



VICE PRESIDENT OPERATIONS | DAVE EARLE

2024-2025 ANNUAL REPORT

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PREAMBLE

Weightlifting in Ontario continued to grow in the 2024/2025 season. Most importantly, we increased our overall membership number. We also had great turnouts for all of our elite competitions and provincial championships, and sent strong teams to all age group national championships. Coaches drive growth, and this year we ran 3 beginner coaching courses and had 3 opportunities to be evaluated.

COACHING COURSES AND EVALUATIONS

Courses:

Competition Introduction

- Sept 21, 2024, London - 5 participants
- May 31, 2025, Centennial College - 11 participants
- Sept 20, 2025, London - 5 participants

Evaluations:

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- Oct 26, 2024, Fall Open - 6 coaches
 - Dec 7, 2024, Ontario Jr Championships - 1 coach
 - Feb 22, 2025, Masters Open - 1 coach

TRAINING CAMPS

- Combined Senior + Junior Camp: March 14-16, Variety Village, featuring 19 athletes, 3 coaches, athlete reps
- Masters Camp: Originally scheduled for May 10-11 at Burlington Barbell Club, but was postponed and hopefully we can have it later this year

LOOKING TOWARDS 2025/2026

Competition Calendar Review Committee

- To review our current schedule of Ontario elite competitions and qualifying periods
- 10 members, representing most major teams and all regions

Increase Membership

- Work to have all pre-competitive club members registered with the OWA. Our goal is to have every person who is doing weightlifting training with an OWA coach registered as a member
- Continue to run coaching courses and evaluations, if you did your Competition Intro course last year, please get evaluated this year and complete your training!
- Continue to hold open competitions and club challenges, because these are the best opportunities to enter the sport in a competitive way. Competing builds buy-in and gives purpose to the training that we do every day

Support Top Athletes

- Run training camps for all age categories