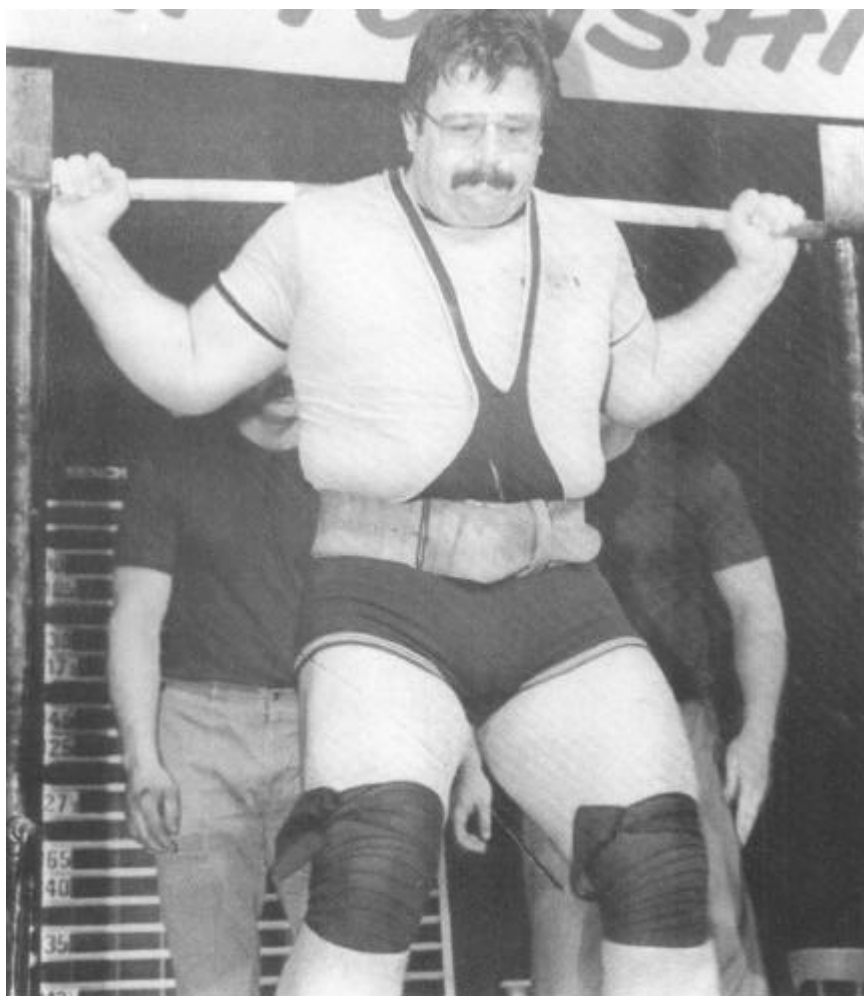


# OPAA

ONTARIO POWERLIFTING ASSOCIATION

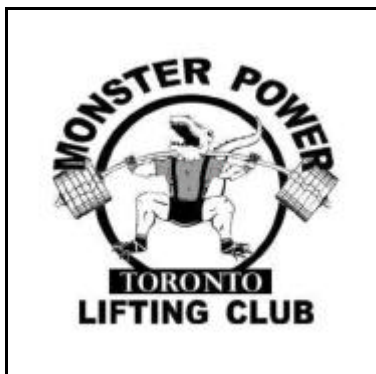


Featured Lifter Dave Hoffman

Official News of the Ontario Powerlifting Association

**2002 ONTARIO INTERMEDIATE & SENIOR MEN'S**  
**AND**  
**WOMEN'S CHAMPIONSHIPS**

Hosted by Monster Powerlifting Club



**Saturday, September 21, 2002**

**Strength Secrets of the Champions  
Strength Seminar**

Conducted by: Purepower Fitness Systems  
with Special Guest Speakers  
Seminar times from 5:00 pm to 8:00 pm  
Seminar information: David Gratton  
519- 753-7178  
david\_gratton@yahoo.com  
To attend, call or e-mail.

**Sunday, September 22, 2002**

**CONTEST TIMES**

7:00 am All Intermediate Men & Senior  
Women lifters weigh-in & equipment check

9:00 am **LIFTING STARTS**

11:00 am All Senior Men lifters  
weigh-in & equipment check

1:00 pm **LIFTING STARTS**

**LOCATION:** Quality Hotel Airport, 6090 Dixie Rd.(North of Hwy 401), Toronto 905-670-0050, 1-800-228-5151

**AWARDS:** Trophies for: Best Lifter, Best Team First through Third places in each I.P.F.  
weight class: Men 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, 100kg, 110kg, 125kg, and 125+kg;  
Women 44kg, 48kg, 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, and 90+kg.

**ENTRY FEE:** \$55 (includes one T-shirt, \$15.00 for each extra T-shirt)

**DEADLINE:** September 6, 2002. Please return entry form by the deadline.

**ELIGIBILITY:** **Qualification Totals must be meet, see pg 22.** This contest is sanctioned by the Ontario Powerlifting Association (O.P.A.), the local I.P.F. affiliate. I.P.F.rules will be strictly enforced. Lifters may be drug tested. Lifters must be members of an I.P.F. affiliate, such the O.P.A. Be sure to specify your qualifying total and contest entered.

<b>CHEQUES PAYABLE TO:</b>	Strength Seminar	Ontario Championships
	To: Sean Brown	To: Harnek Singh Rai
	14 Hedgelawn Drive	17 Lynmont Rd.
	Grimsby, ON L3M 5G9	Etobicoke, ON M9V 3W7
	bigsean@sympatico.ca	416-748-8008

**NOTE:** All Pictures sent to editor for publishing for editing will not be returned to you. Please make sure that you are sending a double.

## EDITORIAL

### WEB SITE

Due to the fact of registration problems, the OPA web site is now listed under [www.ontariopowerlifting.ca](http://www.ontariopowerlifting.ca). This was the original address that I wanted to get when the name was registered but it was not possible at that time.

### PICTURES

This edition of the newsletter is lacking in pictures, I think the reason being is because of the name web address change I didn't receive any for this issue except for the two for the featured lifter. If you have photos of any meets that you would like published, please send them to me either by mail or by e-mail. I have a faster internet connection so size is not a real concern anymore. If you scan images, make sure that you have the DPI set on your scanning software to at least 300 dpi. This produces a better quality picture for printing. I am also looking for video tapes of meets to put on

the web site

### NEW SECTIONS

I am trying to start new sections in the newsletter for a regular publication. If you have articles that you would like to have published in the newsletter, please send them to me.

### CONCERNS

If you have any concerns about the newsletter, please send me an e-mail [mike@ontariopowerlifting.ca](mailto:mike@ontariopowerlifting.ca) or give me a call 613-348-1024. I hope you enjoy this issue.

Thank you,

#### Newsletter Editor/Web Master

Mike Latocha 613-348-1024  
R.R.# 1 3312 CON 3 Brockville, ON K6V 5T1  
E-mail: [mike@ontariopowerlifting.ca](mailto:mike@ontariopowerlifting.ca)

## QUICK LOOK AT UPCOMING EVENTS

June 30 **Toronto Open & Blind**, Toronto ON

Aug. 11 **Guelph Open**, Guelph ON

August **Muscle on the Beach Bench-Press Challenge** in (this one is a fundraiser for the O.S.O. not sanction). St. Thomas ON

Sept 14 & 15 **2nd Annual St. Thomas Fitness Festival** St. Thomas ON

Sept 13 -15 **International Weight-Training Injury Symposium**, Toronto ON

Sept. 21, 22 **Men's and Women's Ontario Powerlifting Championships and Ontario Intermediate Championships**, Toronto ON  
Contact Harnek Singh Rai  
(416) 748-8008

Oct. 26 **St. Thomas Open**, St. Thomas ON

Dec 7-8 **Ontario Junior Championships, Masters Championships and Bench Press Championships**, Guelph ON

## INSIDE THIS ISSUE :

### **Bench Press Basics** *Part 2 -Second Principle*

Sean Brown

The first thing we can do to Shorten the Lever is change the position we place the bar on the chest. The higher on the chest we place the bar, the longer the lever and the greater the distance the bar must travel on the chest. Pg 4

### **Injuries Caused By The Bench Press**

Dr. Ken Kinakin

One of the best ways to prevent injury when benching is through consistent employment of excellent technique. Proper technique can be summarized in one word - CONTROL. Pg 5

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Dave got his first taste of competitive lifting at the London Deadlift Open his starting year and after that he was hooked. Since that first contest, Dave has competed in 29 contests. Pg 7

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Eric Gagnon

The OCA Ottawa Strong Powerlifting Club has been busy these past few months moving heavy iron and gathering precious metals. We have also grown in numbers... Pg 16

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### **Qualification Points to Remember**

From our Constitution

You must have qualified in the class in which you will compete in the previous 24 months... Pg 19

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## BENCH PRESS BASICS

### Part 2 - Second Principle

The Bench Press is affected by basic principles derived from Laws of Physics, including the following:

$$\text{WORK} = \text{FORCE} \times \text{DISTANCE}$$

Let us look first at FORCE in the Law above. The harder we push, the more we can lift. The greater the force we can generate, the more we can lift for a one rep maximum (1RM). A great deal of our training is devoted to increasing our ability to generate FORCE, and subsequent articles will be devoted to this subject.

If we look at WORK the way we normally do, it is more work to move the bar over a greater DISTANCE. Picture a teeter-totter found in a children's playground. If two children the exact same weights sit on opposite ends exactly the same distance from the centre, they will balance and the teeter-totter is level. But if one child moves further out, lengthening the distance to the centre, this further child will tip the teeter-totter down, not because he is heavier - because they weigh the same - but because the lever is longer. We do the same thing, i.e. lengthen the

lever, when we lean forward in the squat or pull the deadlift bar too far away from our legs. The lengthening of the lever does not make the weight heavier, but it seems like it. The weight feels heavier because the longer lever causes us to use greater force to move the weight. So we can use less force to move the same weight by shortening the lever. Or we can use the same force to move a greater 1RM.

We have derived our second principle, "Shorten the Lever", which corresponds to the Physics Law shown above. Further Physics principles will be discussed in a later article. We can now apply the principle of "Shorten the Lever" to the Bench Press. The lever length we wish to shorten is the distance the bar travels during the lift. First, take a tape measure and have a training partner measure the distance the bar travels during your normal lifting technique. This is your baseline distance. My baseline was 15 inches.

The first thing we can do to Shorten the Lever is change the position we place the bar on the chest. The higher on the chest we place the bar, the longer the lever and the greater the distance the bar must travel on the chest. The ideal biomechanical position will vary with your arm length, but it is normally below the nipples on the sternum. Just because a position is biomechanically ideal, does not mean that you are already strong in that position. For best results, move the bar lower very gradually, to give yourself a chance to build up your relative strength in the new position. Remember, constant change is good! The next thing we can do to Shorten the Lever is to change the path of the bar during extension. Have a training partner observe the bar as you extend the bar to arms length. Do you normally push it straight up or do you push it back in an arc towards your face? Many lifters extend in an arc towards the face, lengthening the lever. The shortest lever length is straight up. Again, just because a position is biomechanically ideal, does not mean that you are already strong in that position. For best results, change the bar path gradually, to give yourself a chance to build up your relative strength in the new position. Try pushing straight up with lighter, then slightly heavier, weights. Remember, constant change is good!

The next thing we can do to Shorten the Lever is to change the grip we have on the bar. The narrower your grip, the longer the lever. The wider the grip, the shorter the lever. The maximum legal width of the grip is 81 cm, usually marked by the rings on the bar. Again, just because a position is biomechanically ideal, does not mean that you are already strong in that position. For best results, change the grip on the bar path gradually, to give yourself a chance to build up your relative strength in the new position. I use 4 or 5 different grips during every Bench workout. Remember, constant change is good!

The next thing we can do to Shorten the Lever is to raise the chest to the bar. This will shorten the lever by shortening the path the bar travels to lockout. Raising the chest to the bar is accomplished by arching the upper back; by pulling the shoulders down and back into the shoulders back position; by stretching the neck on the bench to make it long and raising the chest until it touches the chin; and inhaling deeply prior to taking the weight, holding the breath until the concentric portion of the lift; then exhaling slightly through pursed lips until lockout.

Now that you have all the pieces, let's put it together. Using a light weight, try each of the above changes: take a wide grip on the bar, arch the upper back, inhale deeply and raise the chest to the bar, hold the breath, place the bar low on the chest: below the nipples on the sternum; push the bar straight up, exhaling slightly through pursed lips, until lockout. Have your training partner measure with the tape measure the new path of the bar. My "stroke" with shortened lever length is now 11 inches. Remember, this did not improve my bench at all at first, because I had not yet developed relative strength in the strange new position. But I put over 30 pounds on my bench over the year following the above Shorten the Lever changes, as I developed the relative strength in the new position. So, do you want to increase your 1RM by shortening your lever?

*Sean W Brown*

### 2002 OPA Membership Application

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

City: \_\_\_\_\_ Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Canadian Powerlifting Union



Required if competing Jan 1/02 - Dec 31/02. Includes OPA Newsletter.

Allow 6 weeks for CPU Cards to be processed. Registration will not be accepted on the day of a contest.

- Renewal/New Open Member: \$60.00  
 Renewal/New Open SDO & OSO Member: \$60.00  
 New Member - All: After July 1 \$40.00

Date of Birth: \_\_\_\_\_ M or F

Level: Novice Intermediate Senior  
Categories: Open Blind Special Olympics  
CP Amputee Wheelchair Other

Club: \_\_\_\_\_

Club must be affiliated and train together at least once a week.

