



ONTARIO
WEIGHTLIFTING
ASSOCIATION

DAVE EARLE - VICE PRESIDENT OF OPERATIONS

2021-2022 ANNUAL REPORT

COACHING APPRENTICESHIP CAMP

FEBRUARY 2022

Our goal was to have a training camp focused on coaches, providing newer coaches with mentoring from Ontario's best, and allowing coaches a chance to collaborate on approaches to developing high performance athletes. We were awarded the PSO Apprentice Coach Program grant from the Coaches Association of Ontario, and held the camp in February at LPS in Mississauga.

We had coaches and athletes from 9 teams across Ontario take part in the camp, with Clance Laylor and Alex Varbanov as the mentors and presenters. The grant money allowed us to cover travel expenses for the participants, the gym rental, and honorariums for the mentor coaches.

Developing coaches is a big part of the OWA's vision for the next year, and our goal is to run four Competition Introduction courses, two Competition Development courses, and train a new learning facilitator.

ONTARIO CHAMPIONSHIPS STANDARDS

JUNE 2022

Our goal was to have Ontario Championships display the best athletes of every category. President Mike Miller plotted the last three years of distinct athlete performances and we used this data to choose the standards. Now the qualifying numbers accurately reflect what people are lifting in Ontario instead of being a percentage of the nationals qualifying total.

This means that the more competitive weight classes had their required totals increased, and less competitive categories had their totals decreased. We think that in addition to showing off the best from all weight classes, this will make for more exciting and competitive sessions overall.

ONTARIO MASTERS CHAMPIONSHIPS

APRIL 2023

Masters age weightlifting has grown significantly in the last few years, and we want to do more to recognize the achievements of our athletes 35 and older. This season, for the first time, we're holding an official Ontario Masters Championships in April of 2023. The competition will be an event all teams can bid to host, and a best masters team will be determined just like at our Ontario Junior and Senior Championships. This competition will be held in addition to the Ontario Masters Open in St. Thomas in February 2023.

OWA LOGO

MAY 2022

The OWA has had its current logo for a long time and we felt it was time for a change. I worked with VP Administration Eva Martens and hired Warren Shuya and Encore Promo to design the logo. Warren and Encore created the WCH logo, and we wanted to follow a similar theme, with Ontario's trillium flower and the barbell as our key features. They produced a modern and professional logo we're really happy with, that will serve as the brand imagery for our association moving forward.