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Ontario Powerlifting News
December 2005, Volume 56, Issue 4

Official Newsletter of the Ontario Powerlifting Association
www.ontariopowerlifting.org



Shawn O'Halloran – Ontario Masters



Inside this Issue
Annual General Meeting Minutes
Results – Steel City
Ontario Master / Junior / Bench Press
Updated Records



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* Ontario Powerlifting News*

Next Deadline: Mar 17, 2005

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Submissions typed or written and sent by email or regular mail are welcome. To simplify newsletter production, electronic format by email is preferred. Please contact the newsletter editor for any submission problems or questions.

UPCOMING EVENTS

Regional and National

Jan 21	Niagara Open Glyn Moore (905) 646-8536 Email: gmoore82@cogeco.ca Jay Gemmell (905) 685-9828	St Catharines
Apr 5-9	CPU Nationals Powerlifting and Bench Press For information, refer to CPU Website: www.powerlifting.ca for details *Note: The OPA president submits applications on behalf of Ontario lifters. Contact Bill Jamison if you wish to compete at the nationals.	Chilliwack, BC
Mar 17	Newsletter Submissions Deadline ukruger@ontariopowerlifting.org	
Apr	Ontario Mens Intermediate - Details not yet available. Scheduled to be held after Easter	Kitchener-Waterloo
Sep	Ontario Men and Women Seniors Ontario Bench Press - Details not yet available. Scheduled to be held the third weekend of September	Belle River
Dec	2006 Masters/Juniors Championships	TBD
Dec	Annual General Meeting	TBD

*IPF Worlds Timetable

2006		
Apr 19-23	World Bench Masters	Miami, FL
Apr 19-23	Pan American Masters Bench Press	Miami, FL
May 24-28	World Bench Press	Hungary
Sep 5-10	World Jr and Sub Jr	Bulgaria
Oct 4-8	World Masters	Killeen, TX
Nov 5-12	World Women and Men	Norway

*Refer also to: <http://www.powerlifting-ipf.com/>

OPA Club Updates

Steel City Powerlifting Club

- *Randall Truscott*

The Steel City powerlifting club did great on Nov 27 at the Ontario Juniors and Masters. All of our members finished first in their weight class. Ulrike Kruger won the Master 1 75kg. Marlon Obratoski won the Sub-Junior 75kg.

Randall Truscott won the 90kg Sub-Junior. Jesse Jamison won the Junior 75kg and Tyler Hamilton won the 82.5kg junior. Our club did very well. Bill Jamison did a fantastic job helping to run the meet and bringing most of the equipment. Billy Jamison did a great job spotting all day then announcing the last portion of the meet. The meet was very well run.

Currently there are club members training for the 2006 Niagara Open and the Canadian Nationals in Chilliwack in April. We are all looking forward to the 2006 Niagara Open and we will see everyone there.

Golden Triangle Powerlifting Club – Dec 1, 2005

- *Dave Hoffman*

The sun has set on the 2005 powerlifting calendar in Ontario with the Ontario Junior / Masters and Bench Press events in Waterloo. This was certainly the biggest turnout for junior age lifters since the meet inception in 1998 - a very positive sign. A spirited 5.5 hour AGM with the biggest attendance in many years and having an Ontario championship meet in the Windsor area in 2006 - more positive signs.

A successful year for the Golden Triangle Powerlifting Club with a half dozen new members from sub-junior to master age. We had competitors at all contests except the Niagara and Steel City Opens. The club attained runner up finishes at the Ontario Senior and Bench Press Championships to go along with the Ontario Deadlift team trophy, which sadly after 16 years is going the way of the dinosaur.

In 2006, we will be holding a regional high school meet on March 4 with the winning athletes going on to the first Ontario High School Championships which will be hosted by the Steel City Club in Caledonia. In April, we will be holding the Ontario Intermediate Championships along with the K-W Grizzlies meet for developmentally challenged athletes. Our Bench Press qualifier will be replaced by the first Ontario Bench Press Open complete with awards. The tentative date is April 22.

The Golden Triangle Powerlifting Club would like to extend Seasons Greetings to all OPA members and clubs during this festive season and wish everyone a strong and prosperous 2006!!!

Niagara Powerlifting Club

- *Glyn Moore*

As we bring 2005 to a close, I would like to thank all club members, referees, volunteers and lifters for making the 2005 Niagara Open such a huge success. We will be hosting the 4th Annual Niagara Open on January 21, 2006. Once again, our range of competitors will span from novice to world class. There will be something for everyone, so come down to St. Catharines to watch and support some fantastic lifters.

The number of lifters for this contest will be limited to 36 so that we can run three flights and have a fast and efficient meet which will allow lifters, spectators and volunteers to be on their way home at a reasonable time. As of December 15, we have received 30 applications so if anyone is interested in lifting then please mail in your entry form. Entry forms were changed at the AGM this year so please use the new Contest Entry Form which is on the OPA website. Over the holidays I will post onto our website (www.niagarapowerlifting.org) a complete list of the lifters with their proposed weight classes. Any additional lifters that we receive will be added later. The deadline for entry forms will be January 6 if the contest has not already filled up before this date.

On a personal note I was fortunate enough to make the Masters Team to represent Canada at the World Masters in October. Eight Canadian lifters, three wives and one coach made the very long journey to South Africa, seven lifters from Ontario and one from Newfoundland. The South African Federation did an outstanding job of hosting the competition with spotters and loaders that were incredibly fast. I want to thank the team for being so supportive and good fun to be with for the whole of the competition and the holiday that followed. It was an experience that Marlene and I will always cherish and it was made very special by the wonderful people that we shared it with.

Club Updates Needed !!!

Please send Club Updates to:
ukruger@ontariopowerlifting.org

**Next Newsletter Deadline is:
March 17, 2006**

Annual General Meeting - Minutes

Nov 26, 2005

Jackie Mattice

Attending:

Bill Jamison – President, Harnek Singh Rai – Vice President, Dave Hoffman – Records Chair, Jackie Mattice – Secretary, Ulrike Kruger – Newsletter Editor, Marlene Moore – Registration Chair, Rick Gazdig – Southern Region Chair, Mike Knott – Referee’s Chair, Krista Schaus – Treasurer, Janice Jamison, Adele Couchman, Don Clarke, Glyn Moore, Terry Stinchcombe, Karen Stinchcombe, Stan Goss, Lynda Squires, Jerry Marentette, Shaun O’Halloran, D. Ouellette, Drew Irwin, Barry Antoniow, Ron Strong, Chris Carpenter

Regrets:

Mark Glofcheskie – North East Region Chair

1. **Call to Order** – Meeting called to order by Bill Jamison at 5:15pm.
2. **Adoption of Minutes** – Motion that the 2004 AGM minutes be adopted as published in the O.P.A. Newsletter. Moved by Adele Couchman and seconded by Harnek Rai– motion carried.
3. **Executive Committee & Chairperson’s Reports**

- A. **President** - Bill Jamison – report tabled – summary as follows:

Although our registration is over the 200 mark, it is down from last year. However, I believe this will improve in the coming year. One way we can improve our registration is by becoming more active in the north, and to hold at least one contest there.

The number of competitors in our Provincial Championships remains steady, but I am concerned with the lack of female competitors.

In 2005, lifters from Ontario were part of Canada’s National teams. They competed at the North American, Pan American and Commonwealth Championships, as well as the Sub Juniors, Juniors, Masters and Men’s open World Championships. Some of our lifters were new to the international scene and gained valuable experience.

We continue to carry out drug testing at our Open and Championship contests. In the coming year it is my hope that we will shift our emphasis to out of contest testing.

Our high school program continues to grow. In fact, it has grown to the point where we intend to hold an Ontario High School Championship in the spring. Before this Provincial Championship is held, there will be three, possibly four district Championships held as qualifying contests.

Before these championships can take place there is much work to be done. At past meetings we have talked about making high school powerlifting a reality. This will happen if you are willing to contribute your time to this project, and help run

these competitions. The first of the district Championships will be held in Erin High School near Richmond Hill in January.

We are a small organization compared to others. Our executive, referees and meet directors do a great job, and have shown their abilities. We all want to see the OPA grow and develop. We need more people to step forward to share the load.

Motion to accept the president’s report by Janice Jamison and seconded by Karen Stinchcombe – motion carried.

- B. **Newsletter & Website** – Ulrike Kruger- report tabled - summary as follows:

Within the first 6 months of taking over the management of the OPA website, many hours were spent looking for previous photos, content and contest results. I created a Profile and FAQ section; however, there have been minimal submissions to these. I am sure there are members out there who would be willing to write about themselves or others.

The Club Updates section in the newsletter has proven to be a bit more popular. I believe this section will make new members more comfortable with approaching a club and also provides an avenue for clubs to reach out. In the next few months, I plan to incorporate the club updates into the website. It would be nice to have a history of updates linked to the Clubs page.

Nothing much has changed in regards to the newsletter. There were 4 issues this year. As time permits, I try to improve the look and feel and apply suggestions if I receive them. As I always mention, it would be more enjoyable for members to see names and additional details about photos that are published. I often receive emails with only photos with no lifter names, date of lifts, etc, so I can only publish the photo with no caption.

Thank you to those who put in the time and effort to submit information to be shared with other members. With the relatively small membership that we have, everyone’s contribution counts! I look forward to suggestions to improve the newsletter and website as a communication tool for the Ontario Powerlifting Association.

Discussion

Would like to have clubs contribute stories, profiles, backgrounds and histories of our lifters. Could also submit training tips, write tribute sections or lifter profiles. There are only four issues per year. We could have each club take an issue and submit information.

Motioned to accept the Website/Newsletter report by Marlene Moore and seconded by Janice Jamison – motion carried.

C. **Treasurer** – Krista Schaus – report tabled – summary as follows:

Once again it has been a pleasure working with the executive. I feel confident in our abilities to carry our responsibilities with some great new additions to the team including Marlene Moore who is doing a great job with an essential yet demanding job, Registration Chair. Mike Knott has been doing a great job trying to organize drug testing.

**FINANCIAL STATEMENT YEAR TO DATE
JANUARY 1 TO NOVEMBER 25, 2005**

INCOME

Memberships	\$11,220.00
Contest Sanctions	440.00
Club Affiliations	680.00
Other	2.00
Drug Test Fee	1440.00
Drug Tests	1607.50
Medals	520.00
Advertising	150.00
Records/Badges	165.00
Interest	266.18
Total Income	\$16,490.68

EXPENSES

Insurance	\$2,558.00
Drug Tests Regular	2,415.00
Full Panel	416.00
Shipping/Mail	274.53
Newsletter/Website	2,604.17
Referee	1,247.00
Worlds	1,200.00
Nationals	600.00
Promotions	700.00
Ontario Seniors	504.09
Administrative	422.51
NSF Cheques (2004)	305.00
Affiliation Fee	150.00
Refunds	100.00
Total Expenses	\$14,196.30
NET LOSS / GAIN:	\$2,294.28

Anticipated Income (Remainder of Year)

Drug Test Fee, Drug Tests

Anticipated Expenses

Referee, AGM Venue, Administrative, Drug Tests

Account Balances:

CHEQUING (As of Nov 8 th)	\$8,126.80
SAVINGS (as of Oct 31 st)	\$13,736.40
Total:	\$21,863.20

Discussion:

To ensure better record keeping, comparisons and improved communication between Krista, the registration chair and secretary so NSF cheques for memberships can be dealt with promptly, Krista suggested that the bank statements should come directly to her address.

Motion to have all bank statements sent to Krista Schaus at her address for the duration of her term as treasurer. Motioned by Adele Couchman and seconded by Karen Stinchcombe – Motion Carried.

Motion to transfer approximately \$1,200.00 from our chequing account into our savings account (GICs) to bring it up to \$15,000.00. Motioned by Krista Schaus and seconded by Harnek Rai – Motion Carried.

Motion to accept the treasurer’s report by Mike Knott and seconded by Jerry Marentette – Motion Carried.

D. **Registration Chair** – Marlene Moore – report tabled – summary as follows:

As I look at the membership totals from previous years, I feel a little disappointed that 2005 wasn’t one of the better years for the OPA. Hopefully, with the initiative of recruiting past members to become associates of the OPA and encouraging special athletes to come back to our organization, we can build the members. What is encouraging is that we had a total of 20 new Junior and Sub-Junior lifters, noting the second generation of our master lifters and the high school program.

Seventeen (17) clubs registered this year. This is down from previous years. I look at the number of unattached lifters, 26 new & 52 renewals, where they train and live, and wonder if with encouragement they would join a club or form a club of their own where they train.

There were 11 sanctioned contests held last year. It has been said in the past and I can speak from experience that it takes time and energy to put on a meet. However, at the end of the day it is very satisfying and rewarding to hear from the competitors and spectators that it was a job well done. I would like to see more clubs, especially ones with higher membership put on a meet. I have found that if you need help you just have to ask. Powerlifters are more than willing to help out on the day or lend equipment.