Training Facility: \_\_\_\_\_

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

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

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

Make Cheque or Money order payable to: **Ontario Powerlifting Association.** Send to Ontario Powerlifting Association C/O Heather Johns, PO Box 93, Bancroft, ON K0L 1C0

## **DR. KEN KINAKIN D.C., C.S.C.S.**



Dr. Ken Kinakin is a chiropractor, certified strength and conditioning specialist and a certified personal trainer. He has also competed in bodybuilding and powerlifting for over 20 years. He regularly lectures across Canada and the United States to doctors and personal trainers on the areas of weight-training, rehabilitation and nutrition. He is also on the Canadian and International Powerlifting Medical Committee. He maintains a private practice in Mississauga, Ontario and is the

founder and president of the **Society of Weight-Training Injury Specialists - SWIS**. He can be reached at [www.swis.ca](http://www.swis.ca)

### **INJURIES CAUSED BY THE BENCH PRESS**

Copyright 2000 Society of Weight-Training Injury Specialists  
1-877-220-7947

The bench press is one of the most common and highly-regarded exercises in the weight room. In fact, most individuals measure their strength by how much weight they can bench press. Weight trainers rarely ask each other how much they lift on the leg extension or tricep pushdown exercises. The question invariably is, "how much do you bench", causing many people to push the training envelope in an effort to increase their bench numbers, resulting in injury. The most common mistake is benching too often, which does not allow the muscles and ligaments to heal properly. With this overtraining syndrome, many areas of the shoulder are affected which can cause injury and decrease your overall performance. The following will help ensure injury-free training, or if injury has already been sustained, what steps can be taken to correct it.

#### **Injury Prevention**

One of the best ways to prevent injury when benching is through consistent employment of excellent technique. Proper technique can be summarized in one word - CONTROL. When bench pressing, it is extremely important that the weight is controlled by the lifter for the duration of the repetition. If the bar is descended too quickly, it can hit the chest in the wrong spot, causing improper ascension towards the abdominals, resulting in compensation by raising the hips. This automatically forces the bar to go back over the chest, improving the chances of completing the lift. The correct way to do the bench press is to lower the weight to the chest in a controlled motion. Note that the motion is described as controlled, not slow. The bar can still descend at a rapid pace, but at a controlled rapid pace. Too much energy may be expended if the descent time is too long. However, for beginners, a slower pace is preferable over one that is too fast. Once the ability to control the lift at a slow speed is mastered, the speed can be increased. One of the best cues to learn how to maintain control is in grip strength. The harder the bar is squeezed, the more control is gained over the bar. Visualize making dents in the bar with your fingers and the bar will become easier to control. For this reason, the false or "thumbless" grip is not recommended, (whereby the thumb is positioned on the same side as the fingers). Research has shown that bench numbers can be increased by up to 10%, simply by improving grip strength. In addition, the thumbless grip increases the potential for injury. The bar can slip or flip out of your hands and land on your chest, marring your training program. Secondly, there is no rational reason to use the thumbless grip. Some individuals contend that it makes the exercise "stricter", an incorrect assumption. This grip only increases the potential for the bar to flip out of the hands. The preferable alternative is to use a full grip and a stricter technique, which will allow an increase in the amount of weight lifted. The thumbless grip also increases the likelihood of a wrist injury, as the wrist is kept hyperextended (wrist bent backwards) to allow the bar to rest in the palms of the hands. With enough weight and time, an injury to the wrist is created.

The second area of discussion involves the relationship between elbow angle and body position. The question is whether the arms should be held close to the body or at 90 degrees from the body. The answer is dependent on the motivation for doing the bench press in the first place. If the goal is to increase bench press poundage, keep the arms closer to

the body, usually at a 45 degree angle. This technique allows a backward push at the very bottom of the bench press and utilizes the anterior deltoids, along with the chest. If muscular development of the chest is the objective, then benching with the arms out at 90 degrees from the body will put more stress on the pectorals and, therefore, increase chest development. In summary, to increase strength bench at 45 degrees, to increase the chest muscles, bench at 90 degrees. Furthermore, varying the angle throughout your training cycle will achieve different effects.

#### **When Pain Occurs During the Bench Press**

##### **Identifying Causal Factors**

Pain felt during the bench can be due to many different factors, and usually is. To properly identify the factors involved, distinguish at which point in the range of motion the pain is felt. Feeling pain at the top of the bench is different than feeling it at the bottom. This holds true even when the pain is felt in one isolated area. The bench press can affect the muscles, joints, nerves, ligaments and bursa of the shoulders. The majority of bench press injuries are one-sided and normally occur on the side of the dominant hand. It may seem strange that an exercise utilizing both arms and shoulders equally would cause pain on only one side, and usually the stronger side. This pattern indicates that the bench press is not the true cause of the problem, but is merely exposing a pre-existing problem. If the bench press was the true cause of shoulder pain, pain would be felt in both shoulders equally and simultaneously. Clinically, however, that pattern is rarely seen, leading to the conclusion that the majority of bench press pain is due to pre-existing shoulder conditions, rather than the bench press itself. Compare this pattern of exposure with the alignment of an automobile. When vehicle alignment is off, it goes unnoticed until a certain speed (stress factor) is reached, at which point the steering wheel begins to shake, exposing the alignment problem. At a speed of 10 miles an hour, it is very rare that the steering wheel will shake, as there is not enough stress being placed on the alignment. Similarly for weight trainers, symptoms will not be present in an individual who is capable of benching 300 lbs. but is only lifting 50 lbs. Pre-existing problems are only revealed when enough stress is present to induce symptoms.

##### **Pain Patterns**

Pain usually begins slowly, with the trainer finding it manageable, until one day enough pain is felt to inhibit benching altogether. The decision is made to stop training for a few days to allow the pain to subside. Occasionally, this plan works, until heavier weight is added to the bench, which causes the pain to flare up and interfere with the workout. The next typical step is stop training for a few more days and add a pain killer or muscle relaxant to the regimen. This allows the pain to be reduced or halted, however, strength loss and dysfunction are still present. Consultation with other trainers in the gym will usually yield the diagnosis "rotator cuff syndrome". This is a term used in sports medicine to describe a pattern in which the muscles that support the shoulder are painful. These muscles, the supraspinatus, infraspinatus, subscapularis and teres minor are responsible, individually or combined, for producing rotator cuff syndrome. If the trainer's pain pattern is due to a mild muscle strain alone, the condition will be corrected in a few weeks through rest. When rest does not correct the problem, other causes and treatments need to be considered.

##### **Proper Diagnosis of Shoulder Pain and Injury**

The first step in correction of pain and injury is a complete and thorough examination by a sports medicine physician, Chiropractor, or Physiotherapist. The examination should include an assessment of the shoulder, arm, pecs and cervical and thoracic spine to determine if one or more of these areas is involved. All shoulder muscles must be checked with orthopedic muscle testing to determine if the pain is being caused the muscles, joints or nerves. If the muscles are found to be weak in the shoulder joint, the pattern usually involves just the muscles and joint. If the muscles are weak all the way down the arm and into the wrist, the whole arm, the upper back and cervical spine may be influencing the weakness pattern. If this is the case, then all three must be treated simultaneously. The muscles, joint and nerves must be treated first in order to restore strength prior to rehabilitation. Too often, rehabilitation exercises are recommended for shoulder injuries which involve a dysfunctional shoulder joint due to muscles with excessive scar tissue and compro-

mised muscular nerve supply. Once these problems have been corrected, rehabilitation is extremely effective. If the dysfunctional areas are not treated, rehabilitation can have minimal to moderate results. A dysfunctional muscle with excessive scar tissue due to years of heavy benching can not be strengthened properly. The same holds true for an unstable A/C joint, or for compromised nerve supply to the pec due to a nerve entrapment in the neurovascular bundle under the collar bone. The process of identifying and correcting areas of dysfunction, followed by rehabilitation will result in complete restoration of function and strength. Rehabilitation alone will result in the pain returning when the trainer begins heavy benching again.

### **Pain Patterns, Injuries and Effective Treatments**

After treating hundreds of lifters, from novice level to world record holders, I have found certain techniques to be very useful in the reduction of pain and improvement in healing, allowing lifters to successfully return to competitive lifting following injury.

The typical pain and injury pattern involves an excessively scarred anterior deltoid, causing improper function, especially when stressed with a lot of weight. The other muscle that is usually dysfunctional due to scar tissue is the subscapularis, located on the front of the scapula in the armpit. This muscle stabilizes the shoulder joint when pushing heavy weight. The infraspinatus muscle in the back is an external rotator of the arm and usually becomes weak, creating more internal rotation than necessary. This pattern sets up altered biomechanics, leading to abnormal movement patterns which impinge on tissue, creating wear and tear in the shoulder joint. To strengthen the infraspinatus muscle, treatment incorporating rehabilitation tubing or dumbbell exercises are best.

In the shoulder joint, the A/C joint absorbs a lot of force when benching, and it is easy to traumatize and create an instability in this area. Muscles that cross an unstable joint will not work properly and can cause pain. The instability can be caused by a weakness in the subclavius, the small muscle located directly under the collarbone. The most effective treatment for muscular injury used in my practice is the active release technique. This is a soft tissue therapy which breaks down scar tissue in muscle, allowing the muscle to heal and function properly. Treatment incorporating active release technique and rehabilitation exercises can usually help stabilize the collarbone. If the A/C joint is overstressed, certain taping techniques can allow the A/C joint to heal and rehabilitate by strengthening the muscles that cross the joint.

It is imperative that the nerve supply to the muscles is unimpeded with no deficit in neurological impulses. The area that is commonly affected by poor nerve supply, is in the upper back or, the upper thoracic region. The upper thoracic region is greatly affected by benching as all of your body-weight, plus the weight of the bar is placed on the upper back. This can lead to excessive pressure in the spinal column and cause what is known as a T4 syndrome. This syndrome is recognized by a misalignment of the fourth thoracic vertebrae (T4), which can cause the whole arm to decrease in strength. T4 syndrome is often overlooked. However, once that area is fixed, strength can be restored and pain decreased dramatically. A chiropractic adjustment to the upper thoracic spine helps restore normal motion to the region and allows proper nerve function. Nerve entrapment may also be found in the arm pit region, where the nerve travels with the blood supply. A nerve entrapment decreases the nerve's ability to move and slide properly, causing the nerve to decrease in strength and is often characterised by a tingling sensation in the hand. Treatment with active release technique is once again one of the best ways to remove adhesions and entrapment.

Once the muscles, joints and nerves function properly, follow with rehabilitation exercises for the shoulder and a slow introduction of benching with light weight. As weight is increased, if pain appears in any location, seek treatment immediately to fix the area and assist the rehabilitation process. The entire process can take from a few weeks to a few months, depending on when the injury occurred and the amount of scar tissue accumulated.

International Weight-Training Injury Symposium September 13-15 in Toronto. Powerlifting day and already confirmed to present is Dave Tate, Ed Coan, possibly Bill Kazmaier  
[www.swis.ca](http://www.swis.ca)

## **QUICK LOOK AT ARTICLE XIX PROVINCIAL RECORDS OPA CONSTITUTION**

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

*To learn more about our constitution on the World Wide Web, go to <http://www.ontariopowerlifting.ca/constitution.html>*

## **OPA EXECUTIVE MEETING SUNDAY MARCH 17TH, 2002**

Teleconference Call - 1900 hrs

### **AGENDA**

1. Presidents Report - Bill Jamison  
Nationals Update  
Medals Update
2. Vice President Report - Harnek Rai  
Fundraising - Update on Pins, T-shirts  
Promotions - Status of Brochure, Krista would like to take over this project
3. Registration Update - Heather Johns  
Sanctioning - clarification on sanctioning process and issues regarding communication
4. Records Report - Dave Hoffman
5. Treasurer's Report - Krista Schaus  
Recommendation of opening new savings account and transfer \$2500.00
6. Referee Report - Mark Giffen
7. Newsletter/Website Report - Mike Latocha  
"Executive Review" Required  
Cost of Newsletter

## FEATURED LIFTER

At the CPU AGM in March long time OPA member, Dave Hoffman, was the worthy recipient of the prestigious 2001 CPU Bill Jamison award. Congratulations Dave!

### BILL JAMISON AWARD ACCEPTANCE LETTER

May 7th, 2002

It was quite a shock and thrill to get a phone call from Harnek Singh-Rai informing me I had been given the Bill Jamison Award at the AGM in Yarmouth. After the high of receiving the OPA Recognition Award in December, this was certainly the icing on the cake and makes all those hours and days of dedication to our sport in the last 20 years seem well worth the effort. My only regret is that I didn't to share it with my friends.

My sincere thanks to those who inspired me along the way to do what I could. People like Bill Jamison, Al Budreau, Mike Armstrong, Terry Young, Richard Nowazek, John Sarich, Paul Summers, Steve Chomitz, Kali Parsons, Lynton Lam, and Harnek are a few who come to mind. Some inspired me with their lifting prowess while most did with their end-less dedication to the sport we all love.

My thanks to those at the AGM who felt I was worthy of this award. I will continue to make the effort to help our sport go forward in the years to come.

Yours in sport

Dave Hoffman  
OPA Records Chairman  
CPU Records and Registration Chairperson

Dave Hoffman has been a member of the OPA/CPU for 20 years joining in 1982 and joined the Golden Triangle Powerlifting club at that time. Dave has been extremely active in all facets of the sport and is truly a role model and has continually set an excellent example for other athletes and members to follow.

Dave got his first taste of competitive lifting at the London Deadlift Open his starting year and after that he was hooked. Since that first contest, Dave has competed in 29 contests enabling him to see such impressive lifts as:



Squat	287.5 kg
Bench Press	170 kg
Deadlift	275 kg
Total	717.5 kg

Dave considers himself fortunate enough to have also set some Masters records during the course of his lifting career and still holds three Canadian and twelve Ontario records.

Dave's competitive lifting extends beyond our provincial boundaries as he had the opportunity to compete in eight Canadian Masters Championships which has taken him across the country to Alberta, Manitoba, Quebec, Nova Scotia and of course to his home province of Ontario.

Dave's contributions go beyond competitive lifting as he has made significant contributions to the both the OPA and the CPU for many years and continues to do so. Dave has been the Records Chairperson for the OPA since 1989 and is the current CPU Records and Registration Chairperson a responsibility he took on in 1997.

