



ONTARIO
WEIGHTLIFTING
ASSOCIATION

VICE PRESIDENT OF OPERATIONS | [Dave Earle](#)

2023 Q1 REPORT

INTRODUCTION

For continued focus on our objectives, OWA Administration would like to implement quarterly reports from our board members. While recognizing the complete volunteer basis of our board, it is always a balance of time commitment required, to the quality of our contributions. To add in simplifying this we can just touch point on upcoming projects as established in our Operations Plan.

COMMUNICATION & MARKETING

SOCIAL MEDIA

We have used social media to promote competitions, coaching courses, and coaching evaluations, and it's working well - all of our coaching courses have been well attended

CAPACITY

COACHING COURSES AND EVALUATIONS

So far this year we have run two coaching courses - the Competition Introduction Course in Kitchener, which had 10 participants. We also ran a Competition Development Course in Burlington, which had 8 participants. All together this is a big group to enter and further their coaching education.

We also ran a Competition Introduction Evaluation at Variety Village in November to certify the coaches who went through the Introduction course last season. We have another

Competition Introduction Evaluation coming up in March, and those who did the Competition Development course can be evaluated at the National Championships in May.

SPORT FOR LIFE

TRAINING CAMPS, COMMITTEES, AND MASTERS PROMOTION

Our training camp plans are coming together, with the Senior camp booked for April 29-30 at LPS. Junior and Masters camps need to be planned for before their national championships, and a Coaches camp which isn't on a specific timeline.

Promoting and legitimizing the Masters age category is a big focus for this year. In April we have confirmed the first official Masters Ontario Championships. We also now have Masters rankings on the top of the website 'results' page along with Juniors and Seniors.

Re establishing the Quest for Gold committee is in progress, with the Terms of Reference completed and call out coming soon.

LOOKING AHEAD

- New learning facilitator to be trained from current pool of Comp Dev coaches
- Training camps - Senior April 29-30, Junior TBD (prior to Jr nationals), Masters TBD (prior to Masters Nationals), Coaches Camp TBD (no deadline)
- Coaching Evaluations - Comp Intro (March 18), Comp Dev (May 19-21)
- Finish setting up new Quest for Gold committee