

OPAI

Ontario Powerlifting News

December 2006, Volume 57, Issue 4

Official Newsletter of the Ontario Powerlifting Association
www.ontariopowerlifting.org



Ontario Junior / Masters



Inside this Issue
Contest Results – Ontario Junior/Masters,
Power Pit Open
New Contests, Articles, Annual General
Meeting Minutes
Updated Records



From the President

- William T. Jamison

The 2006 OPA Annual General Meeting took place on November 25 in Brantford. This was an election year. We welcome two new officers to the executive. They are Jerry Garnet, newsletter editor/website, and Sarah Frankel, Secretary. I would like to sincerely thank Ulrike Kruger and Jackie Mattice for all their hard work.

The Ontario Masters and Junior Championships were held on November 26. There was some very good lifting with the Power Pit Club from Belle River winning the best team award.

A few weeks ago I attended the Mens and Womens World Championships and IPF Congress in Norway. The Championships were very well organized. The Congress was held the day before the competition started. This was a technical rule change year with most changes being made to the Bench Press. All new rules can be found on the IPF website.

A much needed rules clinic was held on September 10. Only 8 people attended. Others expressed an interest in attending but could not on that date.

On the Friday evening before the Niagara Open, another rules clinic will be held. This will be a good opportunity for all lifters and coaches to become familiar with all the new rules and their interpretations.

In 2006, as well as holding five annual provincial championships, the OPA sanctioned five open powerlifting contests, two bench press contests, a developmentally challenged contest and an Ontario Paralympics competition which included blind and physically challenged lifters.

This year, our high school program has continued to grow. There were three competitions held throughout the school year. The first Ontario High School Championships were held in April, at Cayuga High School.

Throughout the year, lifters from Ontario not only competed in the Ontario Championships and at the Canadian Championships, but also competed at the World Sub-Juniors, Bench Press and Masters World Championships. Our top finisher in these competitions was Mark Giffen. He placed first in the 125 kg class in the Masters I division.

The OPA information pamphlet has been updated. It was a pleasure to work with Mike Knott, Krista Schaus and Ulrike Kruger on this project.

Many thanks to Glyn Moore, Stan Goss and Dave Hoffman for updating the Meet Director's Handbook. It covers every aspect of what is necessary to hold a contest. It includes all the necessary paperwork which can be reproduced.

I wish to thank all the Executive members for their hard work throughout the year. Without these dedicated people the OPA would not exist.

Referee

- Mike Knott

I enjoy the role of Referee Chairperson, and am beginning my second term as of the Annual General Meeting.

It is my desire to help progress this sport by providing more information to the lifters regarding the rules. There are some rule changes, effective January 2007 as an outcome of the 2006 IPF (International Powerlifting Federation) Annual General Meeting.

The Niagara Open is the first contest to be held where these rule changes will be applied. To help everyone understand the new rules, I am planning Rules Seminar the night before the contest at the hotel. All Referees officiating at the Niagara Open need to attend this seminar. All referees will be required to attend a rules seminar in order to maintain their present level of certification.

The rule changes have been posted on the IPF Website. http://www.powerlifting-ipf.com/IPF_rulebook_2007.doc

Anyone interested in becoming a referee, please feel free to contact me by phone or by email. It is my goal to certify at least 2 new referees in the OPA in 2007



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news@ontariopowerlifting.org

Send photos, contest results, club profiles, lifter profiles, your powerlifting experiences ... and your ideas!

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✳ **Ontario Powerlifting News** ✳

Next Deadline: April 20, 2007

Editor: Ulrike Kruger
news@ontariopowerlifting.org

Ontario Powerlifting News is published several times per year. The Newsletter is included in the Ontario Powerlifting Association membership

Contributors:

Glyn Moore, Marlene Moore, Bill Jamison, Dave Hoffman, Krista Schaus, Mike Knott, Harnek Singh Rai

Photo Front Cover: Lifter unknown

Advertising: 1 page - \$75, ½ page - \$50, ¼ page - \$25
Business Card - \$10

Submissions typed or written and sent by email or regular mail are welcome. To simplify newsletter production, electronic format by email is preferred. Please contact the newsletter editor for any submission problems or questions.

UPCOMING EVENTS

Regional and National

Jan 20	5 th Annual Niagara Open Glyn Moore (905) 646-8536 Email: gmoore82@cogeco.ca http://niagarapowerlifting.org	St Catharines
Apr 14	2007 St Thomas Open Daniel Pare (519) 633-0771 Email: weightroompress@aol.com	St Thomas
Apr 20	Newsletter Submissions Deadline news@ontariopowerlifting.org	
May 12	Ontario Mens Intermediate and Open Bench Press Dave Hoffman (519) 894-5913	Waterloo
Jun 9	Push Pull Meet (**Not yet Sanctioned – to be confirmed**)	Bell River
Jul 21	2 nd Annual Guelph Open (**Not yet Sanctioned – to be confirmed**)	Guelph
Mar 29- Apr 1	2007 CPU National Championships Contact Bill Jamison for Entry Forms: (905) 765-5345	Halifax/Dartmouth NS
Sep	Ontario Seniors	Bell River
Nov-Dec	Ontario Junior / Masters	TBD
Apr 2008	2008 CPU National Championships	Ontario

*IPF Worlds Timetable

2007		
Apr 18-21	World Bench Masters	Germany
May 30- Jun 2	World Bench Press	Denmark
Aug/Sep	11 th Pan-Am	Brazil
	Summer Special Olympics World Summer Games	China
Sep 4-8	World Sub-Jr / Jr	France
Oct 3-6	World Masters	Czech Republic
Nov 4-10	World Women/Men	Austria
Dec	Commonwealth Championships	Fiji

*Refer also to: <http://www.powerlifting-ipf.com/>

Registration

- Marlene Moore

As we move on to 2007, I would like to take this opportunity to reflect on the past year. Although the membership was down in numbers this year, new membership has increased. Total membership was 159, which included 36 new members. Please see the breakdown following my report.

Our competitions have increased and this was something I had aspired to encourage and I am happy with the results. Another thing I will work on this year is getting a competition calendar set up to that the membership will be able to organize their training schedules accordingly. Our meets will be posted on the main CPU site allowing lifters to see what open meets there are in Ontario. This month I will be contacting the Club Presidents to try and get a commitment for a meet this year. Already clubs have contacted me about holding meets in January, April, May, July and September. The tentative dates will be posted in "Upcoming Events" on the web site and in this issue.

We have a revised Meet Directors Handbook which will be sent to each club as they register. This book was worked on by Glyn Moore, Stan Goss and Dave Hoffman. This booklet is a very user-friendly tool to help any new clubs and to refresh the information to experienced clubs holding a meet. Thank you to these guys who have been around for a while in this sport for putting the effort.

I would like to remind everyone who is planning to join the OPA again this year to PRINT CLEARLY on your application form to help eliminate any clerical errors on your cards. Also, please send in the waiver form along with your membership application as I cannot issue a card without BOTH forms.

On closing, remember this old saying "walk a mile in my shoes". As a volunteer I can appreciate the time and effort that others contribute to the sport. As members of this organization, please keep in mind that the OPA doesn't exist without the executive who put structure to the program, without enthusiastic members who want to put on meets and the many volunteers of family and friends who help out at these events. Most importantly, the OPA doesn't exist without our referees who travel to the meets, sit sometimes for hours to judge an event, who have taken the time to study the rules and have kept current with the changes to these rules and receive little re-imburement for their time. Without

all of these people, especially the referees, there would be no contests to test and show your strength. Any organization needs constructive criticism to become better at what they do. "Walk a mile in THEIR shoes" when you make comments about our sport.

Although I am not a lifter, I have traveled with my husband Glyn all over Canada and the World and have met a lot of nice people. I think this is a great sport! To all the executive and members, please get the word out to join the OPA. We are having good quality meets and more of them.

Thank you to everyone who has helped me through the past year when I have had questions or concerns. A special thanks to Ulrike Kruger who has been a great help to me and a good teacher. We will all miss your contribution to the sport.

2007 St. Thomas Open	
Date:	April 14, 2007 10:00am
Host:	St. Thomas Powerlifting Club
Place:	2 3rd Ave. St. Thomas, ON N5R 0A7
Eligibility:	Open to registered CPU members, or any lifter registered with an IPF affiliated country.
Rules	I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules.
Lifts:	Squat, Bench Press and Deadlift
Weigh In:	8:00am *Times subject to change
Awards:	1 st , 2 nd , 3 rd each weight class, Male and Female, Best Club
Meet Director	Daniel Pare (519) 633-0771 Email: weightroompress@aol.com
Entry Fee:	\$55.00 Fee must accompany Contest Entry Form on Page: 16
Entry Deadline:	March 30, 2007
Payable to:	Daniel Pare
Send Entry to:	Daniel Pare 71 Ross St. #11 St.Thomas, ON N5R 3X6

2007 CPU National Championships

Contact Bill Jamison for Entry Forms: (905) 765-5345

Refer also to www.powerlifting.ca

Annual General Meeting Minutes

November 25, 2006

- Sarah Frankel

Attendees: Bill Jamison - President, Harnek Singh Rai - Vice President, Mike Knott – Referee Chairperson, Stan Goss, Krista Schaus – Treasurer, Ulrike Kruger – Newsletter Editor, Don Clarke, Adele Couchman, Sarah Frankel, Rick Gazdig – Southern Region Chairperson, John Clayton, Less Juss, David Hoffman - Records Chairperson, Jesse Jamison

Absent with Regrets: Jackie Mattice – Secretary, Marlene Moore – Registration Chair

Absent without Regrets: Mark Glofcheskie - North East Region Chairperson

1. Call to Order – Meeting called to order by Bill Jamison at 6:05pm.

2. Adoption of Minutes – Motion that the 2005 AGM minutes be adopted as published in the O.P.A. Newsletter. Moved by Adele Couchman and seconded by Harnek Rai – motion carried.

