



VICE PRESIDENT OF OPERATIONS | DAVE EARLE

2022-2023 ANNUAL REPORT

MASTERS DEVELOPMENT

ONTARIO MASTERS CHAMPIONSHIPS

- 2022/2023 was the first season we had an official Ontario Masters Championship
- Masters Ontario Championships: April 2023, St Thomas, one of our largest competitions of the year, with almost 100 athletes over two days
- Masters National Championships: July 2023, Midland, with over 150 athletes from across Canada

COACHING COURSES AND EVALUATIONS

COURSES

Competition Introduction - Nov 2022, Kitchener, 10 participants

Competition Development - Nov 2022, Burlington, 8 participants

EVALUATIONS

Competition Introduction - Variety Village, November 2022 - 7 evaluations

Competition Introduction - Guelph, March 2023 - 6 evaluations

Competition Development - Variety Village, May 2023 - 6 evaluations

ELITE QUALIFICATION AND SCHEDULE

SCHEDULE - ONTARIO CLASSIC

- Previously Ontario Classic was in March, but was at an awkward time where many of Ontario's best athletes were preparing for the National championships
- Moving this to the fall and using it as the entry level Ontario Elite competition felt like a better fit. This way new athletes or those who took training easier in the summer can still lift in an elite meet without previous qualification, and use it to qualify for Ontario Senior Championships

QUALIFICATION NUMBERS

- We used the national qualifying standards set by WCW as our base and decided on percentages for each elite competition
- Ontario Classic Start Total: 54-62% (varies because it's start total)
- Winterlift: 77%
- Ontario Championship: 85%

TRAINING CAMPS

This was the first year we had training camps for all three age categories, each one took place in the month before their respective national championships

- Senior: April 29-30, LPS Weightlifting, Toronto
- Junior: May 5-7, Lift Barbell Club, Guelph
- Masters: June 9-11, Burlington Barbell Club, Burlington

LOOKING TOWARD 2023/2024

- Our main goal is to increase membership
 - Develop relationships between Clubs/coaches and their local post secondary education sport and fitness programs
 - Continue to run coaching courses and evaluations
 - Develop another NCCP learning facilitator

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- 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
 - Continue to offer camps to elite lifters of all 3 age categories