

OPA

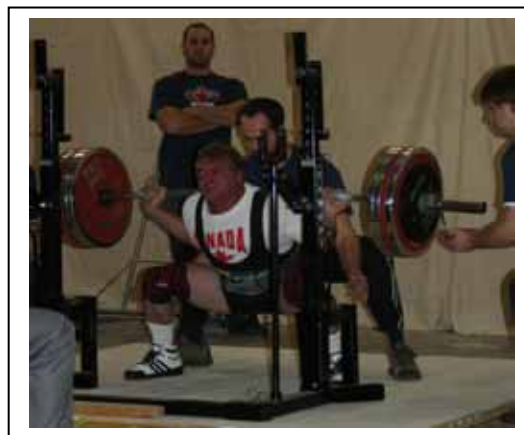
Ontario Powerlifting News

December 2008, Volume 59, Issue 4

www.ontariopowerlifting.org

Official Newsletter of the Ontario Powerlifting Association

Our OPA Athletes of the Year



Inside this Issue

Contest Results
New Contests,
Articles, Photos



President's Report

As the newly elected President of the OPA I would like to thank the Outgoing President Bill Jamison for his leadership. What can be said about Bill that has not already been said? He is Canadian Powerlifting and has been there to step up whenever needed by the OPA. Before considering applying for this post I contacted Bill and asked him if he would guide me through the many aspects of the every day running of the OPA that I will need to learn. I will give this position my full commitment and hopefully we can guide the OPA forward by increasing membership and encouraging new members young and old to join.

At the AGM there were some other personnel changes made to the OPA Executive.

1. Barry Antoniow replaces Harnek Singh Rai as Vice President. Harnek has served the OPA for many years and has offered his expertise to Barry as well as myself during the transition period. Barry has many ideas in the area of fundraising and I am looking forward to working alongside him in our goals to take the OPA in a positive direction.
2. Connor Sheehan will now be the new Records Chairperson incorporating the Website Editor into this position following in the footsteps of the CPU which is managed very successfully by Mike Armstrong updating records and results. Dave Hoffman our outgoing Records Chairperson has done a great job. He will be there during the transition, guiding Connor with his expertise of this position and his extensive knowledge of the CPU and OPA Constitution.
3. At the AGM there were some changes made that will directly affect the Provincial Championships. From 2010 onwards the Ontario Masters, juniors and Open Powerlifting Championships will combine. This will be held over two days, will not be before the second weekend in January and not later than the first weekend in February. Niagara Powerlifting Club will host the 2010 Provincial Powerlifting Championships. Our Constitution states that we must host a Provincial Championship in every calendar year so it was decided that the first Championship Weekend will be held this fall in Ottawa, this date has to be decided. This means that in 2009 and 2010 a lifter will have the opportunity to lift at either Championship to qualify for the Nationals. The Benchpress and Intermediate Championships will be held together. This date is pending.
4. There has been a slight modification to the ruling on Canadian and Provincial Records. Currently, if a Canadian or Provincial Record is achieved, the lifter sends \$75 payment to the Registrar within 60 days. The Treasurer then submits a cheque to the CPU if this is a Canadian Record. Effective immediately payment for Records must be received within **45 days**. Please send in payment to the Ontario Registrar and the necessary paperwork to the Records/Website Chairperson. This will allow for processing the payment and submitting payment to the CPU.

Congratulations to Jerry Marentette who is the OPA male athlete of the year as well as World Masters Champion, also congratulations to Jackie Pritchard who is the OPA female athlete of the year and bronze medalist at the World Masters.

Glyn Moore
OPA President

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✳ **Ontario Powerlifting News** ✳

Next Deadline: March 15th, 2009

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Glyn Moore, Marlene Moore, Bill Jamison, Dave Hoffman, Mike Knott, Jackie Pritchard,

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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. Word and Excel Documents are especially preferred. Please contact the newsletter editor for any submission problems or questions. Please note that pdf files will not work.

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

From the Editor

First I would like to apologize for the lateness of this newsletter, some personal issues and illness got in the way. Another year has come and gone. I want to wish everyone a very Happy New Year may it bring to each and every one of you the very best life has to offer. You will find this newsletter is packed with information. There is not a lot of entertainment included as because of space constraints I had to get the OPA info and updates in first. Please take some time to read it and digest all the new information. As always I welcome your feedback, submissions and photos! Remember I can't put in what I don't have!!! Also please note that the OPA Website has been revamped and will be a tremendous source of information in the future! Thanks to Connor Sheehan who has taken on the job in conjunction with being the Records Chairperson.

Karen Allison

2008 Final Registrars Report

Thank you to everyone for another great year! We have increased our membership from last year to a total of 237, including 75 new members! FANTASTIC !!!!! Keep up the good work.

We also had a great year of contests. Thank you to all the clubs who stepped up and hosted competitions this year. Our quality and efficiency of meets have continually improved for the last couple years. Special thanks to Glyn Moore who is always ready to lend a helping hand to any club if they request his assistance.

A reminder to everyone when they fill out the 2009 membership forms:

1. Fill out the appropriate waiver and send along with membership
2. Fees have increased this year by \$5
3. NEW: Sub-Junior is \$ 45

I would like any club interested in hosting a meet in 2009 to get in touch with me to pick a tentative date. Having a calendar of meets can help you plan your training schedule. I have meet director booklets if anyone is interested.

I will be putting my name in once again for the position of registrar for the next term (2009-10) and I look forward serving on the executive of the OPA.

Marlene Moore

2009 Membership Fees

Regular Membership: \$65.00 18yrs & under: \$45.00
Special Athlete: \$40.00 Associate: \$25.00

Upcoming Events 2009

March 21, 2009

Golden Triangle Open

Meet Director: Dave Hoffman & Golden Triangle Club

Location: Cambridge, ON

April 25, 2009

St. Thomas Open

Meet Director: Daniel Pare & St. Thomas Powerlifting Club

Location: St. Thomas, ON

June 2009

Power Pit Push / Pull

Meet Director: Jerry Marentette & Power Pit Powerlifting Club

Location: Belle River, ON

July 18, 2009

3rd Annual Ottawa Open & Bench Freak

Meet Director: Barry Antoniow & Iron Works Powerlifting Club

Location: Ottawa, ON

September 2009

Ontario Junior / Senior / Master Provincial Championships

Meet Director: Barry Antoniow & Iron Works Powerlifting Club

Location: Ottawa, ON

November 2009

Ontario Intermediates & Provincial Bench Championships

Meet Director: Terry Stinchcombe & London Powerlifting Club

Location: London, ON



TITAN POWERLIFTING EQUIPMENT IN CANADA

Fury & F6 bench shirts: \$105 Custom made: \$139 (All taxes incl.)

Katana bench shirts: \$160 (Angle sleeve or straight sleeve) Custom made: \$199

Super Katana Bench Shirts: \$185 (A/S or S/S) Custom made: \$225

Superior squat suit: \$79 **Deadlift suit:** \$105

Centurion suit: \$160 **Custom Centurion (Dual Quad):** \$199

Singlet: Titan singlet with logo: \$49

Knee wraps: THP (Titan High Performance) & TITANIUM Knee wraps: \$35

Wrist wraps: THP (Titan High Performance) & TITANIUM 24 in. wrist wraps: \$26

12 in. wrist wraps: \$22 50cm. wrist wraps: \$24

Deadlift slippers: \$10 **Powerwash:** \$10.00 **Titan socks:** \$8.50 **Wrap roller:** \$25.00

T-shirts: S-XL: \$15.00 2XL: \$16.00 3XL: \$17.00 4XL: \$25.00 5XL: \$29.00

Shipping: In Canada for a suit or a shirt: \$12 (3 or 4 days delivery) **COD:** \$7

Certified cheque or money order, the order will be shipped upon reception of payment.

Cheque: Allow 1 week to clear the cheque before shipping.

No credit card payment. Sorry!

Send payment and details of order to: LOUIS LÉVESQUE

681 Avenue du Parc, Sherbrooke, QC J1N 3N5

Phone: 819-864-6810 (between 6 and 9 p.m. Eastern time only, or at lunch hour)

E-mail: llevesque@powerlifting.ca

*****Please check with Louie regarding any price changes*****



The 7th Annual Niagara Open will be held on 24th January 2009 at the Quality Inn in St. Catharines. Weigh in is at 7.00am and lifting will start at 9.00am. This will be the last Niagara Open on this date as the Provincial Championship Weekend will occupy this time frame from 2010 onwards. The Niagara Open will be moved to a later date yet to be determined.