3. Executive Committee & Chairperson's Reports:

A. President – Bill Jamison – report tabled as follows.

A few weeks ago I attended the Men's and Women's World Championships and IPF Congress in Norway. The Championships were very well organized. The Congress was held the day before the competition started. This was a technical rule change year with most changes being made to the Bench Press. All new rules can be found on the IPF website.

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I wish to thank all the Executive members for their hard work throughout the year.

Without these dedicated people the OPA would not exist.

→ Motion to accept the president's report by Krista Schaus and seconded by Jesse Jamison – Motion carried.

B. Vice President – Harnek Singh Rai – report tabled as follows.

This has been a very busy year for me personally. I refereed a few competitions, including Ontario and Canadian Championships in Chilliwack.

I moved to a new home during this year and this required me to spend a lot of time on household chores.

As you all may be aware I was sick last year and my energy level has not been the same since. I am feeling much healthier now.

In the upcoming months I'm hoping to hold at least one referee clinic and one training camp in Toronto. I will pay for this from my own pocket.

I did not raise any funds this year for OPA. My main problem is the registration number, non-profit making/charitable. Whenever I talk to any company of individual to give us a donation they always ask for a receipt, which I am unable to provide. If OPA can register as a non-profitable/charitable organization, I will be in better position to raise funds. I will then be able to organize a fund raising dinner, etc to help raise funds.

Discussion: We do not have the financial structure to apply for charitable organization status.

→ Motion to have receipt books in OPA colours printed.

Motioned by Bill Jamison, seconded by Krista Schaus – Motion carried.

→ Motion to provide President, Vice President and Treasurer with numbered receipt books that will be audited.

Motioned by Krista Schaus, seconded by Sarah Frankel – Motion carried.

→ Motion to accept the vice president's report by David Hoffman and seconded by Rick Gazdig – Motion carried.

C. Newsletter & Website – Ulrike Kruger- report tabled as follows.

The OPA newsletter and website have remained unchanged for the most part in 2006. On the website, a history of Club Updates was introduced. So far, only the Niagara Powerlifting club has taken advantage of this section on a consistent basis. Special Athletes Records are now being published with thanks to Adele Couchman. The Top Ten ranking section on the website is out of date and I would suggest it be removed unless it can be maintained. Ranking information can be maintained from the CPU website, so perhaps this is a redundant effort.

As was the case last year, I have received suggestions to improve the website and newsletter, but only a few have been diligent with consistent submissions. Photos are often received without details, which makes it difficult to publish in context. Many thanks to those who take the time to send something, no matter how small, in contribution to ongoing communications.

During the summer, I worked with Krista Schaus to produce a 3-fold OPA Brochure. Hopefully, this effort will provide the OPA an outlet of communication to the sport of Powerlifting.

Thank you to those who put in the time and effort to submit information to be shared with other members. With the relatively small membership that we have, everyone's contribution counts!

As life has become much more busy, I am unable to continue in the role of Newsletter Editor and Website content manager. After volunteering in this capacity for 8 years, and also 6 years as registration chairperson, it is time to pass this position on to another individual. The newsletter is a time consuming effort whereas the website is much less intensive, but both require the efforts of an individual who can provide information in an accurate and timely manner. Best of luck to that person.

Discussion: It was discussed that the newsletter be changed from a mailed paper format to a digital form that can be downloaded. This would save in mailing and printing costs. Depending on the skill set of whoever takes on the responsibilities of the Website and the Newsletter, a survey of the OPA membership would be done to see if downloading the newsletter is the preference.

→ Motioned to accept the Website/Newsletter report by Mike Knott and seconded by Krista Schaus – Motion carried.

D. Treasurer – Krista Schaus – report tabled as follows.

2006 Year to Date TREASURER'S REPORT

I would like to again thank the executive, lifters and volunteers for contributing to the viability of the organization. Even though numbers have declined this year, both in terms of membership and revenue, it is important that we do not view 2006 as anything but a success. Like a lifter's career or a long term investment, there will be highs and lows. As long as the overall trend is upward, the organization is succeeding.

That being said, I believe that there are numerous things the organization can do to ensure that there are more positive trends than negative ones.

From a treasurer perspective, as I cautioned at last year's AGM, we still need to be cautious with spending and expense recommendations and look at things from a long term perspective. At last year's AGM we approved a significant increase in referee reimbursement, a 300% increase (from .10 / km one way to .15 / km two way) while at the same time reducing the cost of a contest sanction from \$40 to \$10, a 400% decrease. However, no

strategic plans were developed to increase revenue from other sources such as fundraising or membership retention or development.

The NSF cheque problem from last year has almost entirely cleared up, however collection of Drug Test Fees is still an issue to be resolved.

Rather than discuss all these issues at length today, I propose three subcommittees be formed to conduct an analysis of the current situation and establish a vision, outline goals / objectives and propose possible strategies relating to the following areas:

1. Fundraising
2. Promotions & Marketing
3. Strategic Planning

By comparing our Net Loss (just over \$5000.00) to the amount transferred from the savings account to the main account (\$5000.00), it is clear that we simply put more money out in 2006 than we took in. Keep in mind that this is the first year since early 2000, that we were in a deficit situation. However, the issues still need to be addressed to ensure the trend does not continue.

I have made resolutions regarding the newsletter (switching to an electronic format) and referee expenses that will help alleviate the situation temporarily. However, for future sustainability, the OPA wants to grow and thrive not simply cut costs when money is down and increase spending when money is up.

Lastly, I would like to thank the committee that was put together to create the new OPA brochure with special thanks to Ulrike Kruger who put a great deal of time and work into the final document.

I feel strongly that we should do whatever we can do retain essential members / lifters like Ulrike Kruger who plans on stepping down from the OPA this year. This is just another example of how we let good member slip away rather than having a proactive strategy in place to ensure that they remain. We have lost a lot of good members over the years and perhaps a survey is in order (exit interview or former member survey) to learn more about why they left, what we can do to get them back and how we can retain members into the future.



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2006 Ontario Powerlifting Association

Treasurer's Report

Year to Date

(Nov 25, 2005 to Nov 25, 2006)

INCOME

Memberships	\$8,830.00
Contest Sanctions - 10	\$100.00
Club Affiliations - 15	\$600.00
Drug Test Fee	\$725.00
Drug Tests	\$1,455.00
Medals	\$475.00
Advertising	\$100.00
Records/Badges	\$145.00
Interest	\$333.60

Total Income \$12,763.60

EXPENSES

Insurance	\$2,241.00
Drug Tests (includes shipping)	\$1,750.00
Newsletter / Website	\$3,195.92
Referee	\$2,465.75
Worlds - 17	\$3,400.00
Nationals - 10	\$1,000.00
Promotions	\$401.54
Administrative	\$604.74
NSF Cheques (2004)	\$20.00
Medals	\$2,355.53
AGM	\$226.23
Affiliation Fee	\$150.00
Refunds	\$80.00

Total Expenses \$17,890.72

NET LOSS / GAIN (\$5,127.12)

Account Balances

Chequing (as of Oct 31)	\$3,972.72
Savings (as of Oct 31)	\$9,203.78

TOTAL \$13,176.50

Discussion: It was noted that membership revenue has decreased from 2005. It was suggested that exit interviews for non-renewing members be considered. It was also suggested that in addition to the club contacts on the website, there be area contacts for people interested in powerlifting. Towards further exposure for the OPA, it was suggested that the contest Handbook should include a media release kit.

→ Motion to accept the treasurer's report by Mike Knott and seconded by Sarah Frankel – Motion carried.

E. Registration Chair – Marlene Moore – report tabled as follows (read by Dave Hoffman in Marlene's absence),

Glyn and I would like to send our regrets for not being able to attend the AGM as important family matters have kept us away. Good luck to all the competitors!

I have had a good year as the registrar and look forward to continuing in this position if no one else is interested in taking over.

Although the membership is down in numbers this year, new membership has increased. Total membership is 159, which includes 36 new members. Please see the attached sheet for the full breakdown.

Our competitions have increased and this is something I had aspired to encourage and I am happy with the results. Another thing I will work on next year is getting a competition calendar set up so that the membership will

be able to organize their training schedules accordingly. Also all our meets will be posted on the main CPU site allowing lifters to see what open meets there are in Ontario. Upon my return I will be contacting the Club Presidents to try and get a commitment for a meet in 2007. I already have a meet for January and one for July scheduled. This year the Meet Directors Handbook has been revised and will be sent to each club as they register. It is a very user-friendly tool.

My expenses included 1500 OPA letterhead and a memory sick to keep the yearly records intact for my past years and for a number of years to come. These two items are the bulk of my expenses, which total approximately \$400.00. I will send Krista the receipts when I return home. If any of the executive need letterhead please let me know and I will get it to you when we return home.

I will be sending Ulrike my report for the last edition of the OPA magazine in December also when we return.

To all the executive and members, please get the word out to join the OPA. We are having good quality meets and more of them.

Thank you to everyone who has helped me through the past year when I have had questions, especially Ulrike. She has been very patient and a good teacher.