My job as registrar has been relatively smooth this year. One change I would like to see is that membership is \$ 60.00 year round and that some other incentive be used for new members. If lifters are going to enter a contest it would help if they would apply for their card earlier in the year, not 5 days before a meet. Perhaps a cut off date would help.

Membership Breakdown for 2005

Categories	Number	
Associate	4	
Junior	23	
MA	38	
M2	20	
M3	9	
Open	61	
Special Athlete	36	
Sub Junior	14	
Total	205	
Membership Breakdown	Number	
New	Female	11
	Male	47
New Total	58	
Renewal	Female	17
	Male	130
Renewal Total	147	
Grand Total	205	
Club Breakdown	Number	
Fern's Gym	Renewal	1
Golden Triangle	New	5
	Renewal	8
Greater Sudbury	Renewal	3
Iron Foundation	Renewal	8
KW Grizzlies	New	2
	Renewal	8
Kitchener Iron Angels	Renewal	1
London Powerlifting	Renewal	12
Monster Powerlifting	Renewal	2
Niagara Powerlifting	Renewal	8
Ottawa Strong	New	4
	Renewal	10
Power Pit Gym	New	9
	Renewal	8
PowerReach	Renewal	2
St. Thomas D.F.	New	1
	Renewal	2
St. Thomas D.F.	New	2
St. Thomas Elite OSO	New	2
Steel City	New	6
	Renewal	10
The Anvil	New	1
	Renewal	2
Titans of Mississauga	Renewal	10
Unattached	New	26
	Renewal	52
Grand Total		205

Membership Totals

Categories	Number
2005 Membership	205
2004 Membership	237
2003 Membership	309

I look forward to 2006 and the challenge of building our membership.

Motion to accept the Registration Chair's report by Janice Jamison and seconded by Rick Gazdig – Motion Carried.

E. **Referee Chair** – Mike Knott – report tabled – summary as follows:

The OPA has 12 Category I and 3 Category II Referees.

Breakdown of Refereeing over the year:

Referee	Cat	Niagara	Kitchener	London	Toronto	Seniors	Steel City	Paralympic	Masters	Referee	Drug Tests
Mike Knott	Cat I	D	XD	XD	XD	D	D	X	XD	5	7
Terry Stinchcombe	Cat I		X	X		X				3	
Rick Gazdig	Cat I	X	X						X	2	
Stan Goss	Cat I						X			1	
Tim Jones	Cat II	X								1	
Lynda Squires	Cat I	X								1	
Jerry Marrentette	Cat I							X		1	
Harnek Rai	Int Cat I	X					X		X	3	
Adele Couchman	Nat Cat I		X	X			X		X	3	
Don Clarke	Nat Cat I		X	X					X	2	
Steve Chomitz	Cat I		X	X			X			3	
Bill Jamison	Int Cat I				XD		X		XD	3	2
Louis Lavesque	Int Cat I	XD			XD					2	2
Mark Giffen					X					1	
Sean Brown	Cat I					X	X			2	
Total										33	11

Bill Jamison Refereed Internationally at:

Commonwealth, Men's World Open, Canadians this year.

Referees not qualified this year:

Angelo Papolis, Glorianne Papolis, Daniel Pare, Gord Cosby, Ron Strong, Scot Seguin

Goal for Next year:

2 new Drug Testers (Preferably one Female)

2 new Referees

I have become certified as a Drug Tester this year. I plan to have at least 2 Referee Seminars next year. Any referees who have not qualified, or requires refresher of new rules should attend a seminar. Terry Stinchcombe and I will try and test for National certification next year.

Ontario National Referees:

Adele Couchman, Don Clarke, Angelo Papolis

Ontario International Referees:

Bill Jamison, Harnek Singh Rai, Lynton Lam

Breakdown on all clubs that refereed in 2004 including November 27, 2005 meet:

Club	# Meets	Referee	Times Refereed
London Club	6	Mike Knott	4
		Terry Stinchcombe	2
		Stan Goss	3
		Rick Gazdig	3
Monster Gym	4	Harneke Singh Rai	3
Belle River	3	Ron Strong	1
		Scot Seguin	1
		Jerry Marentette	3
Kitchener Iron Angels	5	Lynton Lam	5
K-W Grizzlies	3	Adele Couchman	3
		Don Clarke	3
Steel City	3	Bill Jamison	3
Iron Foundation	2	Mark Giffen	2
Golden Triangle	1	Steve Chomitz	1
North Bay	1	Glorianne Papolis	2
Niagara	1	Gord Cosby	1

Discussion

Krista Schaus and Adele Couchman are interested in becoming drug testers. Ulrike will note that we are recruiting two new referees and two drug testers in the newsletter.

There will be a referee's clinic held at the Niagara open on Friday January 20, 2005.

Motion to accept the referee chairs report by Adele Couchman and seconded by Karen Stinchcombe – Motion Carried.

F. Records Chair – Dave Hoffman – report tabled – summary as follows:

Again this year there was no shortage of lifters breaking records. The Junior/Masters and Bench Press at the end of 2004 saw Jeff Becker, Sean Brown, Steve Byrne, Pat Hartwick, Cam Hawkshaw, Scott Hastings, Jane Lessard, Jason Marentette, Jerry Marentette, Dan Shea, and Dan Young set new marks. So far in 2005, Jeff Becker, Steve Chomitz, Art Chan, Vince Byrne, Herb Greenidge, Scott Hastings, Steve Magistrale, Glyn Moore, Marlon Obratoski, Jason Marentette, Jerry Marentette, Alex Croteau, Richard Singh, Alex Stumpf, Ron Strong, Scot Seguin, and Dan Shea have broken records. Others may have met the criteria but have not applied.

Best club of the year again goes to Power Pit of Belle River who won open meets in London, Toronto, and Niagara. Based on the number of entrants they could easily win both team trophies in tomorrow's contests. In 2005 other team trophy winners were Steel City, London, Iron Foundation, Mississauga, and Golden Triangle.

Only two lifters applied for merit badges in 2005. One was sold to an out of province lifter as well as

a set to the province of Nova Scotia. They are free to OPA Members. Would the province consider selling in quantity to Nova Scotia for less than \$5.00 each?

The OPA once again had outstanding participation at the Canadian Championships in Calgary and the numerous North American and World Championship meets in the United States and the Masters in South Africa.

There have been no nominations for the OPA Recognition Award for the last two years but I would like to nominate Adele Couchman and Don Clarke for the 2005 award. They have certainly embraced our sport over the past number of years being our most active referees, all the way to national level and maintaining our connection to developmentally challenged athletes. They have also provided the paperwork for getting us compliant with the Privacy Act, which we will be looking at today. I have listed the previous winners of the award below:

OPA Recognition Award Recipients:

Year	Recipient
1985	Bill Jamison & Ned Gvoich
1986	Jim & Jan Moir
1987	Ron & Joanne Pattyn
1988	John & Diane Sarich
1989	Gord Hansuld
1990	Kali Parsons
1991	Steve Hall
1992	John Baxter
1993	Woody McCullough
1994	Paul Summers
1995	Harneke Singh-Rai
1996	Lynton Lam
1997	Stan Goss
1998	Charlie & Pam Archdekin
1999	Ulrike Kruger
2000	Terry Stinchcombe
2001	Dave Hoffman
2002	Mike Latocha
2003	No Recipient
2004	No Recipient

Discussion

There is a form to apply for merit badges. If anyone wants a merit badge, they should complete this form and send the request to Dave Hoffman. Nova Scotia should apply to Dave. There is no charge for Ontario members. Dave Hoffman will continue to manage the program as it is important to have one person handling it.

Motion to accept the records chair report by Rick Gazdig and seconded by Terry Stinchcombe – Motion Carried.

G. Southern Region Chair – Rick Gazdig – report tabled – summary as follows:

All of the Provincial Championships for 2005 were held in the Southern Region, as well as three High School meets, which were well attended in Waterloo, Caledonia and Belle River. I hope the High School competitors enjoyed themselves and will hopefully consider becoming powerlifters.

The Developmentally Challenged and Blind Athletes were well represented in meets this year. I'm always driven by their zest for competition, good sportsmanship and a healthy outlook.

I was involved in the vote that saw the Golden Triangle Club and Dave Hoffman hold the Ontario Intermediate Championships.

I was sorry to see the lack of National Referees at our (London Powerlifting Club) Ontario Senior Championships, thus only Provincial Records were broken.

I was able to witness several Bench Press World Records being broken and refereed National Records being broken in three lift meets in all age and weight categories.

In all, it was a well organized year in the running of these meets. Keep up the good work both Organizers and Volunteers.

Motion to accept the Southern Region chair's report by Dave Hoffman and seconded by Harnek Rai – Motion Carried.

H. Northeast Region – Mark Glofcheskie – Absent, no report tabled.

4. Tabling of Resolutions

A) It was proposed by Mike Knott to change Article XXVI – Travel/Accommodations/Expense

Reimbursement as follows:

- a) Remove one-way from the paragraph
- b) Paragraph 3, sub-paragraph a – Increase the amount from \$25.00 to \$35.00
- c) Sub-paragraph b-Increase amount from 0.10 to 0.20 cents per km, and accommodations from \$80.00 to \$100.00.

Motioned by Mike Knott and seconded by Stan Goss to increase the amount from \$25.00 to \$35.00

Motion Carried

Motion to amend the change requests in a) and c) above, to request “one-way” to be changed to “two-ways” and to change .10 cents per km to 0.15 cents per km, by Dave Hoffman and seconded by Karen Stinchcombe – Motion Carried with one abstention.

*Note: This change will be accounted for and reviewed by the Treasurer in the 2006 report.

Motion to amend the change request in c) to be changed to “the cost of a hotel room up to \$100” by Mike Knott and seconded by Dave Hoffman – Motion Carried

B) It was proposed by Mike Knott to change Article XXIV – Sanction Fees from \$40.00 to \$10.00. Motioned by Mike Knott and seconded by Rick Gazdig – Motion Carried.

C) It was proposed by Mike Knott to change Ontario Powerlifting Association By-Law number 1B(Dues) to include the suspension of a member for failure of paying fees at sanctioned events held by Registered Clubs, including any charges incurred for NFS cheques. Motioned by Mike Knott and seconded by Rick Gazdig. Motion to amend this change to read: A member will be suspended for failure to pay fees at sanctioned events held by Regional clubs, including any charges incurred for NSF cheques (within 30 days) by Mike Knott and seconded by Dave Hoffman – Motion Carried.

D) It was proposed by Mike Knott to change Article XXIII – Drug Testing by adding an item #5. The OPA will schedule 2 random out of competition tests to be performed yearly.

Motion tabled by Mike Knott and seconded by Dave Hoffman.

Motion to amend the proposed change to read as follows:

#5. The OPA may schedule out of competition testing. Discussion – this is subject to executive review regarding financial and legal liability regarding out of competition testing

Motion to make this amendment, subject to the review of financial and legal liability, by Bill Jamison and seconded by Ron Strong – Motion Carried.

E) It was proposed by Mike Knott to change Article XXII – Levels of Competition, Part 4, Qualifying Totals iii) from “within the past 60 days” to “within the past 30 days” and “competing within 60 days” to “competing within 30 days”.

Motion tabled by Mike Knott and seconded by Dave Hoffman.

Motion to amend the proposed change to read as follows: “within the past 45 days” by Mike Knott and seconded by Dave Hoffman – Motion Defeated.

Motion to amend the proposed change to read as follows: “within 30 days prior and 60 days after” by Shaun O'Halloran and seconded by Dave Hoffman – Motion Defeated

Original motion to change Article XXII to “within the past 30 days” and “competing within 30 days” by Mike

Knott and seconded by Dave Hoffman – Motion Defeated with 1 for and the remainder against.

F) It was proposed by Bill Jamison to change Article XIX so that a minimum standard be put in place in all categories and weight classes where a record has not been established. This minimum standard must be surpassed before any lifter can claim the record. Reason – So that a lifter competing in their first contest cannot set a record with an extremely low weight. This will give the lifters in these weight classes a goal to shoot for and a sense of achievement when they do set a record. It will cut down on needless drug tests.

Motion to set Class 4 as the qualifying total for Sub-Juniors to compete in the provincial championships (Conditional on acceptance by the CPU), by Bill Jamison and seconded by Jerry Marentette – Motion Carried.

- Second motion that a minimum standard be set for the Squat, Bench press, Deadlift and Total in each class where a record has not been established. These minimum standards must be passed before a lifter can claim the record, conditional on acceptance by the CPU, by Bill Jamison and seconded by Dave Hoffman – Motion Carried.
- Third motion to set Class 4 as the qualifying total for 70+ for the Ontario Championships, conditional on acceptance by the CPU, by Bill Jamison and seconded by Dave Hoffman – Motion Defeated with one in favour and remainder against.
- Fourth motion to propose that the CPU set qualifying standards for any divisions that don't have standards set already – 50, 60 and 70 by Bill Jamison and seconded by Dave Hoffman – Motion Carried.
- Fifth motion that once these qualifying standards are set by the CPU, we accept them as our provincial standards immediately, by Bill Jamison and seconded by Dave Hoffman – Motion Carried.

