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Message From the President

Dear Members of the Ontario Weightlifting Association,

I'd like to begin by highlighting the Apollo Barbell Club of Stirling, Ontario, and congratulating them on their 70th anniversary. Since its founding in 1954, Apollo Barbell has been a beacon of strength and dedication in our community, producing Olympians and fostering a strong, supportive environment for weightlifters of all levels. Please join me in celebrating this incredible achievement.

Looking ahead, I'm pleased to announce that the Elite competition season will officially kick off with the Ontario Classic at Variety Village on September 28th, 2024. This event also marks the beginning of the Senior National team's competition season. To qualify for the Senior Canadian Championships, participation in the Ontario Championships is mandatory. The qualification window runs from May 17th to October 6th, with two final competitions remaining: Ontario Classic on September 28th and Ray Hamilton on October 5th. Registration for both events is now open online.

As we move into this new season, I encourage everyone to engage in the upcoming AGM on September 14th. We strongly promote online participation, as voting will be conducted primarily online, ensuring fairness by removing geographical advantages that could influence outcomes.

I look forward to seeing you all in person throughout the season.

-Mike Miller, OWA President

Annual General Meeting

Our AGM is coming up fast! Here's everything you need to know, and how to make your voice heard:

When: September 14, 2024 from 1pm - 3pm

Where: [Virtual - link here](#);

In-Person location: Diane Deans Greenboro Community Centre
363 Lorry Greenberg Dr, Ottawa, ON K1T 3P8

We ask that members attend virtually if possible

Details: The OWA Annual General Meeting is an important event for our membership, and we invite you attend in-person or to attend virtually.

Our goal is to have a representative from each club in attendance to take part in discussions, provide input, cast votes, bid on competitions and take information back to the club.

Voting will be conducted online for camps, competitions, and positions, as long as your membership is current. Visit the [Membership](#) page to register or renew your membership.

Several OWA Board positions are up for election this year. These positions will be voted on by OWA Membership, run securely by Simply Voting. Keep an eye on your inbox on how to register.

The vote will take place from Thursday September 12th at 5PM to Friday September 13th at 5PM.

OWA Board positions up for nomination are:

VP Operations (2 years)

VP Administration (2 years)

VP Financial (2 years)

Nominations will be accepted until September 7, 2024 at the link below or by email to info@onweightlifting.ca.

Board Position Nomination Form

To read more about the responsibilities of each Board position, please view our [Election Notice linked here](#).

Event Bids: Competitions & Camps

Additionally, several key competitions and camps will be voted on by OWA membership before the AGM through Simply Voting.

Clubs interested in hosting an event or camp can submit their nomination through the link below. **Bids will be accepted until Saturday September 7, 2024.**

Competition & Camp Bid Nomination Form

Free OWLCMS Seminar

Finally, OWA will be hosting an in-person seminar after the AGM, on the Olympic Weightlifting Competition Management System (OWLCMS) - the free, Canadian-developed competition software used in local, national and international competitions.

This software is a highly valuable resource to learn for any club considering hosting a competition.

Join us in person for this free event at
Greenboro Community Centre, 363 Lorry Greenberg Dr, Ottawa

from 3:00pm to 4:30pm

Upcoming Competitions and Events

2024 Annual General Meeting

September 14, 2024

Location: Virtual attendance, link
below

[More Info Here](#)

2024 Ontario Classic

September 28, 2024

Location: Variety Village
3701 Danforth Ave, Scarborough, ON
Registration open soon

[Registration - Ontario Classic](#)

2024 NCCP Competition- Introduction - Course

September 21-22, 2024

Location: 530 Oxford St W Unit 17,
London

[Registration - NCCP Comp-
Intro Course](#)

2024 NCCP Competition-Intro Evaluation

Date October 19, 2024

Location: TBD

[Registration Open Soon](#)

2024 Ray Hamilton/Bob Leclair Classic

October 5, 2024

2024 Senior Ontario Championships

November 9-10, 2024

Location: Variety Village, 3701

Location: Norsemen and Valkyrie
Weightlifting, North Bay, ON

Danforth Ave, Scarborough, ON

Registration - RH/BL Classic

Registration Open Soon

On the International Stage: Ontario Goes to Paris



Photo credit: Team Canada

Congratulations on a second Games!

Congratulations to Boady Santavy and father/coach Dalas Santavy on their performance at the Paris 2024 Olympic Games. Through a hard-fought qualifying process, Boady was selected to Team Canada making this the Santavys' second Olympic Games appearance after finishing 4th at Tokyo 2020.