Membership Breakdown for 2006

Membership Type	#	Age Breakdown	Renewal	New
Associate	2	Associate	2	
Blind	1	Blind	1	
Junior	16	Junior	12	4
M1	29	M1	23	6
M2	19	M2	18	1
M3	8	M3	8	0
Open	45	Open	27	18
Special Athlete	28	Special Athlete	26	2
Sub-Junior	10	Sub-Junior	6	4
Grand Total	158	Grand Total	158	

Club Breakdown	Renewal	New	Membership Breakdown	#
Fern's Gym	1		New Total	35
Golden Triangle	10	4	Renewal Total	123
Iron Foundation	11	1	Grand Total	158
KW Grizzlies	5	0		
London Powerlifting	7	1		
London Special O	1			
Monster Powerlifting	2			
Niagara Powerlifting	5			
Ottawa Strong	8	0		
Power Pit Gym	14	4		
PowerReach	2			
St. Thomas D.F.	7	2		
Steel City	8	0		
Titans of Mississauga	10			
Unattached	32	22		
Grand Total	158			

Discussion: It was noted that there could be a female/male membership breakdown.

→ Motion to accept the Registration Chair's report by Jesse Jamison and seconded by Rick Gazdig – Motion carried.

F. Referee Chair - Mike Knott - report tabled as follows.

Contest	Referees
Niagara Open	Adele Couchman, Don Clarke, Michael Knott - and Drug Testing
St Thomas Mar 5	Terry Stinchombe, Rick Gazdig, Daniel Pare
Friends in Steel	Steve Chomitz, Adele Couchman, Michael Knott
Golden Triangle Bench Open	Steve Chomitz, Adele Couchman, Don Clarke
Intermediates	Steve Chomitz, Adele Couchman, Don Clarke, Michael Knott - Drug Testing
St Thomas May 20	Michael Knott, Rick Gazdig, Daniel Pare
Ontario Paralympics	Michael Knott, Jerry Marentette, Stan Sher
Iron Foundation Open	Adele Couchman, Don Clarke, Michael Knott - and Drug Testing, Mark Giffin
Power Pit Push Pull	Michael Knott, Scott Seguin, Jerry Marentette, Stan Sher
Ontario Seniors and Bench Press Championships	Harnek Singh Rai, Adele Couchman, Don Clarke, Sean Brown, Thanks to 2 International Refs to help out: Jack Marcus and George Bartotti. Louis Levesque was there supplying Titan equipment and as a standby ref Michael Knott - Drug Testing
Power Pit Qualifier Open	Michael Knott, Ron Strong, Scott Seguin
Masters to be determined In Case Shawn plans to beat his new WR.	Lynton Lam, Harnek Singh Rai, Bill Jamison, Michael Knott – Drug Testing, Adele Couchman, Don Clarke, Rick Gazdig

We had one new Referee take the written exam this year. Stan Sher is now a Provincial Level II Referee.

We have had several people show interest, but not enough have come forward to attend a Referee Seminar.

Due to the Rule Changes affective as of 1 Jan 2007, a Referee seminar will be required. We intend to conduct this the night before the Niagara Open in Jan 2007, so we need to make sure anyone interested in a Referee seminar attend. All active Referees need to attend to maintain their current level. Bill Jameson has offered to conduct this seminar.

There was a definite shake up in the IPF with 2 federations being band for a year do to being tested positive. This does show that there is something being done to clean up the sport.

Not sure if my count is right, but I think there where 12 drug test done in total this year, including WR. Can someone confirm this, I may have miscounted.

→ Motion to accept the referee chair's report by Bill Jamison and seconded by Harnek Singh Rai – Motion carried.

G. Records Chair – Dave Hoffman – report tabled – summary as follows.

Greetings to all in attendance today.

As usual there has been no shortage of broken records since my report in November 2005. In the Juniors, Masters and Bench Press Championships in November 2005, eleven lifters broke records and were tested. They included Jason Marentette, Marlon Obratoski, Ron Strong, Jackie Pritchard, Richard Singh, and Lynda Squires.

In 2006 to date Jeff Becker, John Bourgoin, Jason Byrne, Angela Goss, herb Greenidge, Mioslav Koprnicky, Anita Marcinko, Jerry Marentette, Shawn O'Halloran, Scot Seguin, Ron Strong, Chris Yantha, Daniel Young, and Barry Antoniow have broken records. I am also awaiting drug test results for Barry from the NAPF Bench Press Championships in Costa Rica. I am also awaiting and application from Mark Giffin from his World Championship performance in Texas. Others may have met the criteria but did not apply.

Best club of the year honour again would seem to be going to Power Pit of Belle River who took team trophies at the Ontario Seniors, Ontario Bench Press Championships, and the Niagara Open.

Five lifters applied for merit badges in 2006. They are free to OPA lifters.

Although our registration is down significantly in 2006 we had strong participation in all levels of competition at provincial, national and world events. Our biggest challenge is to get those numbers up for 2007. I strongly believe that the clubs not involved in our high school program should try to make some inroads in their area. Hopefully the Canadians being in Niagara Powerlifting Club territory will also result in more members.

I would like to nominate Marlene and Glyn Moore for the OPA Recognition Awards for 2006. As usual I list previous winners below.

Year	Recipient
1985	Bill Jamison & Ned Gvoich
1986	Jim & Jan Moir
1987	Ron & Joanne Pattyn
1988	John & Diane Sarich
1989	Gord Hansuld
1990	Kali Parsons
1991	Steve Hall
1992	John Baxter
1993	Woody McCullough
1994	Paul Summers
1995	Harnek Singh Rai
1996	Lynton Lam
1997	Stan Goss
1998	Charlie & Pam Archdekin
1999	Ulrike Kruger
2000	Terry Stinchcombe
2001	Dave Hoffman
2002	Mike Latocha
2003	No recipient
2004	No recipient
2005	Don Clarke & Adele Couchman

→Motion to accept the records chair report by Bill Jamison and seconded by Mike Knott – Motion carried.

H. Southern Region Chair - Rick Gazdig - report tabled as follows.

It was a busy year for the Southern Region.

Niagara Open Jan 21/06
Ontario Intermediates April 29/06
Special Athletes-Friends in Steel April 29/06
St. Thomas Open May 20/06
Power Pit Push Pull Fun Time Open June 10/06
Ontario Paralympics July 7-8/06
Iron Foundation Open July 29/06
Iron Foundation-Bench Press July 29/06
Ontario Seniors Championships Sept 23/06
Ontario Bench Press Championships Sept 23/06
Power Pit Qualifier Open Nov 11/06

There were twelve (12) meets this year including three (3) Championships, Intermediates, Seniors and Ontario Bench Press Open. London hosted the Ontario Paralympics. All the meets were well organized and problem free. A thank you goes out to all the organizers, the spotters and loaders, the announcers, timekeepers and main table volunteers for their devotion to the sport to make these events run so smoothly.

Congratulations to the people who broke Provincial, National and World Records. Your diligence makes this sport stronger.

A special note from myself about the loss of a brother lifter, my sympathies go out to the Byrne Family.

→Motion to accept the Southern Region chair's report by Bill Jamison and seconded by Stan Goss – Motion carried.

I. Northeast Region - Mark Glofcheskie - Absent, no report tabled

J. Northwest Region - Vacant

K. Eastern Region - Vacant

4. Election of Executive members and Officers

There were no opposing nominees for any positions.

- a. President: Bill Jamison nominated - Voted in.
- b. Vice President: Harnek Singh Rai nominated - Voted in.
- c. Secretary: Sarah Frankel nominated - Voted in.
- d. Treasurer: Krista Schaus nominated - Voted in.
- e. Southeast Chair: Rick Gazdig nominated - Voted in.
- f. Registration Chairperson: Marlene Moore nominated - Voted in.
- g. Records Chairperson: Dave Hoffman nominated - Voted in.
- h. Referee Chairperson (Drug Testing): Michael Knott nominated - Voted in.
- i. Communications (website and newsletter): Nominated Jerry Garnet (OPA membership pending) - Voted in.

Discussion: If Jerry does not join the OPA, the OPA membership will be canvassed to fill the communications position.

5. Tabling of Resolutions

a. It was proposed by Ulrike Kruger to change Article V – General Provisions as follows:

a) The O.P.A. forbids discrimination and harassment, in compliance with the Ontario Human Rights Code based on: disability, gender (described as "sex" in the Ontario Human Rights Code and including pregnancy and gender identity), sexual orientation, race, colour, ancestry, place of origin, ethnic origin, citizenship, creed (faith), age, marital status, family status, receipt of public assistance, same-sex partnership status.

→Motioned by Ulrike Kruger and seconded by Sarah Frankel.

→It was motioned by Sarah Frankel to change the wording in a) to:

In compliance with the Ontario Human Rights Code, the O.P.A. forbids discrimination and harassment based on, but not limited to: disability, gender (described as "sex" in the Ontario Human Rights Code and including pregnancy and gender identity), sexual orientation, race, colour, ancestry, place of origin, ethnic origin, citizenship, creed (faith), age, marital status, family status, receipt of public assistance, and same-sex partnership status.

→Seconded by Krista Schaus – Motion carried.

b. It was proposed by Harnek Singh Rai that when a meet director applies for a sanction there should be reminders at that time of their duties as described in Article XXX, item 4.

→Motion not seconded.

