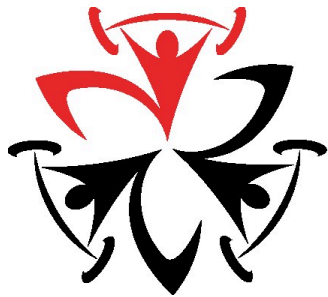


[View this email in your browser](#)



# ONTARIO WEIGHTLIFTING ASSOCIATION

---

## In This Issue

- Message from the President
  - News - Updates to TCRR weigh-in policy
  - Welcome to our new Social Media Admins and Team Leads
  - Lifetime Achievement Award Recipients
  - Coming Events and Coaching opportunities
  - Funding for Coaches - NAO Coach Bursary
  - OWA Members go International
- 

## Message From the President

Dear Members of the Ontario Weightlifting Association,

I want to extend my thanks to each of you for being a valued member of our community. I'd like to share some exciting developments happening within the Ontario Weightlifting Association in the next two quarters.

### **Junior and Senior National Championships**

These competitions stand not just as a showcase of months of diligent preparation

offering rich experiences to refine skills, learn, and advance within the sport. With the introduction of updated Codes of Conduct and the hosting of development courses in the early part of 2024, we're setting the stage for a comprehensive athletic and developmental journey. Additionally, it's important to emphasize that the OWA's responsibility is to ensure unity and clarity among our members, providing everyone with consistent information. In the upcoming weeks, we anticipate having a full overview of these competitions, along with all pertinent details necessary for qualification, travel plans, etc.

We are proud to announce our Team Leaders who will be guiding our athletes through the peaks and valleys of the Championships. For our Junior Team, Logan Baker and Jess Verwey will be at the helm, bringing their expertise and passion to the forefront. Leading our Senior Team, Nichole Lee and Nicholas Koo will steer our athletes towards excellence with their seasoned insight and leadership.

With Sport Canada, Weightlifting Canada Halterophilie, and OWA's evolving ethical standards, all coaches and aspiring coaches must engage fully with the preparation for the Championships. It's important to read and understand all documentation related to the Championships and participation requirements as they are released. This approach ensures not only your success but also the success and safety of the athletes under your guidance. As our team grows, it's becoming increasingly administratively time-consuming to follow up on crucial details, timelines, and payments.

### **Ontario Masters Championships**

The Ontario Masters Championships stands as a competition for new and seasoned athletes, offering a platform where the spirit of competition and camaraderie thrives. Tailored for our master weightlifters, this event not only highlights the skill and persistence of new and veteran competitors but also celebrates their passion for the sport.

### **NCCP**

In our continuous effort to support and elevate our coaching standards, we'd like to announce that we will be hosting a Competition-Introduction and Competition-Development Course in the first two quarters of 2024. These courses are designed to not only introduce new coaching methodologies but also to deepen the

athlete development.

It needs to be mentioned, that there are new requirements for becoming a coach within our association, detailed on the [Weightlifting Canada Halterophilie](#) website. I strongly encourage everyone to familiarize themselves with these updates. Most of the required modules can be started now, ensuring timely preparation and full qualification.

For coaches who have started but not completed their training, you need to be aware you are subject to additional modules to achieve NCCP certification. This update is crucial for maintaining our coaching standards.

[Competition Introduction Pathway](#)

[Competition Development Pathway](#)

### **Police Checks**

An important, often overlooked aspect of coaching, officiating, or athlete support personnel is up-to-date police checks. Police checks are valid for 6 months and it's important to begin initiating the required paperwork well in advance of any upcoming opportunities.

### **Updated Codes of Conduct**

In the first and second quarters of 2024, new Codes of Conduct will be released. All members must familiarize themselves with these documents. The new codes, inheriting from the WCH, include expansions on several key areas such as coach/athlete romantic relationships, expanded descriptions of prohibited behaviors, providing OWA with fraudulent information, and failing to report violations. These updates are designed to ensure our environment remains safe, inclusive, funded, and fair for all members.

### **Moving Forward**

As we focus on Team Ontario and their exciting journey ahead, it's important to remember that weightlifting is a sport for everyone, regardless of age or experience level. Beyond the competitive arena, we're committed to fostering a

opportunities for engagement and development within our community.

During the first half of the year, we are excited to organize a series of events including a Junior Camp, a Senior Camp, a Masters Camp, and a Technical Officials Clinic. Additionally, we are dedicated to bolstering our ranks of technical officials by offering promotion opportunities at nearly every competition.

Overall our initiatives are a testament to our belief in the inclusive nature of weightlifting and our dedication to providing opportunities for all our members to grow physically or professionally in the sport.

