. Low Bar Squat: Which is Best for You?

Christopher Fudge, B.KIN, B.Ed., CSCS, C.S.E.P. CPT, PTS

Thesis: If you are reading this article chances are you are a strength athlete of some sort and want to maximize your squat. As an athlete, coach and strength and conditioning specialist, I have spent many hours analyzing and adjusting the squat to maximize the end effect of the lift and to understand the benefit of low bar compared to high bar placement for the sport of powerlifting. In relation to the sport of powerlifting and the rules that govern it, the International Powerlifting Federation requires "the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees." (1) The idea is to descend low enough for the hip to be beneath the top of the thigh and then return to the starting position *With a low bar placement in the squat, a lifter can (1) maximize muscle recruitment, (2) minimize lever arm length, (3) reduce shear force on the knee and lumbar spine, and (4) optimize posterior displacement. In this way, squat performance will be maximized.*

COMPARISON

High Bar Squat- (Olympic Squat)

The use of the high bar squat originated from the sport of weightlifting. In a high bar Olympic lifting style squat, the bar is placed up high on the

cervical vertebra of the spine. During an Olympic squat the initial break of the movement occurs at the knee as the hips descend low with as little hip extension as possible, resulting in large amounts of knee flexion. The spine is loaded starting high thoracic and/or low cervical. This squat is very anterior chain dominant as a result of muscle fibre recruitment. (2) During the eccentric phase, the knees travel past the toes resulting in anterior displacement of the center of mass (COM) to keep the bar over the mid foot. (2) The purpose for this style of squat is the carry over into the two disciplines of Olympic lifting; the snatch and the clean and jerk.

Low Bar Squat- (Powerlifting Squat)

The low bar squat is predominantly used in powerlifting training programs and has the bar placement down on the low cervical vertebra and high thoracic vertebra and across the contracted posterior deltoids. In contrast to the Olympic high bar squat, to keep the bar over the mid foot and maintain a strong COM, the body must go into hip extension to maintain balance. This places a different load on the spine and, contrary to belief, produces less shearing than the traditional high bar squat. (2) In a study published in the *Journal of Strength and Conditioning Research*, a cross-sectional repeated measures design was used to compare the kinematics and kinetics of the traditional Olympic squat with the powerlifting squat. The

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experimental approach tested twelve male powerlifters performing various styles of squatting using loads of 30, 50 and 70 percent of their recorded one rep maxes. (2) "Researchers used markers placed on the spinous process of the 7th and 3rd thoracic vertebra, suprasternal notch, inferior tip of the xiphoid process, left and right anterior superior iliac spine, left and right lateral femoral epicondyle, left and right malleolus, and left and right heads of the second metatarsal." (2) Using a nine camera motion analysis system, researchers were able to identify large anterior displacement on the knee and surprisingly, greatest amount of peak joint torque at the lumbar and sacrum (L5/S1) were not from the powerlifting squat style but both from the traditional Olympic squat style. (2)

1. MAXIMIZING MUSCLE RECRUITMENT

To maximize any movement of power two things must be considered. One; the amount of muscle tissue involved and two; the total force produced. Every time a muscle is lengthened it is the antagonist of a prime mover this is known as an eccentric load. (3) When a muscle is loaded eccentrically it can store more energy and have a higher stretch reflex therefore, a squat recruiting more muscles to load eccentrically will result in a better stretch reflex thus resulting in a higher rate of force development.

- Many high bar squatters have a narrow stance because it seems more natural. It will seem more natural because of what is about to happen. When squatting with a high bar Olympic style, the initial break is not the hips but rather the knees and ankles causing your lower body to go into massive knee flexion and ankle dorsi flexion. This position primarily loads the quadriceps and gastrocnemius muscles eccentrically. From here there is a strong stretch reflex within the quadriceps as they are being lengthened. Your bar placement can affect your foot placement. A low bar squat forces you to externally rotate your feet, tibias, and femurs to allow a wider and stronger base of support where about 30 degrees is common for most people. (6) As soon as your femurs go into slight external rotation the hip abductors, tensor fascia latae (TFL), a small muscle that connects the hip at the anterior iliac crest to the lower leg, plus the gluteus medius and gluteus minimus all work together to abduct the distal end of the femur. (5) During the decent of the squat, the hip extensors begin to shorten through a concentric contraction when feet are externally rotated about 30 degrees. (6) From there the adductors, primarily the adductor magnus, begins to be loaded eccentrically as you descend. Pushing the hips back into hip extension while maintaining a contracted erector spinae greater loads the hamstrings as long as the tibia stays less dorsi flexion than a high bar squat.

