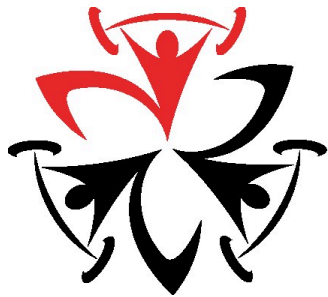


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ONTARIO WEIGHTLIFTING ASSOCIATION

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Message From the President

Greetings to all members of the Ontario weightlifting community! I'd like to provide a brief update on recent developments and upcoming events.

Technical Meetings and Competition Preparation

To ensure a smooth and fair competition that aligns with IWF standards, we will continue to host technical meetings on the Friday before each OWA competition. All participants must note that weight class changes on the day of the competition are not permitted. Coaches should engage in open dialogues with athletes and

keeping everyone informed and ready for upcoming competitions

Junior and Senior Championships

We are excited to announce the final selection for the Senior Team Ontario! The Championships will be taking place in Halifax, Ontario, from May 17-19, 2024.

TEAM ONTARIO TEAM LEADERS

Nicholas Koo

Nichole Lee

TEAM ONTARIO HEAD COACHES

Spencer Moorman

Greg Chin

GENERAL COACHES

Alex Varbanov

Jackson Levine

Abdallah Alsebaai

Larry Robinson

Dalas Santavy

Nancy Kozorezova

Nikolay Varbanov

Kaylee Wedge

GUEST COACH

Blanco Alblanco

TEAM ONTARIO TECHNICAL OFFICIALS

Linda Rosario-Earnshaw

Irina Ivanova

TEAM ONTARIO ATHLETES

Amanda Braddock 49

Abigail Chandonnet 55

Hannah Gula 59

Taylor Findlay 59

Kaylee Wedge 64

Monica Knowlton 64
Katrina Wright 64
Ashley Werner 64
Danielle Abusow 71
Kennedy Harding 71
Melissa Chong 71
Shania Bedward 76
Maya Laylor 81
Naza Grant 87
Julia Ryan 87
Lexis Ross 87
Jiwon Lee 73
Feras Sharaf Eldin 73
Kody Taylor 81
Mike Laporte 81
Matthew Moscuzza 81
John Nardi 81
Jordan Tam 89
Nicolas Munro 96
Boady Santavy 96
Noah Santavy 102
Patrick Boileau 109

TEAM ONTARIO WILD CARD

Marlowe Robinson
Andrew Baker

Ontario Masters Championships

We are also pleased to report on the success of the recent Masters Championships, which took place over two days in Midland, Ontario, with participants from across the province. This landmark event saw 58 provincial records being shattered! Congratulations to Brad Vanwysberghe and Charity Bartz, who were recognized as the Best Male and Female Lifters, respectively. Kudos to Power Academy for taking home the Best Team award. A special thank you to Driven Barbell for being a fantastic host, and to all the volunteers who traveled from across Ontario to support the event. The championships were a true testament to the skill and spirit of our master athletes.

Registration for Junior Team Ontario is now open for junior athletes and their coaches who have met the national standard. The final opportunity to qualify will be at the event on May 4th in North Bay. We encourage athletes to register ahead of time through our website.

NCCP Competition Development Course

We're hosting the Competition Development Course at Varbanov School of Weightlifting, on May 11th and 12th. This course is crucial for those aspiring to coach events such as the upcoming Junior or National Senior Championships. If you're not yet certified, or if you have athletes who are potentially 1-2 years away from qualifying, now is the time to start your certification journey. Reach out to competition@onweightlifting.ca for more details.

Annual General Meeting

Please mark your calendars for the upcoming AGM, scheduled for September 14, 2024. This meeting is an important opportunity for all members to have their voices heard and contribute to the direction of our association.

Qualifying Standards Update

There will be no increase in qualifying totals for the upcoming season. Instead, our focus will shift to enhancing the quality of qualification events. We are revising both provincial and national qualifying policies to ensure no route to elite weightlifting does not include doping control as supplied by Sports Canada and the Canadian Centre for Ethics in Sport.

In Memoriam

With heavy hearts, we acknowledge the passing of two OWA Lifetime members and former presidents of the OWA, Donald Schoures and Donald Buchanan. Both gentlemen dedicated their lives to the advancement of our sport through countless volunteer hours. We also mourn the loss of Henry Lambert, the founding member of the Kirkland Lake Weightlifting Club. Henry's passion for weightlifting in the 1980s inspired many athletes who continue to participate and volunteer in the sport today. Their contributions will not be forgotten, and their legacies will

Thank you for your continued dedication to weightlifting in Ontario. I look forward to seeing you this season!

Reminder - keep your profile current!

A reminder to members to update Interpodia with any changes to mailing address or contact information to keep our records current and accurate!

Upcoming Competitions and Events

2024 Northern Open

May 4, 2024

Location: North Bay YMCA

186 Chippewa St W, North Bay, ON

Registration closed - Start-list available soon!

[Startlist - Northern Open](#)

NCCP Competition-Development Course

May 11 - 12, 2024

Location: Varbanov Weightlifting

35 Chauncey Avenue, Etobicoke, ON

Registration closes May 4, 2024

[Register - Comp-Dev Course](#)

2024 Senior Canadian Championships

May 17 - 19, 2024

Location: Halifax Convention Centre

Halifax, NS

Livestream to be posted when available

[Preliminary Startlist](#)

2024 Junior Canadian Championships

June 14- 16, 2024

Location: Variety Village

3701 Danforth Ave, Scarborough, ON

Registration now open - standards apply

[Register - Junior Canadian](#)

Canadian Junior Championships

The OWA is excited to host the upcoming Canadian Junior Championships from June 14 - 16, 2024. This event welcomes Canada's best junior-aged athletes to Ontario for what will be an exciting and competitive event.

Having had great success with hosting the Canadian Senior Championships in 2023, Abdallah Alsebaai, Head Coach of Variety Village Weightlifting, is looking forward to hosting another Canadian Championships at his home venue.

The OWA is excited to have accommodations for this event at University of Toronto-Scarborough (UTSC), with special access training times provided at the CSIO High Performance Center, the training ground for some of Canada's top athletes.

This event will also feature opportunities for our volunteer members, including a conference for Technical Officials.

The OWA is also pleased to receive funding assistance from the Ontario Ministry of Culture, Tourism and Sport, and helping elevate this Championship event to the next level.

We look forward to seeing you there!

On the International Stage: OWA athletes make their mark!

Congratulations to our athletes who represented Ontario and Canada at the following events:

Maya Laylor

2024 World Cup - Phuket, Thailand

Shania Bedward

Maya Laylor

Boady Santavy

Noah Santavy

Safe Sport - Safe for all!

The OWA is committed to ensuring a safe environment for all members. Athletes, coaches, officials, and volunteers have the right to enjoy our sport in a safe and inclusive environment that is free of abuse, harassment, and/or discrimination at whatever level or position they participate.

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and empathetic
communication

to build trust,
collaboration, and
mutual respect



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must focus on
performance

Ontario Weightlifting is a place of Zero Tolerance of Maltreatment

LEARN MORE

www.onweightlifting.ca/safesport



Report anything that feels OFF
help@onweightlifting.ca

Uniform Fundraiser!

Give back through FlipGive

Have you registered for FlipGive yet? FlipGive allows part of your everyday online purchases through select retailers to give back to the OWA, at no cost to you.

The goal of this fundraising effort is to help buy new uniforms for our Junior, Senior and Masters athletes.

Use code **XT657R** to sign up today!

[Start Shopping with FlipGive](#)

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](#)



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