

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

[View this email in your browser](#)



---

## Winter 2024/2025

---

### In This Issue

- [Message from the President](#)
  - [Upcoming Events and Competitions](#)
  - [Annual General Meeting - Event Results & More](#)
  - [OWA Fundraising Calendar](#)
  - [On the International Stage](#)
  - [Lifetime Achievement Award](#)
  - Safe Sport Campaign
  - Get involved - Become a Technical Official
-

# Message From the President

## **Saying Goodbye to Nicolas Koo and Welcoming Mohamed Badreldin**

We want to extend our thanks to Nic Koo, who has served as Ontario's Senior Team Leader for the past two years. Nic has been instrumental in transforming the role into a high-performance management position. He elevated the impact and direction of our high-performance programs.

Nic has recently accepted a position outside Ontario and will no longer continue in this role. His dedication and leadership have left a lasting impact, and his efforts will be felt for years to come.

At this time we'd like to welcome Mohamed Badreldin, who will be joining Nicole Lee, as Ontario Senior Team Leaders! Mo is NCCP Comp Dev certified, a club-level coach, and an experienced athlete at multiple national events. His strong communication skills, level-headedness, and responsiveness make him an excellent addition to the team. Mohamed is passionate about the development of athletes and is dedicated to growing weightlifting throughout Ontario.

## **Ontario Junior Championships**

We're thrilled to share that 2024 has the highest Junior participation numbers in recent years, with 70 athletes!

Participation Numbers Over the Years:

- 2016: 62
- 2017: 61
- 2018: 55
- 2019: 64
- 2020: —
- 2021: 52
- 2022: 52
- 2023: 59
- 2024: 70!

This year, we introduced Juvenile categories on a trial basis to ensure younger athletes compete in more appropriate age and weight groups. Every athlete will

now be ranked in both the Junior and the combined Juvenile/Youth divisions. This change is based on feedback from teachers and child development experts. It represents a step toward better development and fairer competition for athletes of all ages.

### **Club Challenge Season is Back!**

The new Club Challenge Season has officially started! Club Challenges are an excellent opportunity for athletes to learn competition rules in a fun, low-stress environment while helping clubs build their hosting capacity.

Over the past six years, the OWA has raised more than \$9,000, with 100% of proceeds going directly to clubs. Unfortunately, our most recent challenge weekend saw low participation across the province. We remain committed to working with clubs to grow these events back to their former numbers.

#### Upcoming Club Challenges:

- January 31 – February 2, 2025: Ontario 2024/2025 Club Challenge #2
- May 9 – 11, 2025: Ontario 2024/2025 Club Challenge #3
- August 8 – 10, 2025: Ontario 2024/2025 Club Challenge #4

### **Farewell and Thanks to Dimitrije Mancic**

It is with mixed emotions that we announce Dimitrije Mancic will be stepping down from his role as Competition Administrator to take on other opportunities outside the weightlifting community.

Dimitrije has been a driving force behind Ontario weightlifting's recovery after COVID-19. His dedication, fueled by a passion for the sport (and perhaps 9–10 energy drinks a day), has left a profound impact. He has travelled across Ontario, often at short notice, to ensure the smooth operation of events.

We are grateful for Dimitrije's compassion, fairness, and commitment. His departure is a significant loss for the OWA, but we wish him all the best in his future endeavours.

Stay tuned for the job posting for this paid position on our website in the next 2–3 weeks.

### **Highlighting Our Unsung Heroes**

Two individuals deserve special recognition for their extraordinary contributions to

## Ontario weightlifting:

- Linda Rosario-Earnshaw: Linda has been tireless in improving officiating and growing the number of technical officials. Her efforts have resulted in an unprecedented number of officials in training and advancing to higher levels. Linda's kind and compassionate leadership fosters a welcoming and easy-to-navigate environment.
- Eva Martens: Eva has elevated Ontario weightlifting's visual and marketing appeal. Her attention to detail and creative touches have transformed competitions into true events.

Both Linda and Eva have exceeded expectations, even as we work to stay on budget. Their passion and dedication are invaluable to the OWA.

It's been a great year for the OWA, and I look forward to seeing you all in the new year.