High bar squat promotes a large amount of ankle dorsal flexion, resulting in anterior displacement of the center of mass (COM) where the hamstrings are not being lengthened as much thus not generating as much eccentric load. (2) With more eccentric load, the

with a rapid stretch then stored (3). After hamstrings can effectively contract as they reach the limit of elasticity. This concept is known by exercise physiologists as the stretch-shortening cycle (SSC). Elastic energy in the musculotendinous components is increased an SCC occurs, a rapid concentric contraction allows the stored energy to be released, maximizing total force production. However, if the concentric contraction does not occur rapidly enough, the elastic energy is released as heat. (3) Using a low bar position in the squat utilizes the posterior chain more than the anterior chain. When the hips go into extension the stance must be wider to allow for greater extension and efficient use of the posterior chain. This hip position will load primarily the gluteus, hamstrings, hip abductors and adductors while still involving the anterior chain with the quadriceps being eccentrically loaded. (2) Muscles in a low bar squat are recruited more effectively than the high bar squat resulting in maximizing muscle involvement. Maximal muscle involvement means more muscle fibers are involved with an eccentric load, and more stretch shortening cycles (SSC) occurring resulting in firing of more contractile units equalling a higher force production.

2. MINIMIZING LEVER ARM LENGTH

Maximizing your lift by minimizing your lever length will produce a greater strength benefit. In a study published in the *Medicine and Science in Sports and Exercise Journal*, it was determined that "low-bar squatting techniques involve greater hip flexion and thus greater hip moments of force, while in the high-bar technique the load is more equally distributed. The greater amount of hip flexion allows the lifter to balance the bar closer to the knee, reducing the moment arm between the knee and the weight. This reduces knee moment forces and the patello-femoral compression force. This also results in greater reliance in the hip and back musculature, allowing the individual to lift more weight, which is crucial to powerlifters." (4)

It is important to understand the biomechanics before you decide your bar position. From *The Essentials of Strength Training and Conditioning* textbook:

Lever: is a rigid or semi rigid body that, when subjected to a force whose line of action does not pass through its pivot point, exerts force on any object impeding its tendency to rotate.

Fulcrum: is the pivot point of a lever.

Moment arm (also called force arm, lever arm, or torque arm): The perpendicular distance from the line of action of the force to the fulcrum. The line of action of a force is an infinitely long line passing through the point of application of the force, oriented in the direction in which the force is exerted. (3)

In the squat, the lever arm is the distance between the bar and the hip and the fulcrum or pivot point is the hip. The longer the lever, the more stress on the fulcrum. In a powerlifting squat using hip extension, if the bar is placed high on the vertebrae and the lifter begins to hinge at the waist the stress on the fulcrum is much higher and the COM is less likely to be over the mid foot. This occurs when lifters miss squats as the hips raise first (hip drive with hip extension) and the COM goes to the front of the foot. (2) The stress on the fulcrum becomes too much and a lifter falls forward or loses thoracic extension and rounds out causing excessive spinal flexion. We have all done this at some time in our lifting careers and I'm no exception. That as how I used to squat

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and after weeks of having constant low back soreness, I re-evaluated my technique. If you stay with the high bar squat and do not want to cause excessive loading on the fulcrum, you must go into higher amounts of dorsi and knee flexion which doesn't allow as much hip involvement, therefore less muscle recruitment, less eccentric load and less posterior chain involvement.