5. New Business

a. Create a pamphlet explaining Powerlifting to take around to high schools.

Discussion: Want to include photos, but we need consent. This must be a professional brochure with a professional look. Sub-Committee formed to create the brochure. The following will be members of this sub-committee: Mike Knott, Krista Schaus, Harnek Rai and Ulrike Kruger.

Motioned by Mike Knott and seconded by Krista Schaus – Motion Carried.

b. Proposal to move the Provincial Open Bench Press championship to be run in conjunction with the Ontario Seniors Championship. This will help to off-set the cost of the event.

Motioned by Mike Knott and seconded by Stan Goss – Motion Carried.

c. Medical Committee – CPU Medical Committee member's credentials need to be reviewed and their duties need to be clearly identified.

Motion to ask the CPU to review the Medical Committee's credentials and their duties by Harnek Rai and seconded by Stan Goss – Motion Carried.

d. Meet Directors at international level should not be allowed to charge lifters for accommodation, etc. at unreasonable rates.

Motion for CPU to request that the IPF investigate this situation by Harnek Rai – Motion Carried.

e. The OPA should make it clear on entry forms that entry fees are non-refundable for any OPA sanctioned competition.

Motion by Harnek Rai to add this to our standard membership and contest forms, as well as any other fee-related forms – Motion Carried.

f. OPA and CPU must conduct out of competition drug tests.

Motion changed to the following: The CPU must conduct one out of competition drug test per year by Harnek Rai – Motion Carried.

g. If a separate room is required for the drug testing at any OPA sanctioned competition, the OPA shall be responsible for the room charges up to \$100.00, motioned by Harnek Rai and seconded by Janice Jamison – Motion Carried.

h. Proposal to change the membership fees as follows: New Member will be \$60.00 year round and eliminate the \$40.00 fee for joining after June 30th. This is a confusing issue as some people think they are a new member if they didn't get a membership one year and decided to get one the next, and some existing members wait until July to register so they can pay the lower fee.

Motion tabled by Marlene Moore and seconded by Lynda Squires – Motion Carried.

i. Proposal for new member incentive – withdrawn by Marlene Moore.

There will be no new member incentive for 2006.

j. Proposal by Marlene Moore to send out letters to members who haven't belonged to the OPA in a few years and ask if they would like to be an associate member for \$25.00 per year, promoting the fact that they get four magazines a year and they would be promoting a great organization. The cost would only be the stamps and the letterhead.

Motion tabled by Marlene Moore and seconded by Stan Goss – Motion Carried.

k. Outstanding drug Testing Fees from 2004.

There are still a few outstanding fees from 2004. They will be taken care of by the members owing.

l. Review of the Meet Director's Handbook.

Committee was established to review and revise the handbook. The committee will consist of the following members: Stan Goss, Glyn Moore, Bill Jamison and Dave Hoffman.

m. OPA Forms and Privacy Policy

Ulrike Kruger has been working with Adele Couchman to make changes to the forms to take into account the new privacy policy. We need to let the membership know how and when their information will be used. We are changing all of our forms to ensure that members are aware of the policy. Membership forms are signed each year. Revised forms will be sent out for review.

Additional Items

Letter to CPU

An official letter will be sent to the CPU asking that any questions regarding the OPA be sent directly to the OPA secretary or the president, and not be dealt with through the CPU website or forum.

Emergency and First Aid:

We need to ensure that emergency and first aid are available at every meet. We need to make sure that we have someone there!

Insurance and Liability:

There are new waivers that need to be signed by competitors for every competition. The forms must be completed at the competition and need to be witnessed. Competitors under the age of 18 must have the signature of a parent/guardian. Bill Jamison to follow-up with the insurance company to confirm details.

Student Competitions – Inaugural Ontario High School Powerlifting Championships

This is a special sanctioned contest.

Students will be required to wear shorts and a t-shirt. Belts can be used and tensor bandages can be used if injured.

We want to try to establish this as an OFSSA event. The first inaugural competition will be held in Caledonia.

6. Competition Bids

a. 2006 Senior Men's, Senior Women's and the Open Bench Press Championships to be held on the third weekend in September. Jerry Marentette put in a tentative bid for Belle River to host. The bid was voted on and passed unanimously.

b. 2006 Intermediate Men's Championships to be held on the third weekend in February.

Dave Hoffman proposed that the Golden Triangle host this competition the third weekend in April, after Easter. The bid was voted on and passed with one against.

*Note: We need to look at the numbers next year and review this competition.

c. 2006 Masters/Juniors Championships and AGM to be held in December.

Tentative bid by Bill Jamison to host the competition and AGM in Hamilton or Brantford. To be confirmed by mid-January. The bid was voted on and passed unanimously.

d. 2006 Nationals: Mike Knott to discuss with Terry Stinchcombe and Stan Goss.

7. Award Nominations

a. OPA Recognition Award

Nominees: Don Clarke and Adele Couchman
Congratulations to: Don & Adele

b. OPA Team Champions

Congratulations to: Power Pit

c. OPA Female Athlete of the Year

No nominations brought forward.

d. OPA Male Athlete of the Year

Nominees: Shaun O'Halloran, Jeff Becker
Congratulations to: Shaun O'Halloran

e. Club with the most new members

Congratulations to: Power Pit

f. Nominations for the CPU Bill Jamison Award

No nominations brought forward.

g. Proposal by Harnek Rai to give a special award to Jim Moyer of London for being an outstanding lifter, and to honour his world record, which he has held for 25 years. This will be a one-time achievement award and we will provide Jim with a plaque. This proposal was voted on and passed unanimously. Congratulations to: Jim Moyer

h. If there is such an award for best bencher, this should go to Shaun O'Halloran. This was voted on and passed unanimously.

8. **Adjournment** – meeting was adjourned at 10:45 pm.



Ontario Powerlifting Association

Visit your Website!!!
www.ontariopowerlifting.org

Submit to your newsletter and Website.

Send photos, contest results, club profiles,
lifter profiles, your powerlifting experiences ...
and your ideas!

Send contributions and ideas to:
ukruger@ontariopowerlifting.org

2006 Niagara Open	
Date:	January 21, 2006 9:30am
Host:	Niagara Powerlifting Club
Place:	Quality Hotel 327 Ontario St. St. Catharines, ON www.heartofniagarahotels.com Phone: (905) 688-2324
Eligibility:	Open to all registered CPU members, or any lifter registered with an IPF affiliated country
Rules	I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules.
Weigh In:	7:30am * <u>Times subject to change</u>
Awards:	1 st , 2 nd , 3 rd in each weight class Best lifters: Open, Sub Junior, Junior, M1, M2, M3, Best Team
Meet Director	Glyn Moore (905) 646-8536 Email: gmoore82@cogeco.ca Jay Gemmell (905) 685-9828
Club Website	http://niagarapowerlifting.org/
Entry Fee:	\$55.00 (includes \$5 OPA drug testing fee) Fee must accompany Contest Entry Form on Page 25
Entry Deadline:	January 3, 2006
Payable To:	Niagara Powerlifting Club
Send Entry To:	Glyn Moore 9 Old Oxford Rd. St. Catharines, ON L2M 2J7



Ontario Powerlifting Association

Referees Needed!!!

The Ontario Powerlifting Association needs more referees

Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: referee@ontariopowerlifting.org

Ontario Bench Press Records – Dec 15, 2005

Women Open				
52kg	75.0	K. Parsons	12/10/89	Hamilton, ON
60kg	85.0	C. Lahey	02/01/92	Kitchener, ON
67.5kg	96.0	G. Papolis	01/31/98	Cambridge, ON
75kg	85.0	G. Papolis	12/08/02	Guelph, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON
Women Master 40-49				
60kg	72.5	C. Cosby	12/07/03	Kitchener, ON
67.5kg	67.5	L. Squires	12/02/01	Cambridge, ON
75kg	85.0	G. Papolis	12/08/02	Guelph, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON
Women Master 50-49				
60kg	70.0	J. Lessard	03/16/03	Winnipeg, MB
67.5kg	67.5	L. Squires	12/08/02	Guelph, ON
Men Sub Junior				
90kg	140.0	S. Byrne	11/21/04	Brampton, ON
Men Junior				
75kg	140.0	G. Gray	02/01/92	Kitchener, ON
90kg	140.0	J. Heisel	12/08/02	Guelph, ON
110kg	180.0	T. Ekert	12/07/03	Kitchener, ON
Men Open				
60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
75kg	167.5	E. Beachey	12/07/03	Kitchener, ON
82.5kg	182.5	S. Moir	01/31/98	Cambridge, ON
90kg	207.5	M. Whitford	12/18/99	Toronto, ON
100kg	192.5	B. Zacharias	12/18/99	Toronto, ON
110kg	242.5	M. Giffen	12/02/01	Cambridge, ON
125 kg	288.0	S. O'Halloran	07/17/05	Brampton, ON
125+kg	272.5	S. O'Halloran	03/21/04	Waterloo, ON
Men Master 40-49				
60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
67.5kg	140.0	K. Lam	06/19/90	Surrey, BC
75kg	150.0	E. Dunstan	12/02/01	Cambridge, ON
82.5kg	180.5	J. Marentette	04/10/05	Calgary, AB
90.0kg	175.5	H. Greenidge	04/01/01	Quebec City
110kg	227.5	B. McIntyre	12/07/03	Kitchener, ON
125 kg	288.0	S. O'Halloran	07/17/05	Brampton, ON
125+kg	263.5	S. Brown	11/21/04	Brampton, ON
Men Master 50-59				
75kg	132.5	W. McCullough	02/12/95	Chilliwack, BC
82.5kg	180.0	H. Greenidge	07/17/05	Brampton, ON
90kg	172.5	H. Greenidge	07/18/04	Mississauga
100kg	165.0	K. Hult	05/19/98	Leduc, AB
110kg	165.0	K. Hult	12/12/98	Guelph, ON
125+kg	165.0	D. Hoffman	03/21/04	Waterloo, ON
Men Master 60+				
100kg	170.0	J. Giffen Sr.	03/21/04	Waterloo, ON



TITAN POWERLIFTING EQUIPMENT IN CANADA

Fury & F6 bench shirts: \$150. Custom made: \$180 (All taxes incl)

Victor and deadlift suit: \$89 Custom **Victor and deadlift:** \$119

Centurion suit: \$190 Custom **Centurion (Dual Quad):** \$240

Singlet: \$39 (Home made when available) **Titan singlet with logo:** \$45

Knee wraps: THP (Titan High Performance) Knee wraps: \$39

Wrist wraps: THP (Titan High Performance) **24 in.** wrist wraps: \$29

12 in. wrist wraps: \$24 **50cm.** wrist wraps: \$27

Deadlift slippers: \$10

T-shirts: S-XL: \$20.00 2XL: \$23.00 3XL: \$25.00 4XL: \$26.00

Suit and shirt colors: Black, Royal blue and red

Shipping: Express post for a suit or a shirt: \$10 Overnight: \$25 (2 day delivery)

These shipping prices are for up to 1 lb parcel. Will quote price for different weight parcel.

Certified cheque or money order, the order will be shipped upon reception of payment.