Discussion

It was agreed that meet directors need to be reminded, and future consideration of a reprimand for directors that meet their obligations will be considered.

c. It was motioned by Krista Schaus that there is an error from last year's minutes. It was carried that the reimbursement be \$0.15 per km two-ways. This was also subject to Treasurer's Review. As outlined in the 2006 Treasurer's Report, referee reimbursements have nearly doubled from 2005 expenses. Thus, a motion has been proposed under New Business to return to the "one-way" travel reimbursement at \$0.15 per km. Article XXVI

3. Provincial Referees will receive one-way travel reimbursement when travelling to competitions to obtain their National or International Referees Badge as per the above schedule (ARTICLE XXVI #1 - revised), provided they pass the test. Referees will also be eligible for reimbursement of expenses according to the following schedule:

- a. Travel up to 100 km = \$35.00
- b. Travel from 101 km to 1000 km = 0.15 cents per km, and the cost of a hotel room up to \$100.00 max. per day refereed
- c. Travel over 1000 km = as per schedule listed in ARTICLE XXVI #1 - revised

Dave Hoffman seconded the motion – Motion carried.

6. New Business

a. Ask for a clarification from the CPU as to whether the Bench Press qualifying lift (Provincial and National Championships) for senior, master and junior is the same.

→ Motioned by Harnek Singh Rai and seconded by Bill Jamison – Motion carried.

b. Qualifying totals for the Provincial Championships should be the same nationally (some multi provincial champions will not even qualify for other provincial championships).

Discussion: It was decided that it is outside the scope of the OPA to question other province's standards.

→ Motioned by Harnek Singh Rai, not seconded.

c. It was motioned that "the words "Ontario" and "championship" can only be used for the events listed in XVIII 1." be added to the constitution as XVIII 2.

→ Motioned by Harnek Singh Rai and seconded by Stan Goss – Motion carried

d. Ask for clarification from the CPU as to what an eastern, western, etc. Canadian championship is. I.e., what are the requirements to hold one, and what are the qualifications to compete in one? What geographic territory does each cover?

→ Motioned by Stan Goss, seconded by Rick Gazdig – Motion carried.

e. It was motioned by Harnek Singh Rai that OPA recognitions and awards should be limited to those who have served at least 10 consecutive years in OPA. The Bill Jamison award should be limited to those who have served at least 15 consecutive years in CPU. IPF Hall of Fame nomination should be limited to those who have served at least 20 consecutive years in IPF.

→ Motion was seconded by Adele Couchman.

Discussion: People can do amazing things in short periods of time. If there is to be criteria for awards, it could be more comprehensive than years of membership. It was agreed that an awards committee would be formed to address this. Stan Goss, Dave Hoffman and Rick Gazdig agreed to work on the committee and look at the issue.

→ It was motioned by Stan Goss that it be put forward to the CPU that there should be a clarification of criteria established for the awarding of the Bill Jamison award, in particular attention to years of service, and that the CPU should be asked to forward a question regarding years of service and criteria with respect to the IPF hall of fame. The motion was seconded by Rick Gazdig – Motion carried.

f. Put forward to the CPU to clarify what the purpose and duties of the medical committee are, and to clarify what criteria/credentials are required for being on the committee.

→ Motion by Harnek Singh Rai, seconded by Bill Jamison – Motion carried.

Discussion: Motioned that as he is no longer a registered member, Michael Mengan be removed from the medical committee.

→ Motioned by Bill Jamison, seconded by Jesse Jamison – Motion carried.

g. Change Referee Reimbursement for mileage to \$.20/km one way, to be claimed by the individual incurring the expense.

→ Motioned by Dave Hoffman, seconded by Stan Goss – Motion carried.

h. Lifters competing "raw" (no supportive equipment, including belts, checked in at weight in; wrestling singlet only) should have their results recognized as separate / unique from non-raw lifters by distinguishing (e.g. italicizing, or -R) their lifts and total.

→ Motioned by Sarah Frankel, seconded by Krista Schaus – Motion carried.

i. Lifters competing in the bench press while wearing a bench press shirt should have their lifts distinguished from lifts completed without shirts (an NS next to the lift to signify No Shirt) beside their lift.

→ Motioned by Krista Schaus, seconded by Sarah Frankel – Motion carried.

j. There is no limit for travel reimbursement claims for international IPF competitions.

→ Motioned by Krista Schaus, seconded by John Clayton – Motion carried.

k. Dr. Aras Kvedaras (Hamilton) to be granted an Associate Membership in recognition of his work with many powerlifters, and presence at several meets.

→ Motioned by Krista Schaus, seconded by Bill Jamison – Motion carried

Discussion: Dr. Kvedaras is also to be invited to write in the OPA newsletter.

l. The OPA is to purchase a multi media projector for use at contest / events to be rented to clubs, e.g. for \$25.00.

→ Motioned by Mike Knott, seconded by Sarah Frankel – Motion not carried.

m. Anyone in the warm up area at a competition must be a member of the OPA, CPU or IPF, with the exception of medical professionals and emergency personnel.

→ Motioned by Adele Couchman, seconded by Rick Gazdig – Motion carried

Discussion: It was noted that Associate members do not get CPU membership cards and should only receive OPA cards with the OPA logo.

7. Competition Bids

a. 2007 Senior Men's, Senior Women's and the Open Bench Press Championships to be held on the third weekend in September. → No bids at this time.

b. 2007 Intermediate Men's Championships to be held on the third weekend in February

Dave Hoffman proposed that the Golden Triangle host this competition the third weekend in April or May. The bid was voted on and passed.

c. 2007 Masters/Juniors Championships and AGM to be held in December. →No bids at this time.

d. 2008 Nationals

To be hosted by the Niagara Powerlifting Club.

e. 2007 High School Championships

Dave Hoffman proposed that the Golden Triangle host this competition the third weekend in April or May. The bid was voted on and passed.

*It was noted that the 2007 Commonwealth Championships are scheduled to be in Fiji. If the political climate is not stable there, it was mentioned that Canada could bid on the event to be hosted by Steel City Powerlifting Club.

8. Award Nominations

a. OPA Recognition Award

Nominees: Glyn Moore and Marlene Moore

Congratulations to: Glyn and Marlene

b. OPA Team Champions

Congratulations to: Belle River Power Pit

c. OPA Female Athlete of the Year

Nominees: Anita Marcenko, Angela Goss, Jenny Porter

Congratulations to: Anita Marcenko

d. OPA Male Athlete of the Year

Nominees: Mark Giffen, Shaun O'Halloran, Steve

Magistrellie. Congratulations to: Mark Giffen

*Mark Giffen's name to be brought to the CPU for athlete of the year.

e. Club with the most new members

Two clubs brought in the most new members this year: Golden Triangle and Power Pit Gym. It was motioned that since there was a tie, there would be no Award for the club with the most new members. Motioned by David Hoffman, seconded by Sarah Frankel – Motion carried.

f. Nominations for the CPU Bill Jamison Award

No nominations brought forward.

9. Adjournment – meeting was adjourned at 11:25 pm.

Plan to host and OPA Contest?

To run a competition for the first time, to contact your Regional Chairperson or the Referee Chairperson to ensure that the appropriate equipment and resources are available and to help with the logistics for the first time.

In terms of administration, the following must occur:

- Meet Director must become an OPA member
- OPA member must register a club
- Meet Director must sanction the contest with the Ontario Powerlifting Association

Ont. Mens Intermediates/Open Bench Press	
Date:	May 12, 2007 12:30pm
Host:	Golden Triangle Powerlifting Club
Place:	Albert McCormick Arena 550 Parkside Dr. Waterloo, ON
Eligibility:	Bench Press is Open to registered CPU members, or any lifter registered with an IPF affiliated country. Qualifying Standards for the Ontario Mens Intermediates as follows. Lifter cannot have achieved a Class I total but must have totaled Class III + 4% or more within the last 24 months.
Rules	I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules.
Lifts:	Squat, Bench Press and Deadlift
Weigh In:	10 30am 12.00pm *Times subject to change
Awards:	OPA Medals. 1 st , 2 nd , 3 rd each weight class, Best Lifter, OPA Team Award
Meet Director	Dave Hoffman (519) 894-5913
Entry Fee:	\$50.00 Intermediates, \$45.00 Bench Only. Fee must accompany Contest Entry Form on Page: 16
Entry Deadline:	April 30, 2007
Payable to:	Golden Triangle Powerlifting Club
Send Entry to:	Dave Hoffman 278 Thaler Ave Kitchener ON N2A1R6

Power Pit Open

Nov 11, 2006

Results: Mike Knott

Lifter	Club	Squat	BP	DL	Total	Wilks
Women						
48kg Sub Jr						
Angela Goss	London	65.0	40.0	100.0	205.0	278.25
Men						
67.5kg Jr						
Jason Marentette	Power Pit	155.0	92.5	192.5	440.0	369.69
75kg Jr						
Derek Telleir	Power Pit	175.0	117.5	185.0	477.5	349.29
82.5kg Jr						
Brad Byre	Power Pit	160.0	112.5	210.0	482.5	326.36
90kg						
Vince Byrne	Power Pit	282.5	197.5	260.0	740.0	480.04
100kg M2						
Kevin Sterling	Power Pit					
110kg						
Matt Cuthdert		235.0	177.5	235.0	647.5	381.18
Luke Skaarap	Power Pit	205.0	155.0	272.5	632.5	375.20

OPA Club Updates

Niagara Powerlifting Club

- Glyn Moore

Happy New Year to All CPU Members.

By the time that we receive this newsletter, the 5th Annual Niagara Open will be near. I would like to wish all competitors the very best for this contest and throughout the upcoming year. For us at Niagara, it will be a year of planning and preparations for the 2008 Nationals. Hopefully we can implement lots of the successful items from past Nationals.