The OPA relies strongly on its clubs and members to keep the organization running smoothly. One of the most important aspects of the organization is frequent, well run contests. Dave has contributed more than his share in the area of contests as the meet director for 18 contests including the 1988 and 1991 Canadian Junior and Masters Championships. Dave is also the first person you can count on in lending assistance with other contests. You can usually find Dave at the head table as the announcer at many OPA contests. Lastly, Dave was one of the main organizers for the 2001 Ontario Junior/Masters Championship and the Annual General Meeting for the OPA in December 2001.

Beyond all of these impressive contributions, Dave also coaches lifters including Special Olympic athletes and is a recently widowed father of two boys. After a brief battle with cancer, Dave lost his wife, Maria in December of 2001. Everyone was heart-stricken by the unfortunate loss. Those who know Dave and Maria well can attest to the fact that she was an outstanding supporter of the sport and was fully behind Dave in all his efforts. Miraculously, Dave emerged from the unexpected crisis strong and ready to give of his time to the OPA once again, despite his even greater responsibility he now had at home.

All-be-it often difficult to summarize someone in a few paragraphs, Dave's many outstanding qualities make the task much easier. Both OPA executive members and fellow athletes enjoy working and lifting with Dave and have great respect for him. He is to be commended on the amount of time and effort he extends toward the success of the Ontario Powerlifting Association and the growth of the sport locally, provincially and nationally.

**Note:** If you would like to be or know someone that could be our featured athlete, send information lifting history, bios, pictures, etc.. to Mike Latocha 3312 CON 3 R.R.#1 Brockville, ON K6V 5T1 Or E-mail: [mike@ontariopowerlifting.ca](mailto:mike@ontariopowerlifting.ca)

#### Want to start a club?

Club Affiliation Applications can be found on page 15. Fill out the form with \$40.00 money order or check payable to **Ontario Powerlifting Association** and send it to:

**Ontario Powerlifting Association**  
C/O Heather Johns  
PO Box 93  
Bancroft, Ontario  
K0L 1C0

## UPCOMING EVENTS

### Toronto Open & Blind

**Date:** Sunday, June 30th/2002

**Place:** Quality Hotel Airport, Toronto 6090 Dixie Rd.  
(At Britannia) Mississauga, ON.  
Phone 905-670-0050, Fax 905-564-9555

**Host:** Monster Powerlifting Club

**Accomidations:** Quality Hotel Airport, Toronto 6090 Dixie Rd.  
(At Britannia) Mississauga, ON.  
Phone 905-670-0050, Fax 905-564-9555

**Weigh-ins:** Weigh-in at 9:00 am  
Lift at 9:30am

**Eligibility:** Open to any registered powerlifter.  
C.P.U. card must be shown at weigh-ins.

**Awards:** First, second and third in each weight-class

**Meet Director:** Harnek Rai: Phone 416-748-8008,  
harnek@powerlifting.ca  
Sean Brown  
905-541-9748

**Entry Fee:** \$45.00  
Payable to: Monster Powerlifting Club  
C/O Harnek Rai  
17 Lynmont Rd.,  
Etobicoke, ON  
M9V 3W7

**Deadline:** Entries must be in by  
June 16th, 2002

**Sanction by:** Ontario Powerlifting Association.

**Rules:** I.P.F. rules will be strictly enforced. The C.P.U.  
and O.P.A. reserve the right to carry out drug  
testing at any contest under it's jurisdiction  
according to C.P.U. rules.

### Guelph Open

**Date/Time:** Sunday, August 11th, 2002  
Lifting @ 10:00 am

**Place:** University of Guelph Athletic Centre

**Host:** Iron Foundation

**Contest Type:** Open - 3 Lift - Men, Women, Open, Novice

**Weigh-ins:** 8:00 a.m.

**Eligibility:** Open to any registered powerlifter. C.P.U. card  
must be shown at weigh-ins.

**Awards:** 1st - 3rd each weight class, Best Lifters

**Meet Director:** Steve McKenzie  
519-827-1946

**Entry Fee:** \$50.00  
**Payable to:** Kevin Samson  
**Send to:** Steve McKenzie,  
106 Bagot St. Guelph, ON  
N1H 5T6

**Deadline:** Entries must be in by  
July 27th, 2002

**Sanction by:** Ontario Powerlifting Association.

**Rules:** I.P.F. rules will be strictly enforced. The C.P.U.  
and O.P.A. reserve the right to carry out drug  
testing at any contest under it's jurisdiction  
according to C.P.U. rules.

### St. Thomas Open

**Date:** Oct 12th, 2002

**Place:** St Thomas - Arthut Voadon School

**Host:** St Thomas Powerlifting Club

**Weigh-ins:** 8:00 a.m. all women and all men 52kg - 82.5kg  
10:00 a.m. all men 90kg - 125+ kg  
(Subject to change)  
Lift at 10:00 a.m.

**Eligibility:** Open to any registered powerlifter. C.P.U. card  
must be shown at weigh-ins.

**Awards:** First, second and third in each weight-class

**Meet Director:** Daniel Pare  
PareDANIELPARE@aol.com

**Entry Fee:** \$50.00 Must be with Entry Form  
Payable to:  
Daniel Pare  
51 Elgin St,  
St Thomas ON  
N5B 3L9

**Deadline:** Entries must be in by  
Sept 28th, 2002

**Sanction by:** Ontario Powerlifting Association.

**Rules:** I.P.F. rules will be strictly enforced. The C.P.U.  
and O.P.A. reserve the right to carry out drug  
testing at any contest under it's jurisdiction  
according to C.P.U. rules.

### 2002 Annual General Meeting

**Date:** Dec 7th, 2002 (Tenative).

**Place:** To Be Announced

**Deadline Date:** All proposals, resolutions must be recieved by  
the OPA Secretary no later than Nov 7th, 2002.

**Send to:** Krista Schaus  
R.R # 2 Cayuga, ON N0A 1E0  
E-mail: krista@powerlifting.ca



## UPCOMING EVENTS

### Ontario Bench Press Championships

**Date:** Dec 8th, 2002 Lifting @ 10:00 am

**Place:** University of Guelph Athletic Centre

**Host:** Iron Foundation

**Weigh-ins:** Weigh-in at 8:00 a.m.  
Lift at 10:00 a.m.

**Eligibility:** Must meet Provincial Qualifying standards total within 24 months.C.P.U. card must be shown at weigh-ins.

**Awards:** Medals 1st - 3rd in each class. Best lifter by wilks, best team.

**Meet Director:** Steve McKenzie  
519-827-1946

**Entry Fee:** \$50.00  
**Payable to:** Kevin Samson  
**Send to:** Steve McKenzie,  
106 Bagot St. Guelph, ON  
N1H 5T6

**Deadline:** Entries must be in by  
Nov 22nd, 2002

**Sanction by:** Ontario Powerlifting Association.

**Rules:** I.P.F. rules will be strictly enforced. The C.P.U. and O.P.A. reserve the right to carry out drug testing at any contest under it's jurisdiction according to C.P.U. rules.

### Ontario Junior/Masters Championship

**Date:** Dec 8th, 2002 Lifting @ 10:00 am

**Place:** University of Guelph Athletic Centre

**Host:** Iron Foundation

**Weigh-ins:** Weigh-in at 8:00 a.m.  
Lift at 10:00 a.m.

**Eligibility:** Must meet Provincial Qualifying standards total within 24 months.C.P.U. card must be shown at weigh-ins.

**Awards:** Medals 1st - 3rd in each class. Best lifter by wilks, best team.

**Meet Director:** Steve McKenzie  
519-827-1946

**Entry Fee:** \$50.00  
**Payable to:** Kevin Samson  
**Send to:** Steve McKenzie,  
106 Bagot St. Guelph, ON  
N1H 5T6

**Deadline:** Entries must be in by  
Nov 22nd, 2002

**Sanction by:** Ontario Powerlifting Association.

**Rules:** I.P.F. rules will be strictly enforced. The C.P.U. and O.P.A. reserve the right to carry out drug testing at any contest under it's jurisdiction according to C.P.U. rules.

May, 2002

## OUT OF PROVINCE EVENTS

These events are open to all CPU and CDFPF members in good standing. AAU cards must be purchased at the events. No minimum qualifying numbers/totals. Martin Drake AAU Assistant National Chairman

Disabled/Physically challenged classes: All weight and age groups for Dwarfs, Wheel Chair and Blind lifters. IN ALL EVENTS  
AAU POWERLIFTING 2002 Calendar

### 2002 A.A.U. National Powerlifting Championships , Raw USA Powerlifting and International Bench DRUG FREE !!!!!

**Date:** August 24-25 2002

**Place:** San Bernardino Convention Center at the  
Radisson Hotel 908-381-6181

**Testing** Third Party

**Qualifying Powerlifting:** Nationals: Open meet the 90% of the qualifying totals per the 1999 rulebook in an AAU meet in 2001 or 2002. You may multiply your raw total by 114% also. Masters: Any total in an AAU meet in 2001 or 2002 2001 World PL Champions get automatic qualifying. No qualifying required in the Bench or Raw meets

**Bench :** This is an International Event. Must be drug free for a period of 4 years minimum

**Division:** All weight classes listed below are provided in all divisions for both men and women.

**National Powerlifting Classes:** Junior, Open, Lifetime , Submasters, Masters(40-44,45-49 etc. in 5 year increments) Lifetime Masters (5 years) Military/ Law enforcement(active, retired,reserves)

**Raw Powerlifting Classes:** Raw Youth, Raw Teen, Raw Junior, Raw Open, RawLifetime , Raw Submasters, Raw Masters(40-44,45-49 etc. in 5 year increments)Raw Lifetime Masters (5 years)Raw Military/ Law enforcement(active, retired,reserves)

**Bench Meet classes:** Youth (6-7,8-9,10-11,12-13) Teen(14-15,16-17,18-19)Junior(20-23) Open, Lifetime, Sub-Masters(35-39)Masters 40-44,45-49 etc. in 5 yearb,Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw Lifetime , Raw Novice, Raw Submasters, Raw Masters(40-44,45-49 etc. in 5 year increments)Raw Lifetime Masters (5 years)Military/ Law enforcement(active, retired,reserves) , Physically Challenged (by weight and age)

**Weight Classes:** **Men: + Youth** 66,77,88, 97, 105 ALL  
114,123,132,148,165,181,198,220,242,275,319,319+

**Women:** Youth 66,77, 88, ALL 97,105  
114,123,132,148,165,181,198,198+

**Weigh-ins:** Early: 8/23/02 7:00-8:30 P.M. for all Women plus Men181 and below.  
Regular 8/24/02 7:00-8:30 P.M. for all Men 98 and above  
24 hr. way in rule. If officials available day2 lifters may weigh-in after 11:00 A.M 8/24/02  
Regular 8/25/02 7:00-8:30 A.M.for all Men 198 and above

**Lifting Schedule:** 9:00 A.M 8/24/02 all Women plus Men181 and below  
9:00 A.M 8/25/02 for all Men 198 and above

**Awards:** Trophies/Plaques First thru Fifth in all divisions  
Best lifter awards in many divisions  
Team Trophies/Plaques first thru fifth in both events

**Fees:** \$60 for first division entered (except High School \$25) Team Entries \$60  
\$30 crossover , for each additional class  
All fees must be in U.S. dollars !

Ontario Powerlifting Association

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**OUT OF PROVINCE EVENTS CONTINUED**

A..A.U. cards available at the meet, all lifters must have a current A.A.U card  
 \$30 adult \$10 youth/Phys Ch CHECKS OR MONEY ORDERS ONLY PAYABLE TO THE AAU

**Hotel Rates:** Radisson Hotel San Bernardino Convention Centerb 295 North "E" street, San Bernardino, CA 9 2401 909-381-6181 \$72 PER NIGHT WHICH IS HALF OF NORMAL RATE !

**Spectator Fee:** \$10 per day, except officials and lifters entered

**Video Cameras** no outside videos

BOOK HOTEL ROOMS TODAY AS THE HOTEL HAS ONLY 230 ROOMS !  
 ENTRY DEADLINE IS July 23 2002 NO LATE ENRTIES WILL BE ACCEPTED!!!! !!!!

No refunds !  
 Make checks or money orders payable to:  
 Martin Drake  
 P.O. Box 108Nuevo, Ca. 92567 (909) 928-4 PWR

**The Meet itself:**

Our goal is 300 lifters and several countries ,thus rooms will be at a premium. PLEASE BOOK YOUR ROOMS TODAY !!!!!

The facility is currently half of the entire convention center. If we book enough rooms (early) , we will get the whole convention center !

All of our officials will be National & International level

Additionally we are working to have a live radio remote and cable TV coverage.

**Airports:** LA 1/12 HOURS Ontario 30 MINUTES

**Shuttle:** The hotel has a free shuttle to and from the Ontario Airport. When you book your flight, please inform the hotel.  
 Things to do:

- Local Indian Casinos
- Golf (several outstanding courses near by)
- Disneyland (1 hour away)
- Anaheim Angels Baseball (1 hour away)
- Disneyland (1 hour away)
- Universal Studios (1 1/2 hour away)
- Sea World (1 1/2 hour away)
- Legoland (1 1/2 hour away)
- San Diego Zoo (1 1/2 hour away)
- Balboa Park (1 1/2 hour away)
- Palm Springs ( less then 1 hour away)

Minor League Baseball (Walking distance)

Major Mall (across the street)

Eating Places (at the hotel and many within Walking distance)  
 Churches (over 100 within the near by area)  
 Several Local Lakes

**A.A.U. ENTRY FORM**

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

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

**City:** \_\_\_\_\_ **Prov/State:** \_\_\_\_\_

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

**Weight Class:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**D.O.B:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Equipped:** \_\_\_\_\_

**Open:** \_\_\_\_\_ **Junior:** \_\_\_\_\_ **Master:** \_\_\_\_\_ **Master:** \_\_\_\_\_

**Lifetime:** \_\_\_\_\_ **Law Enforce/Raw Military:** \_\_\_\_\_

**Raw** \_\_\_\_\_

**Raw Open:** \_\_\_\_\_ **Raw Novice:** \_\_\_\_\_ **Raw Teen:** \_\_\_\_\_

**Raw Youth:** \_\_\_\_\_ **Raw Junior:** \_\_\_\_\_ **Raw Sub Master** \_\_\_\_\_

**Raw Master:** \_\_\_\_\_ **Raw Lifetime** \_\_\_\_\_ **High School:** \_\_\_\_\_

**Raw Law Enforce/Raw Military:** \_\_\_\_\_

**AAU Powerlifting Waiver and Consent**

In order to be able to participate in this or any other AAU Powerlifting event, I hereby consent to be drug tested by urinalysis or whatever other method is chosen by the AAUPC . I agree if I fail or refuse to be tested that I will automatically be disqualified from the event(s) and may be subject to further penalties under the AAU Code. I further consent to the publication of my test results and/or my failure/refusal to test in sole discretion of the AAUPC.