3. REDUCING SHEAR FORCE ON THE KNEE and LUMBAR SPINE

There has been much controversy over the two styles of bar placement in relation to injury and power output. Because lower back and knee injuries are a result of chronic overuse and shearing, one would suggest that a low bar squat would be safer long term in comparison to a high bar squat. (2) *Shear* is the sliding-across strain that results from the stress of rotation along the back at non-vertical angles, and increases with horizontality. *Shearing* is the sliding movement between adjacent vertebrae where the back muscles, the spinal ligaments and tendons, and the anatomical overlap of the vertebral bones themselves fail in their job of holding their position. (5) The structural tolerance of the spinal column is dictated by the integration of the spinal erectors, thoracic retractors and extensors and trunk muscles within an isometric contraction. (5) The hip extensors assist in maintaining the lumbar arch and if these muscles do their anatomically correct jobs, there will be no intervertebral movement and thus shearing cannot take place.

Research has shown that compressive and shear forces at the knee increase with larger flexion angles and greater displacement of the femur relative to the tibia. (2) Being able to squat often and properly can only happen if there is no injury present. You can only train as hard as you can recover and if excessive shearing is taking place, you cannot squat frequently and stay injury free long term.

4. OPTIMIZING POSTERIOR DISPLACEMENT

Having the bar placed high on the traps and leading with the knees as in the high bar squat causes more load on the anterior displacements. (4) *The muscles involved with hip extension or the hip drive in a low bar squat* are the hamstrings, the glutes, the adductors or groin muscles, abductors, erectors and together these are referred to as the posterior chain in hip extension or as strength coach Mark Rippetoe calls it, an "active hip". (6) As mentioned earlier, being able to load these muscles eccentrically creates more elastic energy and a higher SSC thus more muscle recruitment equals more force production. To optimize this effect the bar must be placed low on the back followed by a wider stance with slight external rotation of the feet, tibias and femurs. This will now not only allow you to eccentrically load the posterior chain but allow you to optimize the hip drive while maintaining a strong COM. (6) This does not work with a high bar placement because if you attempt to load the hips maximally with the needed trunk flexion, your COM is now over your forefoot thus lengthening your moment arm and causing more than needed stress on your fulcrum. Do not misinterpret what I am trying to explain, that style can be done, but from a mechanical advantage and geometry standpoint, it will not allow any lifter to optimize posterior displacement or maximize their squat.

CONCLUSION

Both styles of bar placements work in the sport of powerlifting. This information is based on the studies comparing the two styles and the findings published. There always is an exception to the rule. Olympic lifters train the high bar squat because of the carry over into the two disciplines of their sport. They also rely on a very deep squat to maximize eccentric loading and a SSC of the quadriceps. Powerlifters only have to squat too just below parallel thus squats as deep as an Olympic high bar back squat are not as necessary. The above information in addition to research and scientific evidence is also based on my years of coaching and practising both the high and low bar squat. Until the low bar squat becomes the norm, lifters will rely on a style of bar placement on what they feel is right based on comfort. The NFL still uses the 225 max bench press test for repetitions as a test of strength but in reality it is actually testing muscular endurance for an athlete whose average play only lasts 3-6 seconds. The field of exercise science is always evolving and it is within an athlete's best interest to stay current with this research.

Did I also mention that bar placement on the squat can have a straight correlation with increasing your deadlift or if not in the right place can hinder your deadlift?

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Even at a crossroads, it's still a great time to be a Powerlifter

I've competed in powerlifting over parts of the past 25 years and I firmly believe there has never been a better time to be a competitive powerlifter than right now.

When I first started competing (in the US), competitive powerlifting was nearing the end of its golden period of mainstream exposure--a time when the I.P.F. World's, Hawaii World Record Breakers, and other meets managed to find themselves on television. As a youngster, I sat transfixed, watching super-human feats of strength and wished I could be like them someday.

Yet, it wasn't until I got to university and met some competitive powerlifters that I learned I could participate at the grass roots level and test my strength on the platform just like my heroes on TV. Pre-Internet, the only readily available resource to find a meet was the now sadly defunct magazine, Powerlifting USA. Intermittent television exposure, while thrilling to watch, wasn't effective at directing involvement at the local level, a recruitment level that is critical to the growth of any organization.