I want to thank Ulrike Kruger for all her excellent contributions to the OPA Executive and wish her well. I do hope that we will still be seeing her competing in 2007



* Club Updates Needed!!! *

Please send Club Updates to:

news@ontariopowerlifting.org

Club Updates will appear in the OPA Newsletter and on the OPA website.

www.ontariopowerlifting.org

Ontario Junior and Master

Records					
Name	Category	Squat	Bench	DL	Total
Angela Goss	Women SJ 48kg	65.0kg Prov	40kg Nat, Prov	85kg Nat	190kg Nat, Prov
Jason Marentette	Men Jr 60kg			191kg Prov	
Drew Irwin	Men Jr 75kg		172.5 Nat, Prov		
Randall Truscott	Men SubJr 100kg	262.5kg Nat, Prov	145kg Prov	240kg Prov	647.5 Prov
Jerry Marentette	Men M2 90kg		182.5kg Prov	273kg Prov	657.5kg Prov
Miroslav Koprnicky	Men M2 110kg		167.5kg Prov		
Shawn O'Halloran	Men M1 125kg		280kg World, Nat, Prov		

Ontario Junior and Master

Nov 26, 2006

Results: Mike Knott

Lifter	Club	Squat	BP	DL	Total	Wilks
Women						
56kg M1						
Anita Marcinko		90.0	67.5	120.0	277.5	333.53
48kg SubJr						
Angela Goss	London	65.0	40.0	85.0	190.0	255.13
Men						
60kg Jr						
Jason Marentette	Power Pit	155.0	90.0	191.0	435.0	371.01
75kg Jr						
Drew Irwin	Power Pit	130.0	172.5	192.5	495.0	353.73
Daniel Young	Iron Foun.					
82.5kg Jr						
Jesse Jamison	Steel City	205.0	105.0	215.0	525.0	357.84
90kg Jr						
Nicholas Rivard	Capit. Bar.	237.5	155.0	247.5	640.0	413.38
Marlon Obratoski	Steel City	232.5	145.0	245.0	622.5	408.17
100kg Jr						
Stephen MacKie		215.0	140.0	257.5	612.5	375.71
125kg Jr						
Jason Byrne	Power Pit	320.0	220.0	310.0	850.0	491.73
75kg M1						
Frank Nadeau		205.0	152.5	210.0	567.5	408.20
82.5kg M1						
Walter Urban	Iron Foun.					
90kg M1						
Tim Jones	London	200.0	120.0	220.0	540.0	346.14
Greg Platsko	Power Pit					
100kg M1						
Steve Garrett		250.0	150.0	235.0	635.0	397.70
125kg M1						
Shawn O'Halloran	Power Pit	280.0	280.0	230.0	790.0	450.77
Ron Strong	Power Pit	255.0	175.0	290.0	720.0	420.41
75kg M2						
Stan Goss	London	162.5	100.0	202.5	465.0	331.36
90kg M2						
Jerry Marentette	Power Pit	212.5	172.5	273.0	657.5	433.42
100kg M2						
Scot Seguin	Power Pit	210.0	155.0	245.0	610.0	375.15
110kg M2						
Miroslav Koprnicky		170.0	167.5	190.0	527.5	319.03
60kg SubJr						
Alex Croteau	Ottawa Str	145.0	105.0	175.0	425.0	370.47
67.5kg SubJr						
Andrew Meyer	Iron Foun.	147.5	92.5	152.5	392.5	308.98
82.5kg SubJr						
Kurtis Strong		190.0	120.0	220.0	530.0	359.29
100kg SubJr						
Randall Truscott	Steel City	262.5	145.0	240.0	647.5	395.69

Behind the Neck Presses

- Krista Schaus

Behind the Neck Presses have been wrongly accused of being bad for the shoulders. The reality is, if you have a shoulder problem, this exercise will let you know. It is a test or indicator of shoulder health and not necessarily the cause of shoulder problems or pain.

If you can perform one with no pain, no limited range of motion and an even left / right extension of the bar, you are good to go. Keep them in your program for about 3 weeks, then switch to another overhead movement. Cycle them in and out throughout the year. An increase in the behind the neck press will carry over to your bench press and other upper body strength movements.



Proper form is as follows:

1. Seated with natural arch in the lower back
2. Feet ultra wide, press heels through floor
3. Set pins of rack at around arm pit height when seated
4. Start the movement from the traps
5. Press up without major strain on the neck, but you will have to move the head forward slightly
6. Lock out at the top and shrug shoulders into sockets (slight scapulae retraction) - this will help strengthen stabilizers also.
7. 3 to 4 second lowering of bar back to traps.

Ideally, for maximum strength and size don't get into double digit reps. I like doing these as a primary mover at the beginning of an upper strength workout (A1) as a substitute for bench press or immediately after bench press (B1) in the 4 to 6 sets of 2 to 4 reps or as an assistance movement towards the end of an upper body workout in the 3 to 5 sets of 4 to 7 rep range.



Some addition notes to consider:

- Overhead pressing carries over positively into the bench press but the opposite is not necessarily true.
- The weight for 1RM behind the neck press from a seated position should represent 66% of the weight used for 1RM in the close grip bench press (from a dead stop on the traps position).

If these cause pain in the shoulder, best to get a practitioner to do some structural balance or muscle tests on your (ART, sports chiropractor, reputable strength trainer for example) and see what the root cause of the pain is. Because it is NOT because Behind the Neck Press is bad for you. A primary cause of shoulder pain is exactly the opposite - not enough overhead pressing in the program.

Press & Grow!

References: Charles Poliquin & Bill Starr

Krista Schaus is a Certified Strength Coach through the Poliquin International Certification Program, an Certified Trainer through the Sport Performance Institute and currently owns and operates Defining Edge Fitness Inc. In addition to currently working with elite clients at the new PPC Center in Toronto, she writes for Natural Strength and Precision Nutrition. You can reach her at krista@definingedge.ca

Next Issue:

Look for Brian DeCastro's
A New Perspective on Injuries
Part 2: "The Fundamentals"

✳ Ontario Powerlifting News ✳

Next Deadline: Apr 20, 2007

Send contributions and ideas to:

news@ontariopowerlifting.org



Ontario Powerlifting Association
Visit your Website!!!

www.ontariopowerlifting.org

Send contributions and ideas to:
news@ontariopowerlifting.org

Submit to your
newsletter and
Website.

Send photos,
contest results, club
profiles, lifter
profiles, your
powerlifting
experiences ... and
your ideas!

CONTEST SANCTION FORMS

Contact the Registration Chairperson for
Contest Sanction Forms:

Marlene Moore: (905) 646-8536

Email: registration@ontariopowerlifting.org

OR

Download from the OPA Website at:

www.ontariopowerlifting.org

OPA Special Athlete Records – May 1, 2006

Women – Seniors (24+)

60kg				
Bench	25.0	C. Howey	Apr-06	Kitchener, ON
Deadlift	65.0	C. Howey	Apr-06	Kitchener, ON
Total	90.0	C. Howey	Apr-06	Kitchener, ON

67.5kg				
Bench	52.5	K. Fitzgerald	Apr-06	Kitchener, ON
Deadlift	92.5	K. Fitzgerald	Apr-06	Kitchener, ON
Total	145.0	K. Fitzgerald	Apr-06	Kitchener, ON

Men – Juniors (23 and under)

60kg				
Bench	72.5	M. Arruda	Apr-06	Kitchener, ON
Deadlift	120.0	M. Arruda	Apr-06	Kitchener, ON
Total	192.5	M. Arruda	Apr-06	Kitchener, ON

Men – Seniors (24+)

52.5kg				
Bench	27.5	S. Fitzgerald	Apr-06	Kitchener, ON
Deadlift	60.0	S. Fitzgerald	Apr-06	Kitchener, ON
Total	87.5	S. Fitzgerald	Apr-06	Kitchener, ON

60kg				
Bench	60.0	R. Lamey	Apr-06	Kitchener, ON
Deadlift	80.0	R. Lamey	Apr-06	Kitchener, ON
Total	140.0	R. Lamey	Apr-06	Kitchener, ON

67.5kg				
Bench	62.5	N. Wise	Apr-06	Kitchener, ON
Deadlift	95.0	N. Wise	Apr-06	Kitchener, ON
Total	157.5	N. Wise	Apr-06	Kitchener, ON

82.5kg				
Bench	70.0	J. Killins	Apr-06	Kitchener, ON
Deadlift	120.0	J. Killins	Apr-06	Kitchener, ON
Total	190.0	J. Killins	Apr-06	Kitchener, ON

110kg				
Bench	107.5	M. Smith	Apr-06	Kitchener, ON
Deadlift	175.0	M. Smith	Apr-06	Kitchener, ON
Total	282.5	M. Smith	Apr-06	Kitchener, ON

125kg				
Bench	80.0	C. Heath	Apr-06	Kitchener, ON
Deadlift	150.0	C. Heath	Apr-06	Kitchener, ON
Total	230.0	C. Heath	Apr-06	Kitchener, ON

Squat Records

Women – Seniors (24+)

60kg				
Squat	25.0	C. Howey	Apr-06	Kitchener, ON

Men – Seniors (24+)

82.5kg				
Squat	75.0	R. Greig	Apr-06	Kitchener, ON

125kg				
Squat	112.5	C. Heath	Apr-06	Kitchener, ON

CONTEST SANCTION FORMS

**Contact the Registration Chairperson for
Contest Sanction Forms:**

Marlene Moore: (905) 646-8536

Email: registration@ontariopowerlifting.org

OR

**Download from the OPA Website at:
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: referee@ontariopowerlifting.org

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.



Club Affiliation Application Form
(for Jan 1 – Dec 31, 2007)

- 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 Road
St Catharines, ON L2M 2J7

[Rev:2005-11]

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



2007 Membership Application for residents of Ontario

Required if competing Jan 1,2007 - Dec 31,2007 (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).