Glyn Moore / Niagara Powerlifting Club

IMPORTANT INFORMATION REGARDING FORMS

On ALL forms PLEASE PRINT OR TYPE

MEMBERSHIP FORMS

The above information is so very important for this form as your CPU card is printed from the information written on this form. This year the fees have increased by \$ 5 and we have a new category for Sub-Juniors. (see fee schedule in this issue)

We understand that because Ontario is such a large province, sometimes it is difficult to train with a club once a week. If you are training a minimum of at least 2-3 times a month with a club, you may be affiliated with this club. Indicate this on your membership form. It is important for team awards at competitions. You CANNOT change clubs less than 3 months prior to a contest once you have registered. This is to eliminate stacking clubs to win the team award. To change clubs, the registrar must receive this information via e-mail or post, not a phone call.

The membership form say to allow 4-6 weeks for the cards to be processed. I have always tried to get them out to you within a 2 week period. But please keep in mind that 4-6 weeks is the agreement, so if you are planning to compete anytime in 2009, you will need a card. Take advantage and apply before March, you will then receive all 4 issues of the OPA magazine for 2009.

WAIVER FORMS

A card cannot be issued without the correct waiver form. There are 2 forms, “over the age” and “under the age”. Please fill out the correct waiver and send it in with your membership form. A CPU card will not be issued unless the correct forms are received. If you use the “Word Doc” when printing, and print pg 1 or pg 2, it will fit onto one sheet of paper. We will be working on this to make it more user friendly.

CONTEST ENTRY FORMS

This is important at a contest when the meet director is preparing the paperwork. If your information is clear then hopefully there will be no errors when the announcer is calling your name to lift. Also, if certificates are to be printed, you will want them done correctly. The other area that needs to be clear is your e-mail address. Phones calls are costly, e-mail is inexpensive. Make sure you have marked your CPU # on the entry form and that you do actually have the card to show the officials at the contest.

LOST OR MISPLACED CPU CARDS

Please verify that your CPU card has the correct information on it when you receive it. At this time, you will also receive a letter stating the same information, also indicating your CPU # and signed by the registrar. The card cannot be replaced (due to cost) and the letter is very important. Please do not throw the letter away. The letter is your back up for a contest, should you loose or misplace your actual card. Put the letter in a safe place. If you loose or misplace both of these items and need a replacement letter, there will be a \$ 5 service charge to send out another.

Your time spent reading this information is appreciated.

Marlene Moore

Report of the Records Chairperson for 2008

Dave Hoffman

As usual there was no shortage of records broken in 2008. I have listed those who have received credit on page 2 * of my report. I am curious of those lifters who have worked very hard to accomplish breaking a record and have not followed through with the process of claiming it. I am aware of at least three lifters who lifted in Emeryville and have not done that. Is it not clear on how to go about claiming a record in the OPA? At an executive meeting in September we decided to follow the protocol of the CPU and five lifters 60 days to follow the process. This will come into effect once it is seen in print by the membership. I have also received an application for sub junior records but the fee has not been paid. I do not believe the process is cost prohibitive.

Today's records are current as attached. Top ten listing are also attached. (please refer to website)

Proposed amendmants would see the current records chairperson eliminated and blended into the duties of the website coordinator to follow the CPU protocol. I have no objection to this step as long as we are not creating a position which will become too labor intensive for the individual who is in charge of it. At the end of the day we are all volunteers and in my 20 years of being a member of the executive I have seen many years when it was a challenge to get someone in every capacity needed for the executive to be effective.

Best club of the year would seem to be the Power Pit team from Belle River again. They won team awards at the Niagara Open, St. Thomas Open, London Open, Ontario Men's seniors and the Ontario Bench Press Championships. London claimed the Intermediates, Ferns gym won at the Golden Triangle Open and the Defining Strength took the Women's Senior honours. I am not aware of who the team champs were at the Capital Barbell Open or the Belle River Open.

Four lifters applied for merit badges in 2008.

Our membership has taken another big jump in 2008. Hopefully we can keep that trend going. It will be a challenge to keep increasing in 2009. The Canadians in Saskatchewan next year will be a factor. I had the pleasure of serving on the Canadian executive for 11 years and I have listed the OPA membership over that period on page 2.**

Once again our high school program had three regional meets which culminated in Burlington at our Provincial High school Championships. In our area will be hosting our regional meet on March 7th, 2009 in Cambridge. I would urge other clubs to try and get something going in their area. I can think of three other regions where we are very strong and it would be nice to spread the program.

As usual I have listed the OPA Recognition Award Recipients on page 2.***

Finally I would like to thank those people who have given of their time to be at today's meeting, especially those who have served in an official capacity on our executive. We are a better organization because of your time and effort.

Continued.....

- *Records claimed at he 2007 Junior & Masters by Jerry Marentette, Ron Strong, Andy Childs, Justin Van Schyndel, and Jason Byrne.
- *Records claimed in 2008 – Jeff Becker, John Bourgojn, Fred English, Laurie Greenidge (3), Christine Greenidge, Pat Hartwick, Robert Hoffman (2), Dave Hoffman, Marcus Jones, Sarah Frankel, Miro Koprnicky, Maureen Laporte, Jerry Marentette (2), Shawn O’Halloran, Jackie Pritchard, Blaine LeBlond, Ron Strong, Dave Walters, Chris Yantha, Adele Couchman and Ben Worsall.
- ** OPA Membership over the last 5 years
2003 – 261, 2004 – 236, 2005 – 205, 2006 – 159, 2007 – 192, 2008 – 237.

OPA Recognition Award 2007 – Mike Knott

Dave Hoffman

Membership Information for 2008

<i>Type</i>		<i>Breakdown</i>		<i>Age Breakdown</i>			<i>Club Breakdown</i>		
Associate	8	New	75	Associate	New	1	Fern's Gym	New	1
Blind	2	Renewal	161		Renewal	7		Renewal	2
Junior	37	Grand Total	236	Blind	Renewal	2	Golden Triangle	New	3
M1	35			Junior	New	27		Renewal	9
M2	33				Renewal	10	Iron Foundation	New	1
M3	9			M1	New	7		Renewal	11
Open	76				Renewal	28	K. W. Grizzlies	Renewal	6
Special Athlete	23			M2	New	4	London Powerlifting	Renewal	15
Sub-Junior	13				Renewal	29	Monster Powerlifting	Renewal	1
M4	1			M3	Renewal	9	Niagara Powerlifting	New	3
Grand Total	237			Open	New	23		Renewal	9
					Renewal	52	Ottawa Strong	Renewal	4
				Special Athlete	New	4	Power Pit Gym	New	6
					Renewal	19		Renewal	16
				Sub-Junior	New	9	PoweReach	Renewal	2
					Renewal	4	Steel City	New	3
				M4	Renewal	1		Renewal	10
				Grand Total		236	Titans of Mississauga	New	2
								Renewal	8
							Capital Barbell	New	5
								Renewal	14
							Unattached	New	46
								Renewal	42
							St Thomas Powerlifting	New	2
								Renewal	4
							Defining Strength & Power	Renewal	6
							Team Barbarian	New	2
								Renewal	1
							Greater Sudbury Powerlifting Club	Renewal	1
							Variety Village Powerlifting	New	1

Ontario Seniors and Bench Press Championships 2008

Three Lift Results

Age Class	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks	PI
Open	52	Trisha Ross	Team Barbarian	50.4	Female	92.5	52.5	120.0	265.0	338.4	1
M1	56	Maureen Laporte	Power Pit	54.7	Female	102.5	60.0	127.5	290.0	347.6	1
Open	60	Krista Schaus	Defining Strength	59.3	Female	115.0	80.0	146.0	341.0	383.7	1
Open	67.5	Sarah Leighton	.	66.3	Female	145.0	92.5	155.0	392.5	405.8	1
Open	67.5	Anita Santos	Defining Strength	65.9	Female	112.5	57.5	140.0	310.0	321.9	2
Open	67.5	Catherine Rohani	.	66.5	Female	105.0	52.5	137.5	295.0	304.3	3
Open	75	Sarah Frankel	Defining Strength	74.1	Female	170.0	100.0	160.0	430.0	411.9	1
Open	82.5	Susan Abbott	Defining Strength	80.0	Female	62.5	72.5	62.5	197.5	180.7	1
Open	75	Art Chan	Capital Barbell	71.9	Male	190.0	142.5	220.0	552.5	405.8	1
Open	82.5	Brandon Summers	Iron Foundation	81.8	Male	298.5	200.0	275.0	773.5	520.8	1
Open	82.5	Barry Antoniow	Capital Barbell	82.4	Male	212.5	190.0	210.0	612.5	410.6	2
Open	90	Vince Byrne	Power Pit	89.6	Male	292.5	215.0	277.5	785.0	502.3	1
Open	90	Dave Walters	.	89.7	Male	240.0	238.5	250.0	728.5	465.9	2
Open	90	Mike Dickinson	Iron Foundation	89.9	Male	272.5	172.5	265.0	710.0	453.5	3
M2	90	Jerry Marentette	Power Pit	85.5	Male	100.0	100.0	285.0	485.0	318.2	4
Open	100	Alex Drolc	Iron Foundation	99.4	Male	245.0	170.0	302.5	717.5	437.7	1
Open	100	Sheldon Duncan	Power Pit	99.2	Male	237.5	195.0	275.0	707.5	432.0	2
Open	110	Shane Church	.	106.5	Male				0	0	
Open	110	Brandon Ward	Golden Triangle	102.9	Male	250.0	197.5	265.0	712.5	428.9	1
Open	125	Steve Magistrale	Niagara	120.2	Male	330.0	255.0	300.0	885.0	508.6	1
Open	125	Jason Byrne	Power Pit	123.4	Male	330.0	227.5	320.0	877.5	501.4	2
Open	125	Colin Garnett	.	116.5	Male	285.0	172.5	272.5	730.0	422.7	3
M1	125+	Shawn O'halloran	Power Pit	129.2	Male	100.0	100.0	235.0	435.0	246.3	1

