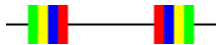


## **In This Issue:**

Message from the board  
WinterLift  
New IWF Rules  
A Special Thanks  
Farewell 3 W/L Champions  
Club Competitions  
OWA Logo contest



## **Message from the board:**

Message from the President

The Present O.W.A board welcomes with great delight the possibility to continue communicating to all its members through a new on line newsletter. The proactive approach by the new Communications Director Mr. Gavin Young and Executive Vice President Mr. Craig Vandeweghe will permit continued regular contact to our membership.

As we get closer to the A.G.M I ask that all registered clubs plan to be well represented at this meeting so pertinent info about our Association can be communicated clearly. This very important meeting will take place immediately following the Senior Provincial Championships .to is held in the Athletics and Recreation building at the University of Toronto Campus situated at 3359 Mississauga Road in Mississauga. Important amendments and changes to our constitution, information, planning of future activities, and

elections of several board positions will be on the Agenda.

As our O.W.A year end approaches I would like to congratulate all present board members who have given unselfishly of their time to assure the continuing presence of our of our sporting association. It is my personal opinion that continuity and growth can only happen if all board positions are filled by persons who will work and plan collectively for the common good of the Association.

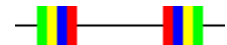
I am looking forward to meeting you all at the Ontario Seniors. Some of you will be lifting for the first time at this level, others will be seeking a position on the podium, and some will be involved in an interesting battle for a Gold medal. Some will give generously of their time as announcers or officials and coaches and loaders. Whatever your role will be, just remember that you are all an important part of the fabric that makes up The O.W.A. May we all meet in the spirit of wanting to move forward to a new season?

Since 2009, our membership has grown from about 200 members to close to 400. Great strides have been taken in introducing new Individuals to Coaching and officiating through our various Educational programs. Hopefully the wind is in our sails as this type of growth, especially in the officials recruiting and training is of outmost importance.

As mentioned in the last newsletter It is my opinion that the next Board will want to find ways to help enhance Elite performance by those Men and Women interested in climbing to the highest plateau at subsequent Senior National Championships, leading eventually to participation at the 2015 Pan American Games held in our province in 2015.

See you all in Mississauga on March 26<sup>th</sup>.

Daniel Robitaille  
President O.W.A



## **WinterLift:**

By Gavin Young

On February 5, 2011, Hani Kanama and the Toronto Weightlifting team hosted this years Ontario Winterlift. Sixty-three lifters and eleven different teams travelled to St. Patrick Catholic Secondary school in Toronto to compete and for the chance to qualify for the Ontario Senior Championships.

The venue was a refreshing change to the usual gymnasium set-up. It was held in an auditorium and the lifting platform was on a raised stage. The judge's tables were set up directly in front of the stage with a great view of the lifts. The seats stayed pretty full for most of the day, a lot of people came out to

watch the competition, and this shows the ongoing growth of support of weightlifting in our province.

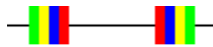
The day began with a light male session. At 46 kg, Luke Buchanan took gold with a total of 79. Boady Santavy placed first in the 51 kg class and totalled 126 kg. Ian Haya took gold at 62 kg with a total of 185.

The next session was the female classes from 48 kg all the way up to 75+. In the 48 kg class, Raquel DeSilva placed first, with a total of 104. Second place went to Bronwynn Sheppard who went six for six and totaled 90 kg. In the 53 kg class, gold went to Melody Ogletree with a total of 113 kg. In the 58 kg class, Isabelle Despres finished with a strong 177 kg total for first, Jillian Halligan was the lone lifter in the 63 kg class and totaled with 157 kg. Cristine Huma was the only lifter in the 69 kg class and had a 75 kg total. In the 75 kg class, Ayesha Sabayle took gold with a 142 kg total. And in the 75+ class, Samantha Maxwell placed first with a 92 kg total.

The third and final session was the males from 69 kg all the way up to 105+. At 69kg, Ken Smith placed first with a strong 234 total. In a highly competitive 77 class, Calvin Yeh took gold with a 239 total; John Lee was a close second with a 236 total. At 85 kg, Bryan Marshall took gold with a impressive 290 total and the highest Sinclair of the

Competition. In the 94 class, Justin H. Spencer finished with a strong 260 total and first place. The 105 kg class saw the lone Ken Gorman with a 247 total. In 105+, AJ Wendover finished with 272, and the gold.