Cheque: Allow 1 week to clear the cheque before shipping. **No credit card payment. Sorry!**

LOUIS LÉVESQUE

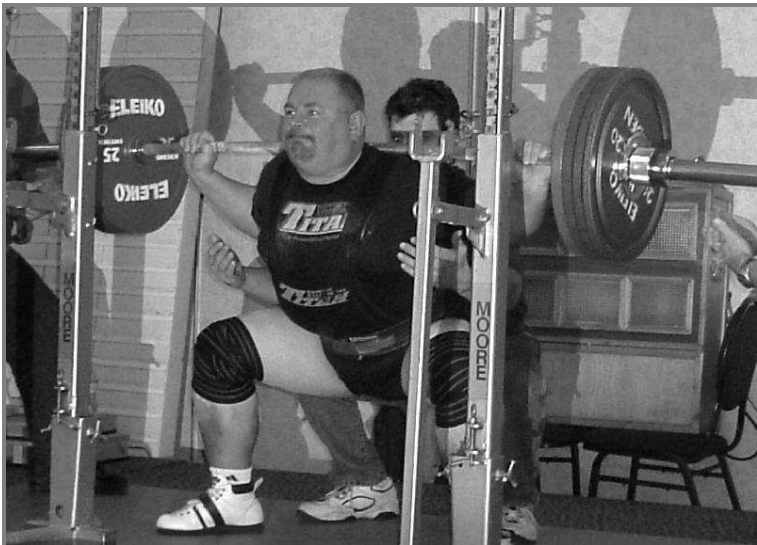
342 rte 249 North

St-Élie d'Orford, Qué. Canada J0B 2S0

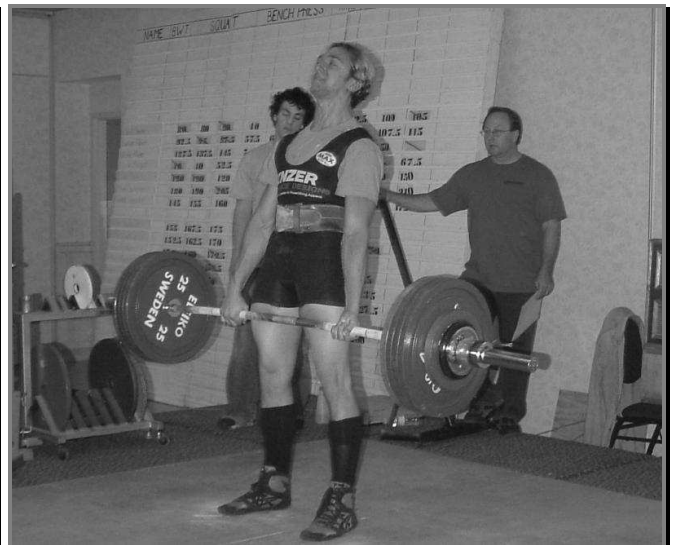
Phone : 819-822-0727 (between 6 and 9 p.m., or at lunch hour)

Email: llevesque@powerlifting.ca

Steel City photos



Mike Knott



Tyler Hamilton

Steel City - Mentally Challenged

Oct 16, 2005

Results: Bill Jamison

Lifter	Club	Squat
Women		
60kg		
Cheryl Howey	Kitchener	40.0
67.5kg		
Charlene Whitcroft	St. Thomas	55.0
Cindy Fritsch	St. Thomas	45.0
82.5kg		
Janette Popp	St. Thomas	45.0
90kg		
Heather Calvert	St. Thomas	35.0
Men		
82.5kg		
Robert Greig	Kitchener	65.0
100kg		
Ron Thompson	Mississauga	110.0
125kg		
Clive Heath	Kitchener	75.0
125+kg		
Matt Morrow	St. Thomas	120.0

Lifter	Club	Bench	DL	Total
Women				
60kg				
Cheryl Howey	Kitchener	27.5	65.0	92.5
67.5kg				
Charlene Whitcroft	St. Thomas	40.0	85.0	125.0
Kelly Fitzgerald	Mississauga	50.0	90.0	140.0
Cindy Fritsch	St. Thomas	35.0	80.0	115.0
82.5kg				
Janette Popp	St. Thomas	35.0	80.0	115.0
90kg				
Heather Calvert	St. Thomas	45.0	102.5	147.5
Men				
52kg				
Scott Fitzgerald	Mississauga	30.0	60.0	90.0
60kg				
Ryan Lamey	Mississauga	57.5	75.0	132.5
67.5kg				
Michael Rastas	Mississauga	45.0	60.0	105.0
75kg				
Nathan Wise	Mississauga	55.0	75.0	130.0
Michael Aruda	Mississauga	72.5	120.0	192.5
82.5kg				
Jeffery Killins	Mississauga	62.5	110.0	172.5
Robert Greig	Kitchener	50.0	85.0	135.0
100kg				
Ron Thompson	Mississauga	130.0	180.0	310.0
110kg				
Morgan Smith	Mississauga	110.0	180.0	290.0
125kg				
Clive Heath	Kitchener	75.0	135.0	210.0
125+kg				
Matt Morrow	St. Thomas	90.0	170.0	260.0

Best Lifters:

Women
Men

Charlene Whitcroft
Ron Thompson

Best Team:

Mississauga Titans

Steel City Open

Oct 16, 2005

Results: Bill Jamison

Lifter	Club	Squat	Bench	DL	Total
Women					
52.5kg					
Carol Smith	Steel City	80.0	45.0	100.0	225.0
67.5kg					
Susan Abbott	Steel City	95.0	65.0	115.0	275.0
75kg					
Ulrike Kruger	Steel City	145.0	80.0	150.0	375.0
Men					
56kg					
Josiah Marquis	Unattached	52.5	40.0	67.5	160.0
67.5kg					
Stan Sher	Unattached	120.0	70.0	150.0	340.0
75kg					
Brian Lawrence	Unattached	190.0	100.0	210.0	500.0
82.5kg					
Tyler Hamilton	Steel City	175.0	115.0	252.5	542.5
Billy Jamison	Steel City	170.0	100.0	170.0	440.0
Greg Platsko	Power Pit	160.0	-	-	-
Peter Marquis	Unattached	137.5	125.0	165.0	427.5
90kg					
Randall Truscott	Steel City	160.0	92.5	172.5	425.0
110kg					
Pedro Tondo	Steel City PLC	235.0	125.0	235.0	595.0
125kg					
Matt Cuthbert	Niagara PLC	230.0	175.0	227.5	632.5
Kari Sutari	Unattached	220.0	205.0	287.5*	712.5
125+kg					
Mike Knott	London PLC	205.0	175.0	200.0	580.0

Best Lifters:

Women
Men

Ulrike Kruger
Kari Sutari

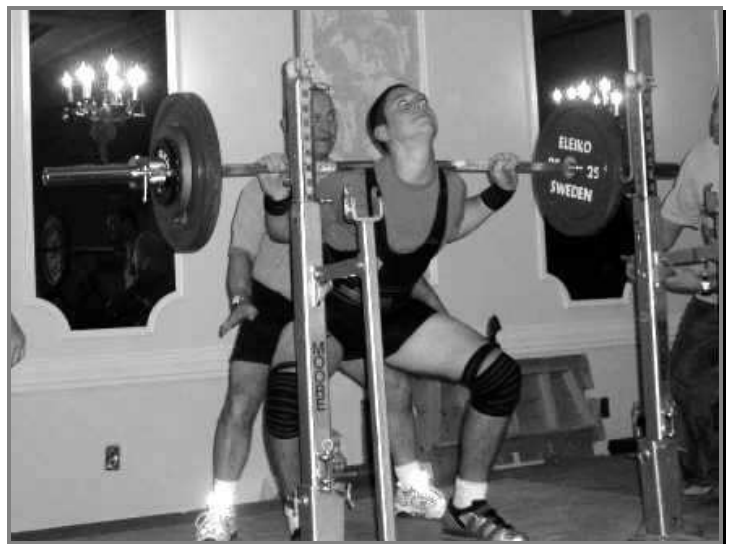
Best Team:

Steel City Powerlifting Club, Hamilton

Ontario Records

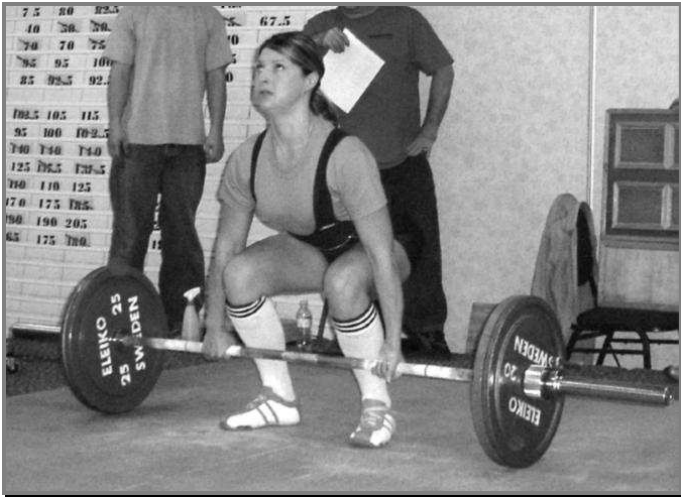
Deadlift

125kg Master 1 Ontario
Kari Sutari

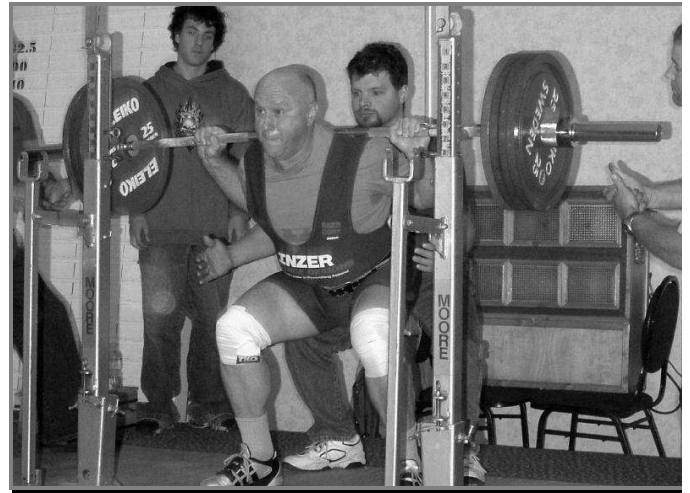


R. Truscott

More Steel City photos



Susan Abbott

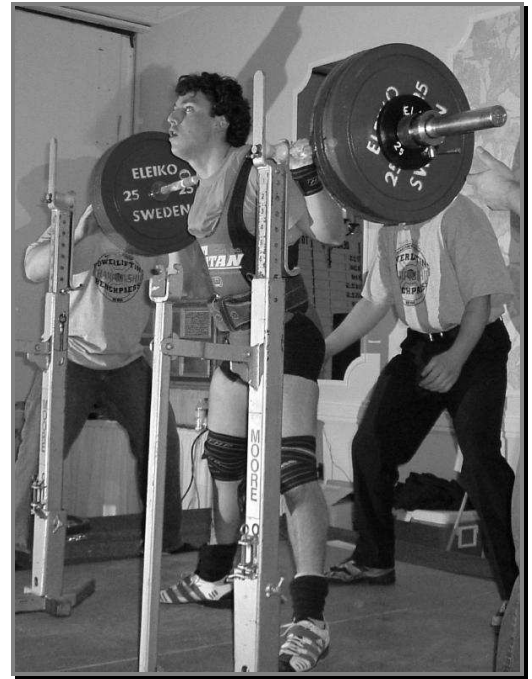


Pedro Tondo

Ontario Junior/Master photos



S. Brown



M. Obratoski



Mark Shawn Harnek Rai Clint



CONTEST SANCTION FORMS

**Contact the Registration Chairperson for
Contest Sanction Forms:**

Marlene Moore: (905) 646-8536

Email: registration@ontariopowerlifting.org

OR

Download from the OPA Website at:
www.ontariopowerlifting.org

Ontario Junior/Masters

Nov 27, 2005

Results: Mike Knott

Lifter	Squat	BP	DL	Total	Points
Women - Master I					
67.5kg					
Jackie Pritchard	130.0	75.0	132.5	337.5	350.1
75kg					
Ulrike Kruger	145.0	77.5	152.5	375.0	362.7
Women - Master II					
60kg					
Jane Lessard	115.0	70.0	125.0	310.0	349.7
75kg					
Lynda Squires	117.5	67.5	130.0	315.0	319.1
Men - SubJr					
56kg					
Alexandre Croteau	125.0	97.5	157.5	380.0	350.2
60kg					
Jason Marentette	170.0	95.0	190.0	455.0	388.7
75kg					
Marlon Obratoski	230.0	120.0	235.0	585.0	416.9
Kurtis Strong	175.0	102.5	202.5	480.0	346.3
90kg					
Randall Truscott	167.5	105.0	177.5	450.0	289.1
100kg					
Benjamin Atkinson	170.0	100.0	175.0	445.0	271.4
John Greenidge	85.0	60.0	120.0	265.0	165.9
David Greenidge	55.0	40.0	75.0	170.0	106.7
125+kg					
Richard Singh	227.5	150.0	190.0	567.5	322.1
Men - Junior					
75kg					
Jesse Jamison	192.5	97.5	197.5	487.5	349.0
Drew Irwin	137.5	162.5	182.5	482.5	344.5
82.5kg					
Tyler Hamilton	170.0	117.5	260.0	547.5	374.7
Bradford Byers	160.0	102.5	220.0	482.5	332.3
Daniel Young	65.0	75.0	75.0	215.0	149.2
90kg					
Steve Byrne	205.0	150.0	207.5	562.5	360.1
100kg					
Stephen MacKie	195.0	125.0	250.0	570.0	348.6
Scott Hastings					
125kg					
Jason Byrne	302.5	225.0	302.5	830.0	478.7
Colin Garnett	-	-	-	-	-

Best Lifters

Women
Men – Light
Men – Heavy

Men – Light
Men – Heavy

Best Team:

Records - Ontario

Deadlift – Jr (60kg) Jason Byrne – 305.0kg
Bench Press – MII (75kg) Lynda Squires – 70.5kg
Deadlift – MII (75kg) Lynda Squires – 137.5kg

World & National

Bench Press – MI (125+kg) Shawn O'Halloran – 300.0kg

National

Bench Press – Jr (125kg) Jason Byrne – 227.5kg
Bench Press – Jr (60kg) Jason Marentette – 97.5kg

