

**Board Nominations for the
Ontario Weightlifting Association
2025 Annual General Meeting**

AGM Date: Saturday, September 13, 2025

At the 2025 Annual General Meeting on **Saturday September 13, 2025**, the following OWA Executive Board positions are up for election:

President (2 years)
VP Technical (2 years)

All terms begin and end on September 30th.

According to the OWA By-laws, to be considered for election, the following rules apply:

ARTICLE IV: GOVERNANCE

Election of Directors

- 4.3 Eligibility - Any individual, who is eighteen (18) years of age or older, who is a resident of Canada as defined in the *Income Tax Act*, who has the power under law to contract, who has not been declared incapable by a court in Canada or in another country, who is a Regular Member of the Corporation in good standing, and who does not have the status of bankrupt, may be nominated for election as a Director.
- 4.4 Nomination - Any nomination of an individual for election as a Director will:
- a) Include the written consent of the nominee by signed or electronic signature;
 - b) Be submitted to the Registered Office of the Corporation **seven (7) days prior** to the Annual Meeting. This timeline may be extended by Ordinary Resolution of the Board.
- 4.5 Nominations from the Floor - Nominations for elections of a Director will only be accepted from the floor if there is no candidate identified for a position.

DEADLINE FOR NOMINATION is **Saturday September 6, 2025.**

Submit nomination to the OWA through the following form:
<https://form.jotform.com/242605999934978>

Outline of duties and time commitments on following page.



The OWA Executive Board is a hybrid model; serving both in an operational and governance capacity. Please consider your time available prior to submitting your name. At minimum, there are 9 meetings per year and, on average, 8-10 emails per day to review, comment on or action.

The duties of Officers are as follows (section 5.2 of OWA Bylaws, Duties of Officers):

5.2 Duties - The duties of Officers are as follows:

a) **President** - The President directly oversees the management and operation of the business and affairs of the Corporation. The President presides as chair at all meetings of the Board and the Members and acts as the Corporation's contact with WCH and government agencies. The President reviews Committee reports, chairs disciplinary meetings, and serves in a leadership and co-ordination role. The President also oversees fundraising, grants and sponsorships.

b) **Vice-President Technical** - The Vice President Technical oversees all matters related to technical officials and competition standards. This includes organizing officials for OWA competitions, managing relevant communications, and ensuring alignment with current technical rules and procedures. The Vice President Technical also liaises with the NSO on issues related to technical official development and advancement.