-Mike

---

## Upcoming Competitions and Events

---

### **2025 Variety Village Open**

January 17-18, 2025

Location: *Variety Village*, 3701  
Danforth Road, Toronto, ON

**Registration Open**

Registration Open until Jan 4

---

### **2024/2025 Club Challenge #2**

January 31 - Feb 2, 2025

Location: *Participating Clubs*

More Information - Club  
Challenges



# Annual General Meeting

The OWA's Annual General Meeting took place on Saturday, September 14; this meeting was an opportunity to review the direction of weightlifting in Ontario, recap the previous season's accomplishments and establish upcoming goals for the current season and year. Thank you to all members and clubs who were able to attend!

To read the full AGM Meeting Minutes, visit our AGM page at the link below.

OWA is pleased to confirm the event hosts for Elite competitions and training camps in 2025. These venues were selected by OWA membership through online voting prior to the AGM.

## Elite Competitions

- **2025 Senior Ontario Championships** – *Variety Village, Scarborough, November 2025*
- **2025 Youth/Junior Ontario Championships** – *Landmark x Justlift, Ottawa, December 2025*
- **2025 WinterLift** – *Burlington Barbell Club, Burlington, March 2025*
- **2025 Ontario Classic** – *Burlington Barbell Club, Burlington, September 2025*
- **2025 Ontario Masters Championships (SDC)** – *Burlington Barbell Club, Burlington, April 2025*

## Training Camps

- **Combined Junior/Senior** – *Variety Village Weightlifting Club, Scarborough, March 14 - 16, 2025*

- **Masters** - *Burlington Barbell Club, Burlington, Date TBD*

### **Board Nominations**

- VP Administration - Eva Martens, by acclamation
- VP Finance - George Vlahos, by acclamation
- VP Operations - Dave Earle, by acclamation

To read the full AGM Meeting Minutes, visit our [Annual General Meeting\\_page here](#).

AGM Meeting Minutes

---

## Get your exclusive OWA Calendar today!



Looking for the perfect holiday gift? OWA is excited to offer a 2025 calendar featuring OWA members in action during competitions throughout the year. This beautifully designed calendar not only highlights the dedication of Ontario's weightlifters but also comes pre-filled with important dates for events and courses throughout the season.

Purchasing the OWA calendar helps raise funds to support the Ontario Junior National Team as they prepare for success in 2025. By buying a calendar, you're not just getting a great gift for any weightlifting fan, but you're also directly contributing to the growth and development of young athletes in Ontario.

Order your calendar today and give the gift of inspiration while supporting the next generation of champions!

[Get your 2025 OWA Calendar here!](#)

---

## Lifetime Achievement Awards

The Ontario Weightlifting Association was honoured to present a 25-Year Lifetime Achievement Award to Craig Vandeweghe at the Ontario Senior Championships.

This recognition celebrates Craig's exceptional contributions to weightlifting in Ontario, showcasing years of dedication, leadership, and passion. Craig's commitment to the growth of the sport, as an athlete, coach and former President, has inspired countless individuals. This award not only reflects his personal accomplishments but also the lasting impact made on the Ontario weightlifting community. Please join us in congratulating Craig on this well-deserved achievement!

A full list of Lifetime Award recipients is below.

## Lifetime Achievement Recipients

## On the International Stage

Congratulations to the Ontario athletes who competed at the recent Youth Pan-American Championships, Commonwealth Championships, Masters World Championships and Senior World Championships!

### **2024 Youth Pan American Championships**

*Aug 26 - Sep 2, Ecuador*

Declan Watson (M81) - 6th place

### **2024 Commonwealth Senior/Junior/Youth Championships**

*Sept 17 - 21, Fiji*

Hannah Gula (W59 - Senior) - 5th place

Shania Bedward (W76 - Senior) - Gold - 1st place

Noah Santavy (M102 - Senior) - Silver - 2nd place

Naza Grant (W87 - Junior) - Silver - 2nd place

Spencer Moorman (Coach)