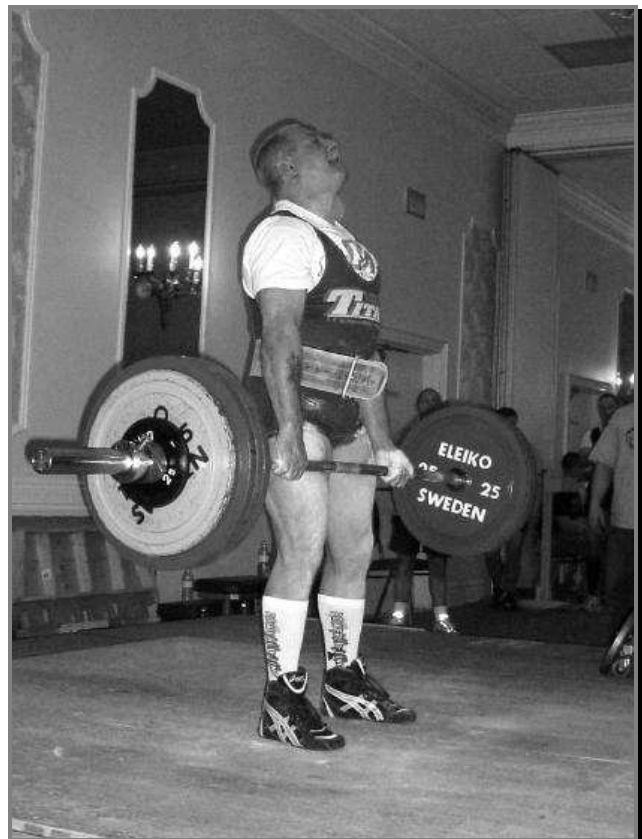
Master

Ulrike Kruger
Frank Nadeau
Mark Giffen

Junior

Marlon Obratoski
Jason Byrne
Power Pit

Lifter	Squat	BP	DL	Total	Points
Men - Master I					
75kg					
Frank Nadeau	220.0	142.5	210.0	572.5	413.0
90kg					
Tim Jones	192.5	140.0	225.0	557.5	357.1
100kg					
Steve Chomitz	262.5	177.5	265.0	705.0	431.0
Darrell Beyer	-	-	-	-	-
110kg					
Ron Strong	235.0	170.0	290.0	695.0	409.2
Patrick Hartwick	62.5	62.5	62.5	187.5	111.9
125kg					
Mark Giffen	292.5	260.0	292.5	845.0	489.3
Sean Brown	305.0	210.0	290.0	805.0	466.5
Kari Suutari	227.5	200.0	287.5	715.0	411.7
Rick Gazdig					
125+kg					
Shawn O'Halloran	300.0	287.5	270.0	857.5	484.2
Men - Master II					
75kg					
John Bourgoin	200.0	110.0	167.5	477.5	344.5
82.5kg					
Herbert Greenidge	200.0	162.5	227.5	590.0	397.6
Stan Goss	75.0	75.0	75.0	225.0	159.3
90kg					
Laurie Greenidge	210.0	120.0	205.0	535.0	349.7
Men - Master III					
67.5kg					
Stan Sher	130.0	70.0	150.0	350.0	269.9



F. Nadeau

Successful Record Attempts:

Lifter	Class	Lift	Weight	World	Nat	Prov
Junior Mens						
Chris Carpenter	90.0Kg	Bench Press Only	192.5Kg		X	X
Drew Irwin	75.0Kg	Bench Press Only	160.0Kg		X	X
Drew Irwin	75.0Kg	Bench Press 3 Lift	162.5Kg		X	X
Masters I Mens						
Ron Strong	110Kg	Deadlift	290.0Kg			X
Shawn O'Halloran	125+Kg	Bench Press Only	282.5Kg		X	X
Shawn O'Halloran	125+Kg	Bench Press 3 Lift	300.0Kg	X	X	X
Jackie Pritchard	67.5Kg	Bench Press Only	75.0Kg			X
Masters II Mens						
David Hoffman	125+Kg	Bench Press Only	170.0Kg			X
Masters II Womens						
Lynda Squires	75.0Kg	Bench Press 3 Lift	70.5Kg		X	X
Lynda Squires	75.0Kg	Deadlift	130.0Kg		X	X
Lynda Squires	75.0Kg	Total	315.0Kg		X	X
Open Mens						
Clint Harwood	125+Kg	Bench Press Only	292.5Kg		X	X
Sub-Junior Mens						
Alexandre Croteau	56.0Kg	Bench Press 3 Lift	97.5Kg		X	X
Jason Byrne	125Kg	Squat	302.5Kg			X
Jason Byrne	125Kg	Bench Press 3 Lift	227.5Kg		X	X
Jason Byrne	125Kg	Deadlift	305.0Kg		X	X
Jason Byrne	125Kg	Total	830.0Kg			X
Jason Marentette	60.0Kg	Squat	170.0Kg		X	X
Jason Marentette	60.0Kg	Bench Press 3 Lift	97.5Kg		X	X
Jason Marentette	60.0Kg	Deadlift	190.5Kg		X	X
Jason Marentette	60.0Kg	Total	455.0Kg		X	X
Marlon Obratoski	75.0Kg	Squat	230.0Kg		X	X
Marlon Obratoski	75.0Kg	Deadlift	235.0Kg		X	X
Marlon Obratoski	75.0Kg	Total	585.0Kg		X	X
Richard Singh	125Kg	Squat	227.5Kg		X	X
Richard Singh	125+Kg	Bench Press 3 Lift	150.0Kg		X	X
Richard Singh	125+Kg	Deadlift	190.0Kg		X	X
Richard Singh	125+Kg	Total	567.5Kg		X	X

Champion of Champions: Clint Hartwood

Best Team: Power Pit

Ontario Bench Press

Nov 27, 2005 Results: Mike Knott

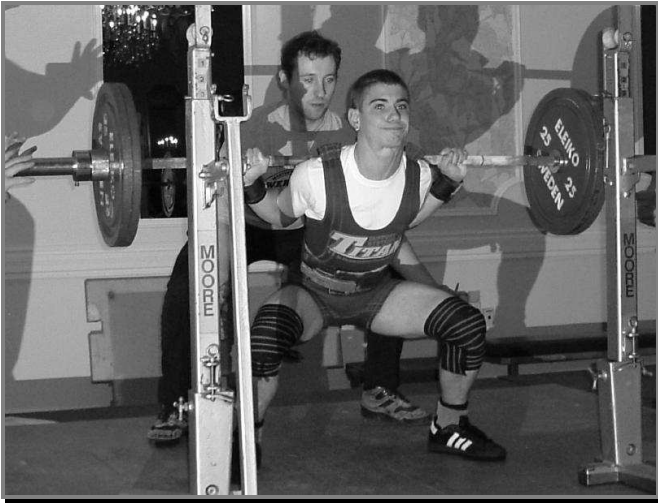
Lifter	BP	Points
Women		
67.5kg		
Jackie Pritchard	75.0	77.9
Men		
75kg		
Drew Irwin	157.5	112.5
Andrew Haber	137.5	98.1
82.5kg		
Barry Antoniow	185.0	125.5
Robert Wilson	177.5	120.1
Herbert Greenidge	160.0	108.1
Les Fleiszig	152.5	102.8
Kevin Samson	137.5	93.4
90kg		
Chris Carpenter	192.5	128.2
Jerry Marenette	162.5	107.6
Dan Mielko	147.5	96.9
Laurie Greenidge	100.0	66.2
100kg		
Miroslav Koprnicky	162.5	100.1
S. Byrne	152.5	97.3
David Pigozzo	152.5	96.1
110kg		
Mark Lampi	215.0	127.1
John Clayton	175.0	103.6
Ron Strong	-	-
125kg		
Jason Byrne	205.0	118.4
Shawn Brown	-	-
Sean Brown	-	-
125+kg		
Clint Harwood	292.5	159.4
Shawn O'Halloran	282.5	159.5
David Hoffman	170.0	92.8
Mike Knott	165.0	92.6
P. Ouellette	-	-



Jackie Pritchard



Jane Lessard



A. Croteau



L. Greenidge

Benefits of being an affiliated club of the OPA

- Only registered clubs can enter as team in a contest.
- Only registered clubs can sanction and host a contest.
- Clubs can play a part in promoting powerlifting in their communities.
- Clubs are provided visibility on the website and newsletter.



Club Affiliation Application Form
(for Jan 1 – Dec 31, 2006)

- Only registered clubs can enter as team in a contest.
- In order to represent a club, a lifter must train with the club on a regular basis (at least once a week).
- No athlete may compete under a club name unless that club has taken out an affiliation. An athlete who does not belong to a club must compete as an unattached lifter.
- Club affiliation must be renewed annually. Affiliation fees cover 1 year from Jan 1 to Dec 31.

Club Name: _____ **CPU Card#:** _____

Club Contact: _____

Club Contact must be a registered member of the Ontario Powerlifting Association

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Club Web Site: _____

It is agreed that, if membership be granted, our club will abide by the Constitutional requirements, for membership of the Ontario Powerlifting Association and the Canadian Powerlifting Union.

We further understand suspension may follow any violation of the said constitution or by-laws. It is further and clearly understood that the Ontario Powerlifting Association reserves the right to cancel this said affiliation at any time.

Signature: _____

Date: _____

Club Affiliation Fee: \$40.00

Make cheque payable to: Ontario Powerlifting Association

→ All Fees are Non-Refundable

Send Cheque or Money Order to:

Ontario Powerlifting Association
c/o Marlene Moore, 9 Old Oxford Road
St Catharines, ON L2M 2J7

***Application must include a copy of all emblems and logos that the club will be using and a list of all of club members**

[Rev:2005-11]

International Results – How the Canadians Fared

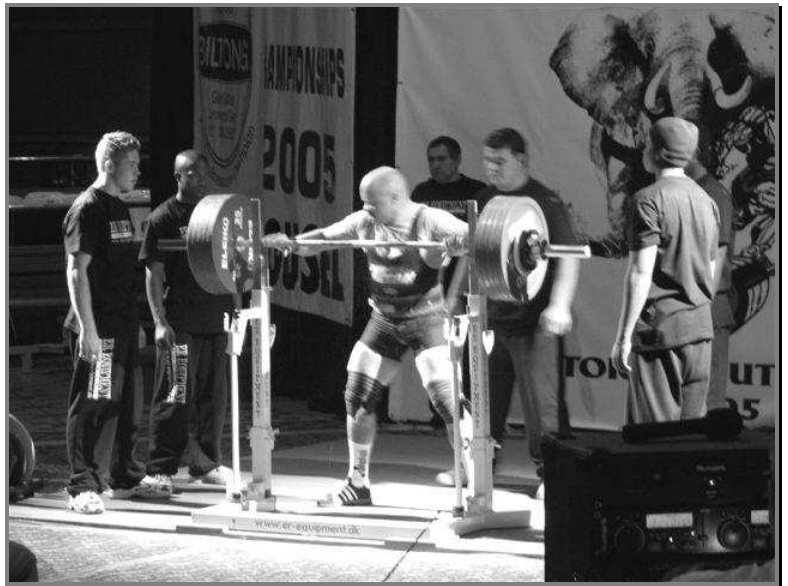
Worlds Masters

South Africa Oct 10 2005

Lifter	Squat	BP	DL	Total
Men Masters 1				
75kg				
9. Urban Walter	200.0	137.5	212.5	550.0
82.5kg				
2. Becker Jeff	297.5	185.0	282.5	765.0
90kg				
6. Marentette Jerry	267.5	185.0	270.0	722.5
110kg				
7. Strong Ron	265.0	175.0	292.5	732.5
125kg				
2. O'Halloran Shawn	330.0	245.0	270.0	845.0
Mens Master 2				
75kg				
2. Moore Glynn	230.0	137.5	225.0	592.5
3. Couturier Claude	207.5	140.0	225.0	572.5
90kg				
3. Seguin Scot	235.0	142.5	255.0	632.5
4. Cormier Don	257.5	167.5	190.0	615.0



Back Row: Shawn Ohalloran, Scot Seguin, Jerry Marentette, Ron Strong. **Front Row:** Gisele Seguin, Marlene Moore, Jeff Becker, Collette Marentette, Glyn Moore. **Missing:** Walter Urban, Don Cormier, (Coach) Alex Drolc.



Jeff Becker



(Coach) Alex Drolc



Ontario Powerlifting Association

Referees Needed!!!

The Ontario Powerlifting Association needs more referees

Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: referee@ontariopowerlifting.org

CONTEST SANCTION FORMS

Contact the Registration Chairperson for Contest Sanction Forms:

Marlene Moore: (905) 646-8536

Email: registration@ontariopowerlifting.org

OR

Download from the OPA Website at:
www.ontariopowerlifting.org



2006 Membership Application

for residents of Ontario

Required if competing Jan 1,2006 - Dec 31,2006 (Includes Newsletter)



Becoming an OPA member automatically entitles you to a CPU (Canadian Powerlifting Union) membership. The CPU is affiliated with the IPF (International Powerlifting Federation).