I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU)

I hereby release, discharge and covenant not to sue the AAUPC and/or the AAU, their respective administrators, directors, agents, officers, members, volunteers, employes, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which any AAU ctivitytakes place (each considered one of the releases) , from all liability, claims, demands, losses, or damages on any account caused or alleged to be caused in whole or in part by any and all of the releasees or otherwise, relative to the drug testing, the publication(s), or any matter related to this event, and further agree that if, despite this release and waiver of laibility, assumption of risk and indemnity agreement, such a claim is made against any of the releasees, the undersigned will indemnify, save and hold harmless each of the releasees from any litigation expenses, attorneys fees, loss, liability, damage, or cost which may occur as a result of such claim.

The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

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

**Signature of Parent or Guardian:** \_\_\_\_\_  
 (If under 21)

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

**2002 A.A.U. World Bench, World Deadlift and Push/Pull Championships Qualifying required  
DRUG FREE !!!!!**

YOU MAY EITHER BENCH, DEADLIFT OR BOTH !!!!!!!

**Date:** December 7-8, 2002  
**Place:** River Palms Casino Laughlin Nevada (90 minutes south of Vegas on the Colorado River)  
800-835-7903 reference account # AAU 3  
**Testing** Third Party  
**Eligibility:** Must be a current member of the AAU. Cards available at the meet.

**Division:** All weight classes listed below are provided in all divisions for both men and women.  
Both Raw and equipped !! Except, H.S. and Youth must lift Raw !

Youth (6-7,8-9,10-11,12-13) Raw Teen(14-15,16-17,18-19), Teen(14-15,16-17,18-19) Junior(20-23) Open, Lifetime, Sub-Masters(35-39) Masters 40-44,45-49 etc. in 5 year, Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw Lifetime, Raw Novice, Raw Submasters, Raw Masters(40-44,45-49 etc. in 5 year increments) Raw Lifetime Masters (5 years) Military/ Law enforcement(active, retired, reserves), Physically Challenged by weight and age

**Weight Classes:** **Men: + Youth** 66,77,88, 97, 105 ALL 114,123,132,148,165,181,198,220,242,275,319,319+  
**Women:** Youth 66,77, 88, ALL 97,105 114,123,132,148,165,181,198,198+

**Weigh-ins:** Early: 12/06/02 6:00-7:30 P.M. for all Women plus Men181 and below  
Regular 12/07/02 7:00-8:30 A.M. for all Women plus Men181 and below  
Early: 12/07/02 7:00-8:30 P.M. for all Men 198 and above  
24 hr. WEIGH- in rule. If officials available day 2 lifters may weigh-in after 11:00 A.M 12/07/02  
Regular 12/08/02 7:00-8:30 A.M. for all Men 198 and above

**Lifting Schedule:** 9:00 A.M 12/07/02 all Women plus Men181 and below  
9:00 A.M 12/08/02 for all Men 198 and above

**Awards:** Trophies First thru Fifth (MINIMUM) in all divisions plus AAU Medals .  
Best lifter awards in many divisions  
Team Trophies first thru fifth

**Fees:** \$60 for first division entered (except High School \$25) Team Entries \$60  
\$30 crossover, for each additional class  
All fees must be in U.S. dollars !

A.A.U. cards available at the meet, all lifters must have a current A.A.U card \$30 adult \$10 youth and phys challenged

CHECK OR MONEY ORDER ONLY PAYABLE TO THE AAU  
Hotel Rates: \$19 Sunday-Thursday, \$35 Friday and Saturday. 800-835-7903

YOU MUST REFERENCE BLOCK NUMBER AAU 2  
Reserve early !! I suggest you book THREE-to FOUR months in advance !!!!!!!!!!!!!!!  
IN FACT BOOK TODAY !

Note: ALL YOUTH, HIGH SCHOOL AND ARE RAW ONLY ! TEENS 14 AND UP MAY ENTER CLASSES WITH EQUIPMENT.  
ENTRY DEADLINE IS NOVEMBER 6 2002  
NO LATE ENTRIES WILL BE ACCEPTED!!!! !!  
No refunds !  
Make checks or money orders payable to:

Martin Drake  
P.O. Box 108  
Nuevo, Ca. 92567 (909) 928-4 PWR  
E-MAIL NTRLPWR@PE.NET

**Directions:** Laughlin is a resort town 90 miles south of Las Vegas.  
**Meet Site:** River Palms Casino is a 1000 room casino on the Colorado River.  
We will be lifting in a 13,250 square foot complex overlooking the River  
**Hotel:** River Palms Casino:  
They have offered us fantastic room rates for this fine facility.  
\$19. Sunday-Thursday  
\$35 weekends  
We encourage everyone to reserve a room, as it helps defray costs.  
YOU MUST REFERENCE BLOCK NUMBER AAU 3  
<http://www.rvpalm.com/>

**The Meet itself** We are anticipating well over 300 lifters  
All of our officials will be National & International level  
Additionally we are working to have a live radio remote and cable TV coverage.

**Are You Planning a Meet?**

If you plan to hold a meet in Ontario within the next 6 months, you can post the details in the next issue of the OPA newsletter. To apply for a meet, file out the sanction form and send it to :

**Ontario Powerlifting Association**

C/O Heather Johns, PO Box 93, Bancroft, ON K0L 1C0

*To hold an OPA sanctioned meet, you must ensure that the sanction application and applicable fees are received by the Registration Chair 3 months before the proposed date of the meet and also keep in mind that it can not be within 21 days of another meet.*

**Note:** Every effort has been made to ensure the correct information is published. The information that is published is only as good as the information received. If the information is not readable, or hand written it can be entered into the newsletter incorrectly. Please remember that this is a NON-PROFIT Organization and all of the Executive Members are all volunteers. Please send any errors, comments or articles to:  
Mike Latocha R.R.#1 3312 CON 3 Brockville, ON K6V 5T1  
OR E-mail: [mike@ontariopowerlifting.ca](mailto:mike@ontariopowerlifting.ca)

**CONTEST RESULTS****02 CPU CANADIAN CHAMPIONSHIPS****YARMOUTH NS, MARCH 22 - 24****MEET DIRECTOR: PAUL GIDNEY****CBSA Championships**

CL5 BW NAME PR SQ BP DL TOTAL WILKS

**Women**

90 89.5 K Gauthier AB 115.0 50.0 127.5 292.5 253.33

**Men**82.5 77.5 A Bury **ON** 145.0 100.0 175.0 420.0 292.6990 87.5 F. Dipierdominico **ON** 187.5 147.5 200.0 535.0 346.62100 91.1 R Truchon **ON** 190.0 140.0 212.5 542.5 344.21100 94.3 D Cooper **ON** 145.0 90.0 187.5 422.5 263.68110 109.3 T Ekert **ON** 200.0 167.5 222.5 590.0 347.92**CPU Championships****Womens Master 1**60 58.4 J Lessard **ON** 107.5 62.5 142.5 312.5 355.8182.5 78.7 Irene King NF  
DISQ**Womens Master 2**67.5 66.8 Janet Warne QU 117.5 67.5 120.0  
305.0 313.6382.5 78.6 Pat Sanford NS 147.5 71.0 167.5 385.0  
355.81**Womens Open**

52 52 D Ward AB 125.0 75.5 160.5 360.0 448.77

56 55.6 D Richard SK 107.5 55.0 107.5 270.0 319.46

60 56.3 H Ayles PE 152.5 82.5 162.5 397.5 465.75

67.5 64.8 K Smith NS 120.0 47.5 125.0 292.5 307.56  
67.5 65.2 K Dennis BC  
DISQ75 68 Sara Clark **ON** 147.5 65.0 155.0 367.5 373.1282.5 81.1 S Frankel **ON** 125.0 75.0 135.0 335.0  
304.2482.5 81.5 Pam Eisen **ON** DISQ**Men's Junior**

60 59.8 R Laniec BC 172.5 113.0 167.5 452.5 387.11

67.5 66.1 Rick Evans AB 195.0 135.0 217.5 540.0 423.46

75 73.6 Kevin Boily QU 205.0 125.0 240.0 570.0 411.59

75 72.8 W Albert ON 175.0 115.0 240.0 530.0 385.73

75 74 S. Doucette NS 157.5 120.0 215.0 492.5 354.25

75 74 S Veilleuz QU 152.5 107.5 205.0 465.0 334.47

82.5 81.6 PMcDonald NF 240.0 130.0 260.0 630.0 424.87

82.5 82.1 P Siepierski NS 200.0 145.0 215.0 560.0 376.26

82.5 81.7 A MacKinnon NS 177.5 110.0 210.0 497.5 335.26

90 83.5 C Nguyen BC 232.5 140.0 252.5 625.0 415.68

100 97.6 K Farrell NF 210.0 120.0 227.5 557.5 342.69

110 107 E MacDonald NS 250.0 137.5 250.0 637.5 378.48

CL5 BW NAME PR SQ BP DL TOTAL WILKS

110 103.5 C Hawkshaw ON 227.5 135.0 225.0 587.5 352.85

125 116.6 A Mardell AB 235.0 215.0 285.0 735.0 425.57

SHW130.8 R Fowler SK 220.0 155.0 225.0 600.0 339.00

**Men's Master 1**

67.5 67.3 R Talon QU 207.5 152.5 210.0 570.0 440.55

75 74.5 C Dallaire QU 230.0 135.0 280.0 645.0 461.75

82.5 81.9 W Forsey NF 247.5 155.0 260.0 662.5 445.79

82.5 82.5 J Fraser NS 220.0 175.0 245.0 640.0 428.73

82.5 82.5 B Simms ON 217.5 147.5 240.0 605.0 405.29

90 85.7 J Marentette ON 242.5 160.0 265.0 667.5 437.41

100 93.4 S Seguin ON 227.5 140.0 252.5 620.0 388.67

100 93.5 B Monstur NF 240.0 140.0 230.0 610.0 382.22

110 109.7 R Strong ON 230.0 152.5 275.0 657.5 387.26

**Men's Master 2**

82.5 81.9 T Stewart NB 200.0 112.5 227.5 540.0 363.36

90 88.8 R Delaney NS 225.0 152.5 260.0 637.5 406.57

90 84.2 S Charest QU 187.5 115.0 227.5 530.0 350.80

90 88.7 B Dempsey NB 165.0 140.0 217.5 522. 336.07

110 106.6 H Mullholland IND 205.0 170.0 260.0 635.0 377.50

**Men's Master 3**

82.5 82 L Lam ON 170.0 97.5 220.0 487.5 27.79

**Men's Open**

67.5 66 L Noppers AB 212.5 135.0 255.0 602.5 473.08

67.5 66.9 J.S.Rheume QU 167.5 137.5 202.5 507.5  
394.12

75 73.6 B Summers ON 230.0 155.0 245.0 630.0 454.92

75 72.2 M Filiba MB 220.0 145.0 235.0 600.0 439.32

82.5 81.8 G Doucette NS 227.5 185.0 260.0 672.5 452.86

90 88.5 D Weatherbie PE 280.0 190.0 282.5 752.5 484.61

90 88.9 J.Becker ON 277.5 180.0 280.0 737.5 473.77

90 89.4 J Butt SK 260.0 185.0 250.0 695.0 445.21

100 99 S McKenzie ON 300.0 177.5 327.5 805.0 491.93

100 99.3 J Emberly NF 305.0 187.5 295.0 787.5 480.61

100 99 E Gagnon ON 290.0 170.0 262.5 722.5 441.52

100 99.1 J Platts ON 262.5 162.5 275.0 700.0 427.56

100 98.5 P Gidney NS 235.0 172.5 262.5 670.0 410.24

110 109.8 T Nicholls PE 292.5 217.5 327.5 837.5 493.12

110 105.8 J Hall AB 300.0 182.5 297.5 780.0 464.88

110 107.3 C Scott NS 247.5 187.5 295.0 730.0 433.03

110 109.6 S Campbell NF DISQ

125 119.7 J Dowling PE 290.0 200.0 260.0 750.0 431.47

SHW128.6 S Brown ON 300.0 212.5 300.0- 812.5 460.44

SHW 125.5 J Maceachem NS 307.5 187.5 285.0 780.0 444.13

SHW 176.7 D Suberlak SK 272.5 245.0 255.0 772.5 416.99

**CPU Bench Press Nationals**

CL5 BW NAME PR BP1 BP2 BP3 BEST WILKS

60 59.4 J Lessard ON 57.5 60.0 62.5 62.5 70.225

82.5 79.4 I King NF 105.0 115.0 105.67

## CONTEST RESULTS CONTINUED

### Womens Master 2

CLS	BW	NAME	PR	BP1	BP2	BP3	BEST	WILKS
75	73.8	D Ouellet	QU	55.0	60.0	<del>65.0</del>	60.0	57.624

### Womens Open

48	45.5	L Dalling	NS	62.5	67.5	70.0	70.0	96.334
82.5	82.5	M Hartle	IND	82.5	87.5	92.5	92.5	83.250
90	83.6	P Eisen	ON	70.0	77.5	82.5	82.5	73.747

### Men's Junior

90	83.6	P Siepierski	NS	135.0	142.5	<del>150.0</del>	142.5	94.720
100	99.9	J Emberly	NF	<del>170.0</del>	170.0	182.5	182.5	111.10
125	116.4	A Mardell	AB	195.0	205.0	215.0	215.0	124.52