After a competitive hiatus of over 15 years, I found myself on the platform again and times had dramatically changed. What were once minimally supportive and fragile squat suits had become very durable and very supportive. Bench shirts also bore no resemblance to the original Inzer Blast Shirts of the late 1980's. Whereas in the past a bench shirt was minimally supportive and primarily designed to protect the fragile shoulders, now they were highly technical pieces of equipment with a steep learning curve and little margin for error. I was lucky to get 20 lbs from an Inzer Blast Shirt but at least the only reason for bombing in the bench was if the shirt blew out (a common occurrence). Trying to adapt to the current generation of bench shirt was a huge though exhilarating challenge--my best shirted bench was 100 lbs more than my best un-shirted max and I wasn't very good at working with the shirt. In the 'old days' it was a relief to get through the squats, now I was more worried about bombing out in the bench press!

I was fortunate enough to experience a National meet as an equipped competitor and managed to post a total and even end up on a podium but I was very happy when the C.P.U.

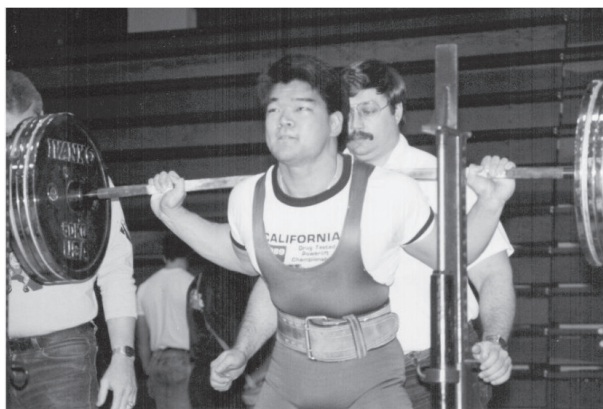
adopted the I.P.F. "classic" criteria. The growth of the internet as both a form of media and a community has encouraged many new lifters to try the sport. A stark contrast to the old days where dog-eared copies of Powerlifting USA and a small circle of lifters at a local gym were the only media and community available. The inter-disciplinary nature of Cross-Fit exercising has also exposed many to both the olympic lifts and the

powerlifts. It's only a guess but it sure seems like more people are performing the squat, bench press, and deadlift than ever before. The inclusion of an official, mostly un-equipped class of competition would welcome a new generation of grass-roots participation in powerlifting that before largely stood on the sidelines, intimidated by the squat and bench press gear.. While one could have always competed 'raw' in the past, competing without gear against geared lifters falls into the "don't bring a knife to a gun fight" category of fun. And in reality, un-equipped lifting and equipped lifting are essentially two different skill sets

that share the same execution criteria. This is a distinction lost on lifters that have never trained with gear. Unfortunately this distinction has also created an unnecessary divide that threatens powerlifting as surely as Ernie Frantz's original lawsuit against the USPF. The inclusion of a

mostly unequipped class of competition has brought many new lifters into Federations around the world. Meets across the O.P.A. are filling up well in advance of entry deadlines. And yet there are heard voices of division from those that set up camp with either the equipped or un-equipped.

Ultimately the fight is against gravity and the limits imposed by one's own mind, yet powerlifter fights powerlifter in a specious argument of value. This isn't helped by the I.P.F.'s decision to call their un-equipped competitions, "classic". Powerlifting in its' relatively short history has never solely been man/woman vs iron. It has always been a collaborative effort between man/woman and whatever ingenuity could be applied before rules were written to rein it in. "Classic" gives the un-equipped genre a sense of seminal legitimacy that is wholly undeserved and contributes to the ideological divides that do nothing to foster the continued growth and development of the sport.