Who can become an Ontario Powerlifting Association Member?

- Residents of Ontario can be full members of the Ontario Powerlifting Association. Lifters in other provinces must register with the association in their province
- Non-residents of Canada must register with the CPU Registration Chairperson directly
- Any person from anywhere can be an Associate member.

**PLEASE PRINT. Complete all areas.
Membership Fees are non-refundable.**

Name: _____
First Name Middle Initial Last Name

Address: _____ **City:** _____

Province: _____ **Postal Code:** _____ **Phone:** _____-_____-_____

Email: _____

Type of Membership (Check only one):

Regular: \$60.00 or **Special Athlete: \$40.00** or **Associate: \$25.00**

Note: All members receive the OPA Newsletter several times per year. Regular and Special Athletes receive a CPU card which entitles entry into IPF affiliated contests.

Date of Birth: ____/____/____ M or F **Level:** Novice Intermediate Senior
DD / MM / YYYY

Categories: Open Blind Special Athlete Other _____
(check all that apply) Sub Junior Junior Master I Master II Master III

Affiliated OPA Club: _____ or Unattached

Note: In order to represent an affiliated OPA club, the lifter must train with the club regularly (at least once a week) Notify the Registration Chairperson if you are changing clubs. You can only compete for the club that is indicated above.

As a member of the Ontario Powerlifting Association, I agree to follow and obey all rules, regulations, and drug testing procedures as specified in the Ontario Powerlifting Association Constitution and Bylaws (available on the OPA website and upon request). In order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.

Privacy:

The Ontario Powerlifting Association collects and uses your personal information primarily for the purposes of: a. registration activities associated with the Ontario Powerlifting Association, the Canadian Powerlifting Union and affiliates; b. mailing of periodic newsletters; c. Posting contest results on the website and in the newsletter; d. insurance.

I understand that by joining the Ontario Powerlifting Association, I am granting permission to use my likeness, voice and words on television, radio, films, newspapers, newsletters, on the internet and any other media. As a competitor, I further understand that my age, bodyweight and competition results will be available for scrutiny and posting at competitions as well as in the above described media.

I consent to the information above being made available to our members for networking (e.g. membership lists, newsletters, etc). Only the information that is necessary (and nothing additional) will be shared. This information will not be given out to any other organization.

Medical:

Should there be an instance during a club practice or competition where I am not medically able to determine emergency medical care for myself, I authorize the Ontario Powerlifting Association or Ontario Powerlifting Club officials to take such measures and arrange for such medical and hospital treatment as they may deem advisable for my health and well-being.

Signature (Required): _____ **Date:** _____

(Parent/Guardian if under 18)

Send application & cheque/money order to:
Ontario Powerlifting Association
c/o Marlene Moore, 9 Old Oxford Road
St Catharines, ON L2M 2J7

Make Cheque or Money Order payable to:
Ontario Powerlifting Association

*Allow 4-6 weeks for CPU Cards to be processed.
Registration will not be accepted on the day of a contest.
Rev: 12/05 v1.0

OPA Records – Dec 15, 2005				
Women Sub Junior				
52kg				
Squat	50.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	35.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	70.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	155.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Women Junior				
52kg				
Squat	127.5	D. D'Angelo	Nov-89	Womens Worlds, Sydney, NS
Bench	35.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	70.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	312.5	D. D'Angelo	Nov-89	Womens Worlds, Sydney, NS
56kg				
Squat	120.0	D. D'Angelo	May-89	NE Ontario Open, North Bay, ON
60kg				
Squat	137.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, ON
Bench	70.0	A. Gilchrist	Oct-89	Intermediate Open, Cambridge
Deadlift	140.0	A. Gilchrist	Jun-89	Canadian Womens, Kitchener, ON
Total	342.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, ON
82.5kg				
Squat	142.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Bench	67.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Deadlift	147.5	H. Johns	Dec-92	Limestone Open, Kingston, ON
Total	355.0	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Women Open				
48kg				
Squat	132.5	D.D'Angelo	Oct-90	Cambridge Open
Bench	50.0	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC
Deadlift	102.5	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC
Total	235.0	S.Marvel	Feb-95	Canadian Womens, Chilliwack, BC
52kg				
Squat	140.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
Bench	75.0	K. Parsons	Dec-89	Hamilton Open, Hamilton, ON
Deadlift	155.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
Total	360.0	D.D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
56kg				
Squat	102.5	K. Schaus	Mar-01	Canadian Womens, Quebec City
Bench	50.0	K. Schaus	Mar-01	Canadian Womens, Quebec City
Deadlift	102.5	K. Schaus	Mar-01	Canadian Womens, Quebec City
Total	255.0	K. Schaus	Mar-01	Canadian Womens, Quebec City
60kg				
Squat	160.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
Bench	85.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	395.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
67.5kg				
Squat	182.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
Bench	95.0	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
Deadlift	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Total	437.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB

OPA Records – Dec 15, 2005				
Women Open - Continued				
75kg				
Squat	165.0	G. Guillemette	Feb-95	Canadian Womens, Chilliwack, BC
Bench	90.0	G. Guillemette	Oct-96	Ontario Womens, North Bay, ON
Deadlift	187.5	U. Kruger	Oct-98	Ontario Womens, Brockville, ON
Total	435.0	U. Kruger	Oct-98	Ontario Womens, Brockville, ON
82.5kg				
Squat	147.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Bench	75.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Deadlift	170.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Total	392.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
90kg				
Squat	175.0	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
Bench	75.0	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
Deadlift	167.5	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
Total	417.5	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
90+kg				
Squat	185.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON
Bench	100.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON
Deadlift	155.0	S. Murphy	May-94	Womens Worlds, New Zealand
Total	430.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON
Women Master 40-49				
60 kg				
Squat	120.0	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Bench	72.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Deadlift	142.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Total	325.0	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
67.5kg				
Squat	160.0	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Bench	82.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Total	405.0	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
75kg				
Squat	160.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Bench	85.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Deadlift	165.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Total	410.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
82.5kg				
Squat	147.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Bench	75.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Deadlift	170.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Total	392.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
90kg				
Squat	105.0	M. Greenidge	May-01	London Open, London, ON
Bench	55.0	M. Greenidge	May-01	London Open, London, ON
Deadlift	110.0	M. Greenidge	May-01	London Open, London, ON
Total	270.0	M. Greenidge	May-01	London Open, London, ON

OPA Records – Dec 15, 2005**Women Master 50-59**

60 kg				
Squat	117.5	J. Lessard	Nov-04	Ontario Masters, Brampton, ON
Bench	77.5	J. Lessard	Nov-04	Ontario Masters, Brampton, ON
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	325.0	J. Lessard	Nov-04	Ontario Masters, Brampton, ON

67.5kg

Squat	132.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Bench	70.0	L. Squires	Dec-02	Ontario Masters, Guelph, ON
Deadlift	137.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Total	337.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB

75kg

Squat	122.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Bench	65.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	125.0	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Total	312.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON

Men Sub Junior**56 kg**

Squat	155.0	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Bench	87.5	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB

60 kg

Squat	165.0	J. Marentette	May-05	London Open, London, ON
Bench	80.0	J. Marentette	May-05	London Open, London, ON
Deadlift	190.0	J. Marentette	May-05	London Open, London, ON
Total	430.0	J. Marentette	May-05	London Open, London, ON

67.5 kg

Squat	85.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	45.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	100.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	230.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON

75 kg

Squat	215.0	M. Obratoski	Jul-05	Toronto Open, Brampton, ON
Bench	121.0	A. Stumpf	May-05	London Open, London, ON
Deadlift	217.5	M. Obratoski	Jul-05	Toronto Open, Brampton, ON
Total	552.5	M. Obratoski	Jul-05	Toronto Open, Brampton, ON

82.5kg

Squat	232.5	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Bench	155.0	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Deadlift	250.0	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Total	637.5	D. Shea	Nov-04	Ontario Juniors, Brampton, ON

125kg

Squat	155.0	R. Singh	May-05	London Open, London, ON
Bench	112.5	R. Singh	May-05	London Open, London, ON
Deadlift	172.5	R. Singh	May-05	London Open, London, ON
Total	440.0	R. Singh	May-05	London Open, London, ON

125+

Squat	200.0	R. Singh	Jul-05	Toronto Open, Brampton, ON
Bench	140.0	R. Singh	Jul-05	Toronto Open, Brampton, ON
Deadlift	185.5	R. Singh	Jul-05	Toronto Open, Brampton, ON
Total	510.0	R. Singh	Jul-05	Toronto Open, Brampton, ON

OPA Records – Dec 15, 2005**Men Junior****52kg**

Squat	172.5	S. Boulерice	Mar-92	Ontario Seniors, North Bay, ON
Bench	90.0	S. Boulерice	May-91	Canadian Juniors, Kitchener, ON
Deadlift	185.5	S. Boulерice	Mar-92	Ontario Seniors, North Bay, ON
Total	445.0	S. Boulерice	Mar-92	Ontario Seniors, North Bay, ON

56 kg

Squat	155.0	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Bench	87.5	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB

60kg

Squat	165.0	J. Marentette	May-05	London Open, London, ON
Bench	110.5	S. Lindsay	Feb-91	Ontario Int. North Bay, ON
Deadlift	190.0	J. Marentette	May-05	London Open, London, ON
Total	430.0	A. Box	Feb-94	Canadian Juniors, Kitchener, ON

67.5kg

Squat	187.5	E. Lacroix	Oct-94	Ontario Int. Maxville, ON
Bench	135.0	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
Deadlift	207.5	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
Total	502.5	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF

75kg

Squat	230.0	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Bench	152.5	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Deadlift	257.5	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Total	640.0	B. Summers	Dec-00	Ontario Junior, Brockville, ON

82.5kg

Squat	250.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
Bench	182.5	V. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	260.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
Total	675.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB

90kg

Squat	237.5	M. Bilz	Oct-96	Ontario Int. North Bay ON.
Bench	160.0	G. Zilberbrant	Mar-04	Canadian Juniors, Waterloo, ON
Deadlift	257.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
Total	647.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON

100kg

Squat	295.0	S. Hastings	Jun-05	North Americans Miami, USA
Bench	202.5	S. Hastings	Sep-05	World Juniors, Fort Wayne, USA
Deadlift	272.5	L. Kiss	Dec-99	Ontario Juniors, Toronto ON
Total	740.0	S. Hastings	Jun-05	North Americans Miami, USA

110kg

Squat	246.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Bench	190.0	T. Ekert	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	277.5	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Total	675.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON

125kg

Squat	272.5	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON
Bench	172.5	C. Hawkshaw	Nov-04	Ontario Juniors, Brampton, ON
Deadlift	282.5	C. Hawkshaw	Nov-04	Ontario Juniors, Brampton, ON
Total	725.0	C. Hawkshaw	Nov-04	Ontario Juniors, Brampton, ON

125+

Squat	200.0	R. Singh	Jul-05	Toronto Open, Brampton, ON
Bench	140.0	R. Singh	Jul-05	Toronto Open, Brampton, ON
Deadlift	185.5	R. Singh	Jul-05	Toronto Open, Brampton, ON
Total	510.0	R. Singh	Jul-05	Toronto Open, Brampton, ON

OPA Records – Dec 15, 2005				
Men Open				
52kg				
Squat	170.0	S. Boulerice	Feb-92	Canadian Juniors, Kitchener, ON
Deadlift	185.0	S. Boulerice	Feb-92	Canadian Juniors, Kitchener, ON
56kg				
Squat	155.0	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Bench	87.5	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
60kg				
Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	147.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Feb-00	Canadian Chmp, Moose Jaw, SK
Total	565.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON
67.5kg				
Squat	200.0	A. Chan	Sep-05	Ontario Seniors, London, ON
Bench	175.0	A. Chan	Sep-05	Ontario Seniors, London, ON
Deadlift	225.0	A. Chan	Sep-05	Ontario Seniors, London, ON
Total	600.0	A. Chan	Sep-05	Ontario Seniors, London, ON
75kg				
Squat	277.5	J. Becker	May-96	Canadian Chmp, Leduc, AB
Bench	168.0	J. Becker	May-96	Canadian Chmp, Leduc, AB
Deadlift	285.0	J. Becker	Feb-95	Ontario Seniors, London ON
Total	722.5	J. Becker	May-96	Canadian Chmp, Leduc, AB
82.5kg				
Squat	290.0	J. Becker	Mar-04	Canadian Chmp, Waterloo, ON
Bench	187.5	V. Byrne	Jul-05	Toronto Open, Brampton, ON
Deadlift	298.0	J. Becker	May-98	Canadian Chmp, Richmond, BC
Total	752.5	J. Becker	Apr-05	Canadian Masters, Calgary, AB
90kg				
Squat	292.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Bench	190.0	A. Drolc	Sep-04	Ontario Seniors, Brantford, ON
Deadlift	322.5	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie
Total	777.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
100kg				
Squat	312.5	E. Gagnon	Sep-03	Ontario Seniors, Ottawa, ON
Bench	225.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON
Deadlift	312.5	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON
Total	825.0	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON
110kg				
Squat	347.5	R. Celio	May-97	Canadian Chmp, Toronto ON
Bench	232.5	M. Giffen	Sep-02	Ontario Seniors, Mississauga, ON
Deadlift	325.0	R. Celio	May-97	Canadian Chmp, Toronto ON
Total	887.5	R. Celio	May-97	Canadian Chmp, Toronto ON
125kg				
Squat	335.0	D. Gratton	Jan-00	Ontario Seniors, London, ON
Bench	275.0	S. O'Halloran	Jul-05	Toronto Open, Brampton, ON
Deadlift	310.0	S. Magistrale	Sep-05	Ontario Seniors, London, ON
Total	882.5	S. O'Halloran	Jul-05	Toronto Open, Brampton, ON