### Men's Master 1

67.5	69.0	R Talon	QU	150.0	155.0	157.5	157.5	119.35
82.5	84.4	J Fraser	NS	167.5	<del>175.0</del>	<del>175.0</del>	167.5	110.71
100	96.8	S Flemming	PE	<del>142.5</del>	142.5	145.0	145.0	89.451
100	93.4	B Monstur	NF	127.5	<del>137.5</del>	142.5	142.5	89.333
125	115.7	D Royer	QU	180.0	190.0	200.0	200.0	116.02

### Men's Master 2

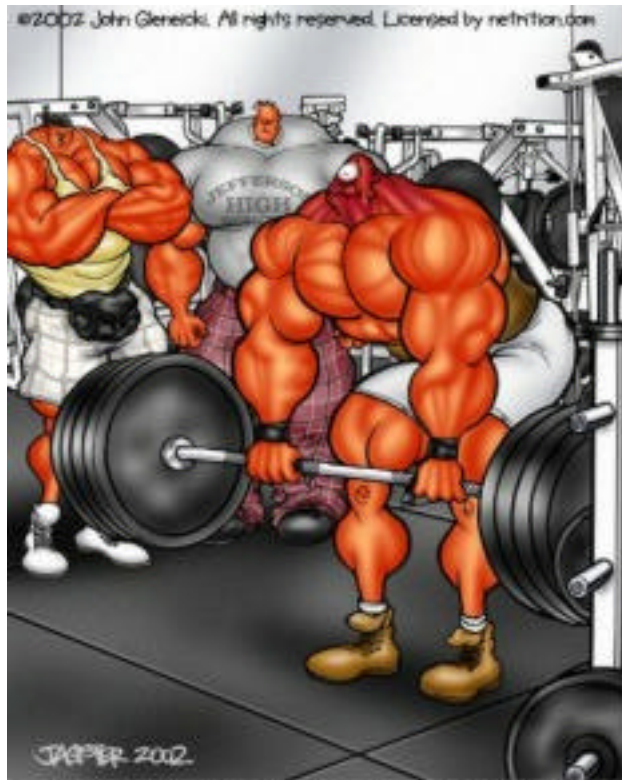
75	74.4	R Deminick	AB	<del>140.0</del>	140.0	<del>145.0</del>	140.0	100.32
90	89.0	R Delaney	NS	147.5	<del>152.5</del>	<del>155.0</del>	147.5	94.710
90	87.0	T Gallant	PE	145.0	<del>155.0</del>	<del>155.0</del>	145.0	94.236
100	94.4	F Long	NS	155.0	165.0	170.0	170.0	106.04
100	90.9	M Koprnicky	ON	122.5	130.0	<del>135.0</del>	130.0	82.576

### Men's Master 3

75	72.7	G Labreque	QU	135.0	140.0	<del>145.0</del>	140.0	101.99
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### Men's Open

67.5	67.1	J S Rheume	QU	130.0	135.0	137.5	137.5	106.52
67.5	67.2	L Noppers	AB	<del>125.0</del>	132.5	<del>137.5</del>	132.5	102.52
75	70.3	M D'Entremont	NS	135.0	<del>140.0</del>	<del>140.0</del>	135.0	100.83
75	72.0	D Flynn	NF	122.5	135.0	<del>137.5</del>	135.0	99.050
82.5	82.3	G Doucette	NS	175.0	187.5	190.0	190.0	127.47
90	90.0	D Weatherbie	PE	<del>185.0</del>	185.0	190.0	190.0	121.29
90	89.1	J Elliot	ON	140.0	145.0	150.0	150.0	96.255
90	90.0	R Truchon	ON	140.0	150.0	<del>157.5</del>	150.0	95.760
90	89.5	A Pitre	NB	140.0	147.5	<del>155.0</del>	147.5	94.430
90	87.4	S MacKenzie	NS	132.5	<del>137.5</del>	<del>137.5</del>	132.5	85.900
100	91.2	J Butt	SK	175.0	182.5	187.5	187.5	118.91
100	96.6	S Trefrey	NS	142.5	152.5	<del>160.0</del>	152.5	94.154
100	93.3	C Turner	MB	140.0	<del>150.0</del>	<del>152.5</del>	140.0	87.808
110	100.2	P Gidney	NS	162.5	175.0	<del>182.5</del>	175.0	110.97
125	116.8	N Doucette	NS	200.0	<del>212.5</del>	<del>212.5</del>	200.0	115.74
125	112.4	J Weaver	NS	155.0	<del>167.5</del>	<del>175.0</del>	155.0	90.629
SHW176.8		D Suberlak	SK	235.0	<del>245.0</del>	<del>250.5</del>	235.0	126.83
SHW128.1		S Brown	ON	205.0	215.0	225.0	225.0	127.59
SHW149.3		G O'Halloran	PE	192.5	202.5	<del>210.0</del>	202.5	112.12



My Brother is the kind of guy who prefers to let his lifts do the talkin for him. Right now, I think h's tryin to say - "Uh oh I just split my shorts and I'm not wearin any undies."

## EXCERSICES

### Lunges

Prime muscles worked: quadriceps (the muscles on the front of upper leg) hamstrings (the muscles of the back of the upper leg), gluteals, hip flexors, and calf muscles.

#### Beginning position

stand with your hands on your hips and your feet together  
upper body should be erect

#### Downward movement phase

step forward with your right foot while keeping your left foot in place.  
keep your back straight and lower your body until your left knee almost touches the floor.

#### Upward movement phase

push with your right foot into the floor in an upward and backward direction until your in the starting position.  
always keep your back erect  
repeat the movement with the left leg  
do 3 sets of 8-10 repetitions with each leg

### Lower Back Extension

#### Beginning Phase

Lying down on stomach  
Keep both arms extended out in front of your head  
Try and keep both legs parallel to the ground

#### Upward Movement Phase

Lift upper body and legs slowly, at the same time, off the floor, while extending trunk  
Keep legs straight throughout exercise  
Keep arms extended above your head during upward phase  
Avoid any bouncing movements with lower back  
Tense the muscles of your lower back and buttocks  
Hold for 6-15 seconds. Do not over extend

#### Downward Movement Phase

Slowly lower chest towards the floor and relax back  
Keep arms extended out in front

**OPA CONTEST SANCTIONING PROCESS**

**Note:** The OPA Contest Sanction Application Form below is for the use of meet directors only.

Please review the following before you fill out the 2002 OPA Contest Sanction Application form:

Applications for contest Sanctions must be made **3 months before the competition.**

Both the OPA Contest Application form and the full Contest Sanction Fee must be included with the request before a sanction can be granted.

Unregistered athletes may not compete in a sanctioned competition.

Only affiliated clubs in good standing will be granted a sanction.

The Meet Director must be a full member of the OPA at the time the contest sanction application is made.

Both the Meet Director and the person applying for the contest sanction must be members of a registered club.

The member applying for the sanction may designate another Meet Director who is a member of a registered Club.

The Club associated with the Meet Director is the point of contact with the OPA Board of Directors.

**Contest Sanction Fee: \$40.00**

**Note:** In addition, \$5.00 of the entry fee for each competitor must be sent into the OPA to cover drug testing costs.

**OPA EXPENSE FORM**

Request for Reimbursement of Funds

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

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

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

**Phone:** \_\_\_\_\_ **CPU#:** \_\_\_\_\_

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

**E-mail:** \_\_\_\_\_

**Details:** \_\_\_\_\_

**Amount:** \_\_\_\_\_

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

**\*\*Forms must include any related, invoices or proofs of purchase\*\*  
Requests submitted without receipts may not be granted.**

**Mail to OPA Treasure: C/O Krista Schaus 295 Link Road, R.R.#2  
Cayuga, ON N0A 1E0**

**2002 OPA CONTEST SANCTION APPLICATION**

Sanction Application info: Please send Meet Director Handbook

Host Club: \_\_\_\_\_

Host Club Contact: \_\_\_\_\_

Meet Director: \_\_\_\_\_

Meet Director's Club: \_\_\_\_\_

**Contest Info:**

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

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

Weigh-in-info: \_\_\_\_\_

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

Type of Contest (i.e. Open, Blind, Men's, Women's, Novice, Master 3 Lift, Bench Press, Special Olympics, etc.) Include categories and class

**Contest Sanction Fee: \$40.00**

*Note; In addition \$5 of the entry fee for each competitor must be returned to the OPA to cover drug testing.*

Awards: \_\_\_\_\_

**Member Entry Requirements:**

Entry Deadline: \_\_\_\_\_ Entry Fee: \_\_\_\_\_

Fee Payable to: \_\_\_\_\_

Send Entry to: \_\_\_\_\_

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

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

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

Make Cheque or money order payable to: Ontario Powerlifting Association. Fill out the entry form and return it with payment to:  
**Ontario Powerlifting Association**  
C/O Heather Johns  
PO Box 93  
Bancroft, ON  
K0L 1C0

## CONTEST RESULTS CONTINUED

### Steel City Open

Brantford, ON., March 10/02 Results: Bill Jamison

#### Men

Name	Place	Squat	Bench	Deadlift	Total
<b>90 kg</b>					
Alex Drolc	1	262.5	175	280	717.5
Tyler McPhail	2	235.0	162.5	252.5	650.0
Jon Heisel	3	170.0	125.0	217.5	512.5
Andrew Rossi	4	130.0	110.0	152.5	392.5
Bob Karp	--	--	--	--	--

#### 100kg

Mike Mangan	1	255.0	175.0	265.0	680.0
Blair Lyon	2	215.0	152.5	260.0	627.5
John Dack	3	210.0	107.5	200.0	517.5

#### 110kg

Mark Giffen	1	285.0	220.0	285.0	790.0
Richard Lyndon	2	245.0	140.0	270.0	655.0
Mark Glocchski	3	250.0	160.0	225.0	635.0
Mark Miller	4	210.0	132.5	240.0	582.5

#### 125kg

Dave Gratton	1	337.5	22.5	287.5	847.5
Len Johnson	2	192.5	142.5	170.0	505.0
Bryce Pulsifer	3	60.0	147.5	247.5	455.0
Nelson DaCosta	4	130.0	192.5	100.0	422.5
Paul Reich	5	140.0	80.0	155.0	375.0

#### 125+kg

Tye Pulsifer		240.0	--	--	--
--------------	--	-------	----	----	----

**Champion of Champions"** - Dave Gratton, 485.956 points

#### Thanks to the Following:

**Referees:** Stan Goss, Harnek Rai, Adele Couchman, Lynton Lamb, Bill Jamison

**Spotters/Loaders:** Virgil Gazola, Pete Koning, Neil Davidson, Jesse Jamison, Dave Werner, Jay Gemmel, Glynn Moore

**Setup/Tear Down:** Dale Gow, Scott MacLellan, Brad Suchecki

**Head Table:** Janice Jamison, Krista Schaus, Neil Davidson, Dana McPherson

Moster Powerlifting for equipment and other assistance

Lynton Lamb for the lights

Staff at the Best Western

Lifters and Coaches

**...AND any others we may have forgotten!**

The Brantford Open went well with 18 Open lifters following the nearly 30 OSO athletes who competed in the morning. Ironically all the afternoon competitors were men weighing 90 kg or more making the spotters and loaders jobs even more difficult. An impressive crowd of over 50 people came out for the event.

A few lifters were out for their first taste of a competitive powerlifting with the OPA, most noteworthy were novice brothers Bryce and Tye Pulsifer who flew down from Thunder Bay for the contest. Bryce, a 23 year old may have gone 9 for 9 if he didn't have to pass on his last two squats as a result of a knee injury. Tye, a last year Junior lifter, started out well ending the squats at 240 kg but unfortunately didn't make it through the bench press. Look for more from these two northern boys at future contests.

Paul Reich also deserves mention, as he was able to survive after failing

his first two bench attempts on technicalities. Any lifter knows how hard it is to pull through after failing on the first two lifts. Paul also had some tough competition to face but finished with a total he should be proud of with the guidance of coach, Dave Hoffman.

Impressive lifting also came from some more experienced lifters in the sport such as Alex Drolc, Tyler McPhail and witnessed amazing bench presses by Mark Giffen and Dave Gratton.

The Steel City team, under the direction of Bill Jamison, plans on making this an annual event that will get bigger and better every year!



### 2002 OPA CLUB AFFILIATION APPLICATION

- 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 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 one year from January 1 to December 31.

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

**Contact Name:** \_\_\_\_\_  
(must be an Ontario Powerlifting Association member)

**CPU #:** \_\_\_\_\_ **Address:** \_\_\_\_\_

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

**E-mail:** \_\_\_\_\_

**Website URL:** \_\_\_\_\_

- It is agreed that, if membership be granted, our club will abide by the Constitution 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 the right to cancel this said affiliation at any time.

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

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

#### Please Include:

- A Copy of all emblems and logos that the club will be using.
- A list of all club members.

#### Club Affiliation Fee: \$40.00

Make Cheque or money order payable to:

**Ontario Powerlifting Association**  
C/O Heather Johns  
PO Box 93  
Bancroft, Ontario K0L 1C0

### 13th Annual Ontario Deadlift Open

May 4, 2002 Waterloo Results *Dave Hoffman*

#### Women

Weight	Place	Deadlift	Total
<b>60kg</b>			
Jane Lessard	1	142.5	142.5
<b>67.5kg</b>			
Lynda Squires	1	127.5	127.5
Men			
<b>67.5kg</b>			
Fern Boucher	1	180.0	180.0
Rob Silverthorne	--	--	--
<b>75kg</b>			
Mike Piskorski	1	230.0	230.0
Everett Blachey	2	--	--
<b>82.5kg</b>			
P.J. Clipperton	1	210.0	210.0
Stan Goss	2	205.0	205.5
Kevin Strirling	--	--	--
<b>90kg</b>			
Rick Morrisette	1	277.5*	277.5*
Tim Jones	2	215.0	215.0
Bill Manning	3	215.0	215.0
<b>100kg</b>			
Terry Stinchcombe	1	242.5	242.5
Mike Goss	2	237.5	237.5
<b>110kg</b>			
Bruce McIntyre	1	260.0	260.0
Shaun Roach	2	242.5	242.5
Michael Tinning	3	237.5	237.5
Jody Roemer	4	225.0	225.0
<b>125kg</b>			
Rick Freeman	1	292.5	292.5
Rick Gazdig	2	255.0	255.0
Paul Reich	3	160.0	160.0

#### \* Meet Record

##### Masters Division Men

- 1 Mike Piskorski
- 2 Bruce McIntyre
- 3 Terry Stinchcombe
- 4 Rick Gazdig
- 5 Stan Goss

<b>Best Team: London</b>	72
Golden Triangle	51
Stirlings Strength Systems	20
Iron Angels	12
Fern's Gym	12
Pumphouse	9

Referees: Mark Giffen, Adele Couchman, Don Clarke  
Platform: Steve Chomitz, Paul Summers, John Clayton  
Setup: Paul Summers, Steve Chomitz, John Clayton, Paul Reich, Jody Romer, Rick Morrisette, Mike Piskorski, Dave Hoffman and Bruce McIntyre

#### Meet Records

Women	Name	Lift	Year
<b>52kg</b>	S. McDougall	110	97
<b>56kg</b>	N. Karimy	170	99
<b>60kg</b>	A. Lam	145	90
<b>67.5kg</b>	A. Lam	160	95
<b>75kg</b>	G. Papolis	167.5	99

#### Men

<b>52kg</b>	G. Rito	142.5	93
<b>56kg</b>	R. Ryan	130	90
<b>60kg</b>	R. Silverthorne	185	91
<b>67.5kg</b>	R. Morrisette	237.5	95
<b>75kg</b>	J. Becker	262.5	90
<b>82.5kg</b>	J. Becker	260	92
<b>90kg</b>	R. Morrisette	277.5	02
<b>100kg</b>	S. Chomitz	275	90
<b>110kg</b>	S. Brown	280	94
<b>125kg</b>	R. Celio	300	93
<b>125+</b>	J. Dungey	295	00

The 13th Annual Ontario Deadlift Open attracted lifters from Dresden, Dunnville, Kemptonville, Chatham, New Liskeard, London, Toronto, Wallaceburg, Waterloo, and Woodstock. Excellent lifting by our best lifter Rick Morrisette, Jane Lessard, Mike Piskorski who was tops in our men's masters division which featured 10 lifters. Rick Morrisette broke his own meet record and Rick Freeman came very close to breaking the 125kg meet record.

Thanks to our sponsors who include The K - W Grizzlies for providing our venue, Kitchener Scale who provided us with our scale for the weighin and Club Olympia for providing some of the weights and bars for the warm-up area.

Congratulations to the London Powerlifting Club who won the team trophy for the 4th time in 5 years. The host Golden Triangle Powerlifting Club, celebrating their 20th year anniversary would like to thank all those who showed up to lift, coach, cheer, referee, help or just hang out and we look forward to seeing you in 2003.

Dave Hoffman

### A STRONG SHOWING

Eric Gagnon *C.S.C.S Ottawa Strong Powerlifting Club*

The OCA Ottawa Strong Powerlifting Club has been busy these past few months moving heavy iron and gathering precious metals. We have also grown in numbers with the addition of James Halliday (242lbs weight Class) and Superheavy (275+) Carl Tolmie.

Jonas "Stu" Elliott, who won silver at the Beauce Powerlifting and Bench Press Championships in St. Georges de Beauce back in November, initiated our medal haul. His bench press of 297lbs was an Ontario junior record for the 82.5kg weight class. Weekend of March 23-24 saw me and Jason Platts compete in the Canadian Powerlifting Championships in Yarmouth, Nova-Scotia. We managed a Bronze medal and a fourth place in the 220lbs category with squats of 638lbs and 578lbs, bench press of 374lbs and 358lbs and deadlifts of 578lbs and 605lbs respectively. These numbers added to what are personal best totals for both of us although my squat was sub-par and Jason "really" lifted much more on the bench press and deadlift (374lbs and 610.5lbs), but disappointingly had his lifts turned down on technicalities. However, this is the strict nature of powerlifting.

Our next road trip will take us to London on the weekend of May 25th and we hope these excursion will also include the likes of Herb Greenidge, Ryan Silverson(now doing strongman types competitions), James Halliday, Carl Tolmie and Anatoly "the age-less wonder" Demidenko (who by the way would sweep the 60+ category at the national level).



**CONTEST ENTRY FORM**

**ONTARIO POWERLIFTING ASSOCIATION CONTEST FORM**

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

Address: \_\_\_\_\_ Club Representing: \_\_\_\_\_

Best Official Total: \_\_\_\_\_ kgs Weight Class \_\_\_\_\_ kgs

Phone: \_\_\_\_\_ CPU # \_\_\_\_\_ When/Where: \_\_\_\_\_

Titles, Championships won: \_\_\_\_\_

Interests/Hobbies: \_\_\_\_\_

Contest Category Entered e.g., Junior, Novice, Blind, etc. \_\_\_\_\_

Contest Weight Class: \_\_\_\_\_ kg Date of Birth (mm/dd/yy) \_\_\_\_\_

Male or Female T-Shirt Size (If applicable) \_\_\_\_\_

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 carry out drug testing at any contest under their jurisdiction.

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 (Parent or Guardian if under 18): \_\_\_\_\_

Signature of Parent or Guardian (if under 18): \_\_\_\_\_

**National or Provincial Record Application Form**

**Application for:**

- |  |  |
|--|--|
| <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 Master 40-49   | <input type="checkbox"/> National Women's Master 40-49   |
| <input type="checkbox"/> National Men's Master 50+     | <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 Master 40-49 | <input type="checkbox"/> Provincial Women's Master 40-49 |
| <input type="checkbox"/> Provincial Men's Masters 50+  | <input type="checkbox"/> Provincial Women's Masters 50+  |

**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.

**Lifter Information**

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

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Code : \_\_\_\_\_

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

Wt. Class: \_\_\_\_\_ Precise Body Weight: \_\_\_\_\_

Doping Control Sample NO.: \_\_\_\_\_

*I have checked all the data and all lists, and hereby state that everything is in order.*

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

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

**Competition Information:**

Name of Competition: \_\_\_\_\_

Location/Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_

Date of Competition: \_\_\_\_\_

Attempt:	1 st	2 nd	3 rd	4 th
Squat				
Bench Press				
Deadlift				
Total				

Send complete form to: **Dave Hoffman**, 278 Thaler Ave, Kitchener, ON N2A 1R6

# *Interested in Advertising??*

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*Please send images by e-mail.*

## **CONTEST ENTRY FORM**

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

Address: \_\_\_\_\_ Club Representing: \_\_\_\_\_

\_\_\_\_\_ Best Official Total: \_\_\_\_\_ kgs Weight Class \_\_\_\_\_ kgs

Phone: \_\_\_\_\_ CPU # \_\_\_\_\_ When/Where: \_\_\_\_\_

Titles, Championships won: \_\_\_\_\_

Interests/Hobbies: \_\_\_\_\_

Contest Category Entered e.g., Junior, Novice, Blind, etc. \_\_\_\_\_

Contest Weight Class: \_\_\_\_\_ kg Date of Birth (mm/dd/yy) \_\_\_\_\_

Male or Female T-Shirt Size (If applicable) \_\_\_\_\_

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 carry out drug testing at any contest under their jurisdiction.

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 (Parent or Guardian if under 18): \_\_\_\_\_

Signature of Parent or Guardian (if under 18): \_\_\_\_\_

## QUALIFICATION POINTS TO REMEMBER:

- a) You must have qualified in the class in which you will compete in the previous 24 months from the date of the intended Provincials.
- b) The only exception to the above is if you lift in a lighter class you may use that lift or total to qualify for a heavier weight class. I.e. for an Open Class man competing in the 100kg weight class who records a total of 705kg he may then compete in the 110kg weight class if his bodyweight places him there on the day of the meet.
- c) If you lose weight and go down a class YOU MUST RE-QUALIFY at that lower class.
- d) A Master lifter must meet the minimum age requirement on the day of the meet, BUT must have previously qualified either as a MASTER, or within the 12 month period before meeting the minimum age requirement for the class they will compete in.
- e) A Junior lifter remains a Junior until December 31 of the year they turn 23 years

**Note:** Every effort has been made to ensure the correct information is published. The information that is published is only as good as the information received. If the information is not readable, or hand written it can be entered into the newsletter incorrectly. Please remember that this is a NON-PROFIT Organization and all of the Executive Members are all volunteers. Please send any errors, comments or articles to:  
Mike Latocha R.R.#1 3312 CON 3 Brockville, ON K6V 5T1  
OR E-mail: [mike@ontariopowerlifting.ca](mailto:mike@ontariopowerlifting.ca)



## ONTARIO RECORDS

To hold an amateur record in any sport is quite an accomplishment. To hold a record you must do two things after you break the record. You must be drug tested and you must send a application form to the Records Chairperson within 30 days. you can also have your coach make sure that all referees have signed the official scoresheet as that is also something that is needed to make things official. Use the form on page 17 to apply for a Provincial or Nation Record.

*Dave Hoffman*

### Records Chair

## BENCH PRESS RECORDS

### Women's Open

	Total	Name	Date/Place
52 kg	75.0	K. Parsons	Dec 10/89 Hamilton, ON
60 kg	85.0	C. Lahey	Feb 01/92 Kitchener, ON
67.5 kg	96.0	G. Papolis	Jan 31/98 Cambridge, ON
82.5 kg	42.5	M. Greenidge	Dec 18/99 Toronto, ON

### Women's Master

60 kg	62.5	J. Lessard	Dec 02/01 Cambridge, ON
67.5 kg	67.5	L. Squires	Dec 02/01 Cambridge, ON
82.5 kg	42.5	M. Greenidge	Dec 18/99 Toronto, ON

### Men's Junior

75 kg	140.0	G. Gray	Feb 01/92 Kitchener, ON
90 kg	135.0	J. Elliott	Dec 01/01 Cambridge, ON
110 kg	167.5	D. Kuntz	Jan 31/98 Cambridge, ON

### Men's Open

60 kg	137.5	J. Jong	Feb 27/00 Moose Jaw, SA
75 kg	157.5	F. Fraraccio	Dec 18/99 Toronto, ON
82.5 kg	182.5	S. Moir	Jan 31/98 Cambridge, ON
90 kg	207.5	M. Whitford	Dec 18/99 Toronto, ON
100 kg	192.5	M. Giffen	Dec 02/01 Cambridge, ON
125 kg	205.0	R. Silverston	Dec 03/00 Brockville, ON
125+ kg	235.0	D. Gratton	Dec 02/01 Cambridge, ON

### Men's Master 40 - 49

60 kg	137.5	J. Jong	Feb 27/00 Moose Jaw, SA
67.5 kg	140.0	K. Lam	Jun 19/90 Surrey, B.C.
75 kg	150.0	E. Dunstan	Dec 02/01 Cambridge, ON
82.5 kg	160.0	H. Greenidge	Dec 02/01 Cambridge, ON
90 kg	175.5	H. Greenidge	Apr. 01/01 Quebec City, QU
125 kg	195.0	B. Jolley	Mar 01/97 Winnipeg, Manitoba
125+ kg	170.0	D. Hoffman	Jan 31/98 Cambridge, ON

### Men's Master 50 - 59

75 kg	132.5	W. McCullough	Feb 12/95 Chilliwack, B.C.
82.5 kg	137.5	L. Greenidge	Dec 03/00 Brockville, ON
90 kg	155.0	K. Hult	Jan 31/98 Cambridge, ON
100 kg	165.0	K. Hult	May 19/98 Leduc, Alberta
110 kg	165.0	K. Hult	Dec. 12/98 Guelph, ON
125+ kg	162.5	D. Hoffman	Dec 03/00 Brockville, ON

Please Note: These records were last updated DE C, 2001. They do not include confirmed or pending records made since this time.

Women's Senior Records - Modern Era					
Class	Lift	Kg	Lifter	Date	Contest
<b>48 kg</b>	Squat	132.5	D. D'Angelo	Oct. 90	Cambridge Open, Cambridge, Ontario
	Bench	50.0	S. Marvel	Feb. 95	Women's Canadian C/ish, Chilliwack, BC
	Deadlift	102.5	S. Marvel	Feb. 95	Women's Canadian C/ish, Chilliwack, BC
	Total	235.0	S. Marvel	Feb. 95	Women's Canadian C/ish, Chilliwack, BC
<b>52 kg</b>	Squat	140.0	D. D'Angelo	Feb. 94	Canadian Women's, Kitchener, Ontario
	Bench	75.0	K. Parson	Dec. 88	Hamilton Open, Hamilton, Ontario
	Deadlift	155.0	D. D'Angelo	Feb. 94	Canadian Women's C/ish, Kitchener, ON
	Total	360.0	D. D'Angelo	Feb. 94	Canadian Women's C/ish, Kitchener, ON
<b>56 kg</b>	Squat	102.5	K. Schaus	Mar. 01	Women's Canadian C/ish Quebec C, Qu
	Bench	50.0	K. Schaus	Mar. 01	Women's Canadian C/ish Quebec C, Qu
	Deadlift	102.5	K. Schaus	Mar. 01	Women's Canadian C/ish Quebec C, Qu
	Total	255.0	K. Schaus	Mar. 01	Women's Canadian C/ish Quebec C, Qu
<b>60 kg</b>	Squat	160.0	C. Lahay	Feb. 92	Women's Canadian, Kitchener, Ontario
	Bench	85.0	C. Lahay	Feb. 92	Women's Canadian, Kitchener, Ontario
	Deadlift	137.5	J. Lessard	Dec. 01	Ontario Master C/ish, Cambridge, ON
	Total	395.0	C. Lahay	Feb. 92	Women's Canadian, Kitchener, Ontario
<b>67.5 kg</b>	Squat	182.5	S. Goudreau	Jan. 91	Women's Canadian, Winnipeg, Manitoba
	Bench	95.0	S. Goudreau	Jan. 91	Women's Canadian, Winnipeg, Manitoba
	Deadlift	130.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
	Total	437.5	S. Goudreau	Jan. 91	Women's Canadian, Winnipeg, Manitoba
<b>75 kg</b>	Squat	165.0	G. Guillemette	Feb. 95	Women's Canadians, Chilliwack, B.C.
	Bench	90.0	G. Guillemette	Feb. 95	Women's Canadians, Chilliwack, B.C.
	Deadlift	187.5	U. Kruger	Oct. 98	Women's Ontario C/ish Brockville, ON
	Total	435.0	U. Kruger	Oct. 98	Women's Ontario C/ish Brockville, ON
<b>82.5 kg</b>	Squat	105.0	M. Greenidge	May 01	London Open, London, Ontario
	Bench	55.0	M. Greenidge	May 01	London Open, London, Ontario
	Deadlift	110.0	M. Greenidge	May 01	London Open, London, Ontario
	Total	270.0	M. Greenidge	May 01	London Open, London, Ontario
<b>90.0 kg</b>	Squat	175.0	K. Hunter	Feb. 94	Canadian Women's C/ish Kitchener, ON
	Bench	75.0	K. Hunter	Feb. 94	Canadian Women's C/ish Kitchener, ON
	Deadlift	167.5	K. Hunter	Feb. 94	Canadian Women's C/ish Kitchener, ON
	Total	417.5	K. Hunter	Feb. 94	Canadian Women's C/ish Kitchener, ON
<b>90.0+kg</b>	Squat	185.0	H. Plamondon	Feb. 94	Canadian Women's C/ish Kitchener, ON
	Bench	100.0	H. Plamondon	Feb. 94	Canadian Women's C/ish Kitchener, ON
	Deadlift	155.0	S. Murphy	May 94	Women's World, Rotorua, New Zealand
	Total	430.0	H. Plamondon	Feb. 94	Canadian Women's C/ish Kitchener, ON
Women's Junior Records					
Class	Lift	Kg	Lifter	Date	Contest
<b>52 kg</b>	Squat	127.5	D. D'Angelo	Nov 98	Women's Worlds, Sydney, NS
	Bench	50.0	D. D'Angelo	Nov 98	Women's Worlds, Sydney, NS
	Total	312.5	D. D'Angelo	Nov 98	Women's Worlds, Sydney, NS
<b>56 kg</b>	Squat	120.0	D. D'Angelo	May 89	NE Ontario Open, North Bay, Ontario
	Bench	70.0	A. Gilchrist	Jan. 88	Women's Canadians, Kitchener, Ontario
	Total	260.0	A. Gilchrist	Jan. 88	Women's Canadians, Kitchener, Ontario
<b>60 kg</b>	Squat	140.0	A. Gilchrist	June 89	Women's Canadians, Kitchener, Ontario
	Bench	70.0	A. Gilchrist	June 89	Women's Canadians, Kitchener, Ontario
	Total	342.5	A. Gilchrist	June 89	Women's Canadians, Kitchener, Ontario
<b>82.5 kg</b>	Squat	142.5	R. Butler	Oct 90	Women's Ontario, Cambridge, Ontario
	Bench	67.5	R. Butler	Oct 90	Women's Ontario, Cambridge, Ontario
	Total	355.0	R. Butler	Oct 90	Women's Ontario, Cambridge, Ontario

Women's Master Records (40 - 49)					
Class	Lift	Kg	Lifter	Date	Contest
<b>60 kg</b>	Squat	110.0	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	65.0	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
	Deadlift	137.5	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
	Total	312.5	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
<b>67.5 kg</b>	Squat	130.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	60.0	L. Squires	Dec. 99	Ontario Masters, Toronto, Ontario
	Deadlift	130.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
	Total	320.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
<b>82.5 kg</b>	Squat	105.0	M. Greenidge	May 01	London Open, London, Ontario
	Bench	55.0	M. Greenidge	May 01	London Open, London, Ontario
	Deadlift	110.0	M. Greenidge	May 01	London Open, London, Ontario
	Total	270.0	M. Greenidge	May 01	London Open, London, Ontario
Men's Senior Records					
Class	Lift	Kg	Lifter	Date	Contest
<b>52 kg</b>	Squat	170.0	S. Boulterice	Feb. 92	Kitchener, Ontario
	Bench				
	Deadlift	185.0	S. Boulterice	Feb. 92	Kitchener, Ontario
<b>60 kg</b>	Squat	195.0	J. Jong	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	140.0	J. Jong	Dec. 01	Ontario Masters, Cambridge, Ontario
	Deadlift	217.5	J. Jong	Feb. 00	Canadian Champ, Moose Jaw, Sask.
	Total	537.5	J. Jong	Feb. 00	Canadian Champ., Moose Jaw, Sask.
<b>75 kg</b>	Squat	277.5	J. Becker	May 96	Canadian Champ., Leduc, Alberta
	Bench	168.0	J. Becker	May 96	Canadian Champ., Leduc, Alberta
	Deadlift	285.0	J. Becker	Feb. 95	Ontario Seniors, London, Ontario
	Total	722.5	J. Becker	May 96	Canadian Champ., Leduc, Alberta
<b>82.5 kg</b>	Squat	175.0	J. Becker	May 98	Canadian Champ., Richmond, B.C.
	Bench	175.0	B. Obratoski	June 90	Canadian Champ., Surrey, B.C.
	Deadlift	298.0	J. Becker	May 98	Canadian Champ., Richmond, B.C.
	Total	747.5	J. Becker	May 98	Canadian Champ., Richmond, B.C.
<b>90 kg</b>	Squat	212.5	H. Greenidge	May 01	London Open, London, Ontario
	Bench	185.0	D. Bruce	June 88	Canadian Champ., Winnipeg, Man.
	Deadlift	322.5	P. Perry	Mar. 85	Ontario Seniors, Sault Ste Marie, ON
	Total	750.0	J. Peacock	Mar. 90	Ontario Seniors, Cambridge, Ontario
<b>100 kg</b>	Squat	300.0	B. Zacharias	Jan 00	Ontario Seniors, London, Ontario
	Bench	225.0	M. Giffen	Mar 97	Ontario Seniors, Toronto, Ontario
	Deadlift	285.0	M. Giffen	Mar 97	Ontario Seniors, Toronto, Ontario
	Total	775.0	M. Giffen	Mar 97	Ontario Seniors, Toronto, Ontario
<b>110 kg</b>	Squat	347.5	R. Celio	May 97	Canadian Champ., Toronto, Ontario
	Bench	215.0	R. Celio	May 97	Canadian Champ., Toronto, Ontario
	Deadlift	325.0	R. Celio	May 97	Canadian Champ., Toronto, Ontario
	Total	887.5	R. Celio	May 97	Canadian Champ., Toronto, Ontario
<b>125 kg</b>	Squat	335.0	D. Gratton	Jan 00	Ontario Seniors, London, Ontario
	Bench	227.5	D. Gratton	Jan 99	Ontario Seniors, Cornwall, Ontario
	Deadlift	297.5	N. Singleton	May 98	Canadian Champ., Richmond, B.C.
	Total	830.0	D. Gratton	Jan 00	Ontario Seniors, London, Ontario
<b>125+ kg</b>	Squat	347.5	D. Gratton	May 01	London Open, London, Ontario
	Bench	238.0	D. Gratton	May 01	London Open, London, Ontario
	Deadlift	292.5	B. Duguay	Jan 99	Ontario Seniors, Cornwall, Ontario
	Total	860.0	D. Gratton	May 01	London Open, London, Ontario

Mans Junior Records					
Class	Lift	Kg	Lifter	Date	Contest
<b>52 kg</b>	Squat	172.5	S. Boulterice	Mar. 92	Ontario Seniors, North Bay Ontario
	Bench	90	S. Boulterice	Mar. 91	Canadian Juniors, Kitchener Ontario
	Deadlift	185.5	S. Boulterice	Mar. 92	Ontario Seniors, North Bay Ontario
	Total	445	S. Boulterice	Mar. 92	Ontario Seniors, North Bay Ontario
<b>60 kg</b>	Squat	160	E. Lacroix	Feb. 94	Canadian Juniors, Kitchener, Ontario
	Bench	110.5	S. Lindsay	Feb. 91	Ontario Int. C/Ship, North Bay Ontario
	Deadlift	185	A. Box	Feb. 94	Canadian Juniors, Kitchener, Ontario
	Total	430	A. Box	Feb. 94	Canadian Juniors, Kitchener, Ontario
<b>67.5 kg</b>	Squat	187.5	E. Lacroix	Oct. 94	Ontario Intermediates, Maxville, Ontario
	Bench	135	M. Dineno	Apr. 97	Canadian Juniors, Comerbrook, Nfld
	Deadlift	207.5	M. Dineno	Apr. 97	Canadian Juniors, Comerbrook, Nfld
	Total	502.5	M. Dineno	Apr. 97	Canadian Juniors, Comerbrook, Nfld
<b>75 kg</b>	Squat	230.0	B. Summers	Dec. 00	Ontario Juniors, Brockville, Ontario
	Bench	152.5	B. Summers	Dec. 00	Ontario Juniors, Brockville, Ontario
	Deadlift	257.5	B. Summers	Dec. 00	Ontario Juniors, Brockville, Ontario
	Total	640.0	B. Summers	Dec. 00	Ontario Juniors, Brockville, Ontario
<b>82.5 kg</b>	Squat	235.0	T. Coltrell	May. 90	Canadian Juniors, Winnipeg, Manitoba
	Bench	150.0	P. Clipperton	Sept. 00	Ontario Int. Mississauga, Ontario
	Deadlift	252.5	T. Coltrell	May. 90	Canadian Juniors, Winnipeg, Manitoba
	Total	602.5	T. Coltrell	May. 90	Canadian Juniors, Winnipeg, Manitoba
<b>90 kg</b>	Squat	237.5	M. Bliz	Oct. 96	Ontario Int. C/Ship, North Bay, Ontario
	Bench	157.5	B. Morris	Apr. 88	Canadian Juniors, Kitchener, Ontario
	Deadlift	257.5	B. Morris	Apr. 88	Canadian Juniors, Kitchener, Ontario
	Total	647.5	B. Morris	Apr. 88	Canadian Juniors, Kitchener, Ontario
<b>100 kg</b>	Squat	265.0	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario
	Bench	193.0	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario
	Deadlift	272.5	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario
	Total	717.5	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario
<b>125 kg</b>	Squat	272.5	J. LaPlante	Oct. 93	Ontario Int. C/Ship, Alexandria, Ontario
	Bench	132.5	J. LaPlante	Oct. 93	Ontario Int. C/Ship, Alexandria, Ontario
	Deadlift	245.0	J. LaPlante	Oct. 93	Ontario Int. C/Ship, Alexandria, Ontario
	Total	650.0	J. LaPlante	Oct. 93	Ontario Int. C/Ship, Alexandria, Ontario

**Men's Master Records (40 - 49)**

<b>60 kg</b>	Squat	195.0	J. Jong	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	140.0	J. Jong	May. 01	Canadian Chmp, Quebec City, Quebec
	Deadlift	217.5	J. Jong	Dec. 99	Ontario Masters, Toronto, Ontario
	Total	537.5	J. Jong	Feb. 00	Canadian Chmp, Moose Jaw, Sask.
<b>67.5 kg</b>	Squat	227.5	K. Lam	Jun. 90	Canadian Championships, Surrey, B.C.
	Bench	141.0	K. Lam	May. 93	Canadian Masters, Edmonton, Alberta
	Deadlift	262.5	K. Lam	May. 90	Canadian Masters, Winnipeg, Manitoba
	Total	630.0	K. Lam	Jun. 90	Canadian Championships, Surrey, B.C.
<b>75 kg</b>	Squat	252.5	C. Archdekin	Mar. 97	Ontario Seniors, Toronto, Ontario
	Bench	165.0	C. Archdekin	Oct. 93	World Masters, Hamilton, Ontario
	Deadlift	280.0	C. Archdekin	Oct. 93	World Masters, Hamilton, Ontario
	Total	685.0	C. Archdekin	Oct. 93	World Masters, Hamilton, Ontario
<b>82.5</b>	Squat	240.0	D. Warriner	Feb. 94	Canadian Masters, Kitchener, Ontario
	Bench	165.0	H. Greenidge	Mar. 01	Canadian Master, Quebec City, Quebec
	Deadlift	285.0	D. Warriner	Feb. 94	Canadian Masters, Kitchener, Ontario
	Total	675.0	D. Warriner	Feb. 94	Canadian Masters, Kitchener, Ontario
<b>90 kg</b>	Squat	257.5	D. Warriner	Feb. 98	Canadian Masters, Moose Jaw, Sask.
	Bench	172.5	H. Greenidge	May. 01	London Open, London Ontario

Class	Lift	Kg	Lifter	Date	Contest
<b>100 kg</b>	Deadlift	302.5	P. Perry	May. 91	Canadian Masters, Kitchener, Ontario
	Total	705.0	D. Warriner	Feb. 98	Canadian Masters, Moose Jaw, Sask.
	Squat	265.0	K. Hult	Apr. 88	Canadian Masters, Kitchener, Ontario
	Bench	172.5	K. Hult	Apr. 88	Canadian Masters, Kitchener, Ontario
<b>110 kg</b>	Deadlift	690.0	K. Hult	Apr. 88	Canadian Masters, Kitchener, Ontario
	Total	245.0	S. Chomitz	Dec. 00	Ontario Masters, Brockville, Ontario
	Squat	167.5	S. Chomitz	Dec. 00	Ontario Masters, Brockville, Ontario
	Deadlift	275.0	R. Strong	Dec. 01	Ontario Masters, Cambridge, Ontario
<b>125 kg</b>	Total	675.0	S. Chomitz	Dec. 00	Ontario Masters, Brockville, Ontario
	Squat	242.5	D. Hoffman	Feb. 91	Ontario Int. C/Ship, North Bay, Ontario
	Bench	175.0	R. Gazdig	Dec. 01	Ontario Masters, Cambridge, Ontario
	Deadlift	272.5	D. Hoffman	Feb. 91	Ontario Int. C/Ship, North Bay, Ontario
<b>125+ kg</b>	Total	670.0	D. Hoffman	Feb. 91	Ontario Int. C/Ship, North Bay, Ontario
	Squat	285.0	J. Baxter	Apr. 90	World Blind C/Ship, Riverside, California
	Bench	167.5	D. Hoffman	Feb. 94	Canadian Masters, Kitchener, Ontario
	Deadlift	275.0	D. Hoffman	Feb. 94	Canadian Masters, Kitchener, Ontario
<b>Men's Master Records (50 - 59)</b>	Total	702.5	D. Hoffman	Feb. 94	Canadian Masters, Kitchener, Ontario

