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## Message From the President

Dear Members of the Ontario Weightlifting Association,

Now that the dust has settled after the Junior and Senior Championships, I want to focus on the future and encourage everyone to continue their training without taking prolonged breaks. Consistency is key to maintaining and building upon the progress you've made.

do together, the OWA's role is to ensure clear pathways to future success. We will soon be selecting new team leaders who will be crucial in guiding our athletes. In addition, we will be reviewing all our team selection policies to ensure a fair and transparent process.

One of the primary goals at this stage for team leaders is to identify athletes who are within 5 to 10 percent of the qualifying standards. The team leaders will communicate closely with these individuals coaches to help them meet all the requirements for next year's National Championships. We aim to provide every opportunity for our athletes to succeed and represent Ontario.

Looking ahead, I am excited to announce the locations for the upcoming National Championships:

2025 Senior Nationals in Calgary, Alberta

2025 Junior Nationals in Saskatoon, Saskatchewan

Coaches should be evaluating their athletes' performances and planning accordingly. This planning may include budgeting for extensive travel or ensuring their coaching status is maintained or upgraded as needed.

The next OWA Elite-level competition is the Ontario Classic on September 28th. Coaches should be planning the year and considering the qualification periods for national events, which generally remain the same. Although the new qualifying totals have not been released, it is a good idea to plan for a 5% increase to be safe. The Junior qualification period is typically from the first week of August to the first week of May, and the Senior qualification period is typically from the first week of August to March 31st.

We are also looking for clubs willing to host NCCP (National Coaching Certification Program) courses. Hosting these courses is a great opportunity to contribute to the development of our coaches and ensure the continued growth of our sport.

Let's continue to train hard, support one another, and strive for excellence.

-Mike Miller, OWA President

# Upcoming Competitions and Events

## 2024 Summertime Lift Off

July 20, 2024

Location: Crossfit Connection

845 Harrington Court, Burlington, ON

Registration now closed

[Startlist Available](#)

## 2024 Young Hercules

August 24, 2024

Location: Sudbury Weightlifting Club

1283 Sparks Street, Sudbury, ON

Registration deadline: [August 10th](#)

[Registration Now Open](#)

## 2024 Summerfest

August 31, 2024

Location: Kanama High Performance

39 Cosentino Drive, Scarborough, ON

Registration Deadline: [August 17th](#)

[Registration Now Open](#)

## 2024 Ontario Classic

September 28, 2024

Location: Variety Village

3701 Danforth Ave, Scarborough, ON

Registration open soon

[More Info - Ontario Classic](#)

## RECAP: Canadian Senior Championships

Congratulations to a very successful Team Ontario at the Canadian Senior Championships, held in Halifax NS from May 17 -19.

With a team of 28 athletes, Ontario ranked 2nd among provinces, bringing home a total of 23 medals!

[Full results available here!](#)

**John Nardi** - M81

Bronze - Total

Bronze - CJ

**Kody Taylor** - M81

Silver - Snatch

**Nicolas Munro** - M89

Bronze - Total

Silver - CJ

**Noah Santavy** - M102

Bronze - Total

Bronze - Snatch

Bronze - CJ

**Patrick Boileau** - M109

Silver - Snatch

**Hannah Gula** - W59

Silver - Total

Silver - Snatch

**Monica Knowlton** - W64

Gold - Total

Silver - Snatch

Gold - CJ

**Shania Bedward** - W76

Gold - Total

Gold - Snatch

Gold - CJ

**Lexis Ross** - W87

Silver - Total

Silver - CJ

**Julia Ryan** - W87

Bronze - Total

Gold - Snatch

Bronze - CJ

**Naza Grant** - W87

Bronze - Snatch

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## RECAP: Canadian Junior Championships



OWA is happy to report on an EPIC Canadian Junior Championships, hosted by Variety Village from June 14 -16!

This event was the culmination of several months of hard work by dedicated organizers Abdallah Alsebaai, Katie Watkins, and OWA Board members Linda Rosario-Earnshaw, Eva Martens and Mike Miller.

175 of Canada's best Junior-aged athletes competed over 3 days, including a team of 27 athletes from Ontario, who collectively brought home 34 medals.

Supporting those athletes were 7 Team Ontario Coaches, 2 Team Leaders and 11 Technical Officials. Thank you to everyone who helped make this event a huge success.

From our VP Technical, Linda Rosario-Earnshaw: *"Thank you to all the WCH Officials who volunteered their time and energy to help out at the Canadian Junior Championships. We could not have done it without your dedication and good spirits!"*

[Full competition results here!](#)

Congratulations to all of Team Ontario's medalists:

**Yahea Alsebaai - M55**

Bronze - Total

Bronze - Snatch

**Christiano Choo - M61**

Gold - Total

**Madalyn Tyrer - F49**

Bronze - Total

Bronze - Snatch

Silver - CJ

**Shoshanna Rogan - F81**

**Lucas Possamai** - M61

Bronze - Snatch

**Declan Watson** - M81

Silver - Total

Bronze - Snatch

Bronze - CJ

**Samuel Steer** - M89

Bronze - Total

Bronze - Snatch

Bronze - CJ

**Alexandr Sutchin** - M109

Gold - Total

Silver - Snatch

Gold - CJ

**Xavier Williams** - M109

Silver - Total

Gold - Snatch

Silver - CJ

**Noah Ibanez** - M109

Bronze - Snatch

**Riley Barclay** - M109+

Silver - Total

Silver - Snatch

Gold - CJ

Bronze - CJ

**Naza Grant\*** - W87

Gold - Total

Gold - Snatch

Gold - CJ

**Abby Champagne** - W87+

Bronze - Total

Bronze - Snatch

Bronze - CJ

\*Naza Grant medaled at both Senior and Junior Championships in 2024!

Way to go!

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## AGM Notice

The OWA Annual General Meeting is an important event for our membership, and we invite you to attend virtually. If you are unable to attend, you have the right to vote by proxy, but your membership must be current. See [Membership](#) page to register or renew.

Call for Agenda items and further details will be available shortly.

Upcoming Election Board Positions:

VP Operations (2 years)

VP Administration (2 years)

VP Financial (2 years)

Nominations are not yet open. More details to follow.

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## **On the International Stage: OWA athletes make their mark!**

Congratulations to Boady Santavy and Coach Dalas Santavy for selection to the Olympic team! The Olympic Games will take place in Paris from July 26 to August 11. Good luck Boady!

Special mention to OWA Technical Official Daniel Robitaille who will be officiating the Games.



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## 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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# POWER OF WORDS

Use clear, respectful, and empathetic communication

to build trust, collaboration, and mutual respect



Coaching feedback must focus on performance

## Ontario Weightlifting is a place of Zero Tolerance of Maltreatment

LEARN MORE

[www.onweightlifting.ca/safesport](http://www.onweightlifting.ca/safesport)



Report anything that feels OFF  
[help@onweightlifting.ca](mailto: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](#)

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## 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](#).



# ONTARIO WEIGHTLIFTING ASSOCIATION



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