OPA Records – Dec 15, 2005				
Men Open - continued				
125+				
Squat	347.5	D. Gratton	May-01	London Open, London, ON
Bench	290.0	S. O'Halloran	Sep-04	Ontario Seniors, Brantford, ON
Deadlift	320.0	S. Brown	Mar-04	Canadian Chmp, Waterloo, ON
Total	887.5	S. Brown	Mar-04	Canadian Chmp, Waterloo, ON
Men's Master Records (40 - 49)				
60kg				
Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	147.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Dec-99	Ontario Masters, Toronto, ON
Total	565.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON
67kg				
Squat	227.5	K Lam	Jun-90	Canadians, Surrey, BC
Bench	141.0	K Lam	May-93	Canadian Masters, Edmonton, AB
Deadlift	262.5	K Lam	May-90	Canadian Masters, Winnipeg, AB
Total	630.0	K Lam	Jun-90	Canadians, Surrey, BC
75kg				
Squat	252.5	C. Archdekin	Mar-97	Ontario Seniors, Toronto, ON
Bench	165.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
Deadlift	280.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
Total	685.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
82.5kg				
Squat	290.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON
Bench	177.5	J. Becker	Apr-05	Canadian Masters, Calgary, AB
Deadlift	295.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON
Total	752.5	J. Becker	Apr-05	Canadian Masters, Calgary, AB
90kg				
Squat	292.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Bench	187.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Deadlift	302.5	P. Perry	May-91	Canadian Master, Kitchener, ON
Total	777.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
100kg				
Squat	270.0	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
Bench	185.0	S. Chomitz	May-05	London Open, London, ON
Deadlift	277.5	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
Total	725.0	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
110kg				
Squat	247.5	R. Strong	Dec-02	Ontario Masters, Guelph, ON
Bench	215.0	B. McIntyre	Mar-03	Canadian Masters, Winnipeg, MB
Deadlift	287.5	R. Strong	Jan-05	Niagara Open, St Catharines, ON
Total	730.0	B. McIntyre	Dec-03	Ontario Masters, Kitchener, ON
125kg				
Squat	332.5	S. O'Halloran	Jul-05	Toronto Open, Brampton, ON
Bench	275.0	S. O'Halloran	Jul-05	Toronto Open, Brampton, ON
Deadlift	285.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Total	882.5	S. O'Halloran	Jul-05	Toronto Open, Brampton, ON
125+				
Squat	330.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Bench	278.0	S. O'Halloran	Jan-05	Niagara Open, St Catharines, ON
Deadlift	320.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Total	887.5	S. Brown	Mar-04	Canadian Masters, Waterloo, ON

OPA Records – Dec 15, 2005**Men's Master Records (50 - 59)**

67.5 kg				
Squat	210.0	G. Moore	Dec-02	Ontario Masters, Guelph, ON
Bench	122.5	G. Moore	Mar-01	Canadian Masters, Quebec City
Deadlift	235.5	G. Moore	Dec-02	Ontario Masters, Guelph, ON
Total	567.5	G. Moore	Dec-02	Ontario Masters, Guelph, ON
75kg				
Squat	230.0	G. Moore	Apr-05	Canadian Masters, Calgary, AB
Bench	131.5	G. Moore	Sep-02	Ontario Seniors, Toronto, ON
Deadlift	238.0	G. Moore	Apr-05	Canadian Masters, Calgary, AB
Total	597.5	G. Moore	Apr-05	Canadian Masters, Calgary, AB
82.5kg				
Squat	227.5	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
Bench	178.0	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
Deadlift	235.5	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
Total	642.5	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
90kg				
Squat	242.5	S. Seguin	Mar-04	Canadian Masters, Waterloo, ON
Bench	165.0	K. Hult	Mar-96	Canadian Masters, Windsor, NS
Deadlift	272.5	P. Perry	Dec-02	Ontario Masters, Guelph, ON
Total	655.0	P. Perry	Dec-02	Ontario Masters, Guelph, ON
100kg				
Squat	250.0	F. Tavernier	Dec-00	Ontario Masters, Brockville, ON
Bench	167.5	S. Seguin	Apr 05	Canadian Masters, Calgary, AB
Deadlift	290.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON
110kg				
Squat	290.0	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
Bench	162.5	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
Deadlift	255.0	P. Hartwick	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
125+				
Squat	255.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Bench	160.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Deadlift	240.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Total	650.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Men's Master Records (60+)				
82.5 kg				
Squat	170.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Bench	105.0	I. Williamson	Mar-03	Canadian Masters, Winnipeg, MB
Deadlift	220.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Total	487.5	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
90 kg				
Squat	210.0	M. Kelso	Nov-04	Ontario Masters, Brampton, ON
Bench	152.5	M. Kelso	Nov-04	Ontario Masters, Brampton, ON
Deadlift	222.5	M. Kelso	Jun-03	London Open, London, ON
Total	570.0	M. Kelso	Jun-03	London Open, London, ON

OPA Records – Dec 15, 2005**Men's Master Records (60+) - continued**

100 kg				
Squat	210.0	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Bench	157.5	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	235.0	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Total	602.5	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
110kg				
Squat	205.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON
Bench	135.0	R. Villeneuve	Jul-99	Worlds Blind, Waterloo, ON
Deadlift	235.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON
Total	570.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON

To hold an amateur record in any sport is quite an accomplishment. To hold a record in the OPA, you must do two things after you break the record. You must be drug tested and you must send a record application form to the Records Chairperson within 30 days. You can also have your coach make sure that all referees have signed the official score sheet as that is also something that is required to make things official. Two Category II OPA or higher referees must officiate record attempts. Use the form on page 26 to apply for a Provincial or National Record. -- **Dave Hoffman - OPA Records Chairperson**

[From the CPU Constitution]

ARTICLE XIX: NATIONAL RECORDS

- 1) A standard C.P.U. Record Application form must be submitted to the National Records Chairman no later than sixty days from the date of any sanctioned competition.
- 2) The lifter must have been subjected to a doping control test, the sample analyzed at an I.O.C.-accredited laboratory, and the test result found to be negative.
- 3)
 - a) The chief referee's seat must be occupied by an official of C.P.U. National or higher rank.
 - b) At least one side referee must also be National rank or higher. The second side referee may be of Provincial Category I or higher rank.
- 4) I.P.F. rules must be followed.
- 5) If a C.P.U. National Record is established by a Canadian citizen while competing in a foreign country, that record will only be recognized if:
 - a) The lifter has been subjected to a doping control test, the sample analyzed at an I.O.C. accredited laboratory, and the test result found to be negative.
 - b) The record was made before three I.P.F. International referees, all of whose registrations are up to-date.
 - c) The competition was sanctioned by a lifting organization which is affiliated with the I.P.F.
 - d) The competition must have been organized and conducted according to I.P.F. rules.



Request for Expense Reimbursement

This form along with original receipts is to be submitted within 30 days of the event to the OPA Treasurer for:

- OPA Lifters claiming reimbursement for travel to championship contests (CPU, IPF)
- OPA Referees claiming reimbursement for refereeing a sanctioned contest (OPA)
- OPA Executive Meetings
- OPA Administrative Expenses

Mail To:
 OPA Treasurer:
 Krista Schaus
 295 Link Road
 RR2
 Cayuga, ON
 N0A 1E0

Member Information

Event Information

Name: _____	Competition _____	Referee _____
	Meeting _____	Administrative _____
CPU Card #: _____	Name of Event: _____	
Address: _____	Location: _____	
	Date: _____	
Phone #: _____	Contest Results: (how you placed etc): _____	
Email (optional): _____		

** Each section must be completed as fully as possible. **

CLAIMANT SECTION

O.P.A SECTION

Details of Expenses	Amount Claimed	Provision in Constitution	Amount Allowed	Amount Approved	Claim Category
Total:			Total:		

OFFICE USE ONLY

Date Received: _____

Approved by: _____

Cheque #: _____

Date Issued: _____

I hereby declare the above information to be true and expenses to be incurred by me:
Claimant's Signature:

Rev. 12/ 04


How to enter an OPA Sanctioned Contest

Anyone entering an OPA sanction competition must send a completed and signed Contest Entry form along with payment to the Meet Director or specified individual.

You must be an OPA Member in order to compete in an Ontario Championship. Competitors from out of province must possess the appropriate IPF membership to compete in other contests. Example: A lifter from Quebec can compete in an open competition as a CPU member affiliated with the QPF (Quebec Powerlifting Federation).

Here are the steps to follow to enter a contest:



- Verify that all qualifications are met if this is an Ontario Championship. Refer to page: 27.
- Become an OPA Member. Membership form is on page: 19
- Complete the Contest Entry form (below) and send to the Meet Director along with the appropriate fees.

 ONTARIO POWERLIFTING ASSOCIATION	<h3 style="margin: 0;">2006 - Contest Entry Form</h3> <ul style="list-style-type: none"> ▪ Use this form if you wish to enter an Ontario Powerlifting Association sanctioned contest. ▪ Send the completed form along with the appropriate fees to the contact indicated in the contest details. <p style="text-align: center; margin: 5px 0;">→ Complete all areas of the form – Please Print</p> <p style="text-align: center; margin: 0;">→ ALL ENTRY FEES ARE NON-REFUNDABLE</p>
Name of Contest: _____	
Your Name: _____ Phone#: _____	
Address: _____	
Email : _____	
Club Representing: _____ or <input type="checkbox"/> Unattached	
CPU Card#: _____ Weight Class: _____ kg <input type="checkbox"/> Male <input type="checkbox"/> Female Date of Birth: _____ dd/mm/yyyy	
Contest Category Entered: (check all that applied)	
<input type="checkbox"/> 3-Lift <input type="checkbox"/> Deadlift only <input type="checkbox"/> Bench only <input type="checkbox"/> Special Athlete <input type="checkbox"/> Intermediate <input type="checkbox"/> Blind <input type="checkbox"/> Novice <input type="checkbox"/> Sub-Junior <input type="checkbox"/> Junior <input type="checkbox"/> Master I <input type="checkbox"/> Master II <input type="checkbox"/> Master III <input type="checkbox"/> Open	
T-Shirt size: (if applicable) _____	
Other Information:	
Titles, Championships won: _____	
Best Official Total: _____ kg Squat _____ kg Bench: _____ kg Deadlift _____ kg in Weight Class: _____ kg Competing since: _____	
When/Where: _____	
Other Interests: _____	
<p style="font-size: small;">You must be registered with the O.P.A.(Ontario Powerlifting Association) or C.P.U. (Canadian Powerlifting Union) or recognized I.P.F. (International Powerlifting Federation) affiliate. Registration cards must be shown at weigh-in.</p> <p style="font-size: small;">I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the right to carry out drug testing at any contest under their jurisdiction. In order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.</p> <p style="font-size: small;">Should there be an instance during competition where I am not medically able to determine emergency medical care for myself, I authorize the Ontario Powerlifting Association or Ontario Powerlifting Club officials to take such measures and arrange for such medical and hospital treatment as they may deem advisable for my health and well-being.</p> <p style="font-size: small;">In consideration of your acceptance, I hereby intend to be legally bound for myself: my heirs, executors or assigns waive and release any and all rights and claims for damages I may have against the C.P.U., the O.P.A., the Directors, the Executives or their representatives and successors and/or assigns, and the sponsors of this contest for any and all injuries suffered by me at the said contest.</p>	
Signature of Competitor: _____ Date: _____ <div style="display: flex; justify-content: space-between; font-size: x-small;"> (Parent/Guardian if under 18) [11/2005] </div>	

ARTICLE XIX - Provincial Records

1. Standard application form has to be submitted no later than 30 Calendar days from the date of the supposed record.
2. a) The Chief Referee's seat and two side judges' seats must be occupied by at least a Provincial Category I card holder.
b) I.P.F. rules must be followed.
3. The lifter is responsible for completion and submission of the application form.
4. To set an Ontario Record the lifter must be drug tested at the time the record is set and must pass the drug test.
5. Any lifter who registers a positive doping test shall have all previous OPA records that he/she may have held removed. Records will revert back to the previous record holder.
6. Record Certificate designed by H. Rai is the Official Record Certificate of the OPA. The certificate will be distributed by the Records Chair for a fee of \$5.00 each.

[from Ontario Powerlifting Constitution and Bylaws]

 <p>OPA ONTARIO POWERLIFTING ASSOCIATION</p>	<h3>National or Provincial Record Application Form</h3>																											
<p>Application for:</p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> National Men's Senior</td> <td><input type="checkbox"/> National Women's Senior</td> </tr> <tr> <td><input type="checkbox"/> National Men's Junior</td> <td><input type="checkbox"/> National Women's Junior</td> </tr> <tr> <td><input type="checkbox"/> National Men's Sub Junior</td> <td><input type="checkbox"/> National Women's Sub Junior</td> </tr> <tr> <td><input type="checkbox"/> National Men's Master 40-49</td> <td><input type="checkbox"/> National Women's Master 40-49</td> </tr> <tr> <td><input type="checkbox"/> National Men's Master 50-59</td> <td><input type="checkbox"/> National Women's Master 50-59</td> </tr> <tr> <td><input type="checkbox"/> National Men's Master 60+</td> <td><input type="checkbox"/> National Women's Master 50+</td> </tr> <tr> <td> </td> <td></td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Senior</td> <td><input type="checkbox"/> Provincial Women's Senior</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Junior</td> <td><input type="checkbox"/> Provincial Women's Junior</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Sub Junior</td> <td><input type="checkbox"/> Provincial Women's Sub Junior</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Master 40-49</td> <td><input type="checkbox"/> Provincial Women's Master 40-49</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Master 50-59</td> <td><input type="checkbox"/> Provincial Women's Master 50-59</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Master 60+</td> <td><input type="checkbox"/> Provincial Women's Master 60+</td> </tr> </table>		<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior	<input type="checkbox"/> National Men's Junior	<input type="checkbox"/> National Women's Junior	<input type="checkbox"/> National Men's Sub Junior	<input type="checkbox"/> National Women's Sub Junior	<input type="checkbox"/> National Men's Master 40-49	<input type="checkbox"/> National Women's Master 40-49	<input type="checkbox"/> National Men's Master 50-59	<input type="checkbox"/> National Women's Master 50-59	<input type="checkbox"/> National Men's Master 60+	<input type="checkbox"/> National Women's Master 50+	 		<input type="checkbox"/> Provincial Men's Senior	<input type="checkbox"/> Provincial Women's Senior	<input type="checkbox"/> Provincial Men's Junior	<input type="checkbox"/> Provincial Women's Junior	<input type="checkbox"/> Provincial Men's Sub Junior	<input type="checkbox"/> Provincial Women's Sub Junior	<input type="checkbox"/> Provincial Men's Master 40-49	<input type="checkbox"/> Provincial Women's Master 40-49	<input type="checkbox"/> Provincial Men's Master 50-59	<input type="checkbox"/> Provincial Women's Master 50-59	<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+	<p>Note: All National records must have been set using metric weights and equipment to be recognized. Please use separate sheets if applying for both National and Provincial Records</p>
<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior																											
<input type="checkbox"/> National Men's Junior	<input type="checkbox"/> National Women's Junior																											
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<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+																											
<p>Lifter Information:</p> <p>Name: _____</p> <p>City: _____ Prov: _____</p> <p>Phone: _____ Postal: _____</p> <p>CPU# _____</p> <p>Wt Class: _____ Precise Body Wt. _____</p> <p>Doping Control Sample#: _____</p>	<p>Competition Information:</p> <p>Name of Competition: _____</p> <p>Location/Address: _____</p> <p>City: _____ Prov: _____</p> <p>Date of Competition:</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Attempt</th> <th>1st</th> <th>2nd</th> <th>3rd</th> <th>4th</th> </tr> </thead> <tbody> <tr> <td>Squat</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Bench Press</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Deadlift</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Total</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Attempt	1 st	2 nd	3 rd	4 th	Squat					Bench Press					Deadlift					Total					
Attempt	1 st	2 nd	3 rd	4 th																								
Squat																												
Bench Press																												
Deadlift																												
Total																												
<p>I have checked all the data and all lists and hereby state that everything is in order:</p> <p>Date: _____</p> <p>Signature: _____</p>	<p>Send completed form to: Dave Hoffman 278 Thaler Ave, Kitchener, ON N2A 1R6 (519) 894-5913</p>																											



**Canadian
Powerlifting
Union**

Classification Awards Program Badge Application for Ontario Powerlifting Association Members

Member Information:

Name: _____

Address: _____

Province: _____ Postal Code: _____

CPU#: _____ Date of Birth: _____ M F

Send Application to: Dave Hoffman
278 Thaler Ave
Kitchener, ON
N2A 1R6

Contest Information:

Name of Meet: _____ Date: _____

Place of Meet: _____ Club Represented: _____

Weight Class: _____ kg Actual Weight: _____ kg Actual Total: _____ kg

Badge Applied for: Elite Master Class I Class II Class III Class IV

Lifter's Signature: _____ Date: _____

Classification Awards Program

Purpose of the Classification Awards Program:

- To give meet promoters some guidelines for qualifying totals when setting up local, provincial and national contests. There can be for example, specific contests for Class IV, Class III and/or Class II, etc.
- To provide an incentive program for novice lifters.
- To provide recognition to those who have achieved status in their sport.
- The classification totals will be subject to alteration in time. Recognition will be in the form of a coloured patch designating the level of proficiency the athlete has attained.

CLASSIFICATION TOTALS: MEN												
Wt Class	52kg	56	60	67.5	75	82.5	90	100	110	125	125+	Badge Colours
Elite	482.5	525.0	565.0	632.5	692.5	745.0	785.0	827.5	857.5	882.5	917.5	Black & Red
Master	445.0	482.5	520.0	580.0	635.0	682.5	722.5	760.0	787.5	810.0	842.5	Red & White
Class I	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	Blue & White
Class 11	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5	Green White
Class 111	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0	Orange White
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5	Yellow & White

CLASSIFICATION TOTALS: WOMEN											
Wt Class	44kg	48	52	56	60	67.5	75	82.5	90	90+	Badge Colours
Elite	290.0	310.0	332.5	355.0	375.0	412.5	445.0	477.5	512.5	540.0	Black & Red
Master	262.5	282.5	302.5	322.5	340.0	375.0	405.0	435.0	465.0	490.0	Red & White
Class I	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White
Class 11	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White
Class 111	182.5	197.5	212.5	225.0	237.5	262.5	282.5	305.0	325.0	342.5	Orange & White
Class IV	157.5	170.0	182.5	192.5	205.0	225.0	242.5	260.0	280.0	295.0	Yellow & White

Qualifying Totals	Women Provincial	Men Provincial	Women National	Men National
Senior	Class III	Class I	Class III	Class I
Master 1 (40 - 49)	Class III	Class 11	Class III	Class II
Master 11 (50+)	Previous Experience	Class III	Previous Experience	Class III
Master III (60+)	Previous Experience	Previous Experience	Previous Experience	Previous Experience
Junior	Class III	Class III	Class III	Class III
Intermediates	(Not Applicable)	(Class 111+4%)<Class I	(Not Applicable)	(Not Applicable)

Bench Press Qualifying Totals											
Weight Class	52	56	60	67.5	75	82.5	90	100	110	125	125+
Men	80.0	87.5	95.0	105.0	115.0	125.0	130.0	137.5	142.5	147.5	152.5
Weight Class	44	48	52	56	60	67.5	75	82.5	90	90+	
Women	40.0	42.5	47.5	50.0	52.5	57.5	62.5	67.5	72.5	75.0	



2005 OPA Affiliated Clubs

ONTARIO POWERLIFTING ASSOCIATION

www.ontariopowerlifting.org

Fern's Gym

Fern Boucher (705) 647-4279
571 Bolger Ave, Box 2858
New Liskeard, ON P0J 1P0

Golden Triangle Powerlifting Club

Dave Hoffman (519) 894-5913
278 Thaler Ave
Kitchener, ON N2A 1R6

Greater Sudbury Powerlifting Club

Doug Marr (705) 523-4747
574 Loach's Rd.
Sudbury, ON P3E 2R1
Email: dougmarr@personainternet.com

Iron Foundation

Mark Giffen (519) 658-6574
255 Scott Rd.
Cambridge, ON N3C 3W7

Kitchener Iron Angels

Lynton Lam (519) 233-3227
45 Ellen St. N
Brucefield, ON N0M 1J0
Email: lynton.lam@tcc.on.ca

K-W Grizzlies

Adele Couchman (519) 744-4881
A4-199 Elm Ridge Dr
Kitchener, ON N2N 2C7
Email: acouchman@sympatico.ca

London Powerlifting Club

Terry Stinchcombe (519) 681-4766
18 Locus Cres.
London, ON N6E 2K2
Email: karnterr@sympatico.ca
Web site: londonpowerlifting.org

Monster Powerlifting Club

Hamek Singh Rai (416) 569-1488
17 Lynmont Rd
Etobicoke, ON M9V 3W7
Email: hamekpowerlifting@yahoo.com
Web site: powerliftingcanada.com

Niagara Powerlifting Club

Jay Gemmell (905) 685-9828
20 Foxhill Cres
St. Catharines, ON L2S 3T9
Email: jgemmell@cogeco.ca
Web site: niagarapowerlifting.org

Ottawa Strong Powerlifting Club

Eric Gagnon (613) 523-4024 x236
c/o O.A.C. 2525 Lancaster Drive
Ottawa, ON K1B 4L5
Email: eric@ottawaathleticclub.com

Power Pit Gym

Jerry Marentette (519) 727-6096
1530 County Rd. 22
Belle River, ON N0R 1A0

PowerReach Powerlifting Club

Ashley Hartwick (613) 832-2906
139 Willand Lane, RR#3
Woodlawn, ON K0A 3M0
Email: powereach@sympatico.ca

Steel City Powerlifting Club

William T. Jamison (905) 765-5345
412 Big Creek Rd,
Caledonia, ON N3W 2G9
Email: billjamison@sympatico.ca,

St. Thomas Elite OSO

Daniel Pare (519) 633-8366
71 Ross St. #11
St. Thomas ON N5R 3X6

St Thomas DF Powerlifting

Daniel Pare (519) 633-8366
71 Ross St. #11
St. Thomas ON N5R 3X6

Titans of Mississauga

Pascal Tyrrell (905) 842-6701
2272 Margot St.
Oakville, ON L6H 3M7
Email: tyrrellp@hotmail.com

Ontario Powerlifting Association Board of Directors

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412 Big Creek Rd, Caledonia, ON N3W 2G9
Email: billjamison@sympatico.ca

Vice President:

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17 Lynmont Rd, Etobicoke, ON M9V 3W7
Email: hamekpowerlifting@yahoo.com
Mobile: (416) 569-1488

Secretary:

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177 Rolling Meadows Drive
Kitchener, ON N2N 2H1
Email: rjmattice@sympatico.ca

Treasurer:

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295 Link Rd. RR#2 Cayuga, ON N0A 1E0
Email: kschaus@gto.net

CPU Website: www.powerlifting.ca

Registration Chairperson:

Marlene Moore (905) 646-8536
9 Old Oxford Rd, St Catharines, ON L2M 2J7
Email: marlene4opa@cogeco.ca

Records Chairperson:

David Hoffman (519) 894-5913
278 Thaler Ave, Kitchener, ON N2A 1R6

Referee Chairperson:

Michael Knott (519) 317-6078
85 Weston Street, London, ON N6C 1R2
Email: msknott@sympatico.ca

Regional Chairpersons:

Northwest (vacant):

Ramimo Paananen (contact) (807) 577-1994

Northeast:

Mark Glofcheskie (705) 471-0896
128-1 Fourth Ave
North Bay, ON P1B 1N1
Alt Phone: (705) 497-3030
Email: markglofcheskie@hotmail.com

Southern:

Rick Gazdig (519) 652-1104
4232 Campbell St.N
London, ON N6P 1S7
Email: fr.electro1@sympatico.ca

Eastern (vacant):

Other Officials:

CPU President:

Jeff Butt (306) 694-5262
1110 Main Street N
Moose Jaw, SK S6H 3K9
Email: jeff@powerlifting.ca

Newsletter Editor/Website:

Ulrike Kruger (416) 508-6446
39 Richview Rd #703
Etobicoke, ON M9A 4M7
Email: ukruger@powerlifting.ca

OPA Website: ontariopowerlifting.org

CPU Referee Chair /

I.P.F Technical Committee

Bill Jamison (contact information above)