Ontario Seniors and Bench Press Championships 2008

Bench Results

Age Class	Wt. Class	Name	Club	Bwt.	M/F	Bench	Total	Wilks	PI
M1	56	Maureen Laporte	PowerPit	54.7	Female	70.0	70.0	83.9	1
Junior	67.5	Jason Marentette	PowerPit	63.6	Male	80.0	80.0	64.8	1
Open	75	Art Chan	Capital Barbell	71.4	Male	142.5	142.5	105.2	1
Open	82.5	Barry Antoniow	Capital Barbell	82.1	Male	190.0	190.0	127.7	1
M1	90	Greg Platsko	PowerPit	87.6	Male	162.5	162.5	105.2	1
Open	90	Robert Truchon	.	83.9	Male	135.0	135.0	89.5	2
M2	90	Jerry Marentette	PowerPit	85.3	Male	100.0	100.0	65.7	3
Open	90	Vince Byrne	PowerPit	89.6	Male	75.0	75.0	48.0	4
Open	100	Sheldon Duncan	PowerPit	99.4	Male	100.0	100.0	61.0	1
Open	110	Jody Roemer	Golden Triangle	104.3	Male	215.0	215.0	128.8	1
Open	110	Tim Ekert	PowerPit	106.5	Male	207.5	207.5	123.4	2
Junior	110	Kelly Branton	.	106.8	Male	207.5	207.5	123.3	3
M1	110	John Clayton	Golden Triangle	107.3	Male	180.0	180.0	106.8	4
M2	110	Miroslav Koprinsky	.	101.4	Male	173.5	173.5	105.0	5
M2	110	Fred English	.	109.9	Male	172.5	172.5	101.5	6
aSubJun	110	Robert Hoffman	Golden Triangle	109.8	Male	120.0	120.0	70.7	7
Open	125	Jason Byrne	PowerPit	122.9	Male	100.0	100.0	57.2	1
M1	125	Russell Stocker	Capital Barbell	124.8	Male	40.0	40.0	22.8	2
M1	125+	Curd Hos	.	168.8	Male	270.0	270.0	146.8	1
M1	125+	Mike Knott	London	138.2	Male	207.5	207.5	116.2	2
M3	125+	David Hoffman	Golden Triangle	151.7	Male	157.5	157.5	87.0	3
M1	125+	Shawn O'halloran	PowerPit	127.5	Male	100.0	100.0	56.8	4

Ontario Masters & Juniors/SubJuniors Provincial Championships 2008

Masters Results

Age Class	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks	PI
M1	48	Sue Thomson	Capital Barbell	47.9	Female	80.0	47.5	115.0	242.5	321.7	1
M1	56	Julie Watkin	Steel City	54.7	Female	97.5	47.5	115.0	260.0	311.6	1
M1	67.5	Jackie Pritchard	Niagara	67.3	Female	145.0	95.0	147.5	387.5	396.3	1
M1	75	Karen Allison		73.7	Female	142.5	75.0	145.0	362.5	348.5	1
M1	75	Lisa Nigh	Defining Strength	70.2	Female	112.5	62.5	140.0	315.0	312.8	2
M2	60	Althea Flegg		59.6	Female	115.0	55.0	110.0	280.0	313.8	1
M1	90	Greg Platsko	Power Pit	89.3	Male	190.0	165.0	230.0	585.0	375.0	1
M1	100	Andy Childs		99.6	Male						
M1	100	Jeff Becker	Iron Foundation	90.5	Male	290.0	205.0	292.5	787.2	501.3	1
M1	100	Eric Gagnon	Ottawa Strong	90.6	Male	292.5	182.5	252.5	727.5	462.9	2
M1	100	Dave Pigozzo	Iron Foundation	91.2	Male	227.5	157.5	250.0	635.0	402.7	3
M1	100	Paul Francis	London	98.6	Male	160.0			160.0	97.9	4
M1	125+	Scott Anderson	Iron Foundation	127.1	Male	142.5	150.0	192.5	485.0	275.5	1
M2	75	Frank Nadeau	Niagara	74.0	Male	210.0	160.0	210.0	580.0	417.2	1
M2	75	Glyn Moore	Niagara	74.9	Male	215.0	142.5	202.5	560.0	399.4	2
M2	75	Walter Urban	Iron Foundation	74.9	Male	200.0	127.5	222.5	550.0	392.3	3
M2	90	Jerry Marentette	Power Pit	87.4	Male	260.0	185.0	287.5	732.5	474.9	1
M2	90	Herb Greenidge		87.9	Male	220.0	150.0	230.0	600.0	387.8	2
M2	100	Scott Sequin	Power Pit	97.4	Male	250.0	150.0	255.0	655.0	403.0	1
M2	110	Patrick Hartwick	PoweReachH	102.5	Male	272.5					
M2	125	Ron Strong	Power Pit	118.3	Male	296.0	190.0	311.0	797.0	459.8	1
M3	82,5	Richard Sarazin	Capital Barbell	76.8	Male	150.0	75.0	180.0	405.0	283.9	1
M3	90	Laurie Greenidge		89.6	Male	205.0	140.0	200.0	545.0	348.7	1
M3	100	Jack Taylor	Niagara	92.4	Male	177.5	120.0	180.0	477.5	300.9	1

Ontario Masters & Juniors/Sub Juniors Provincial Championships 2008

Junior/Sub Junior Results

Age Class	Wt. Class	Name	Club	Bwt.	M/F	Squat	Bench	D/L.	Total	Wilks	PI
SJ	60	Dalton Major	Power Pit	59.9	Male	160.0	97.5	187.5	445.0	380.1	1
SJ	67.5	Anthony Kirkish		66.0	Male	150.0	112.5	152.5	415.0	325.9	1
SJ	82.5	Jake Wood	Niagara	77.5	Male	160.0	110.0	252.5	522.5	364.1	1
JUN	60	Dave Heisel	Capital Barbell	59.5	Male	205.0	137.5	210.0	552.5	474.8	1
JUN	67.5	Jason Marentette	Power Pit	66.0	Male	192.5	107.5	235.0	535.0	420.1	1
JUN	67.5	Kyle Vineham		66.0	Male	167.5	107.5	170.0	445.0	349.4	2
JUN	82.5	Philip Plato	Niagara	81.6	Male	252.5	147.5	262.5	662.5	446.8	1
JUN	82.5	Marc Morris	Power Pit	81.2	Male	207.5	147.5	230.0	585.0	395.7	2
JUN	82.5	Mike Wood	Niagara	79.3	Male	190.0	150.0	240.0	580.0	398.2	3
JUN	82.5	Paul Behne	Capital Barbell	76.0	Male	175.0	110.0	195.0	480.0	338.9	4
JUN	90	Ryan Chan		84.7	Male	210.0	167.5	230.0	607.5	400.7	1
JUN	90	Luke Johnson		88.0	Male	187.5	130.0	232.5	550.0	355.2	2
JUN	90	Frank Butty		89.2	Male	232.5	142.5	265.0	640.0	410.4	3
JUN	90	Greg Page		89.5	Male	190.0	140.0	212.5	542.5	347.3	4
JUN	100	Marlon Obratoski	Iron Foundation	98.9	Male	287.5	197.5	255.0	740.0	452.4	1
JUN	100	Andrew Cameron	Steel City	96.8	Male	237.5	155.0	220.0	612.5	377.8	2
JUN	110	Stephen Mackie	Capital Barbell	105.0	Male	267.5	195.0	270.0	732.5	437.7	1
JUN	110	Kelly Branton		109.6	Male	260.0	207.5	265.0	732.5	431.6	2
JUN	125	William Fogg		113.3	Male	75.0	75.0				

OPA/CPU RECORD APPLICATIONS

Some changes have occurred with respect to applying for records. Effective with the Canadian Championships in April I am no longer the Canadian Records Chairperson. I am still the Ontario Records Chairperson. When applying for a Canadian Record, a lifter may apply on line or through the regular mail. Mail in your application to Mike Armstrong at 4709 Fordham Cr. SE., Calgary AB T2A 2A5. Ontario record applications are still sent to me by mail at: 278 Thaler Ave., Kitchener ON N2A 1R6.