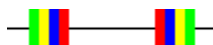
A special thanks to the officials, loaders and volunteers, it was a very smooth and well done competition.



#### **New IWF Rule:**

4.1.1 The costume must be one piece.

This means no more short and t-shirts. The OWA will be added a by-law at the AGM that will allow new athletes to still use a two piece costume. After an athlete compete for 1 year they will be required to use a one piece lifting suit.



#### **A Special Thanks:**

Gavin Young  
The Ontario Weightlifting Association credits it success to the hard work and determination of all of our officials, coaches, athletes and volunteers, but we want to extend a special thanks to a few individuals who have gone above and beyond their duties to help ensure the growth of weightlifting in Ontario.

To John Elias, whose quick and continuous work on the OWA website has enabled us to grow and increase our membership size. John works exceedingly hard focus in updating our website, answering emails and making revisions and more revisions whenever we need it done. Thank you!

To Larry Yessie, who has tirelessly worked on and continuously produced newsletters for the OWA for a number years. He has set the standard for us, and we will try our best to continue the tradition of sending out a quarterly newsletter to keep our members up to date. Thank you!

And finally to the crazy amount of work and time that Daniel Robitaille has put into the OWA. He fights on a daily basis to see that the OWA gets the funding, support and recognition that it deserves. He has been the captain of this ship, and has saved it from going under more than any of us know. Without him, the OWA would almost surely have failed, and we must be reminded and motivated by this fact. Dan, thank you very much!





Raqual Dasliva at the Canadian Jrs

### **Farewell 3 W/L Champions:**



STEVENSON, Calvin (Cal) Andrew - It is with broken hearts that the family of Cal Stevenson announce his passing on January 15, 2011 after a 5 month battle with mesothelioma fought with dignity and courage and always wonderful sense of humour. Cal leaves behind to mourn and forever miss him, his wife Joyce (Cicchini), and his children, Deborah Little, Kathryn (Fraser) Burgess, Paul Stevenson and Brad (Kim) Cicchini. Always the loving grandfather of Karyn and Liana Little, and Brittany and Matthew Cicchini. Cal was a cherished and adored brother to Catherine Trella, Georgina Chute, and Pat (Rick) Bowen, and a most wonderful uncle to many nieces and nephews. He will be missed by sister-in-law Gail (Stan) Wilkinson, Jodi (Kevin) Simpson, and brother-

in-law Steven (Chris) Crocker, Larry (Lori) Crocker and son-in-law to Jill and Graham Crocker. Predeceased by his parents Annie and George Stevenson. Cal was a big but gentle soft spoken man with an even bigger heart for all his family and his many, many good friends. He is going to be greatly missed by all those whose lives he touched. Cal followed in his father George's footsteps and became a proud member of Millwright Local 1592 Charter in February 1978. He worked at his trade since then for many different companies in the Chemical Valley which ended with Precision Concepts Group (PCG) alongside his good friends and co-workers for 6 years until his illness. Cal had a long personal commitment to the sport of Olympic style weightlifting since 1974. Earning a Canadian championship title in 1982, he turned his skills and experience towards teaching the lifts. He was a coach at St. Pat's when there was a high school club. Later he founded the Fury Weightlifting Club and was given assignments to international events to coach both Canadian women and men's teams. He guided many area folks, including family, to earn provincial and national records and titles and qualify for Canadian teams. In 2006, the Ontario Weightlifting Association registered Cal Stevenson with a "Life Member" status for his dedication to the sport. As long as his health permitted, he unselfishly continued to give his time and

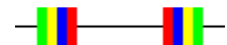
mentor athletes from novice caliber to elite level.

### **ALLEN SALTER ( 1936-2011 )**

Former Canadian Weightlifting Champion and 1964 Olympian, Allen Salter, died on Thursday, January 13, 2011 at the Arnprior and District Memorial Hospital. He was 75 and is survived by his wife of 41 years, Waveney. Allen was a Certified General Accountant for the Federal Government and had retired in the mid-90's. He took up golf as a hobby and approached this sport in the same determined and dedicated fashion as he had done in his youth with Olympic Weightlifting.