### **2024 Masters World Championships**

*September, Finland*

Judy Quinn - 1st - W75 81kg

Brad Vanwynsberge - 2nd - M50 102kg

Mike LaPorte - 5th - M35 81kg

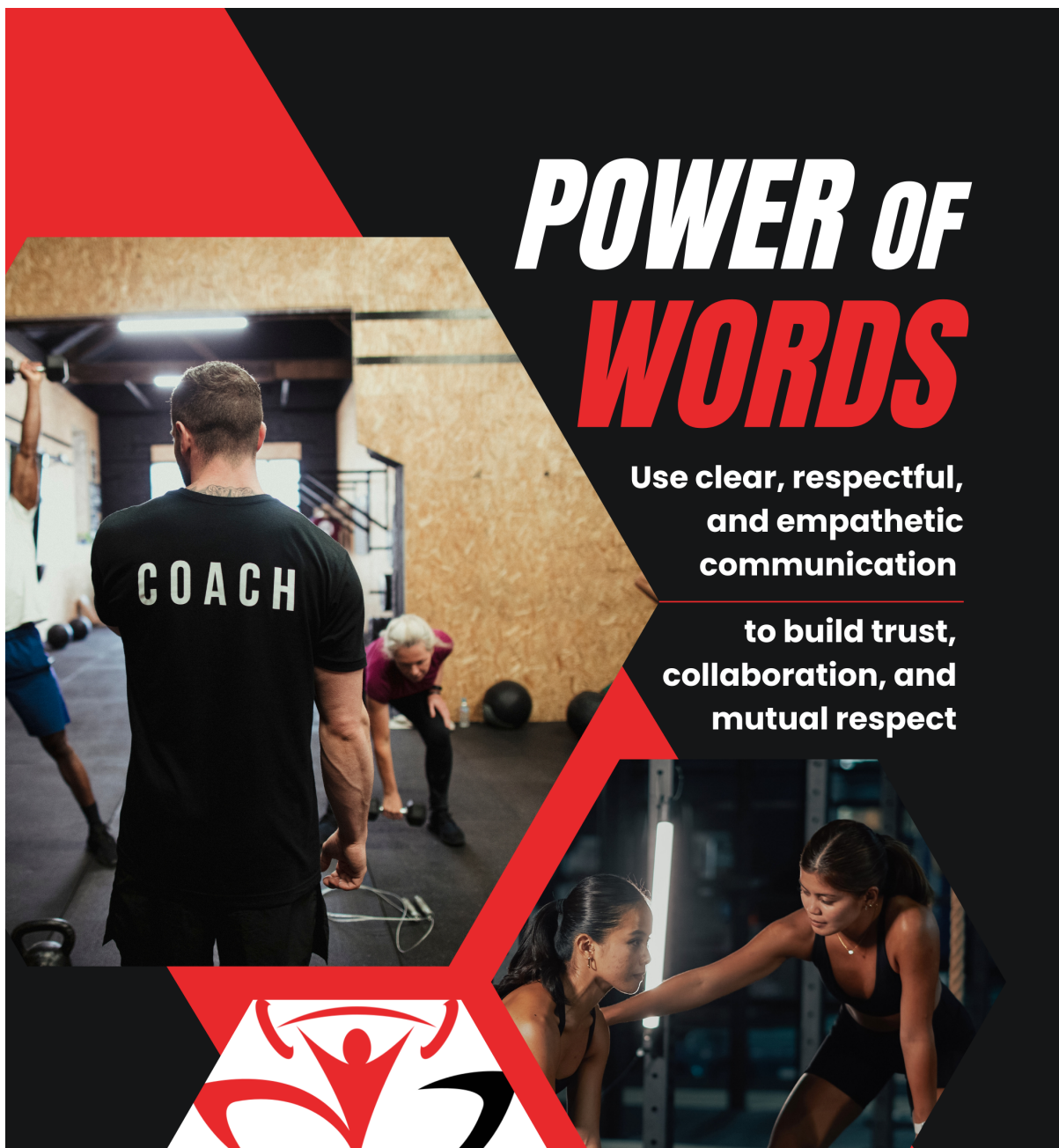
### **2024 Senior World Championships**

*December, Bahrain*

Monica Knowlton - (W64kg) - 25th Place

# 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.





**Coaching feedback  
must focus on  
performance**

**Ontario Weightlifting is a place of  
Zero Tolerance of Maltreatment**

**LEARN MORE** 

[www.onweightlifting.ca/safesport](http://www.onweightlifting.ca/safesport)

 **Report anything that feels OFF**  
[help@onweightlifting.ca](mailto:help@onweightlifting.ca)

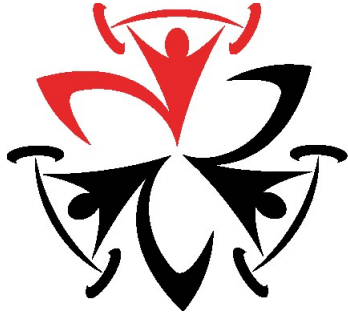
---

## 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



---

*Copyright (C) 2024 Ontario Weightlifting Association. All rights reserved.*

Our mailing address is:

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)