The cost of the record application is now \$75.00 regardless if you are or are not drug tested. If applying for an Ontario record or both Ontario and Canadian record the cost is the same. As far as Canadian records are concerned they are adhering to the 60 day time limit. If they have not received your application and payment within 60 days you lose your chance to claim the accomplishment.

Ontario lifters need to send all payments to Marlene Moore well before the 60 day deadline to insure that the OPA can then send that payment to Mike Armstrong within the 60 day time constraint.

If you are just applying for an Ontario record, there has been no decision at this time if a time limit will be adhered to but keep in mind that our constitution says applications must be received within 30 days.

Dave Hoffman
Ontario Records Chairperson

Referee Chairperson Report

We are starting off a new year. For the New Year I am hoping to set up 2 referee seminars. Even if you don't want to be a referee, this would be good for anyone that would like to better understand the rules and what the referees are looking for during a competition. These are required for new referees and to help keep current referees up to date on rule changes.

One of the things I have noticed lately is that the new lifters need to be given more accurate information about the sport and what they need to have for a competition. At the Masters, juniors and Sub-Juniors this year I talked to one new lifter that insisted it was fine to wear boxers on the platform and I had to point out that it is not allowed. We need to make sure that we give the new lifters a better understanding of what is and what is not allowed on the platform. This type of information is clearly defined in the IP Technical Rules, and is available on the IPF Website. Remember at a competition it is the Chief referee that has the final say on any decisions regarding a competition, if no Jury is available. At Provincial Championships the OPA Referee Chairperson has the final responsibility.

There have been some changes to the rules. The rule change "Causes for Disqualification of a Bench Press" Item 5 now reads, "Any Downward movement of the whole of the bar in the course of being pressed out".

Just remember that if one side goes down, it does not mean a bad lift, but there is a good chance that it could lead to other issues that may cause a bad lift, like an excessive un-even extension, or walking the bar up.

If you plan on breaking records, you also want to check out the requirements for breaking records in the IPF Rule Book as it has changed as well.

Mike Knott
Referee Chairperson OPA

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, 2009)

- Only registered clubs can enter as team in a contest.
- In order to represent a club, a lifter must train with the club on a regular basis (at least once a week).
- No athlete may compete under a club name unless that club has taken out an affiliation. An athlete who does not belong to a club must compete as an unattached lifter.
- Club affiliation must be renewed annually. Affiliation fees cover 1 year from Jan 1 to Dec 31.

Club Name: _____

CPU Card#: _____

Club Contact: _____

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

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Club Web Site: _____

It is agreed that, if membership be granted, our club will abide by the Constitutional requirements, for membership of the Ontario Powerlifting Association and the Canadian Powerlifting Union.

We further understand suspension may follow any violation of the said constitution or by-laws. It is further and clearly understood that the Ontario Powerlifting Association reserves the right to cancel this said affiliation at any time.

Signature: _____

Date: _____

Club Affiliation Fee: \$40.00

Make cheque payable to: Ontario Powerlifting Association

→ All Fees are Non-Refundable

Send Cheque or Money Order to:

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

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

[Rev:2005-11]



2009 Membership Application

for residents of Ontario

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



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

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

Who can become an Ontario Powerlifting Association Member?

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

Are you a new Member?

Name: _____
First Name Middle Initial Last Name

Address: _____ City: _____

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

Email: _____

→ PLEASE PRINT – Complete all areas / Membership Fees are non-refundable

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

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

Type of Membership (Check only one):

Regular: \$65.00 / Regular-Sub-Junior \$45.00 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

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

For Participants *Over the Age of Majority* in the Province or Territory in which the Athletic Activities are Provided by the Organization
WARNING: THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, READ IT CAREFULLY!

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

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

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

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

Please Print Clearly

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

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

For Participants *Under the Age of Majority* in the Province or Territory in which the Athletic Activities are Provided by the Organization
WARNING: THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, READ IT CAREFULLY!

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

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

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

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

Please Print Clearly

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

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: 20.
- Become an OPA Member. Membership form is on page: 15
- Complete the Contest Entry form (below) and send to the Meet Director along with the appropriate fees.



2008 - Contest Entry Form

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

→ Complete all areas of the form – Please Print Legibly

→ ALL ENTRY FEES ARE NON-REFUNDABLE

Name of Contest: _____

Your Name: _____ Phone#: _____

Address: _____

Email : _____

Club Representing: _____ or Unattached

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

Contest Category Entered: (check all that applied)

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

T-Shirt size: (if applicable) _____

Required Information for Provincial or National Championships:

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

Qualifying Total: _____

Date of Qualifying Total: ___/___/___

Where Qualifying Total was obtained: _____

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

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

I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the right to carry out drug testing at any contest under their jurisdiction. In order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.

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

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

Signature of Competitor: _____ Date: _____



(Parent/Guardian if under 18)

[11/2005]

ARTICLE XIX - Provincial Records

- Standard application form has to be submitted no later than 30 Calendar days from the date of the supposed record.
- 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.
- The lifter is responsible for completion and submission of the application form and fee of \$75.00 to the Ontario Registrar.
- 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.
- 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]

 <p>OPA ONTARIO POWERLIFTING ASSOCIATION</p>	<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+</td> <td><input type="checkbox"/> National Women's Master 50+</td> </tr> <tr> <td> </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+</td> <td><input type="checkbox"/> Provincial Women's Master 60+</td> </tr> </table>		<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior	<input type="checkbox"/> National Men's Junior	<input type="checkbox"/> National Women's Junior	<input type="checkbox"/> National Men's Sub Junior	<input type="checkbox"/> National Women's Sub Junior	<input type="checkbox"/> National Men's Master 40-49	<input type="checkbox"/> National Women's Master 40-49	<input type="checkbox"/> National Men's Master 50-59	<input type="checkbox"/> National Women's Master 50-59	<input type="checkbox"/> National Men's Master 60+	<input type="checkbox"/> National Women's Master 50+	 		<input type="checkbox"/> Provincial Men's Senior	<input type="checkbox"/> Provincial Women's Senior	<input type="checkbox"/> Provincial Men's Junior	<input type="checkbox"/> Provincial Women's Junior	<input type="checkbox"/> Provincial Men's Sub Junior	<input type="checkbox"/> Provincial Women's Sub Junior	<input type="checkbox"/> Provincial Men's Master 40-49	<input type="checkbox"/> Provincial Women's Master 40-49	<input type="checkbox"/> Provincial Men's Master 50-59	<input type="checkbox"/> Provincial Women's Master 50-59	<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+	<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> <p>Provincial Records Mail to: Dave Hoffman 278 Thaler Ave., Kitchener ON N2A 1R6</p> <p>National Records Mail to: Mike Armstrong 4709 Fordham Cr. SE., Calgary AB T2A 2A5</p>
<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior																											
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<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+																											
<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>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>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> </tr> </thead> <tbody> <tr> <td>Squat</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Bench Press</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Deadlift</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Total</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <p>Send completed form to the appropriate chairperson as stated above.</p>		Attempt	1 st	2 nd	3 rd	Squat				Bench Press				Deadlift				Total									
Attempt	1 st	2 nd	3 rd																									
Squat																												
Bench Press																												
Deadlift																												
Total																												



**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 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	



2008 - OPA Contest Sanction Application Form

Please ensure the following conditions are met:

1. A sanction application must be received by the Registration Chairperson 3 months prior to the proposed date or the sanction will be denied. A sanction application will include a completed application form and payment for all fees.
2. Competition application forms must accompany the sanction request.
3. Any club proposing a sanction for a meet shall provide one referee. This official must be an active referee, Level II Provincial or higher. The designated referee must be present at the meet to function in whatever capacity deemed necessary by the Referee Chairperson. The host club must provide one meal per day for each referee officiating.
4. Competitions within Ontario will not be sanctioned within 21 days of each other unless the majority of the executive votes to allow an exception. Sanctions will be allowed on a first come first serve basis.
5. The O.P.A. Executive at it's discretion may organise special contests for the purpose of introducing new lifters to the sport of Powerlifting (i.e. Students, Police and Fire personnel). Lifters must be Ontario residents but do not have to have a CPU card. These contests must be approved by applying to the O.P.A. Executive, (attention O.P.A. Secretary).
6. Any Contest Details or special Contest Entry forms must be included before a sanction can be granted.
7. \$5 of the entry fee for each competitor is to be returned to the Ontario Powerlifting Association to cover drug testing costs.
8. Unregistered athletes may not compete in a sanctioned competition.
9. Only affiliated and good standing clubs will be granted sanctions.
10. A competition cannot be advertised prior to the OPA granting a sanction and approving the application forms.
11. The Meet Director must be a full member of the Ontario Powerlifting Association in the year the sanctioned contest is held.
12. The Meet Director must be a member of a registered Club.
13. The person applying for a contest sanction must be a full member of the Ontario Powerlifting Association at the time the contest sanction application is made.
14. The person applying for a contest sanction must be a full member of a registered Club.
15. The member applying for the sanction may designate another Meet Director who is a member of a registered Club.
16. The Club associated with the Meet Director is the point contact with the OPA Board of Directors.

Contest Sanction Fee: \$10.00

Complete the next page and return with payment to:

Make cheque or money order payable to:
Ontario Powerlifting Association

Send cheque or money Order to:
Ontario Powerlifting Association
C/o Marlene Moore
9 Old Oxford Road
St Catharines, ON L2M 2J7

→ All Fees are Non-Refundable

Note:

Complete the next page with as much detail as possible.

The information provided will be used to provide contest details in the Newsletter and on the Website. If there are any other details to be included in the newsletter, please attach to this application.

**Complete and Submit Contest Sanction
Application on next page...**



Ontario Powerlifting Association
2008 - Contest Sanction Application Sanction
Applicant Information:

Host Club: _____

Meet Director: _____ CPU Card#: _____

Address: _____ City: _____

Postal Code: _____ Phone#: () - _____ - _____

Email: _____ Website: _____

Contest Information:

Contest Name: _____

Contest Date: _____ (dd/mm/yyyy) Contest Time: _____

Weigh-In Info/Time: _____

Designated Referee: _____

Accredited First Aid person: _____
(provide proof of certification upon request)

Contest Location: _____

Type of Contest: (i.e. Open, Blind, Men's, Women's, Novice, Master, 3 Lift, Bench Press only, Special Athletes, etc)

Eligibility – Include Standards: (e.g. Class I or above) _____

Awards: _____

Competitor Contest Application Requirements:

Entry Deadline: _____ Entry Fee: _____ Fee Payable to: _____
(Dd/mm/yyyy)

Send Entry to: _____

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

Signature _____ Date _____

Sampling of Pics from the Masters/Juniors Provincial Championships 2008





Annual General Meeting
 Ottawa, Ontario
 December 5, 2008

Executive

Attendees: President - Bill Jamieson
 Registration - Marlene Moore
 Referee Chairperson - Mike Knott
 Eastern Regional Chairperson – Barry Antoniow

Vice President - Harnek Singh Rai
 Treasurer - Jackie Prichard
 Records Chairperson Dave Hoffman
 Newsletter and Website - Karen Allison
 Secretary - Althea Flegg

Topic	Reading of 2007 Meeting Minutes	Motions:
Discussion	<ul style="list-style-type: none"> Marlene asked if constitution was updated with last year's motions. Mike Knott – verified constitution was updated 	Accept Minutes: Mike Knott Second: Marlene Moore

Topic	Executive Reports	Motions:
Reports	Presidents Report Secretary's Report Treasurer's Report Referee's Report Registrar's Report Record's Report South Regional Report	
Discussion	Bill asked if all reports had been read Executive verified all reports read Note: reports attached	Accept Reports Mike Knott Second: Harnek Singh Rai

Topic	Award Nominations/ Presentations	Motions:
Discussion	Committee was to be formed to recognize criteria for award – Dave, Sam and Rick Dave Hoffman stated the award should go to an individual not a team. The nomination should be assessed by the executive committee In order to be eligible for the OPA award the nominee must be a member for a minimum of 5 years.	To accept Althea Flegg Second: Dave Hoffman

Topic	Sally Thomson	Motions:
Issue:	Sally is a member of the Parasports – she has been very rude and demanding, when dealing with Marlene regarding her membership and also at meets. Marlene recommended that Sally be suspended from the OPA.	
Discussion	Sally's behavior was discussed. Marlene did write a letter to Chris Murdock documenting Sally's behavior; Chris forwarded the letter to Paralympics.	

Results of Sept 7 th	<ol style="list-style-type: none"> 1. Bill is going to speak to Sally's Coach 2. Marlene going to write a letter to Sally stating the OPA is going to suspend her indefinitely from the OPA due to her actions during the past 3 years. 	Proposed – Dave Hoffman Second – Karen Allison
AGM Results	Bill sent a letter to Sally stating the OPA's concerns and actions to be taken. Sally responded Issues resolved by Executive	

Topic	Fees for Provincial Records	Motions:
Issue:	Cost required when applying for record certificate and number of days application required after the record is achieved	Proposed: Dave Hoffman Second: Marlene Moore
Discussion	<ul style="list-style-type: none"> • Amount to be charged per record • Number of days application must be received by after record is achieved • How drug testing costs are covered • How both Provincial and National Records are applied for 	
Results	<p>Update the constitution with Dave's verbiage:</p> <p>The cost of the record application is now \$75.00 regardless if you are or are not drug tested. If applying for an Ontario record or both Ontario and Canadian Record the cost is the same. As far as Canadian records are concerned they are adhering to the 60-day time limit. If they have not received your application and payment within 60 days you lose your chance to claim the accomplishment.</p> <p>Ontario Lifters need to send payment to the Registration Chairperson 45 days from the date of the competition to ensure that the OPA can then send the payment to the CPU Records Chairperson within the 60-day time constraint.</p>	

Topic	Gas Mileage – Increase	Motions:
Issue:	With the increase in gas prices – volunteer judges are not being reimbursed adequately for their mileage	
Discussion	<p>Need to adjust the current payout</p> <p>The Constitution states:</p> <p><i>i. Travel up to 100 km = \$35.00</i></p> <p><i>ii. Travel from 101 km. To 1,000 km. - 20¢ per km one way, and the cost of a hotel room up to \$100.00 maximum per day referred.</i></p> <p><i>iii. Travel over 1,001 km: Provincial or Nationals \$100.00; Internationals: \$200.00</i></p>	
Results Dec. 5th, 2008	To be increased to .30 cents per km from 101 km to 1,000km	Motion – Dave Hoffman Second – Barry Antoniow

New Business

Topic	Award Nomination – Put forward by Marlene Moore	Motions:
Female Athlete of the Year	Jackie Prichard	
	Jackie has been a member of the OPA for a number of years. She has stepped up to the position of treasurer mid way through 2008 and is running for the position in 2009. Competed at the World Masters in Palm Springs and brought home Bronze for Canada in her category.	All Agreed
Male Athlete of the Year	Jerry Marentette	
	Jerry has been a member of the OPA for many years. Competed in Palm Springs and brought home Gold for Canada for the second year in a row.	All Agreed
OPA Recognition Aware	Bill Jamison	
	After many years, and for the second, third or fourth time, Bill is stepping down as President of the OPA. His contribution has been an on-going effort to promote the sport of powerlifting, especially in the high schools. His dedication is second to none, hosting meets, being a referee and mentor to the executive.	Bill Cannot receive this Award as he has received it before Result: no nomination or award for 2008
Bill Jamison Award	Jerry Marentette	
	The OPA submitted Jerry's name last year to the CPU for this award. There were other nominations for this award at that time and someone else was chosen. I would like to submit Jerry's name once again for this award, using the letter from last year, adding that he is a Gold Medalist once again at the 2008 World Masters. (see attached letter) Our new president can submit our letter at the AGM at the nationals in Moose Jaw 2009.	All Agreed
Additional comments		
	Harneke suggested that these nominations be forwarded to the Nationals Award (Jackie and Jerry)	All Agreed
	Bill Jolly Bencher Award – nominations welcome	

Proposals to Constitution

Topic	Executive to Make decisions prior to AGM on issues that affect the day to day running of the Association	Motions:
Discussion	Bill asked the membership if the Executive have the authority to make decisions regarding the running of the association, and/or updates to the constitution between AGMs.	Accepted: Marlene Moore Second: Jackie Prichard
<u>Constitution Update</u>	Update article XXIV within constitution	

Topic	High School Students – Affiliate Fee	Motions:
Issue:	High School students to be charged \$2.00 to be an affiliate member of the OPA. Students will not receive a new letter	Accepted: Mike Knott Second: Karen Allison
Discussion	Barry asked if the OPA insurance policy covers Students – Jackie to look into it Glyn Moore asked if students can break records – no they cannot at the high school level but they can go to an OPA meet and break a record.	