ADPFA California 1989



National Championships 2010

Even at a crossroads, it's still a great time to be a Powerlifter cont'd

Both un-equipped and equipped powerlifting should co-exist symbiotically not combatively. Equipped powerlifting faces

challenges because, while it represents the highest expression of skill in the sport, the public and most new, un-equipped competitors are completely ignorant of its immense demands. It is common for both the layperson and the 'raw' lifter to observe that the equipment lifts the weight and that 'raw' powerlifting is the purest test of strength. Both would be highly inaccurate at best. Powerlifting has never been about 'purity'. It has always been about pushing to 10/10ths of the rules to eke out every single last pound of performance. Unfortunately the optics of such are invisible to the observer. No one watching an equipped competition can see the required hours of technique work to tweak and learn the gear or feel the stresses of unique muscle actions required to successfully lift equipped. Nor can they feel the pain and pressure as the lifter forces his/her own body to compress and act as the spring storing the energy transmitted by their shirts or suits. All they can see is a tightly bound and wrapped lifter moving incomprehensible amounts of weight and they draw incorrect conclusions. In a perfect world, the legions of un-equipped lifters entering the sport would lead to some wanting to raise the bar, so to speak, and take on the challenge of equipped competition. Certainly in the past, if one wanted to compete at the highest levels, one had to rise to the demands of equipped powerlifting. Unfortunately, negative conversations creating adversarial relationships between equipped and un-equipped lifting threaten the natural progression previously enjoyed by powerlifting since its inception.

Un-equipped competition provides an ideal outlet for those that want to compete without the added complexity, cost, stress, need for multiple training partners, and the skill requirements of gear. It should also act as a stepping-stone for those that want to take powerlifting to another level. Unfortunately, those that have lifting downplay the importance of bringing lifters into the sport via "classic" criteria. One side simply doesn't know and the other side is too protective of the sport's equipped heritage.

never competed equipped have loud voices that undermine the natural progression of some lifters from un-equipped to equipped competition. In turn, staunch supporters of equipped

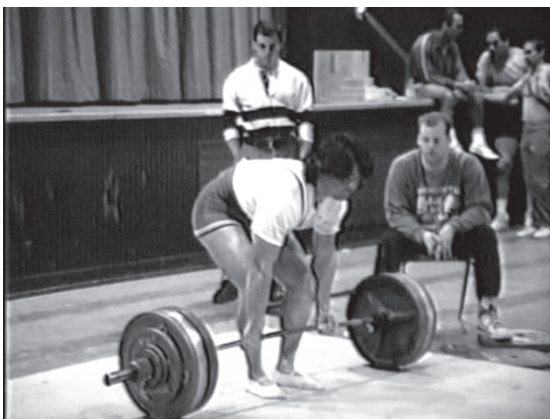
It would be a shame if the ingenuity and skill of equipped powerlifting were marginalized due to attitudes of the ignorant and the too proud. Un-equipped powerlifting should be encouraged at all levels but not without giving due respect to powerlifting's equipped heritage. The inclusion of un-equipped powerlifting as an official class must be seen as evolution not a revolution. Both genres of powerlifting competition should trade back and forth rather than becoming distant, non-speaking relatives. There is far more to be gained if cross-over between un-equipped and equipped lifters and vice versa is encouraged at all levels.

With that all being said, never before has it been so easy to be a powerlifting competitor. The internet and email make it easier than ever to communicate. Finding meets and training partners is a quick internet search away. Nowadays, one can register and pay for a meet via email and electronic funds transfer rather than waiting days for the mail and hoping the application and cheque weren't lost. The "classic" and "equipped" competitions create ample opportunity to compete on equal playing fields and with more meets filling up, soon we'll see many more meets on the schedule. My only hope is that powerlifting continues to grow as a single entity rather than fracture into multiple versions of the same thing.

Craig Hirota

highest equipped total: 720 kgs, 110 kg class, 3rd place 2010 CPU Nationals (40-49)

highest "classic" total: 627.5 kgs, 105 kgs class 1st place 2012 Toronto Super Show



1989



Niagara Open 2010



How to Enter an OPA Sanctioned Contest

Anyone entering an OPA sanctioned 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 for (below) and send to the Meet Director along with the appropriate fees.

2012 - 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.