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**

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.

PLEASE PRINT. Complete all areas. Membership Fees are non-refundable.

→ Download waiver form from: www.ontariopowerlifting.org

Are you a new Member? Y N

Name: _____
First Name Middle Initial Last Name

Address: _____ **City:** _____

Province: _____ **Postal Code:** _____ **Phone:** _____ - _____ - _____

Email: _____

Type of Membership (Check only one):

Regular: \$60.00 or **Special Athlete: \$40.00** or **Associate: \$25.00**

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

OPA Records – Oct 15, 2006				
Women Sub Junior				
52kg				
Squat	52.5	A. Goss	Jul-06	Guelph Open, Guelph, ON
Bench	37.5	A. Goss	Jul-06	Guelph Open, Guelph, ON
Deadlift	72.5	A. Goss	Jul-06	Guelph Open, Guelph, ON
Total	162.5	A. Goss	Jul-06	Guelph Open, Guelph, ON
Women Junior				
52kg				
Squat	127.5	D. D'Angelo	Nov-89	Womens Worlds, Sydney, NS
Bench	37.5	A. Goss	Jul-06	Guelph Open, Guelph, ON
Deadlift	72.5	A. Goss	Jul-06	Guelph Open, Guelph, ON
Total	312.5	D. D'Angelo	Nov-89	Womens Worlds, Sydney, NS
56kg				
Squat	120.0	D. D'Angelo	May-89	NE Ontario Open, North Bay, ON
60kg				
Squat	137.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, ON
Bench	70.0	A. Gilchrist	Oct-89	Intermediate Open, Cambridge
Deadlift	140.0	A. Gilchrist	Jun-89	Canadian Womens, Kitchener, ON
Total	342.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, ON
82.5kg				
Squat	142.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Bench	67.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Deadlift	147.5	H. Johns	Dec-92	Limestone Open, Kingston, ON
Total	355.0	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Women Open				
48kg				
Squat	132.5	D.D'Angelo	Oct-90	Cambridge Open
Bench	50.0	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC
Deadlift	102.5	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC
Total	235.0	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC
52kg				
Squat	140.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
Bench	75.0	K. Parsons	Dec-89	Hamilton Open, Hamilton, ON
Deadlift	155.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
Total	360.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
56kg				
Squat	102.5	K. Schaus	Mar-01	Canadian Womens, Quebec City
Bench	65.0	A. Marcinko	Jul 06	Guelph Open, Guelph, ON
Deadlift	120.0	A. Marcinko	Jul 06	Guelph Open, Guelph, ON
Total	255.0	K. Schaus	Mar-01	Canadian Womens, Quebec City
60kg				
Squat	160.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
Bench	85.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	395.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
67.5kg				
Squat	182.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
Bench	95.0	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
Deadlift	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Total	437.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB

Women Open – Continued				
75kg				
Squat	165.0	G. Guillemette	Feb-95	Canadian Womens, Chilliwack, BC
Bench	90.0	G. Guillemette	Oct-96	Ontario Womens, North Bay, ON
Deadlift	187.5	U. Kruger	Oct-98	Ontario Womens, Brockville, ON
Total	435.0	U. Kruger	Oct-98	Ontario Womens, Brockville, ON
82.5kg				
Squat	147.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Bench	75.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Deadlift	170.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Total	392.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
90kg				
Squat	175.0	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
Bench	75.0	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
Deadlift	167.5	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
Total	417.5	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
90+kg				
Squat	185.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON
Bench	100.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON
Deadlift	155.0	S. Murphy	May-94	Womens Worlds, New Zealand
Total	430.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON
Women Master 40-49				
56 kg				
Squat	70.0	A. Marcinko	Jul 06	Guelph Open, Guelph, ON
Bench	65.0	A. Marcinko	Jul 06	Guelph Open, Guelph, ON
Deadlift	120.0	A. Marcinko	Jul 06	Guelph Open, Guelph, ON
Total	255.0	A. Marcinko	Jul 06	Guelph Open, Guelph, ON
60 kg				
Squat	120.0	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Bench	72.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Deadlift	142.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Total	325.0	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
67.5kg				
Squat	160.0	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Bench	82.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Total	405.0	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
75kg				
Squat	160.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Bench	85.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Deadlift	165.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Total	410.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
82.5kg				
Squat	147.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Bench	75.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Deadlift	170.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Total	392.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
90kg				
Squat	105.0	M. Greenidge	May-01	London Open, London, ON
Bench	55.0	M. Greenidge	May-01	London Open, London, ON
Deadlift	110.0	M. Greenidge	May-01	London Open, London, ON
Total	270.0	M. Greenidge	May-01	London Open, London, ON

Women Master 50-59				
60 kg				
Squat	117.5	J. Lessard	Nov-04	Ontario Masters, Brampton, ON
Bench	77.5	J. Lessard	Nov-04	Ontario Masters, Brampton, ON
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	325.0	J. Lessard	Nov-04	Ontario Masters, Brampton, ON
67.5kg				
Squat	132.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Bench	70.0	L. Squires	Dec-02	Ontario Masters, Guelph, ON
Deadlift	137.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Total	337.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
75kg				
Squat	122.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Bench	70.5	L. Squires	Nov-05	Ontario Masters, Waterloo, ON
Deadlift	130.0	L. Squires	Nov-05	Ontario Masters, Waterloo, ON
Total	315.0	L. Squires	Nov-05	Ontario Masters, Waterloo, ON
Men Sub Junior				
56 kg				
Squat	155.0	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Bench	97.5	A. Croteau	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
60 kg				
Squat	170.0	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
Bench	97.5	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	190.5	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
Total	455.0	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
67.5 kg				
Squat	85.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	45.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	100.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	230.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
75 kg				
Squat	230.0	M. Obratoski	Nov-05	Ontario Juniors, Waterloo, ON
Bench	121.0	A. Stumpf	May-05	London Open, London, ON
Deadlift	235.0	M. Obratoski	Nov-05	Ontario Juniors, Waterloo, ON
Total	585.0	M. Obratoski	Nov-05	Ontario Juniors, Waterloo, ON
82.5kg				
Squat	232.5	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Bench	155.0	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Deadlift	250.0	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Total	637.5	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
125kg				
Squat	155.0	R. Singh	May-05	London Open, London, ON
Bench	112.5	R. Singh	May-05	London Open, London, ON
Deadlift	172.5	R. Singh	May-05	London Open, London, ON
Total	440.0	R. Singh	May-05	London Open, London, ON
125+				
Squat	227.5	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Bench	150.0	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	190.0	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Total	567.5	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Men Junior				
52kg				
Squat	172.5	S. Boulerville	Mar-92	Ontario Seniors, North Bay, ON
Bench	90.0	S. Boulerville	May-91	Canadian Juniors, Kitchener, ON
Deadlift	185.5	S. Boulerville	Mar-92	Ontario Seniors, North Bay, ON
Total	445.0	S. Boulerville	Mar-92	Ontario Seniors, North Bay, ON

Men Junior – Continued				
56 kg				
Squat	155.0	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Bench	97.5	A. Croteau	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
60kg				
Squat	165.0	J. Marentette	May-05	London Open, London, ON
Bench	110.5	S. Lindsay	Feb-91	Ontario Int. North Bay, ON
Deadlift	190.5	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
Total	455.0	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
67.5kg				
Squat	187.5	E. Lacroix	Oct-94	Ontario Int. Maxville, ON
Bench	135.0	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
Deadlift	207.5	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
Total	502.5	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
75kg				
Squat	260.0	D. Young	Apr-06	Canadian Juniors, Chilliwack, BC
Bench	162.5	D. Irwin	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	257.5	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Total	640.0	B. Summers	Dec-00	Ontario Junior, Brockville, ON
82.5kg				
Squat	250.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
Bench	182.5	V. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	260.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
Total	675.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
90kg				
Squat	237.5	M. Bilz	Oct-96	Ontario Int. North Bay ON.
Bench	160.0	G. Zilberbrant	Mar-04	Canadian Juniors, Waterloo, ON
Deadlift	257.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
Total	647.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
100kg				
Squat	295.0	S. Hastings	Jun-05	North Americans Miami, USA
Bench	202.5	S. Hastings	Sep-05	World Juniors, Fort Wayne, USA
Deadlift	272.5	L. Kiss	Dec-99	Ontario Juniors, Toronto ON
Total	740.0	S. Hastings	Jun-05	North Americans Miami, USA
110kg				
Squat	246.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Bench	190.0	T. Ekert	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	277.5	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Total	675.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
125kg				
Squat	327.5	J. Byrne	Sep-06	Ontario Seniors, Emeryville, ON
Bench	227.5	J. Byrne	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	312.5	J. Byrne	Sep-06	Ontario Seniors, Emeryville, ON
Total	862.5	J. Byrne	Sep-06	Ontario Seniors, Emeryville, ON
125+				
Squat	227.5	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Bench	150.0	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	190.0	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Total	567.5	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Men Open				
52kg				
Squat	192.5	D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden
Bench	125.0	D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden
Deadlift	185.0	S. Boulerville	Feb-92	Canadian Juniors, Kitchener, ON
Total	492.5	D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden
56kg				
Squat	155.0	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Bench	97.5	A. Croteau	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB

Men Open – Continued

60kg				
Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	147.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Feb-00	Canadian Chmp, Moose Jaw, SK
Total	565.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON
67.5kg				
Squat	200.0	A. Chan	Sep-05	Ontario Seniors, London, ON
Bench	175.0	A. Chan	Sep-05	Ontario Seniors, London, ON
Deadlift	225.0	A. Chan	Sep-05	Ontario Seniors, London, ON
Total	600.0	A. Chan	Sep-05	Ontario Seniors, London, ON
75kg				
Squat	277.5	J. Becker	May-96	Canadian Chmp, Leduc, AB
Bench	168.0	J. Becker	May-96	Canadian Chmp, Leduc, AB
Deadlift	285.0	J. Becker	Feb-95	Ontario Seniors, London ON
Total	722.5	J. Becker	May-96	Canadian Chmp, Leduc, AB
82.5kg				
Squat	297.5	J. Becker	Oct-05	World Masters, Petoria, SA
Bench	192.5	B. Antonoiw	Jun-06	Festival Sportif, Ste Marie, QC
Deadlift	298.0	J. Becker	May-98	Canadian Chmp, Richmond, BC
Total	765.0	J. Becker	Oct-05	World Masters, Petoria, SA
90kg				
Squat	305.5	J. Becker	Jan-06	Niagara Open, St Catharines, ON
Bench	197.5	J. Becker	Apr-06	Canadian Masters, Chilliwack, BC
Deadlift	322.5	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie
Total	800.0	J. Becker	Jan-06	Niagara Open, St Catharines, ON
100kg				
Squat	312.5	E. Gagnon	Sep-03	Ontario Seniors, Ottawa, ON
Bench	225.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON
Deadlift	312.5	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON
Total	825.0	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON
110kg				
Squat	350.0	J. Emberley	Nov-05	Worlds, Miami, USA
Bench	245.0	S. Brown	Jan-06	Niagara Open, St Catharines, ON
Deadlift	325.0	R. Celio	May-97	Canadian Chmp, Toronto ON
Total	897.5	J. Emberley	Nov-05	Worlds, Miami, USA
125kg				
Squat	335.0	D. Gratton	Jan-00	Ontario Seniors, London, ON
Bench	265.0	M. Giffin	Dec-03	Ontario Masters, Kitchener, ON
Deadlift	310.0	S. Magistrale	Sep-05	Ontario Seniors, London, ON
Total	862.5	D. Gratton	Sep-02	Ontario Seniors, Mississauga, ON
125+				
Squat	347.5	D. Gratton	May-01	London Open, London, ON
Bench	302.5	S. O'Halloran	Jan-06	Niagara Open, St Catharines, ON
Deadlift	330.5	C. Yantha	Jun-06	Festival Sportif, Ste Marie, QC
Total	902.5	S. O'Halloran	Jan-06	Niagara Open, St Catharines, ON
Men's Master Records (40 - 49)				
60kg				
Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	147.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Dec-99	Ontario Masters, Toronto, ON
Total	565.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON
67kg				
Squat	227.5	K Lam	Jun-90	Canadians, Surrey, BC
Bench	141.0	K Lam	May-93	Canadian Masters, Edmonton, AB
Deadlift	262.5	K Lam	May-90	Canadian Masters, Winnipeg, AB
Total	630.0	K Lam	Jun-90	Canadians, Surrey, BC

Men's Master Records (40 - 49) – Continued

75kg				
Squat	252.5	C. Archdekin	Mar-97	Ontario Seniors, Toronto, ON
Bench	165.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
Deadlift	280.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
Total	685.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
82.5kg				
Squat	297.5	J. Becker	Oct-05	World Masters, Petoria, SA
Bench	185.0	J. Becker	Oct-05	World Masters, Petoria, SA
Deadlift	295.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON
Total	765.0	J. Becker	Oct-05	World Masters, Petoria, SA
90kg				
Squat	305.5	J. Becker	Jan-06	Niagara Open, St Catharines, ON
Bench	200.0	J. Becker	Oct-06	World Masters, Killeen, Texas, US
Deadlift	302.5	P. Perry	May-91	Canadian Masters, Kitchener, ON
Total	800.0	J. Becker	Jan-06	Niagara Open, St Catharines, ON
100kg				
Squat	270.0	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
Bench	185.0	S. Chomitz	May-05	London Open, London, ON
Deadlift	277.5	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
Total	725.0	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
110kg				
Squat	275.0	S. Brown	Jan-06	Niagara Open, St Catharines, ON
Bench	245.0	S. Brown	Jan-06	Niagara Open, St Catharines, ON
Deadlift	290.0	R. Strong	Nov-05	Ontario Masters, Waterloo, ON
Total	810.0	S. Brown	Jan-06	Niagara Open, St Catharines, ON
125kg				
Squat	272.5	M. Giffin	Dec-03	Ontario Masters, Kitchener, ON
Bench	265.0	M. Giffin	Dec-03	Ontario Masters, Kitchener, ON
Deadlift	300.0	R. Strong	Jan-06	Niagara Open, St Catharines, ON
Total	815.0	M. Giffin	Dec-03	Ontario Masters, Kitchener, ON
125+				
Squat	331.0	S. O'Halloran	Jan-06	Niagara Open, St Catharines, ON
Bench	302.5	S. O'Halloran	Jan-06	Niagara Open, St Catharines, ON
Deadlift	275.0	D. Hoffman	Feb-94	Canadian Masters, Kitchener, ON
Total	902.5	S. O'Halloran	Jan-06	Niagara Open, St Catharines, ON
Men's Master Records (50 - 59)				
67.5 kg				
Squat	210.0	G. Moore	Dec-02	Ontario Masters, Guelph, ON
Bench	122.5	G. Moore	Mar-01	Canadian Masters, Quebec City
Deadlift	235.5	G. Moore	Dec-02	Ontario Masters, Guelph, ON
Total	567.5	G. Moore	Dec-02	Ontario Masters, Guelph, ON
75kg				
Squat	230.0	G. Moore	Apr-05	Canadian Masters, Calgary, AB
Bench	131.5	G. Moore	Sep-02	Ontario Seniors, Toronto, ON
Deadlift	238.0	G. Moore	Apr-05	Canadian Masters, Calgary, AB
Total	597.5	G. Moore	Apr-05	Canadian Masters, Calgary, AB
82.5kg				
Squat	255.0	J. Marentette	Jan-06	Niagara Open, St Catharines, ON
Bench	182.5	H. Greenidge	Oct-06	World Masters, Killeen, Texas, US
Deadlift	273.0	J. Marentette	Apr-06	Canadian Masters, Chilliwack, BC
Total	690.0	J. Marentette	Jan-06	Niagara Open, St Catharines, ON
90kg				
Squat	242.5	S. Seguin	Mar-04	Canadian Masters, Waterloo, ON
Bench	165.0	K. Hult	Mar-96	Canadian Masters, Windsor, NS
Deadlift	272.5	P. Perry	Dec-02	Ontario Masters, Guelph, ON
Total	655.0	P. Perry	Dec-02	Ontario Masters, Guelph, ON

Men's Master Records (50 - 59) – Continued				
100kg				
Squat	253.5	S. Sequin	Apr-06	Canadian Masters, Chilliwack, BC
Bench	167.5	S. Sequin	Apr 05	Canadian Masters, Calgary, AB
Deadlift	290.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON
110kg				
Squat	290.0	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
Bench	162.5	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
Deadlift	255.0	P. Hartwick	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
125+				
Squat	255.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Bench	160.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Deadlift	240.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Total	650.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Men's Master Records (60+)				
75 kg				
Squat	220.0	J. Bourgoin	Apr-06	Canadian Masters, Chilliwack, BC
Bench	115.0	J. Bourgoin	Apr-06	Canadian Masters, Chilliwack, BC
Deadlift	182.5	J. Bourgoin	Apr-06	Canadian Masters, Chilliwack, BC
Total	517.5	J. Bourgoin	Apr-06	Canadian Masters, Chilliwack, BC
82.5 kg				
Squat	170.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Bench	105.0	I. Williamson	Mar-03	Canadian Masters, Winnipeg, MB
Deadlift	220.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Total	487.5	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
90 kg				
Squat	210.0	M. Kelso	Nov-04	Ontario Masters, Brampton, ON
Bench	152.5	M. Kelso	Nov-04	Ontario Masters, Brampton, ON
Deadlift	222.5	M. Kelso	Jun-03	London Open, London, ON
Total	570.0	M. Kelso	Jun-03	London Open, London, ON
100 kg				
Squat	210.0	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Bench	157.5	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	235.0	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Total	602.5	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
110kg				
Squat	205.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON
Bench	135.0	R. Villeneuve	Jul-99	Worlds Blind, Waterloo, ON
Deadlift	235.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON
Total	570.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON

To hold an amateur record in any sport is quite an accomplishment. To hold a record in the OPA, you must do two things after you break the record. You must be drug tested and you must send a record application form to the Records Chairperson within 30 days. You can also have your coach make sure that all referees have signed the official score sheet as that is also something that is required to make things official. Two Category I OPA or higher referees must officiate record attempts. Use the form on page 22 to apply for a Provincial or National Record.