-Mike

---

## News - Singlets Required!

The IWF has updated its weigh-in procedures to require that athletes wear a singlet during weigh-in, and provide an allowance for up to 250 grams of weight to account for the weight of the singlet. [The OWA has updated its policies to align with this change. This change has been in effect since the Variety Village Open on January 20.](#)

As per the IWF Technical & Competition Rules and Regulations (TCRR):

### **6.4 Weigh-in**

*10. Athletes must be weighed in their weightlifting costume. Athletes must not wear shoes or socks or any other footwear during weigh-in. If an athlete is over their officially entered bodyweight category, 250 grams can be deducted from the weight shown on the scales to allow for the weight of the Costume. If the athlete is within their officially entered bodyweight category the weight on the scales will be recorded as shown.*

To consult the full OWA TCRR, please see the link below.

---

# Welcome to our Social Media Admins and Team Development Leaders!

The OWA is very pleased to welcome two new Social Media Administrators, and four Team Development Leaders.

Team Leaders will provide consistent guidance and support for our Junior and Senior Men's and Women's teams year-round in the 2023/2024 season. Team Leads assist in coordinating teams, providing on-site support, communication, and motivating our athletes.

## Social Media Administrators

Martene Herbert

Noah Santavy

## Team Development Leaders

Junior Men's Team - Logan Baker

Junior Women's Team - Jessica Verwey

Senior Men's Team - Nicolas Koo

Senior Women's Team - Nichole Lee

Staff bios at the link below!

[Meet the Team!](#)

---

# Lifetime Achievement Award

Congratulations to our newest 25-Year Lifetime Achievement Recipients!

Alex Fera

Thank you for a lifetime of contributions to the OWA and for your continued commitment to the sport of weightlifting!

[View all Lifetime Award Recipients here](#)

---

## Upcoming Competitions and Events

### Ontario Club Challenge #3

February 23- 25, 2024

Location: Participating clubs

**Registration now closed**

[More info on club challenges](#)

### 2024 Spring Open (Variety Village)

March 9, 2024

Location: Scarborough, ON

**Registration open until Feb 24**

[Register - Spring Open](#)

---

### Ontario Masters Open

February 24-25, 2024

Location: St. Thomas, ON

**Registration closed**

[Startlist now available](#)

---

### NCCP Competition-Introduction Course

March 23rd-24th, 2024

Location: Scarborough, ON

**Registration open to March 9, 2024**

[Register - NCCP Competition-Intro](#)

---

# NCCP Coach Bursary Program

Did you know that CAO provides up to \$300 in bursaries to coaches completing an NCCP Competition-Introduction or Competition-Development course or evaluation, as well as other NCCP courses and modules?

More information can be found at the link below.

[CAO Coach Bursary](#)

---

## Results from the World Stage: OWA athletes make their mark!

OWA athletes have been busy competing around the world over the past few months. Athlete results can be found below.

### **2023 World Senior Championships - Riyadh, KSA September 4 - 17, 2023**

Amanda Braddock - F49kg - 166kg, 21st

Monica Knowlton - F64kg - 195kg, 18th

Shania Bedward - F76kg - 218kg, 7th

Maya Laylor - F81kg - 232kg, 8th

Boady Santavy - M96kg - 362kg, 12th

### **2023 Pan American Games - Santiago, CHI October 21-23, 2023**

Amanda Braddock - F49kg - 165kg, 4th

Maya Laylor - F81kg - 237kg, 4th + CDN Record CJ!

Noah Santavy - M102kg - 335kg, 10th

### **2023 Junior World Championships - Guadalajara, MEX November 15 - 23, 2023**

Naomie Lusignan - F71kg - 196kg, 6th

Feras Sharaf Eldin - M67kg - 248kg, 14th

Bradyn Santavy - M89kg - 325kg, 9th

**2023 Grand Prix II - Doha, QAT December 4 - 14, 2023**

Amanda Braddock - F49kg - 168kg, 13th

Hannah Gula - F59kg - 186kg, 18th

Maya Laylor - F81kg - 235kg, 7th

Brady Santavy - M89kg - Withdraw

Boady Santavy - M96kg - 372kg, 6th

Noah Santavy - M102kg - 340kg, 10th

**Congratulations to our Ontario athletes competing at the upcoming 2024 Pan American Championships in Caracas, Venezuela from February 23 - 29, 2024**

Maya Laylor - F81kg

Boady Santavy - M96kg

---

## Support Your Club! Become a Technical Official

If you are a supporter of Olympic Weightlifting or wish to contribute to the sport even when you're not competing, consider becoming a Technical Official. Having local officials means OWA spends less on travel fees, which can help reduce the cost of events.

Contact [VP Technical](#) Linda Rosario-Earnshaw to get started!

Need more information about how to get certified? See our [Certification Pathway](#).

---





Our mailing address is:

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe](#)

