



Senior Pan Am Championships

7 athletes are travelling to Caracas Venezuela for the 2024 Senior Pan Am Championships. This is an Olympic qualification meet and will feature 2 new members of the Senior National team. Good luck to all the athletes attending.

Josee Gallant W55kg

Charlotte Simoneau W64kg

Shandler Benson-Kohlman W71

Rosalie Dumas W81kg

Maya Laylor W81kg

Jonathan Chiu M73kg

Boady Santavy M89kg

Calendar for Qualifying Competitions Updated

The competitions that are eligible for selection to an international team has been updated for 2024 and are found on the website by clicking [HERE](#)

Expression of Interest for YOUTH WORLDS Due by February 22, 4pm Eastern time. Competition memo can be found [HERE](#)

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Special points of interest

• **Upcoming Competitions**

- IWF World Cup Thailand
- Youth Worlds Lima Peru

WCH MEMBER SALE

We have a limited supply of some WCH branded items for sale. Please click [here](#) to purchase.

Updates from Board Meeting

Monthly Board of Directors Meeting was held on January 28th. The following is a brief summary of key items discussed:

Terms of Reference for the Nomination Committee and Finance Committee were presented and passed. Governance committee, Technical Officials, and Gender Equity drafts to be reviewed at next board meeting. Expression of Interest for the Gender Equity, Nominations, Finance, and Governance Committees can be made [HERE](#).

If you are interested in the Technical Official Committee please click [HERE](#)

WCH received funding from the COC to conduct a Risk Analysis of the organization. Part of the risk analysis will involve meetings with the Board as well as PSO leadership. Details on dates and Times will be provided as they are known.

Andrew Pretty provided the Board with his notice of resignation due to personal commitments. The Board thanks

Andrew for putting his name forward and wanting to help guide our sport forward. We know that Andrew will continue to be involved within the sport and will continue to contribute.

The preliminary list of AAP recipients was presented by the High Performance Manager. An appeal period is provided for those that wish to appeal the decision.

A new list of qualifying competitions for international events is now posted on the website. The expression of interest form is also updated to include all international events known at this time for the 2024 calendar year. Athletes are welcome to submit interest at any time.

An ongoing discussion is being had with individuals in the NWT with the hopes of a new PSO being approved for recognition by Weightlifting Canada. Alexander Power of Yellowknife is making excellent progress establishing weightlifting in the northern territory and WCH is committed to helping them see the project through.

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Senior National Championship Updates

Senior National Championship Regulations were circulated. A reminder that preliminary entries are due by April 17th, 2024. The qualification period commenced August 1st 2023 and ends when final entries are due to the Local Organizing Committee (April 28th, 2024).

Junior National Championship Updates

Junior National Championship Regulations are being prepared by OWA and should be circulated in the coming weeks.

ALL PARTICIPANTS IN Junior, Senior National championships should watch for notice to enroll in the new OSIC Abuse-Free Sport Participant Consent Platform. This will be a MANDATORY requirement for any athlete, coach, support personnel, volunteer prior to both championships. You will only need to register once.



2024 Prohibited List Now in Effect

[CLICK HERE FOR INFO](#)

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President Activity Report

IWF – PAWF :

The PAWF recently held elections the following individuals have been elected to represent the PAWF

President: Jose Quinones

General Secretary: William Pena

Treasurer: Luis Zeijas

VP: Nadia Alvarado

VP: Craig Walker

VP: Luis Zambrano

Vocale: Andrew Callendar

Vocale: Paula Aranda

Vocale: Jorge Espana

There will be a special congress in Phuket, Thailand on March 30, 2024. WCH will have board members attending at their own expense.

PSO Relations:

Notice is provided that there will be a meeting of PSO leadership on February 29, 2024 at 8pm Eastern Time. PSO leadership should complete the form found [HERE](#) to confirm attendance and suggest items for the agenda. This meeting is open to PSO Board members only.

Portfolio and Committee Updates

The Coach Advisory Committee

The new WCH Competition Development Evaluation Procedure is now posted on the website and can be found [HERE](#)

Youth Nationals

Raf Korkowski and Braydon Kennedy will be leading an initiative to hold an online youth nationals later this year. Stay tuned for more information in the coming months.

Anti-Doping Committee

Athletes in the Registered Testing Pool are reminded to submit whereabouts information through ADAMS. Whereabouts Submission Deadlines are as follows:

Quarter	Deadline
January - March	December 31
April - June	March 31
July - September	June 30
October - December	September 30