



2013 High Performance Team

The Ontario Weightlifting Association (OWA) is proud to advance its High Performance Program (HPP) by contributing to Goal 3: Continue to increase its athlete membership and adequately recognize and support its High Performance athletes.

The OWA HPP has fulfilled one of its key performance indicators by way of creating High Performance Junior and Senior teams.

The OWA and its High Performance Program (HPP) has adopted the International Weightlifting Federation (IWF)/Canadian Weightlifting Federation (CWF) World Marker system and its benchmarking system to select the High Performance Team (HPT). The HPT is selected based on performances achieved within the previous competition year. Athlete performances must reach a minimum of 75% of the World Marker to be considered.

All athletes listed have achieved a minimum of 75% of the 2013-2016 World Marker during the 2012 competition year within their respective section/bodyweight category.

Senior Men	BW	MARKER	COACH	CLUB
Sandor, Akos	105	79.237	Steve Sandor	SAB
Santavy, Dalas	94	77.498	Bob Santavy	WAW
Spencer, Justin H.	94	76.731	Hani Kanama	TOR
Pilon, Albert	69	75.874	Steve Sandor	SAB
Marshall, Bryan	77	75.705	—	UNA
SENIOR WOMEN	BW	MARKER	COACH	CLUB
Despres, Isabelle	58	82.191	Pierre St. Jean	OTE
JUNIOR MEN	BW	MARKER	COACH	CLUB
Spencer, Justin B.	94	81.509	Hani Kanama	TOR
Rose, Aaron	77	76.890	Abdalah Alsabai	VVI
Sabayle, Khalil	77	75.978	Abdalah Alsabai	VVI
JUNIOR WOMEN	BW	MARKER	COACH	CLUB
McGillis, Kelly	75+	75.622	Tyler Touchete	CWC

Congratulations to all athletes and their coaches and clubs.

The OWA continues to envisage a robust support system for the HPT to encourage high performance training and results; as well as continuing for fulfill its HPP goals.