Name of Contest: _____ Date of Contest: _____
Your Name: _____ Phone#: _____
Address: _____
Email: _____
Club Representing: _____ Or Unattached ☐

CPU Card#: _____ Weight Class: _____ kg Male ☐ Female ☐ Date of Birth (dd/mm/yy): _____
Contest Category Entered: (check all that apply) Equipped ☐ Classic ☐
3-Lift ☐ Deadlift only ☐ Bench only ☐ Special Athlete ☐ Intermediate ☐ Blind ☐ Novice ☐
Sub-Junior ☐ Junior ☐ Open ☐ Master I ☐ Master II ☐ Master III ☐ Master IV ☐
T-Shirt Size: _____

Required Information for Provincial or National Championships: (Note if this section is not filled out, you will not be considered qualified for Championships. All qualifying totals must be within 24 months of the competition for which you are applying)

Qualifying Total: _____ Date of Qualifying Total: (dd/mm/yy): _____
Where Qualifying Total was obtained: _____

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)

Complete all areas of the form – Please Print Legibly. ALL ENTRY FEES ARE NON-REFUNDABLE

OPA Qualifying Standards—Updated April 2012 to Reflect Changes made at National AGM

Men's National Competition Standards

<u>Wt. Class</u>	<u>53 kg</u>	<u>59 kg</u>	<u>66 kg</u>	<u>74 kg</u>	<u>83 kg</u>	<u>93 kg</u>	<u>105 kg</u>	<u>120 kg</u>	<u>120+ kg</u>
Elite	515	570	630	687.5	740	787.5	827.5	860	875
Master	472.5	525	577.5	632.5	680	722.5	760	790	802.5
Class I	407.5	457.5	510	565	615	657.5	695	720	730
Class II	360	402.5	447.5	495	542.5	580	610	635	642.5
Class III	312.5	350	392.5	432.5	472.5	505	535	555	560
Class IV	272.5	307.5	342.5	375	412.5	440	465	485	490
Class V	237.5	270	297.5	325	360	382.5	402.5	422.5	427.5

<u>Men's Required Totals</u>	<u>Equipped</u>	<u>Unequipped</u>
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III	Class IV
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69	Class IV	Class V
Master 70+	none	none

Women's National Competition Standards

<u>Wt. Class</u>	<u>43 kg</u>	<u>47 kg</u>	<u>52 kg</u>	<u>57 kg</u>	<u>63 kg</u>	<u>72 kg</u>	<u>84 kg</u>	<u>84+ kg</u>
Elite	297.5	315	340	365	395	435	475	497.5
Master	270	285	307.5	332.5	357.5	395	432.5	452.5
Class I	230	250	272.5	295	320	355	397.5	422.5
Class II	207.5	220	242.5	262.5	285	315	352.5	370
Class III	180	195	212.5	227.5	250	277.5	307.5	322.5
Class IV	155	167.5	182.5	195	215	237.5	265	275
Class V	132.5	142.5	155	165	182.5	202.5	227.5	232.5

<u>Women's Required Totals</u>	<u>Equipped</u>	<u>Unequipped</u>
Open	Class II	Class III
Sub-Junior	Class IV	Class V
Junior	Class III	Class IV
Master 40-49	Class III	Class IV
Master 50-59	Class IV	Class V
Master 60+	none	none

Note: Any categories that list "none" still require previous experience in a CPU sanctioned contest

National Bench Press Championship—Qualifying Lifts

<u>Men (all, except Sub-Junior)</u>									
<u>Wt. Class</u>	<u>53 kg</u>	<u>59 kg</u>	<u>66 kg</u>	<u>74 kg</u>	<u>83 kg</u>	<u>93 kg</u>	<u>105 kg</u>	<u>120 kg</u>	<u>120+ kg</u>
Equipped	95	112.5	125	137.5	150	157.5	167.5	172.5	180
Unequipped	80	95	105	115	125	132.5	140	145	150