Topic	Charging for Reprinting of Membership Letters	Motions:
Issue:	Marlene is receiving a number of requests from competitors who have lost their membership cards and letters for replacements.	
Discussion	There should be a cost to replace the letters, the cards cannot be replaced but the letter can and is an official document.	
Results	1. Marlene to add “This is an official OPA Document” on the letter 2. Propose that the OPA charge \$5.00 replacement fee for lost cards/letters.	Accepted: Marlene Moore Second: Harnek Singh Rai

Topic	Umbrella Organization – Grants for OPA - September 7th	Motions:
Issue:	Ontario Government represented by Stephen Boyd requests that the Ontario Powerlifting Association and the Olympic Weightlifting Association be under the same Association.	New executive will need to apply for grants.
Discussion	Bill and Janice went to see Stephen Boyd to find out what the criteria was to apply on our own, but Stephen was vague on his answers. We do know that in order to get funding the club needs a specific number of registered/paid members. The club currently has 230 members. If we included the high school competitors the numbers would increase.	
Results	1. Bill going to tell the Ontario Government that we are not ready to make a decision on moving to the Umbrella Organization and also that he would like more information. 2. At the AGM propose that the High School competitors pay \$2.00 for membership.	
Dec. 5, 2008	New executive will need to apply for grants.	

New Proposals

Topic	Projector – put forward by Mike Knott	Motions:
Issue:	I would like to suggest the OPA Consider the purchase of a Projector for use by club holding competitions. In order to offset the possible cost of replacing bulbs we could rent it out to the clubs for \$25.00. This is substantially less than renting from a rental agency, and would help to offset the cost.	Accepted Mike Knott Second: Harnek Singh Rai
Discussion	Connor – good idea to have available – can coordinate the movement of it. Glynn – can get a good one for between \$500 and \$1000. Connor – get 2 cheaper ones because only displaying excel spreadsheets. Jackie – expense the price of bulbs. Marlene and Glyn get reimburse Marlene – attempt to get grant – then projector should be the first thing purchased. Bill – have a sign out form for the projector Glynn – include VGA 50 ft cables (2)	
Results	Wait until Grant amount – then this would be looked at it. Amendment to proposal.	

Topic	<u>Communications – Michael Knott</u>	Motions:
Issue:	ONTARIO POWERLIFTING ASSOCIATION BY- LAW NUMBER ONE COMMUNICATIONS GUIDELINES II. Specific Guidelines The Newsletter will be the OPA's primary form of communication. The Web site will be the secondary form of communication provided as an added service. Proposal I propose in this age of computers that the primary form of communications be change to the Web Site and that this be augmented by the Newsletter on a periodic basis. This allows information to be put out in a more timely fashion. Even those that do not have a computer at home can easily access the internet via friends, work, or an internet café if they need information.	Accepted Mike Knott Second: Connor Sheehan
Discussion	Glyn – great idea – certain things cannot go on – for example a club contest until it is sanctioned – contest results, records etc should go on. Bill – this was done because the newsletter use to be the primary because it was first. A tentative schedule can be put on the website for contests. The proposal is to switch so that the website be primary and newsletter secondary.	
Results	Voted on – 7 agreed – 2 disagreed	Accepted

Topic	Travel / Accommodations / Expense Reimbursement – Michael Knott	Motions:
Issue:	<p>Constitution ARTICLE XXVI - Travel / Accommodations / Expense Reimbursement 2. Referees: a. Within 30 days of the Competition and upon submission of receipts to the treasurer on the appropriately completed O.P.A. expense form, referees will be eligible for reimbursement of expenses according to the following schedule: Proposal As we do have forms on the website that can be filled out on the computer, and then sent via e-mail, I would like to allow the submission of expenses for any travel or administrative cost be submitted via e-mail as the e-mail signature from the person submitting can stand as an electronic signature. There may be a way, we can provide a secure portion of the OPA Website, which these could be stored on, or the e-mail could be printed off with the sender's information in the e-mail if a hard copy is required.</p>	Mike withdrew Proposal
Discussion	<p>Jackie – must have full address to put things in. Marlene- form must be filled in that web signature can be legal Dave – need back up for records</p>	
Results	Mike withdrew Proposal	

Topic	<u>Ontario Records Chairperson and Website Editor - Glyn Moore</u>	Motions:
Issue:	<p>I would like to propose that the positions of Ontario Records Chairperson and Website Editor be joined. Mike Armstrong does this for the CPU and it is working very well. This will enable a current list of records, records pending and contest results to be posted immediately, which at present is not being accomplished.</p>	<p>Accepted: Glyn Moore Second: Karen Allison</p>
Discussion	<p>Dave – thinks this would be a good idea Dave – Records person will have more responsibility. Marlene – Records and Website – together, Newsletter – separate.</p>	
Results	<p>7 agree – 1 not voting. Mike – the constitution will need to be updated with these changes</p>	

Topic	<u>QUALIFY FOR AN EXEMPTION – Glyn Moore</u>	Motions:
Issue:	<p>FOR A LIFTER TO QUALIFY FOR AN EXCEMPTION HE/SHE MUST DO ALL FOUR THINGS LISTED BELOW.</p> <p>An injured or sick lifter must send in a paid application so that the Meet Director is compensated</p> <p>He/She must attend the competition</p> <p>He/She must provide a DATED DOCTORS NOTE stating why he/she</p>	

	<p>cannot or should not lift He/She must assist in the running of the competition in whichever capacity the Meet Director requires providing that He/She is physically capable of performing that task.</p> <p>In the event where a lifter CANNOT attend the Provincial Championship the OPA Executive has the ability to make an Exemption due to extreme circumstances. The lifter will abide by the decision and an appeal will not be an option.</p> <p>The Meet Director of a Provincial Championship should also be exempt from having to compete</p>	
Discussion	Around how to determine limits of exemption	
Results	Glynn withdrew proposal Bill stated exemptions would need to be presented to the board.	

Topic	Eligibility for Awards – Glyn Moore	Motions:
Issue:	<p>I would like the OPA President to take to the CPU AGM then taken to the IPF AGM that if a lifter bombs out in any lift he/she is NOT allowed to continue and not eligible for individual awards.</p> <p>This is for worlds</p>	<p>Accepted Dave Hoffman Second: Harnek Singh Rai Glynn withdrew proposal</p>
Discussion	<p>Bill – IPF rule – can be eligible for other awards, this is because of the funding of lifters in other countries. Lifters receive funding for receiving awards.</p> <p>IPF rules states that each individual country has their own rules.</p> <p>Connor states he was allowed to keep lifting after bombing. It made his day better</p> <p>Mike – is the one who adheres to the rules</p> <p>Dave – states an official rule should be set in Ontario</p> <p>Bill states Provincial rules follow Canadian rules.</p>	

Topic	Token Lifts at provincial Championships. by Terry Stinchcombe	Motions:
Issue:	<p>The increasing number of token lifts at provincial championships. To win a medal at these events is quite an honour. Lifters doing token lifts diminish the competitive spirit of the event which is supposed to be a show case of Ontario's best lifters. Lifters who have competed at resent world championships may not be at their best at the time of the provincials or other factors may contribute to this. Our solution to this is that all lifters competing at the provincial championships must lift at the event at least one level below the qualifying standard for that event.</p> <p>FOR EXAMPLE: If class I is the standard, class II would be the total to achieved. The only exception would be Ont. Bench Championships where the qualifying standard must be met.</p> <p>Questionable bomb outs and injury's should be reviewed by the OPA Executive. Anyone that is injured or had special circumstances can submit a request for exemption to the OPA Executives prior to the meet, giving them enough time to make a decision. All decisions would be final as per the OPA Constitution.</p> <p>Amendment:</p> <p>Token lifts at the Provincial Championships</p>	<p>Motion Mike Knott Second: Harnek Singh Rai</p>

