



ONTARIO
WEIGHTLIFTING
ASSOCIATION

VICE PRESIDENT OF OPERATIONS | DAVE EARLE

2023-2024 ANNUAL REPORT

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COACHING COURSES AND EVALUATIONS

COURSES

Competition Introduction - March 2024, Variety Village

Competition Development - May 11-12, 2024, Varbanov Weightlifting

EVALUATIONS

Competition Introduction - October 2023, Lift

Competition Introduction - May 2024, North Bay

Competition Introduction - July 2024, CanAM

ELITE QUALIFICATION AND SCHEDULE

SCHEDULE - ONTARIO CLASSIC

- 2023 was the first year where we had the Ontario Classic in the fall rather than spring, hoping it would fit the elite competition schedule better than the spring where it was previously
- We had a great turn out for the competition, bringing in a lot of Ontario's elite lifters, and so we're continuing with the same elite schedule this year:
 - Ontario Classic in fall with a necessary start total but no competitive total needed. It serves as a qualifier for the Ontario Championships
 - Ontario Championships in November
 - Winterlift in March

QUALIFICATION NUMBERS

- We were very happy with our participation numbers for elite competitions last year, and chose to have the same qualifying totals for this season

TRAINING CAMPS

This year we had training camps for all three age categories

- Senior: April 12-14, Kanama HP, Toronto
- Junior: May 3-5, LPS, Toronto
- Masters: June 14-16, Burlington Barbell Club, Burlington

LOOKING TOWARD 2024/2025

- Our main goal is to increase membership
 - Push non-competitive members to register with OWA
 - Continue to run coaching courses and evaluations
 - Develop another NCCP learning facilitator
- We also want to continue to support our top athletes
 - Continue to improve the experience of our Elite level competitions through sponsorships, athlete prizes, and perks like on site therapy
 - Training camp opportunities for all 3 age categories, including a big combined camp for Jrs and Srs