<u>Women (all, except Sub-Junior)</u>									
<u>Wt. Class</u>	<u>43 kg</u>	<u>47 kg</u>	<u>52 kg</u>	<u>57 kg</u>	<u>63 kg</u>	<u>72 kg</u>	<u>84 kg</u>	<u>84+ kg</u>	
Equipped	47.5	50	55	60	65	70	77.5	82.5	
Unequipped	40	42.5	47.5	50	55	60	65	70	

Sub-Junior lifters have the following scales

<u>Sub-Junior Men</u>									
<u>Wt. Class</u>	<u>53 kg</u>	<u>59 kg</u>	<u>66 kg</u>	<u>74 kg</u>	<u>83 kg</u>	<u>93 kg</u>	<u>105 kg</u>	<u>120 kg</u>	<u>120+ kg</u>
Equipped	67.5	75	82.5	92.5	97.5	105	110	112.5	115
Unequipped	57.5	62.5	70	77.5	82.5	87.5	92.5	95	97.5

<u>Sub-Junior Women</u>									
<u>Wt. Class</u>	<u>43 kg</u>	<u>47 kg</u>	<u>52 kg</u>	<u>57 kg</u>	<u>63 kg</u>	<u>72 kg</u>	<u>84 kg</u>	<u>84+ kg</u>	
Equipped	35	37.5	40	45	52.5	62.5	70	77.5	
Unequipped	30	32.5	35	37.5	45	52.5	60	65	

Points to Remember

1. You must have qualified within the previous 24 months from the date of the intended Nationals.
2. You must satisfy your provinces additional requirements to be qualified for each Nationals.
3. A lifter who achieves a National qualifying standard is then eligible to compete at any chosen weight class at the National Championships.
4. All age categories begin on January 1 of the year the lifter reaches the minimum age limit. For example, a lifter become a Master 1 on January 1 of the year they turn 40. Similarly, a Junior ceases to be a Junior on Dec 31 of the year they turn 23.
5. A lifter can qualify for a higher level meet in their next age category within the 12 month period before meeting the minimum age requirement for the class they will compete in, but cannot claim awards in that category at that qualifying meet. For example, a lifter who turns 40 next year can qualify for next years Master Nationals at any time during THIS year, but would only win "Open" awards at that meet.
6. If you achieve the qualifying total for Equipped nationals, you are automatically qualified for Classic (unequipped) nationals.

1. A lifter's status as "unequipped" must be clearly identified on the contest scoresheet. Lifters CANNOT "cross-over" from equipped to unequipped, or from unequipped to equipped, they can only be in one division at a time in regards to records. If not so identified as unequipped, they will be assumed to be equipped.
2. "Unequipped" is defined as normal shoes, socks, under-garments, non-supportive singlet, T-shirt, wrist-wraps, neoprene knee-sleeves and belt. All items must conform to standard IPF Rules specifications. No other items are allowed

Ontario Powerlifting Association



Affiliated Clubs

Club Name: Canadore Panthers Powerlifting Club
Club Contact: Glorianne Papolis
Address: 310 Champlain St., North Bay, On
Phone Number: 705-472-7470
Email: angelo.papolis@sympatico.ca

Club Name: Defining Strength Powerlifting Club
Club Contact: Susan Abbott
Address: 100 Main Street N., Hagersville, Ont

Club Name: Fern's Gym
Club Contact: Fern Boucher
Address: 571 Bolger Ave Box 2858, New Liskard On P0J 1P0
Phone Number: 705 647 4279

Club Name: Golden Triangle
Club Contact: Dave Hoffman
Address: 278 Thaler Ave, Kitchener On. N2A 1R6
Phone Number: 519 894 5913

Club Name: Highland Powerlifting Club
Club Contact: Jackie Pritchard
Address: 581202 RR5, Dundalk, On Phone
Number: 519-217-6080
Email: jackie@windmillhill.ca

Club Name: Hostyle Powerlifting
Club Contact: Curd Hos
Address: 1508 Bourcier St., Orleans, Ont., K1E 3J6
Phone: 613-834-7194
Club Website: www.Hostyleconditioning.com
Email: curdhos@gmail.com