	<p>In order to receive a medal a lifter must achieve one level below the qualifying standard. In the case of class 4 the lifter must achieve have 85%. In the case of a bench press the lifter must meet the qualifying standard.</p> <p>Result:</p> <p>Anyone lifting must obtain at least one level below qualifier in order to get a medal. Example: If class I is required must lift a total of at least class II. Bench Press must lift the qualifying total to get a medal</p>	
Discussion	<p>Dave – if a lifter is going to pass they should just pass not get the bar loaded and pass.</p> <p>Bill – IPF rules - pass must be written on the attempt card.</p> <p>Jerry – there has to be a rule about passing – saw a lifter do first lift, pass second and do third.</p> <p>Jackie – how do you tell if a person is making a total or bombed on purpose.</p> <p>Barry – what happens when all the people in front of you pass – hurts the person serious about lifting.</p> <p>Glyn – cannot set standard – per Terry’s proposal –</p> <p>Harnek – IPF rules – there is no rule that you can force a lifter to lift. – can put a proposal to go to IPF</p> <p>Glynn – Not eligible for a medal within that meet unless you do a class below your achievement.</p>	
Additional Proposal Discussion By Marlene Moore	At the Ontario Seniors and Bench Press Championships in Bell river this year, 7 out of 22 lifters in the bench press, and 3 or 4 in the Open timed out intentionally, or passed on the lift after the loaders	

	<p>put in great effort to load the bar. A big waste of time and effort and for the audience, a big sham. I was disgusted as were many others. Is there a solution to prevent this kind of action? I felt that the lifters involved were making a mockery of the sport, and to many spectators who came to see some good lifting (at least with effort) were disappointed and surprised at what went on. Please get some thoughts together on this. Could we change the qualifier to be good for only one year? or for the following Nationals only?</p>	
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Topic	Provincial Weekend Championships Submitted by Marlene Moore	Motions:
Issue:	<p>“The Ontario Open Championships (men and Women) and the Master/Junior Ontario Championships (men and women) be held together on a weekend, Saturday/Sunday, thereby setting a standard that all Championships (Provincials, Nationals, Worlds) would then follow a logical progression.</p> <p>This event will be held no earlier than the 2nd weekend of January and no later than the 1st weekend in February, and commence starting in 2010.</p> <p>2009 Master/Junior/Open Prov. will be hosted by Iron Works Club in Ottawa (Barry Antoniow) in Sept. Jan 2010, Niagara Powerlifting Club will host the Master/Junior/Open Prov Championship and that it was passed that the following years the Ont Prov Champ (Mst/Jr/Open) will be held</p> <p>Intermediates and Benchpress will be combined in November starting 2009 and PowerPit will be hosting it.</p>	<p>Motion: Marlene Moore Second: Connor Sheehan</p>
Discussion	<p>Dave – if we are going to combine meets then they should all be put together Marlene – there may not be enough time for all events Harnek – what about intermediates should keep it or not. Barry – good idea – concern – master would only have one chance to qualify for nationals. Open currently have one. Connor – more efficient – get more members at AGM Bill – AGM has to be held at end of year – it would have to be held at another contest. Bill – would a Provincial be missed Marlene – no a club would have to have a meet in Dec 09, Marlene – with the 2010 – there may be a lower attendance to both 2009 and 2010 – because there are two meets. Jerry – could be an issue with volunteers, because all lifters are lifting Connor – Two-year rotation – plan volunteers in advance.</p>	

Topic	Move the date of Nationals Submitted by Marlene	Motions:
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	<u>Moore</u>	
Issue:	The OPA President submits to the CPU at the next AGM that the Nationals be moved later in the year by 2 -6 weeks	Motion: Marlene Moore Second: Althea Flegg 2 in favor – voted down.
Discussion	Barry – against movement of Nationals because world bench is between 6 and 8 weeks after nationals.	

Topic	OPA Drug Testing Submitted by Bill Jamison	Motions:
Issue:	A three-person committee needs to be established by the OPA executive to deal with all OPA drug testing. e.g. communication with the CPU; communication with the CCES; deciding what contests and who will be tested; deciding who will be tested outside of competitions and when. Reason: This will ensure confidentiality in regards to where, when and who will be tested.	Accepted Bill Jamison Second: Proposal put on hold to a later date for the executive to decide upon
Discussion	Bill – not doing out of contest testing because CEES is saying an education program be put in place for all members to ensure members are informed prior to testing Bill – executive should pick team. Cees – suggests people who are not lifters. Marlene – asks what type of education Harnek National executive – created a drug testing team – rule is executive cannot be part of testing team. Harnek not sure if he could be part of the team, although he is leaving executive. Dave – thought OPA could not target individuals Bill – can be best lifter	

Topic	Technical Rules for High Schools Submitted by Bill Jamison	Motions:
Issue:	A new appendix needs to be added to the constitution concerning technical rules for high school competitions. “All high school competitions will be run according to IPF technical rules with the exception of personal equipment. The only supportive equipment students are allowed to wear in these competitions is wrist wraps and a lifting belt.” Reason: For the past several years we have run high school competitions with provincial championships being held in the past three years. It has been our practice in the past that all of the high school competitions have been run by IPF technical rules and the aforementioned exception. We have had great success and no accidents.	Accepted Bill Jamison Second: Althea Flegg 14 in favour – passed.
Discussion	Dave – teacher asked about knee wraps – or neoprene knee sleeves. Harnek – opposed to knee sleeves Connor – encourage high school to lift safely.	

Topic	Eliminate for 2009 – Provincials Master, Jrs and Open	Motions:
Issue:	Eliminate for 2009 – Provincials Master, Jrs and Open because of	Accepted Dave Hoffman

	new schedule	Second: Proposal Withdrawn
Discussion	Connor – too long of a time to not have meets, should be an option to any club with the understanding that they may not get enough people lifting. Dave – agree with Connor – going 16 months Barry has secured Oct 10 for all 3 maybe able to get one in Sept.	

Topic	<u>Eliminate Intermediate only competitions – Hoi Leung</u>	Motions:
Issue:	In the year 2008 there were only 8 lifters attending the competition. Should the occasion arise that the intermediate meet be re-established the executive will re-evaluate.	Motion Hoi Leung Second: Paul Behne 7 for, 8 against. Therefore intermediate will stay.
Discussion	Glynn – originally proposed in the newsletter that intermediates be included – no response	

Topic	<u>Eligible Lifters</u>	Motions:
Issue:	In order to qualify for Canadian Nationals in 2010 a lifter must participate in either the September Provincials in 2009 or the January Provincials in 2010.	Motion Dave Hoffman Second: Althea Flegg
Discussion	Marlene – suggests someone write an article in the newsletter regarding available competitions.	

Bids for Future Competitions 2009

January	Niagara Open
February	London host Bench Press Champ with Intermediate
March	Golden Triangle and KW Grizzlies
April	Nationals – Moose Jaw Sask.
April	St Thomas – Open
June	Power Pit – 3 lift and Push Pull
July 18-19	Ottawa Iron Works – Bench and Open
September	Ottawa Provincials, Masters Junior Open
September	Master Junior Worlds
November	Power Pit – Bench Press and Intermediate
November	AGM

Note: Masters, Junior and Open – in Ottawa in September
 To be held at Travel Lodge Conference Center – fridge and micro in each room.
 Premier event for Ottawa
 Media Involved
 Warm-up – 3 stations
 New rack
 Montreal Metal Militia to come and help
 Harley Davidson as a sponsor.

High School Meets

Dave suggests Niagara, Ottawa and London – think about holding meets.
 May 23rd in Cambridge

Barry may have a city championship

Election of New Executive

Position	2008	2009	Nominated by:	Seconded by:
President	Bill Jamison	Glyn Moore	Jerry Marentette	Gregg Platsko
Vice President	Harnek Singh Rai	Barry Antoniow	Marlene Moore	Glyn Moore
Secretary	Althea Flegg	Vacant		
Treasurer	Jackie Prichard	Jackie Prichard		
Registration Chairperson	Marlene Moore	Marlene Moore		
Records Chairperson and Webmaster	Dave Hoffman	Connor Sheehan	Paul Behne	Althea Flegg
Referee Chairperson	Mike Knott	Mike Knott		
Newsletter	Karen Allison	Karen Allison		
South Regional Chairperson	Rick Gazdig	Jerry Marentette		
Northeast Regional Chairperson				
Eastern Regional Chairperson	Barry Antoniow	Paul Behne		
Toronto	Although Harnek is not on the board he will remain as a contact for the GTA area.			

President Report 2008 – Bill Jamison

This year the 2008 Canadian Championships were held in St. Catharines, Ontario. An excellent venue and banquet were provided by Glyn and Marlene Moore. With the help of their many volunteers, this was a well run contest.