### **HARCOURT, Wilf**

At Woodstock General Hospital on Monday, January 31, 2011, Wilfred "Wilf" V. Harcourt of Woodstock in his 74th year. Beloved husband of Donna Harcourt (nee Hearn). Dear father of Graham Harcourt (Laureen) and Chris Harcourt (Laurie) all of Innerkip. Loved grandfather of Avril and Jordan. Dear brother of Rosa Dickson, Wally Harcourt (Barb), Gwen Lazenby (Murray), Nona VanMeekeren (Gary), and Jim Harcourt (Sue). Also survived by several nieces and nephews. Wilf was a very active official in the OWA during the 1980s and 1990s.



## Memberships

By Gavin Young

The OWA is strongly encouraging it's members to get involved! We want to continue to build our membership up for the opportunity for more government funding, and the only way to do that is with your help!

Each new member we get puts us one step closer for a chance to increase our funding substantially. This funding directly benefits YOU, and will help us to send our athletes across the country to compete at the big events.

Right now, the OWA has approximately four hundred registered members; it is our goal to increase that number to five hundred. Any membership package counts towards this number, from the Competitive Lifter membership all the way to the Volunteer membership. So help out, invite your friends and your family to sign out and make a difference!

## MEMBER CONTRIBUTION

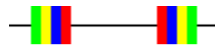
By Gavin Young

The Ontario Weightlifting Association is seeking contributors for our newsletter. We are looking for articles, stats, results, pictures and even video. We feel it's important to keep every member informed about all the latest news and events happening in the world

of Ontario Weightlifting. So if you have something you'd like to express report on, or share, please get in touch with us and we'll be sure to feature it in the next issue of our newsletter.

All entries are to be submitted through email to Gavin Young, [gtlyoung@gmail.com](mailto:gtlyoung@gmail.com).

We look forward to any and all contributions!



## CLUB COMPETITIONS

By Gavin Young

On February 26, 2011, Capital Weightlifting held a club competition in their home gym in Ottawa. Ten Capital lifters came out to compete, three female and seven male, and for many, it was their first competition. The developing team continues to improve and the team turned in some strong lifts. Special mention to Nico Winter who qualified for the Provincial Championships with a total of 173.

Results;

Female	SN	CJ	To
63 kg			
Nancy Kozorezova	43	55	98
69 kg			
Christa Yakimenko	52	64	116
Samantha Crepin	38	48	86
Male	SN	CJ	To
62 kg			
Dave	85	105	190

Heisel			
Ian Haya	81	105	186
Nico Winter	73	100	173
John Marsh	47	65	112
Samuel Winter	44	58	102
77 kg			
Matthew Shackell	70	90	160
Faisal Al-Bagdadi	42	0	0

On March 5, 2011 Variety Village hosted a club. 5 Males and 5 Female put in totals. Miel McGerrigle, Judy Quinn, Gavin Young, David Earle, Mark Gomes, and Don Buchanan were the Officials.

Results;

Female	Club	SN	CJ	To
53 kg				
Sara Nolte	UNA	48	53	101
58 kg				
Naomi Earle	VVI	52	65	117
Robin Ripley	UNA	49	56	105
Jennifer Neal	VVI	38	51	89
69 kg				
Alison Young	VVI	61	76	137
Males	Club	SN	CJ	To
46 kg				
Luke Buckanen	VVI	37	46	83
62 kg				
Aaron Rose	VVI	76	95	171
77 kg				
Khalil Sabayle	VVI	97	128	225
Adam Pecekanovic	VVI	60	85	145
94 kg				
Andrew Stewart	N/A	100	152	252

Also on March 5<sup>th</sup>, the Canadore Panthers and North Bay Norsemen

weightlifting clubs held interclub competition. 14 Males and 2 females registered totals.

**Results;**

Female	YOB	SN	CJ	To
58kg				
Amy Claridge	U/A	1989	36	45 81
63kg				
Courtney McColeman	VAL	1996	40	45 85
Males	YOB	SN	CJ	To
46 kg				
John Mosley-Williams	NOR	1998	19	24 43
62 kg				
Kempton Morris	NOR	1994	71	80 151
69 kg				
Andrew Sibbald	CAN	1991	55	76 131
77 kg				
Dan Harling	CAN	1984	90	105 195
Mark Wang	NOR	1993	85	100 185
Dylan Leonard	UNA	1988	70	90 160
Jeff Paquette	CAN	1989	50	57 107
85kg				
Mark Harrison	UNA	1987	90	117 207
Andrew Holland	NOR	1994	75	105 180
Ben Barak	UNA	1988	62	85 147
94kg				
Richar Found	NOR	1981	105	135 240
105kg				
Mark Haaksman	NOR	1988	77	94 171
105+ kg				
Ryan Hunter	NOR	1995	100	130 230
Rob Burton	CAN	1987	70	90 160

**Awards**

**Gary Bennett Award**

**Females**

Rank	Name	Club	YOB	GBA pts
------	------	------	-----	---------

1	SHEPPARD, BRONWYNN	VAL	1997	48.87
2	ROSE, KATIE	VVI	1989	38.88
3	ROBITAILLE, JEANNE EARLE, NAOMI	CAP	1987	28.59
4	YAKIMENKO, CHRISTA	VVI	1985	27.59
5	WEIN, MARTA	CAP	1980	25.77
6	SABAYLE, AYESHA	UNA	1983	20.00
7	YIP, NATALIE	VVI	1990	19.20
8	DESPRES, ISABELLE	UNA	1984	17.40
9	WHITTEKER, JENNIFER SLOAN, JESSICA FINDLAY, TAYLOR	UNA	1980	17.08
10	PAULIN, SHEILA	UNA	1978	15.77
11	YOUNG, ALISON	TOR	1984	14.45
12	OGLETREE, MELODY	VVI	1993	14.06
13		VVI	1993	14.00
14		VVI	1983	9.94
15		VAL	1978	9.84

**Males**

Rank	Name	Club	YOB	GBA pts
1	STAPLES, JAKE	NOR	1995	65.08
2	TSHIBUNGU, DAVID	VVI	1995	56.21
3	ROSE, AARON	VVI	1994	51.13
4	HARRISON, MARK	NOR	1987	44.77
5	AUGE, PIERRE	CAP	1982	40.25
6	CASE, PATRICK	UNA	1994	38.59
7	BURMAN, JESSE	NOR	1988	38.11
8	SPENCER, JUSTIN B.	TOR	1994	35.59
9	APLACADOR, CARL	TOR	1993	33.46
10	SPENCER, JUSTIN H.	TOR	1981	31.86
11	GEBHART, ZACHERY	NOR	1997	30.99
12	GONSALVES, RICHARD	UTM	1990	30.51
13	LYMER, EVAN	VVI	1996	30.18
14	NASSIRI, TYLER	TOR	1993	30.10

15	MORRIS, KEMPTON	NOR	1994	29.44
----	-----------------	-----	------	-------

**Lifter of the Year 2010**

The Lifter of the year is the athlete with a high good lift percentage and a high average CWFHC marker. The percentage of good lift is added to the average marker. The athlete must have competed a minimum of 3 times in 2010 and had a positive increase in Sinclair formula.

Justin H. Spencer (94kg) won by a narrow margin of 0.3 points over 2<sup>nd</sup> place Ken Smith (69kg), both athletes' lift for Toronto W/L.

In the females division Melody Ogletree (53 kg) of the North Bay Valiekies won for the second year in a row. Placing 2<sup>nd</sup> was Variety Village's Taylor Findlay (58kg).

**Other Weightlifting Stats**

By Craig Vandeweghe

155 Males and 62 Females registered a total in 2010

Ontario Athlete's made 512 totals in 2010; 365 male and 147 female

For a total of 3072 lifts, 2099 good and 973 no lift, for a 68.33% success rate.



**BAMBOO PRODUCTS**  
**CLOTHES BEDDING BATH TOWELS**  
**REPELS ODOUR**  
**BREATHABLE**  
**ULTRA SOFT**



**CUSTOM**  
**PRINTED**  
**CLOTHING**

**Do Bamboo, 698 Coxwell Ave, Toronto, 416-465-4800**  
**[www.doBamboo.com](http://www.doBamboo.com)**