After a strong snatch session, Boady was unfortunately not able to claim a total due to injury during clean and jerks, but represented Ontario and Canada well with composure and grit!

We had the chance to catch up with Boady post-Games and ask about the experience:

Q: How did it feel to make a second Olympic Games? Was there anything about this second experience that left a different impression than the first?

A: To make a second Olympic Games was an unexplainable experience. Although I didn't perform the way I would have liked to, it was a grind for me to even qualify. I had surgery at the beginning of the Olympic qualification and still was able to get in good enough shape to qualify for a second Games! So I'm very grateful and appreciative to God for being given this gift.

Q: Considering the lockdowns during Tokyo, what was the atmosphere and crowd like at the Paris Games? Both in the Village and on the platform?

A: Tokyo was amazing but in Paris we had a massive sold-out crowd and it was just amazing! The roar of the crowd gives you the chills and get you really amped up to do big weights. Also being able to travel around Paris was amazing and in Tokyo Olympics we weren't able to do that; [in Paris] we had the freedom to look around the city.

Q: What was your favourite moment?

My favourite moment is that I got to do two Olympic Games with my Dad as coach!

Ontario's Daniel Robitaille on his Journey to the Games as a Technical Official



My selection to serve as an ITO for the 2024 Paris Olympic Games came to me with much anticipation.

It was in 2008-2009 that I decided to upgrade from level 3 to level 2 International, and subsequently to level 1 by 2013. I then began my journey as an ITO traveling and serving at many International events.

During the last quadrennial, I was selected to serve as Jury President during various IWF World Championships and I was able to appreciate in a different way the quality work by my colleagues.

When more than 5000 fans are assembled to witness the feats of all athletes, it leaves you with a wonderful feeling of being there and of having served.

It is an experience that I hope other OWA officials will one day be able to live.

- Daniel Robitaille, ITO -1

The International Stage: Fiji & Ecuador

Congratulations and best of luck to all Ontario athletes competing at the following International events!

2024 Youth Pan American Championships

Aug 26 - Sep 2, Ecuador

Declan Watson (M81)

2024 Commonwealth Senior/Junior/Youth Championships

Sept 17 - 21, Fiji

Hannah Gula (W59 - Senior)

Shania Bedward (W76 - Senior)

Noah Santavy (M102 - Senior)

Naza Grant (W87 - Junior)

Spencer Moorman (Coach)

Ontario's TOs Level Up

Congratulations to the following Ontario officials on their recent promotion to International Levels 1 & 2:

Category 1 promotion - Linda Rosario-Earnshaw - May 2024 at CSC

Category 2 promotion - Sarah Condon - June 2024 at CJC

Congratulations as well to ITO Irina Ivanova selected to serve at the upcoming Junior World Championships in Leon, Spain!

Lifetime Achievement Awards

The Ontario Weightlifting Association Lifetime Achievement Award was established in order to recognize the contribution of longstanding OWA members. The award is presented to all eligible members for their ongoing dedication and continued commitment to the sport of weightlifting and the advancement of the Ontario Weightlifting Association.

The Lifetime Achievement Award consists of both the 25-Year Club and the 35-Year Club and is presented annually in November at the Ontario Championships.

Please submit your nominations here by September 25:

Lifetime Achievement Nomination

Safe Sport - Safe for all!

The OWA is committed to ensuring a safe environment for all members. Athletes, coaches, officials, and volunteers have the right to enjoy our sport in a safe and inclusive environment that is free of abuse, harassment, and/or discrimination at whatever level or position they participate.





POWER UP WORDS

Use clear, respectful,
and empathetic
communication

to build trust,
collaboration, and
mutual respect

Coaching feedback
must focus on
performance

Ontario Weightlifting is a place of Zero Tolerance of Maltreatment

LEARN MORE 

www.onweightlifting.ca/safesport

 **Report anything that feels OFF**
help@onweightlifting.ca

Uniform Fundraiser!

Give back through FlipGive

Have you registered for FlipGive yet? FlipGive allows part of your everyday online purchases through select retailers to give back to the OWA, at no cost to you.

The goal of this fundraising effort is to help buy new uniforms for our Junior, Senior and Masters athletes.

Use code **XT657R** to sign up today!

Start Shopping with FlipGive

Support Your Club!

Become a Technical Official

If you are a supporter of Olympic Weightlifting or wish to contribute to the sport even when you're not competing, consider becoming a Technical Official. Having local officials means OWA spends less on travel fees, which can help reduce the cost of events.

Contact VP Technical Linda Rosario-Earnshaw to get started!

Need more information about how to get certified? See our Certification Pathway



ONTARIO WEIGHTLIFTING ASSOCIATION



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