Congratulations to Rick Gazdig for passing his written and practical exam during these championships. Special thanks to Mike Knott as referee chairperson for providing referees to all of our Ontario contests and running referee clinics. His efforts help to enhance our sport by increasing the pool of qualified referees.

There are three regions involved in our high school program: Belle River, Kitchener/Waterloo and Hamilton. Each region held its own championships. In 2008, we had 38 lifters from 13 high schools compete at the provincial championships at M. M. Robinson High School in Burlington.

This year's Sports Awards Banquet was in May at a Toronto venue. All sports bodies were represented. Many dignitaries, government officials, athletes and the press were in attendance. Two of our members were honored. Harnek Singh Rai received the Syl Apps award for his many years of service. Tim Ekert, who competes in Open contests and blind competitions, received the disabled athlete of the year award. These achievements give our sport a higher profile and greater exposure.

More contests are being held in different parts of the province. These areas are Ottawa, London, St. Thomas, Belle River, Hamilton, Kitchener and St. Catharines. In the past we have held contests in northern Ontario, specifically North Bay and Sioux Ste. Marie. Perhaps in the future we can be in these areas again. It is my hope that all aspects of our sport will be

expanded and enriched. This can all be achieved by a wide variety of experience and expertise from committed and motivated individuals.

Elections are being held this year. I am not standing for re-election. I would like to thank the following members, who have served during the course of this two year term and are stepping down and will not be running for re-election. My thanks goes to Harnek Singh Rai who served as vice-president, to Krista Schaus who served as treasurer, to Sarah Frankel who was our secretary and to Althea Flegg who was interim secretary. My thanks goes to Jackie Pritchard for stepping in as interim treasurer and who will be running for re-election. Again I would like to thank each member of the executive in the past year for their service and hard work.

In closing, my final thoughts to our newly elected executive are that it is your duty and your responsibility to uphold our constitution and by-laws. Each year at the Annual General Meeting we discuss, resolve and vote on issues that become part of our constitution. By upholding the constitution, we provide fairness to all and keep the integrity of the sport.

Respectfully, William T. Jamison

Secretary's Report – Althea Flegg

Nothing to Report

Treasurer's Report - Jackie Prichard

2008 Ontario Powerlifting Treasurers Report November 2007 to November 2008

<u>Income</u>	Memberships	\$13635
	Contest Sanctions	\$14
	Club Affiliations	\$140
	Drug tests (2007)	\$350
	Medals	\$430
	WADA (@ \$125)	\$1250
	WADA (@ \$75)	\$2025
	OPA Stickers	\$18
	Certificates	\$295
	Total	\$18,157
<u>Expenses</u>	Insurance	\$2651.40
	Drug Tests	\$3325.00
	Newsletter/Website	\$2720.05
	Referee	\$2997.49
	Worlds X 14	\$2800.00
	Administration	\$732.80
	NSF Cheques	\$35.00
	Medals	\$135.60
	AGM (London)	\$340.00
	Affiliation Fee	\$150.00
	Records x 6	\$450.00

Records Certificates	\$246.34
Total	\$16,583.68
Net Loss	\$1573.32
Savings Balance as of October 31 st ,	\$9884.96
Chequing Balance as of October 31 st	\$2685.74
<u>Total</u>	\$12570.70

Registrar's Report – Marlene Moore

2008 Final Registrars Report

Thank you to everyone for another great year! We have increased our membership from last year to a total of 237, including 75 new members! FANTASTIC !!!!! Keep up the good work.

We also had a great year of contests. Thank you to all the clubs who stepped up and hosted competitions this year. Our quality and efficiency of meets have continually improved for the last couple years. Special thanks to Glyn Moore who is always ready to lend a helping hand to any club if they request his assistance.

A reminder to everyone when they fill out the 2009 membership forms:

1. Fill out the appropriate waiver and send along with membership
2. Fees have increased this year by \$5
3. NEW: Sub-Junior is \$ 45

I would like any club interested in hosting a meet in 2009 to get in touch with me to pick a tentative date. Having a calendar of meets can help you plan your training schedule. I have meet director booklets if anyone is interested.

I will be putting my name in once again for the position of registrar for the next term (2009-10) and I look forward serving on the executive of the OPA.

Marlene Moore

Referee's Report - Michael Knott

Referee Chairperson Report 2008

It has been a good year for referees. Scott Seguin obtained his Provincial Class I, Rick Gazdig obtained his National Certification, and Glyn Moore passed his written for his Provincial Class II.

I have had several people approach me about becoming referees. I plan on holding 2 referee seminars next year. The goal for next year is to try and get some of the younger members involved with refereeing.

Michael Knott
Referee Chairperson

Record's Report - David Hoffman

Included in general body of newsletter

South Regional Report

2008 has been another busy year in the South Region. We held 4 open meets, 3 High School meets, an Intermediates meet, Ontario Seniors and Bench only, Provincial High School Championship and the Nationals.

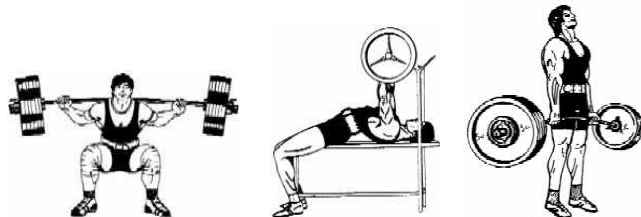
I would personally like to congratulate all lifters who pushed themselves to their potential so they would excel at these meets. Each lifter's effort adds to the excitement, atmosphere and this motivates others to do well and win at the World's open, Masters, Junior's and Sub Junior meets.

It was nice to see all the new lifters who participated this year. We would like to encourage them to continue and to consult the more experienced lifters for advice and direction.

As always I would like to thank all the volunteers, spotters, loaders and the head table for their efforts and time spent. They all help to make the events run smooth! We also encourage anyone who has some spare time and who is interested to let their club know as new faces are always welcome.

Thanks again

Rick Gazdig



2008 OPA Affiliated Clubs

ONTARIO POWERLIFTING ASSOCIATION

www.ontariopowerlifting.org

Club Name	Club Contact	Address	Phone Number
Capital Barbell	Stephen Mackie	47 Charkay St K2E 5N5 Nepean On	613 226 1758
Defining Strength & Power	Krista Schaus	295 Link Rd. RR2 Ont. N0A 1E0 Cayuga	905 772 0751
Fern's Gym	Fern Boucher	571 Bolger Ave Box 2858 Liskard On P0J 1P0 New	705 647 4279
Golden Triangle	Dave Hoffman	278 Thaler Ave On. N2A 1R6 Kitchener	519 894 5913
Greater Sudbury Powerlifting Club	Doug Marr	574 Loach's Rd. ON. P3E 2R1 Sudbury	705 523 4747
Iron Foundation	Alex Drolc	4 Darby Rd. Guelph ON. N1K 1R4	519 767 3332
K.W. Grizzlies	Adele Couchman	210 Highland Cr. Unit 3. Ont. N2M 5H6 Kitchener	519 744 4881
London Powerlifting Club	Terry Stinchcombe	18 Locust Cres London On N6E 2K2	519 681 4766
Monster Powerlifting Club	Harnek Singh Rai	6 Yukon Lane Brampton L6P 1L4	416 569 1488
Niagara Powerlifting Club	Jay Gemmell	20 Foxtrail Cres. Catharines On. L2S 3T9 St.	905-685-9828
North Bay Powerlifting Club	Nicholas heindl	72 Bellview Cresc.	705-471-1598
Ottawa Strong	Eric Gagnon	c/o OAC 2525 Lancaster Dr. Ottawa K1B 4L5	613-523-4024
Power Pit Gym	Jerry Marentette	1530 County Rd. 22 River On. N0R 1A0 Belle	519 727 6096
PoweReach	Ashley Hartwick	139 Willand Lane RR3. K0A 3M0 Woodlawn On	613 832 2906
St Thomas Powerlifting	Daniel Pare	71 Ross Street Unit 11 Thomas, On N5R 3X6 St.	519-633-0771
Steel City Powerlifting Club	William T. Jamison	412 Big Creek Rd. Caledonia ON. N3W 2G9	905 765 5345
Team Barbarian	Josh Hewett	993 Roselawn Ave Toronto, On M6B 4M9	416-931-0800
Titans of Mississauga	Pascal Tyrrell	476 Candler Rd. Oakville, On L6J 4X6	905 842 6701
Variety Village Powerlifting Club	Adbalah Alsebaai	3701 Danforth Ave. Scarborough On. M1N 2G2	416-699-7167

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*****Affiliated Clubs Inside

NOTES: