



OWA High Performance Committee

Annual Report March 2012 to March 2013

This is the Annual report for the Funding committee to be read at the 2013 OWA annual General Meeting. This report is not meant to be an exhaustive account of the activities of the committee but a summary of its accomplishment

The High performance committee is comprised of;
Pierre St-Jean (Chair)
Moiria Lassen
Andrew Bellerby

The High performance committee has recently conducted a review of its High performance Program. Here are some of the highlights of the accomplishments;

1- Out of the 17 items that comprise the HP Program, 12 have been completed, 4 are in progress and 1 has not been started.

This is a remarkable accomplishment due to the work of volunteers and what is even more remarkable is the fact that we have yet to spend a penny on all these items.

2- We have started to recognize our top elite athletes by naming them to the HP team. If nothing else they have bragging rights.

3- We have continued to form new coaches and it has resulted in a huge wave of new clubs. With new clubs will come more athletes and hopefully new high performing weightlifters.

4- For the first time some of our elite coaches have participated in a symposium to update their skills and contribute to their development. We must encourage and embrace this new continuous improvement culture.

5- We continue to form new and upgraded officials to get prepared for the Pan American games. A professional development day is scheduled for the New Year.

6- We have been successful in securing a grant to restructure the OWA organization. This work is led by a consultant and should be completed by the time you read this report at the General assembly. This has required a lot of effort from a few people but is the foundation for our future growth.

7- We have applied for an Ontario Trillium foundation for a grant for some permanent administration staff. This was the number one priority of the HP Program and we should hear in the next month if we are awarded this grant. This grant was submitted on the basis of helping other sport organizations learn to more effectively use Olympic

weightlifting as a support exercise and will permit us to hire a permanent administrative staff that will also look after the growth of our sport.

All in all a substantial accomplishment and I would like to thank everyone who made this HP Program as successful as it had been. Special thanks to Moira and Andrew for their input and collaboration and hard work.

This HP Program is a living program and I look forward in the next year to completing and enhancing the program as funds become available especially if the OTF grant is approved.

I full report of the HP Program status is on the High performance tab on the OWA website for your review.

The HP committee has delayed the revision of the HP Plan till the new BOD is elected and has set it program in place with the appropriate budget. To that effect I have been writing a document called 'The OWA road to success' that is a result of my consultation with the Quebec Weightlifting Federation and my own experience as a 3 time Olympian and 40 years of experience as a Manager in building organization from the ground up. This document will also be available on the HP tab of our website.

Signed;

Pierre St-Jean, chairman of the HP committee