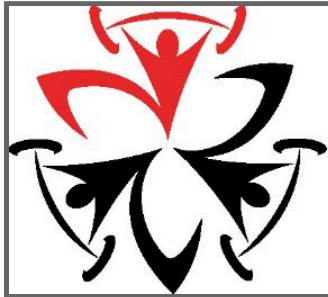


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ONTARIO WEIGHTLIFTING ASSOCIATION

April 2023

Message from the President

Firstly I would like to extend my warmest congratulations to the athletes, coaches, and technical officials who participated in the 2023 IWF WORLD YOUTH CHAMPIONSHIPS or the 2023 IWF SENIOR PAN-AMERICAN CHAMPIONSHIPS. Your dedication, hard work, and perseverance have led you to incredible achievement, and you should be immensely proud of yourselves. It is an honor to support this talented and driven group, and I am grateful for the opportunity to witness your incredible achievements.

Secondly, I would like to inform you that our membership rates have increased. As we transition into our post-Covid operations, we have experienced a rise in competition costs while our participation levels have remained relatively low. This has led to consistent financial losses, despite our efforts to cut costs and raise funds. We rely heavily on funding, competition participation, and membership revenue to ensure the financial success and sustainability of our organization.

If you have any questions or concerns, please do not hesitate to contact us at info@onweightlifting.ca. Additionally, we invite you to consider supporting our latest fundraising initiatives, some of which require no additional financial commitment on your part.

Thank you for your continued support.

Mike Miller - OWA President

Flip Give

FlipGive is a team funding app that earns you cash for the things you're already buying.

With team and family favorites like Walmart, Esso™/Mobil™, Hotels.com, Nike and Under Armour participating, all you have to do is continue to buy the things you need. A percentage of your purchases goes to OWA to help us with fundraising for new uniforms.

Use code **XT657R** and [sign up today.](#)

FREE TRAINING OPPORTUNITY

FREE

CAO COACHES ASSOCIATION OF ONTARIO

Spring Training Blitz!

Take NCCP Make Ethical Decisions for FREE across the Province throughout March and April!

www.coachesontario.ca/getting-started/help-im-a-new-coach/

Are you new to coaching?

The Coaches Association of Ontario is hosting the '**Make Ethical Decisions**' course for free in various locations across the province.

[Location details and registration info here](#)

Updates to Weigh-in Policy

A new regulation has gone into effect, as cited by the IWF TCRR 2022 regulation 6.4 10...

"Athletes must be weighed in undergarments (articles of the athlete outfit: costume, unitard, shorts and T-shirt are not considered as undergarments). Athletes must not wear shoes or socks or any other footwear during weigh-in."

This regulation is now in effect for all OWA competitions.

undergarments will be inclusive of total body weight as usual.

Athletes will not be allowed to be completely undressed during the weigh-in at any time.

Thank you for your understanding as we adjust through this new change in protocol.

CALL OUT FOR TEAM LEADERS

The 2023 Senior Canadian National Championships will be held on May 19-21 at Variety Village, 3701 Danforth Ave, Scarborough, ON M1N 2G2. The Ontario Weightlifting Association is seeking two dedicated volunteers (one male, one female) to act as Team Leaders for this competition.

As a Team Leader, you will play a crucial role in ensuring the success of the event. Duties may include communication with participants, ensuring submission of forms, on-site leadership, and problem-solving. You will work closely with the Ontario Weightlifting Association to ensure a smooth and efficient competition for all involved.

In addition, we would like the Team Leaders to collaborate with our social media team to build excitement leading up to the competition. This can involve regular communication to plan and coordinate such things as social media takeovers or specific hashtags where we can give followers an exclusive behind-the-scenes look at their journey towards the competition. Team Leaders will work closely with the social media team to ensure that our social media platform is well-executed and in line with our organization's guidelines.

Travel expenses will be subsidized, and accommodations will be provided. It is important to note that the Team Leader must be reasonably available throughout the entirety of the competition.

As a Team Leader, you will have the opportunity to foster a positive team culture by encouraging teamwork, recognizing individual accomplishments, and promoting good sportsmanship. Your dedication and leadership will make a significant contribution to the overall success of the event.

If you are interested in applying for the position of Team Leader, please email us at mike@onweightlifting.ca with your resume and a brief statement of interest by April 21st. We look forward to hearing from you!

Gender Equity Committee

The Ontario Weightlifting Association is reestablishing the Gender Equity Committee to build on our past committee's work. The Ontario Weightlifting Association is looking for up to four volunteers to participate on this committee.

Gender Committee member duties include but are not limited to;

- Attending meetings - schedule TBD
- Aid in developing gender equity policy for OWA
- Evaluate gender equity in how OWA currently delivers programs, policies and materials.
- Report at AGM on committee work

Committee Term Dates: April 1, 2023 to March 31, 2025

If you are interested in being a part of the Gender Equity Committee, please submit your interest to info@onweightlifting.ca

CONFIRMED EVENTS

May

May 6-7, 2023: NCCP Competition Introduction Course

This is the first step to being certified as a coach and taking an athlete to an OWA sanctioned event.

[Registration closes](#) April 29

May 20 - 21, 2023: NCCP Competition Dev Practical Evaluation

[Registration closes](#) April 29



OWA Merchandise is now available! Styles include Hoodie, two styles of long sleeve t-shirts and a short sleeve t-shirt.

[OWA Merchandise](#)

TECHNICAL OFFICIALS NEEDED

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.

The next Technical Official clinic is on April 22.

[Registration details are here](#)

[Certification Pathway](#)



Got something to share? Any topic of interest or importance to the sport of weightlifting will be considered. We want to hear from you! Email submissions to [Administrator](#) for Board review/approval.

The OWA season runs from April 1st to March 31st annually.
All memberships expire March 31, 2024.



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