- Dave Hoffman - OPA Records Chairperson

For CPU National Records visit

www.powerlifting.ca

Ontario Bench Press Records – Oct 15, 2006				
Women Open				
52kg	75.0	K. Parsons	12/10/89	Hamilton, ON
56kg	70.0	A. Marcinko	09/23/06	Emeryville, ON
60kg	85.0	C. Lahey	02/01/92	Kitchener, ON
67.5kg	96.0	G. Papolis	01/31/98	Cambridge, ON
75kg	85.0	G. Papolis	12/08/02	Guelph, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON
Women Master 40-49				
56kg	70.0	A. Marcinko	09/23/06	Emeryville, ON
60kg	72.5	C. Cosby	12/07/03	Kitchener, ON
67.5kg	75.0	J. Pritchard	11/27/05	Waterloo, ON
75kg	85.0	G. Papolis	12/08/02	Guelph, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON
Women Master 50-59				
60kg	70.0	J. Lessard	03/16/03	Winnipeg, MB
67.5kg	67.5	L. Squires	12/08/02	Guelph, ON
Men Sub Junior				
56kg	95.0	A. Croteau	10/16/05	Rock Forest, PQ
90kg	140.0	S. Byrne	11/21/04	Brampton, ON
Men Junior				
75kg	160.0	D. Irwin	11/27/05	Waterloo, ON
90kg	140.0	J. Heisel	12/08/02	Guelph, ON
110kg	180.0	T. Ekert	12/07/03	Kitchener, ON
125kg	230.5	J. Byrne	04/09/06	Chilliwack, B
Men Open				
60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
75kg	167.5	E. Beachey	12/07/03	Kitchener, ON
82.5kg	185.0	B. Antonoiw	06/10/06	Ste Marie, QC
90kg	207.5	M. Whitford	12/18/99	Toronto, ON
100kg	192.5	B. Zacharias	12/18/99	Toronto, ON
110kg	242.5	M. Giffen	12/02/01	Cambridge, ON
125kg	305.0	S. O'Halloran	05/27/06	Miskolc, Hungary
125+kg	295.0	S. O'Halloran	09/23/06	Emeryville, ON
Men Master 40-49				
60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
67.5kg	140.0	K. Lam	06/19/90	Surrey, BC
75kg	150.0	E. Dunstan	12/02/01	Cambridge, ON
82.5kg	180.5	J. Marentette	04/10/05	Calgary, AB
90.0kg	175.5	H. Greenidge	04/01/01	Quebec City
110kg	227.5	B. McIntyre	12/07/03	Kitchener, ON
125kg	305.0	S. O'Halloran	05/27/06	Miskolc, Hungary
125+kg	295.0	S. O'Halloran	09/23/06	Emeryville, ON
Men Master 50-59				
75kg	132.5	W. McCullough	02/12/95	Chilliwack, BC
82.5kg	180.0	H. Greenidge	07/17/05	Brampton, ON
90kg	172.5	H. Greenidge	07/18/04	Mississauga
100kg	170.0	M. Koprnicky	05/19/98	Emeryville, ON
110kg	165.0	K. Hult	12/12/98	Guelph, ON
125+kg	170.0	D. Hoffman	11/27/05	Waterloo, ON
Men Master 60+				
100kg	170.0	J. Giffen Sr.	03/21/04	Waterloo, ON

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. Refer to page: 23.
- Become an OPA Member. Membership form is on page: 16
- Complete the Contest Entry form (below) and send to the Meet Director along with the appropriate fees.



2007 - Contest Entry Form

- Use this form if you wish to enter an Ontario Powerlifting Association sanctioned contest.
- Send the completed form, waiver form along with the appropriate fees to the contact indicated in the contest details.
- → **Complete all areas of the form – Please Print**
- → **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) _____

Other Information:

Titles, Championships won: _____

Best Official Total: _____ **kg** **Squat** _____ **kg** **Bench:** _____ **kg** **Deadlift** _____ **kg**

in Weight Class: _____ **kg** **Competing since:** _____

When/Where: _____

Other Interests: _____

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)

[12/2006]

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.
4. To set an Ontario Record the lifter must be drug tested at the time the record is set and must pass the drug test.
5. 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.
6. 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>	<h3>National or Provincial Record Application Form</h3>																													
<p>Application for:</p> <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 60-69</td> <td><input type="checkbox"/> National Women's Master 60+</td> </tr> <tr> <td><input type="checkbox"/> National Men's Master 70+</td> <td></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 60-69</td> <td><input type="checkbox"/> Provincial Women's Master 60+</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Master 70+</td> <td></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 60-69	<input type="checkbox"/> National Women's Master 60+	<input type="checkbox"/> National Men's Master 70+		<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 60-69	<input type="checkbox"/> Provincial Women's Master 60+	<input type="checkbox"/> Provincial Men's Master 70+		<p>Note: All National records must have been set using metric weights and equipment to be recognized. Please use separate sheets if applying for both National and Provincial Records</p>
<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior																													
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<p>Lifter Information:</p> <p>Name: _____</p> <p>City: _____ Prov: _____</p> <p>Phone: _____ Postal: _____</p> <p>CPU# _____</p> <p>Wt Class: _____ Precise Body Wt. _____</p> <p>Doping Control Sample#: _____</p>	<p>Competition Information:</p> <p>Name of Competition: _____</p> <p>Location/Address: _____</p> <p>City: _____ Prov: _____</p> <p>Date of Competition:</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Attempt</th> <th>1st</th> <th>2nd</th> <th>3rd</th> <th>4th</th> </tr> </thead> <tbody> <tr> <td>Squat</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Bench Press</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Deadlift</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Total</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Attempt	1 st	2 nd	3 rd	4 th	Squat					Bench Press					Deadlift					Total							
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Squat																														
Bench Press																														
Deadlift																														
Total																														
<p>I have checked all the data and all lists and hereby state that everything is in order:</p> <p>Date: _____</p> <p>Signature: _____</p>	<p>Send completed form to: Dave Hoffman 278 Thaler Ave, Kitchener, ON N2A 1R6 (519) 894-5913</p>																													



**Canadian
Powerlifting
Union**

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: Dave Hoffman
278 Thaler Ave
Kitchener, ON
N2A 1R6

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: _____

Classification Awards Program

Purpose of the Classification Awards Program:

1. 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.
2. To provide an incentive program for novice lifters.
3. To provide recognition to those who have achieved status in their sport.
4. 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		



2006 OPA Affiliated Clubs

ONTARIO POWERLIFTING ASSOCIATION

www.ontariopowerlifting.org

Capital Barbell

Stephen Mackie (613) 226-1758
47 Charkay St
Nepean, ON K2E 5N5
Email: stephen_mackie@hotmail.com

Fern's Gym

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

Golden Triangle Powerlifting Club

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

Iron Foundation

Mark Giffen (519) 658-6574
255 Scott Rd.
Cambridge, ON N3C 3W7
Email: mgiffin@sympatico.ca

K-W Grizzlies

Adele Couchman (519) 744-4881
A4-199 Elm Ridge Dr
Kitchener, ON N2N 2C7
Email: acouchman@sympatico.ca

London Powerlifting Club

Terry Stinchcombe (519) 681-4766
43-325 Lighthouse Rd.
London, ON N6M 1H8
Email: karnterr@sympatico.ca
Web site: londonpowerlifting.org

London Special O

Ivan Williamson (519) 681-4766
18 Locus Cres.
London, ON N6E 2K2
Email: joyceandivan@rogers.com

Monster Powerlifting Club

Hamek Singh Rai (416) 569-1488
17 Lynmont Rd
Etobicoke, ON M9V 3W7
Email: harnekpowerlifting@yahoo.com
Web site: powerliftingcanada.com

Niagara Powerlifting Club

Jay Gemmell (905) 685-9828
20 Foxhill Cres
St. Catharines, ON L2S 3T9
Email: jgemmell@cogeco.ca
Web site: niagarapowerlifting.org

Ottawa Strong Powerlifting Club

Chris Yantha (613) 523-4024
c/o O.A.C. 2525 Lancaster Drive
Ottawa, ON K1B 4L5
Email: eric@ottawaathleticclub.com

Power Pit Gym

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

PoweReach Powerlifting Club

Ashley Hartwick (613) 832-2906
139 Willand Lane, RR#3
Woodlawn, ON K0A 3M0
Email: powereach@sympatico.ca

Steel City Powerlifting Club

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

St Thomas DF Powerlifting

Daniel Pare (519) 633-8366
1258 Talbot St.
St. Thomas, ON N5P 1G9

Titans of Mississauga

Pascal Tyrrell (905) 842-6701
2272 Margot St.
Oakville, ON L6H 3M7
Email: tyrrellp@hotmail.com

Ontario Powerlifting Association Board of Directors

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412 Big Creek Rd, Caledonia, ON N3W 2G9
Email: president@ontariopowerlifting.org

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6 Yukon Lane, Brampton, ON L6P 1L4
Email: vicepres@ontariopowerlifting.org

Secretary:

Sarah Frankel
Email: secretary@ontariopowerlifting.org

Treasurer:

Krista Schaus (905) 772-0751
295 Link Rd. RR#2 Cayuga, ON N0A 1E0
Email: treasurer@ontariopowerlifting.org

CPU Website: www.powerlifting.ca

Registration Chairperson:

Marlene Moore (905) 646-8536
9 Old Oxford Rd, St Catharines, ON L2M 2J7
Email: registration@ontariopowerlifting.org

Records Chairperson:

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

Referee Chairperson:

Michael Knott (519) 317-6078
1002-860 Commissioners Rd E
London, ON N6C 5Y8
Email: referee@ontariopowerlifting.org

Regional Chairpersons:

Northwest (vacant):
Ramimo Paananen (contact) (807) 577-1994

Northeast (vacant):

Southern:
Rick Gazdig (519) 652-1104
4232 Campbell St.N
London, ON N6P 1S7
Email: southern@ontariopowerlifting.org

Eastern (vacant):

Other Officials:

CPU President:
Jeff Butt (306) 694-5262

1110 Main Street N
Moose Jaw, SK S6H 3K9
Email: jeff@powerlifting.ca

Newsletter Editor/Website:

Email: news@ontariopowerlifting.org

OPA Website: ontariopowerlifting.org

CPU Referee Chair /

I.P.F Technical Committee

Bill Jamison (contact information above)