Class	Lift	Kg	Lifter	Date	Contest
<b>67.5 kg</b>	Squat	200.0	G. Moore	Mar. 01	Canadian Mas, Quebec, City, Quebec
	Bench	122.5	G. Moore	Mar. 01	Canadian Mas, Quebec, City, Quebec
	Deadlift	235.0	G. Moore	Mar. 01	Canadian Mas, Quebec, City, Quebec
	Total	557.5	G. Moore	Mar. 01	Canadian Mas, Quebec, City, Quebec
<b>75 kg</b>	Squat	222.5	J. Bourgoin	Mar. 97	Ontario Seniors, Toronto, Ontario
	Bench	131.0	J. Bourgoin	Mar. 99	Canadian Masters, Sherbrooke, Queb
	Deadlift	232.5	W. McCullough	Feb. 92	Ontario Inter. C/Ship Nepean, Ontario
	Total	572.5	W. McCullough	Feb. 92	Ontario Inter. C/Ship Nepean, Ontario
<b>82.5 kg</b>	Squat	227.5	J. Bourgoin	Dec. 99	Ontario Masters, Toronto, Ontario
	Bench	137.5	L. Greenidge	Dec. 00	Ontario Masters, Brockville, Ontario
	Deadlift	227.5	L. Lam	Oct. 96	Ontario Intermediates, North Bay, ON
	Total	585.0	J. Bourgoin	Dec. 99	Ontario Masters, Toronto, Ontario
<b>90 kg</b>	Squat	217.5	M. Kelso	Dec. 98	Ontario Masters, Guelph, Ontario
	Bench	165.0	K. Hult	Mar. 96	Canadian Masters, Windsor, N.S.
	Deadlift	222.5	L. Lam	Feb. 98	Canadian Masters, Moose Jaw, SK.
	Total	600.0	K. Hult	Mar. 96	Canadian Masters, Windsor, N.S.
<b>100 kg</b>	Squat	250.0	F. Taverier	Dec. 00	Ontario Master, Brockville, Ontario
	Bench	150.5	T. Stinchcombe	Jan. 98	Ontario Master, Cambridge, Ontario
	Deadlift	282.5	F. Taverier	Dec. 00	Ontario Master, Brockville, Ontario
	Total	682.0	F. Taverier	Dec. 00	Ontario Master, Brockville, Ontario
<b>110 kg</b>	Squat	205.0	R. Villeneuve	May. 96	Canadian Blinds, Leduc, Alberta
	Bench	120.0	R. Villeneuve	Sept. 96	World Blinds, Edmonton, Alberta
	Deadlift	227.5	R. Villeneuve	May. 95	Canadian Blinds, Ottawa, Ontario
	Total	547.5	R. Villeneuve	Sept. 96	World Blinds, Edmonton, Alberta
<b>125+ kg</b>	Squat	225.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Queb
	Bench	160.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Queb
	Deadlift	240.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Queb
	Total	650.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Queb

Records Continue Men's Master 60+ on next Page.

Men's Master Records (60+)											
Class	Lift	Kg	Lifter	Date	Contest	Class	Lift	Kg	Lifter	Date	Contest
60 kg	Squat	170	L. Lam	Oct. 01	MasterW. MJ SK.	110 kg	Squat	205.0	R. Villeneuve	May 97	C Blinds, TO, ON
	Bench	100	L. Lam	Oct. 01	MasterW. MJ SK		Bench	135.0	R. Villeneuve	Jul 99	WBlinds, Waterloo
	Deadlift	215	L. Lam	Oct. 01	MasterW. MJ SK		Deadlift	235.0	R. Villeneuve	May 97	CBlinds, TO, ON
	Total	485	L. Lam	Oct. 01	MasterW. MJ SK		Total	570.0	R. Villeneuve	May 97	CBlinds, TO, ON

### Classification Awards Program Badge Application

(for Ontario Powerlifting Members)

Send Application to Dave Hoffman, 278 Thaler Ave., Kitchener, ON N2A 1R6

#### Member Information:

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

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

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

#### Contest Information:

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

Place of Meet: \_\_\_\_\_

Date: \_\_\_\_\_ Club Represented: \_\_\_\_\_

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

Badges Applied for: **Elite** **Master** **Class I**

**Class II** **Class II** **Class IV**

Lifters Signature: \_\_\_\_\_



# Canadian Powerlifting Union

### Classification Awards Program

Purpose of the Classification Awards Program:

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

### CLASSIFICATION TOTALS: MEN

Weight Class	52	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 I	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 II	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 III	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

Weight Class	44	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 I	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White
Class II	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White
Class III	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

Qualification Totals:	Women Provincial	Men Provincial	Women National	Men National
Senior	Class III	Class I	Class III	Class I
Master I (40 - 49)	Class III	Class II	Class III	Class II
Master III 50+	Previous Experience	Class III	Previous Experience	Class III
Master 60+	Previous Experience	Previous Experience	Previous Experience	Previous Experience
Junior	Class III	Class III	Class III	Class III
Intermediates	(Not Applicable)	(Class III+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	

## **OPA AFFILIATED CLUBS AND CONTACT INFO**

### **Bell River Power Pit Gym**

Jerry Marenette 519-727-6095  
1530 County Rd. 22  
Belle River, ON  
N0R 1A0

### **Belleville and District Special Olympics**

Nick de Vries 613-968-9721  
51 Prince of Wales Drive  
Belleville, ON  
K8P 2T6

### **Fern's Gym**

Fern Boucher 705-647-4279  
571 Bolger Ave.  
New Liskeard, ON  
P0S 1P0

### **Golden Triangle Powerlifting Club**

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

### **Iron Foundation Powerlifting Club**

Kevin Samson 519-856-2168  
Box 10, Ennisclare Dr.  
R.R.#2 Rockwood, ON  
N0B 2K0  
E-mail: kshere@attcanada.net

### **J.B. Fitness Powerlifting**

Janice Box 519-421-3767  
523 Dundas St.  
Woodstock, ON  
N4S 1C3

### **Kitchener Iron Angels**

Lynton Lam  
98 Pepperwood Cres  
Kitchener, ON  
N2A 2R3

### **K-W Grizzlies**

Adele Couchman 519-744-4881  
A4 - 199 Elm Ridge Dr.  
Kitchener, ON  
N2N 2C7

### **London Powerlifting Club**

Terry Stinchcombe 519-681-4766  
18 Locus Cres.  
London, ON  
N6E 2K2  
E-mail: stinch44@hotmail.com

### **London Special O**

Ivan Williamson  
43 - 325 Lighthouse Rd.  
Etobicoke, ON  
N6M 1H8

### **Monster Gym Powerlifting Club**

Harnek Singh Ria 416-748-8008  
17 Lynmont Rd.  
Etobicoke, ON  
M9V 3W7

### **"M" Power The Mississauga Powerlifting Club**

Brian DeCastro 416-457-4345  
983 Mesa Cr  
Mississauga ON  
L5H 3T6

### **Niagara Powerlifting Club**

Jay Gemmell 905-658-9828  
20 Foxhill Cres.  
St. Catharines, ON  
L2S 3T9

### **North Bay Powerlifting Club**

Chris Merkely 705-476-8563  
490 Laurier Ave  
North Bay, ON  
P1B 1T5

### **Ottawa Strong**

Ryan Silverson 613-792-0201  
103-550 Cambridge St. South  
Ottawa, ON  
E-mail: westin@hotmail.com

### **Pembroke Lighting**

Les MacLean 613-635-7394  
393 Moffat St.  
Pembroke, ON  
K8A 3X8

### **Pumphouse Powerlifting**

John Guy Bourgoin 519-539-5207  
357 Clarke St.  
Woodstock, ON  
N4S 7N2

### **Sports for Disabled Ontario**

Allaina Tufts  
1185 Eglinton Ave., E. Street 102  
North York, ON  
M3C 3C6  
E-mail: sdoont@osrc.com

### **St Thomas Elite & Powerlifting Club**

Daniel Pare 519-633-8366  
51 Elgin St. Upper  
St. Thomas, ON  
N5R 3L9

### **Steel City**

Bill Jamison 905-765-5345  
412 Big Creek Rd.  
Caledonia, ON  
N3W 2G9

### **The Power & the Glory**

Kurt Pleschke 905-894-1226  
2663 Thunder Bay Road, R.R.#2  
Ridgeway, ON  
L0S 1N0

### **Timmins Special Olympics**

Bob Boisvert 705-264-8818  
670 Howard Ave.  
Timmins, ON  
P4N 5V8  
E-mail: loubob@sympatico.ca

#### **Want to start a club?**

Club Affiliation Applications can be found on page 12. Fill out the form with \$40.00 money order or check payable to **Ontario Powerlifting Association** and send it to:

**Ontario Powerlifting Association**  
C/O Heather Johns  
PO Box 93  
Bancroft, Ontario  
K0L 1C0

## OPA BOARD OF DIRECTORS

### President:

Bill Jamison 905-765-5345  
412 Big Creek R. Caledonia, ON N3W 2G9  
E-mail: billjamison@sympatico.ca

### Past President:

Carlie Archdekin 705-466-2428  
R.R. # 1 Stayner, ON L0M 1S0  
E-mail: tarchd@bconnex.net

### Vice President:

Harneek Singh Ria 416-748-8008  
17 Lynmont Rd., Etobicoke, ON M9V 3W7  
E-mail: harnek@powerlifting.ca

### Secretary:

Krista Schaus 905-772-0751  
R.R # 2 Cayuga, ON N0A 1E0  
E-mail: krista@powerlifting.ca

### Treasurer:

Krista Schaus 905-772-0751  
R.R # 2 Cayuga, ON N0A 1E0  
E-mail: krista@powerlifting.ca

### Registration Chair:

Heather Johns  
P.O. Box 93, Bancroft, ON K0L 1C0  
E-mail: heather@powerlifting.ca

### Referee Chair:

Mark Giffen 519-658-6574  
255 Scott Road, Cambridge, ON N3Z 3W7

### Records Chair:

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

### Newsletter Editor/Web Master

Mike Latocha 613-348-1024  
R.R.# 1 3312 CON 3 Brockville, ON K6V 5T1  
E-mail: mike@ontariopowerlifting.ca

### Southern Regional Chair:

Harneek Singh Ria 416-748-8008  
17 Lynmont Rd., Etobicoke, ON M9V 3W7  
E-mail: harnek@powerlifting.ca

### Eastern Regional Chair:

Mike Latocha 613-348-1024  
R.R.# 1 3312 CON 3 Brockville, ON K6V 5T1  
E-mail: mike@ontariopowerlifting.com

### Northwest Regional Chair (vacant)

Contact: Raimo Paananen 807-577-1994

### Northeastern Regional Chair:

Vacant

### Other Officials

#### GPU President:

Jeff Butt 306-694-5262  
1110 Main Street N,  
Moose Jaw, SK, S6H 3K9  
Fax: (306) 694-5034  
Email: jeff@powerlifting.ca

#### National Official:

Bill Jamison 905-765-5345  
412 Big Creek R. Caledonia, ON N3W 2G9  
E-mail: billjamison@sympatico.ca

## ON THE WORLD WIDE WEB

**Ontario Powerlifting Association:** www.ontariopowerlifting.ca  
**Canadian Powerlifting Union:** www.powerlifting.ca  
**International Powerlifting Federation:** www.powerlifting-ipf.com

## OPA AFFILIATED CLUBS ( full contact info inside back cover)

**Bell River:** Power Pit Gym

**New Liskeard:** Fern's Gym

**Belleville:** Belleville and District  
Special Olympics

**Niagara:** Niagara Powerlifting  
Club

**Etobicoke:** Monster Gym  
Powerlifting Club

**North Bay:** North Bay Powerlifting  
Club

**Guelph:** Iron Foundation  
Powerlifting Club

**North York:** Sport for Disabled  
Ontario

**Hamilton:** Steel City Powerlifting  
Club

**Ottawa:** Ottawa Strong

**Kitchener:** K-W Grizzlies

**Pembroke:** Pembroke Lightning

**Kitchener:** Golden Triangle  
Powerlifting Club

**St Catharines:** The Power & The  
Glory

**Kitchener:** Kitchener Iron Angles

**St Thomas:** St Thomas Elite &  
Powerlifting Club

**London:** London Powerlifting Club

**Timmins:** Timmins Social  
Olympics

**London:** London Special "O"

**Woodstock:** Pumphouse  
Powerlifting Club

**Mississauga:** "M" Power - The  
Mississauga Powerlifting Club

**Woodstock:** J.B. Fitness  
Powerlifting Club

The Ontario Powerlifting Newsletter is the Official newsletter of the Ontario Powerlifting Association. It is published several times per year, and is included in the OPA membership.

Submissions typed may be sent and sent by  
E-mail to: mike@ontariopowerlifting.ca or sent by mail to:

Mike Latocha  
R.R.# 1 3312 3 CON  
Brockville, ON  
K6V 5T1

**Note:** Advertising: Full Page \$75.00, Half Page \$50.00, Quarter Page \$25.00, Business card \$10.00. Please send images by e-mail.

## OPA NEWSLETTER EDITORIAL DEADLINE

**Next Issue:** August (Volume 53, Issue 3) Deadline: July 27  
**Get you contributions in early Please**

**Contributions:** All contributions pertaining to the sport of powerlifting are welcome, preference given to those that emphasize particular needs and interests of the OPA members. Contributions may be reports, articles, meet results, new member information, dates to remember, advertisements, tips, photos, creative writing, want ads, letter to the editor and special announcements. The Editor reserves the right to edit contributions for length, style and appropriateness.

**Send To:** Mike Latocha  
R.R.#1 3313 CON 3  
Brockville, ON K6V 5T1  
**E-mail:** mike@ontariopowerlifting.ca