Club Name: Iron Works
Club Contact: Sandro D'Angelo
Address: 630 Du Parc Ave. Russell On. K4R 1G4
Phone Number: 613 769 7747
Email: sandrodangelo@rogers.com
Website: ottawaironworks.weebly.com/

Club Name: Limestone Powerlifting
Club Contact: Kevin O'Brien
Address: 206 Country Club Drive, Kingston, Ont., K7M 7B6
Phone Number: 613-888-2903
Email: obrienkev@live.ca

Club Name: London Powerlifting Club
Club Contact: Michael Knott
Address: 1002-860 Commissioners Rd., E., London, On N6C 5Y8
Phone Number: 519 317-6078
Email: Mike.knott@bell.net
Website: londonpowerlifting.org

Club Name: K-W Grizzlies Powerlifting Club
Club Contact: Adele Couchman
Address: 3-210 Highland Cres., On
Phone Number: 519-744-4881

Club Name: Monster Powerlifting Club
Club Contact: Harnek Singh Rai
Address: 6 Yukon Lane, Brampton, Ont., L6P 1L4
Phone Number: 416-416 569 1488
Email: RAIHARNEK@HOTMAIL.COM

Club Name: Muskoka Barbell Powerlifting Club
Club Contact: Robert Burton
Address: 440 Ecclestone Drive, Bracebridge, Ont. P1L 1Z6
Phone Number: 705-646-1848
Email: R.muskoka@fit@gmail.com

Club Name: Niagara Powerlifting Club
Club Contact: Glyn Moore
Address: 9 Old Oxford Rd., St. Catharines On. L2S 3T9/L2M 2J7
Phone Number: 905-646-8536
Email: gmoore82@cogeco.ca
Website: niagarapowerlifting.org

Club Name: Power Pit Powerlifting Club
Club Contact: Jerry Marentette
Address: 1530 County Rd., 22, Belle River, Ont.
Phone: 519-727-6096

Club Name: PoweReach
Club Contact: Ashley Hartwick
Address: 139 Willand Lane, RR# 3 Woodlawn, Ont K0A 3M0
Phone: 613 832 2906
Email: ethna@sympatico.ca

Club Name: Power Systems Strength and Conditioning
Club Contact: Bilal Khan
Address: 3199 Maderna Rd., Burlington, Ont, L7M 2W4
Phone Number: 905 580 4466
Email: khanba20@gmail.com
Club Web Site: <http://powersystemsc.blogspot.com>

Club Name: South Huron Powerlifting
Club Contact: Lissa Berard - Associate #2A
Address: 26 Toronto Blvd., Vanastra, On., N0M 1L0
Phone Number: 519-482-3544
Email: vrcberard@cabletv.on.ca
Website: www.huroneast.com

Club Name: Steel City Powerlifting Club
Club Contact: William T. Jamison
Address: 412 Big Creek Rd.Caledonia ON. N3W 2G9
Phone Number: 905 765 5345
Email: billjamison@sympatico.ca

Club Name: Taylored Training Powerlifting
Club Contact: Cassandra Dionne
Address: 574 Princess St., Kingston, Ontario, K1L 1C9
Phone Number: 613-507-2673 or 613-453-3002
email: info@tayloredtraining.ca
Website: tayloredtraining.ca

Club Name: Toronto Rex Powerlifting Club
Club Contact: Mark Boyle
Address: 17 Stephen Drive, Toronto M8Y 3M7
Phone Number: 416 628 3577
Email: mboyle762@gmail.com

Club Name: U.T.M. Powerlifting
Club Contact: Pascal Tyrrell
Address: 3359 Mississauga Road N. Mississauga. On. L5L 1C6
Phone Number: 905 842 6701
Email: pascal.tyrrell@gmail.com
Website: utm.utoronto.ca

Club Name: Ultimate Fitness Gyms
Club Contact: Sarah Leighton
Address: 640 Barnet Blvd., Renfrew On. K7V 2Z4
Phone Number: 613-433-9775
Email: sarah@ultimatefitnessgyms.com
Website: ultimatefitnessgyms.com