



**Sub-Junior and Junior  
Powerlifting and Bench Only  
Championships 2019 Ottawa**  
Host Club Proposal

To the Ontario Powerlifting Association executive and members,

Victory Barbell would like to submit a bid to host the 2019 Sub-junior and Junior Powerlifting and Bench Only Championships in Ottawa, Ontario. Since our inception in 2015, Victory Barbell has hosted numerous extremely successful championships and a number of open competitions. Most recently, we hosted the CPU Central Championships with 371 lifters, 75 volunteers, 500+ spectators, multiple sponsors, custom event medals and a variety of prizes for both lifters and volunteers.

Additionally, each year we donate to the local food bank and CHEO as our way of giving back to the community. Through advertising on social media and through community resources we were able to promote the sport to non-lifters and others within community. The DTS Open in 2015 was also featured in a segment in the Ottawa Citizen and the 2018 Open/Master Provincials was part of the CTV morning show.

## Venue



We are excited to host in the 20,000 square foot field house of the Bell Sensplex in Kanata.

The lifting platform, warm-up area, weigh-in room and volunteer area will be situated within the fieldhouse for ease of use for the lifters and volunteers. The complex also has a restaurant as well as a snack bar. A loading dock at the side of the building allows easy access for equipment set-up.



## Equipment

The platform will be equipped with an ER rack, as well as a Eleiko bar and plates.

The warm-up room will have three separate lifting platforms equipped with both pound and kilogram plates.

Athletes will be able to display their accomplishments on a custom made podium.

Our head table is equipped with two computers, a monitor for the warm-up room and one for the platform crew. We will also have a live stream of the lifting via our YouTube channel.



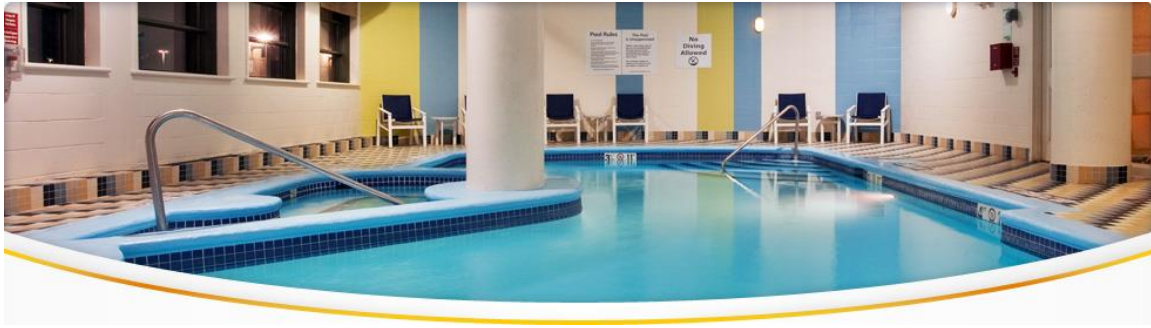
## Sponsorship

Over the past three years we have been fortunate to partner with a number of sponsors including LVD Fitness, InnerStrength, Titan Canada, The Lab, and Iron Sisters. Our sponsors have provided our lifters with some of the best prizes in Ontario.

Additionally, our partnership with LVD Fitness continues to raise the bar in meet day experiences with top quality meet day shirts, prizes, merchandise, photography and music.



## Accommodations



Hotels nearby (located within 5km):

Fairfield Inn & Suites by Marriott Ottawa Kanata  
Holiday Inn and Suites Kanata

A large shopping complex is also in close proximity for anything lifters forget or for quick access for meals and snacks.



Victory Barbell is committed to hosting an organized and well-run event. We will be ensuring the best possible experience for lifters, volunteers, and spectators by offering event programs, sponsorship opportunities, and vendor booths. Furthermore we will have extensive coverage and promotion on social media as well as within the community. In keeping with the spirit of community, a portion of the admission proceeds will always go to support the local food bank.

We are proposing to host this event during the weekend of September 27-29, 2019.

Thank you for your consideration,  
Maggie Rafferty and Chris Fudge  
Victory Barbell