

To:
PSOs, Athletes, Coaches

Date:
November 1, 2022

RE: Updates and Information

A. Minimum Threshold of Performance and Standards

The initial meeting of the high-performance committee occurred earlier this month. The decision was made to extend the current Minimum Threshold of Performance for International Team Qualification through to June 2023. This will allow for any new standards to be aligned with the AAP program such that there will only be one set of standards for athletes to gauge their performance. The New AAP standards will be released in January 2023 following the Senior World Championships.

Further to the extension of the MTP for international team selection, the markers for junior and senior national championships will not change until July 2023 as well.

B. Call for Proposals for Junior and Senior Nationals for 2023 and 2024

WCH is seeking proposals from PSO's wishing to host our Junior and/or Senior Nationals for the next 2 years. A specific list of information required is provided at the end of this memo and all questions must be answered as part of the submission process. Proposals are due on or before November 26, 2022. As a reminder, the 2023 Junior Nationals are to take place in June.

C. Safe Sport and Participation in the Office of the Sport Integrity Commissioner Program

Weightlifting Canada was one of the first 2 NSOs to sign up for the OSIC program. We are committed to ensuring a safe environment for all participants in our sport, and we will continue to explore ways to better ensure athletes and the integrity of our sport are protected whether at home or abroad.

D. NEW POLICY – Screening Policy

In alignment with best practice, WCH has passed a new policy regarding background screening requirements for any person working with or volunteering for Weightlifting Canada Haltérophilie. There is a distinct set of steps required for those seeking to participate in events sanctioned by WCH. A copy of the new policy is available on our website. If you have any questions about the Screening Policy, please contact Craig Walker (cwalker@cwfhc.ca)

E. Board of Director Portfolio Assignments

Per our bylaws the Board of Directors has assigned the following individuals to various portfolios. Please reach out to the specific person responsible should you have any questions.

Director Anti-Doping – Joe Landreville jlandreville@cwfhc.ca

Director Technical Officials – Richard Mason rmason@cwfhc.ca

Director Coaching – Trevor Cottrell tcottrell@cwfhc.ca

Director Youth and Junior Development – Jocelyn Bilodeau jbilodeau@cwfhc.ca

F. International Competitions

Junior Pan Ams

6 athletes participated in the recent Junior Pan American Championship in Lima, Peru. The following athletes attended:

Melissa Lin

Naomie Lusignan

Etta Love

Xavier Lusignan

Shad Darsigny

Coaches: Hani Kanama, Yvan Darsigny, Mandeep Khatkar

Both Emma Friesen and Xavier Lusignan walked away as Junior Pan American Champions. Etta Love also achieved a Youth Pan American Record in the Clean and Jerk. Congrats to the entire team!

Youth Pan Ams

5 athletes will be travelling to Mexico in the coming weeks for youth pan ams. Congrats on your selection to the team and best of luck!

Makenna Smith

Maria Elena Andras

Charlotte Simoneau

Rose Beaudoin

Etienne Jolicoeur

Coaches: Guy Marineau, Yvan Darsigny, Chad Benko

Senior World Championships

17 athletes will be representing Canada at this year's Senior World Championships. The following athletes have been selected:

Hannah Kaminski

Rose Harvey

Maude Charron

Alexis Ashworth

Kristel Ngarlem

Emma Friesen

Shania Bedward

Josee Gallant

Maya Laylor

Megan Trupp

Rosalie Dumas (1st alternate)

Youri Simard

Alex Bellemarre

Quinn Everett

Braydon Kennedy

Nicolas Vachon

Pierre Alex Bessette

Samuel Guertin



weightliftingcanada.ca

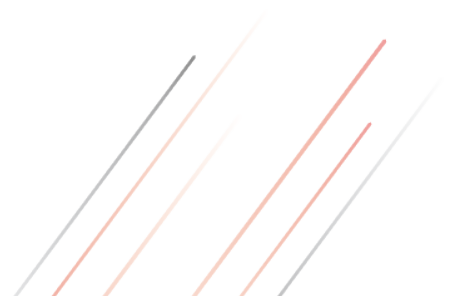
dfriesen@cwfhc.ca

Coaches: Jocelyn Bilodeau, Yvan Darsigny, Kevin Zimmerman, David Ogle, Clance Laylor, Mario Vachon, Hani Kanama
Team Lead: Mac Read

Upcoming Competitions:

Senior Pan Am Championships – Argentina – 25 March 2023 – 3 April 2023

Qualifying Competitions are provincial events or higher within the qualification period.



NATIONAL CHAMPIONSHIP BID QUESTIONNAIRE**2023 AND 2024****1. GENERAL**

- 1.1 National Championship event applied for (Junior or Senior):
- 1.2 Year:
- 1.3 Proposed host city/town:
- 1.4 Host club:
- 1.5 Chair of Local Organizing Committee (LOC):
- 1.6 Nearest airport with national connections:
- 1.7 Travel time from airport to venue:
- 1.8 Typical weather conditions for competition date:
- 1.9 Proposed timetable for the Competition
 - 1.9.1 Number of competition days:
 - 1.9.2 Preliminary schedule for each competition day:
- 1.10 Previous experience hosting large competitions (including number of participants):
- 1.11 Medical Support**
 - 1.11.1 Will you have medical personnel on-site for duration of competition? If yes, please provide details.
 - 1.11.2 Distance from competition to nearest hospital with emergency ward:

2. COMPETITION VENUE

- 2.1 Name of Venue:
- 2.2 Estimated Size of Competition Area:
- 2.3 Will you have exclusive control over the competition and warm-up areas during the competition from set-up to tear down? (yes/no) If no, please provide details of area over which organizers will have control, including access.
- 2.4 Location of warm-up area:
- 2.5 Number of warm-up platforms available:
- 2.6 How will access to warm-up area be controlled?
- 2.7 Approximate distance of warm-up area to competition stage/platform:
- 2.8 Locker Rooms**
 - 2.8.1 How many locker rooms are available for competitors?
 - 2.8.2 Do locker rooms have showers? (yes/no)
 - 2.8.3 Do locker rooms have washrooms? (yes/no)
 - 2.8.4 Will LOC have exclusive control over locker rooms for the duration of the competition? (yes/no)
- 2.9 Anti-Doping**
 - 2.9.1 Is there a secure office, locker room and/or other space that is closed-off from public view that can be used for doping control? (yes/no)

2.9.2 Is there a secure bathroom over which the LOC will have exclusive control for duration of the competition (yes/no)?

2.9.3 Approximate distance of anti-doping room(s) from competition platform

2.10 Weigh-in Room

2.10.1 Is there a secure room closed from public view that can be used for weigh-ins?

2.10.2 Will LOC have exclusive control over that room for the duration of the event?

2.11 Technical Officials and Volunteer Room

2.11.1 Will LOC have a relaxation room available for TOs and competition volunteers during competition?

3. EQUIPMENT

3.1 Competition set:

3.1.1 Does LOC have an Eleiko competition set available for the competition?

3.1.2 Is proposed competition set Eleiko IWF Competition or Eleiko IWF Training?

3.1.3 Approximate age of competition set:

3.2 Warm-up area

3.2.1 Number of barbells available

3.2.2 Manufacturer of barbells

3.2.3 Number of warm-up platforms

3.2.4 Is a full set of bumper plates and change plates available for each warm-up platform? (yes/no)

3.2.5 How many chalk bins are available?

3.3 Competition Scoreboard:

3.3.1 Electronic scoreboard or projection screen?

3.3.2 Size of scoreboard or projection screen

3.3.3 If using projection screen, please provide details on your projector:

3.4 Electronic referee light system:

3.4.1 Is light system integrated with scoreboard?

3.5 Competition Operating System

3.5.1 Name of competition O/S

3.5.2 Would LOC require any additional hardware to operate O/S for the competition?

3.6 Scale

3.6.1 Manufacturer of competition scale:

3.6.2 Will scale be recalibrated before competition:

3.6.3 Is a second control scale available for athletes to check weight before competition?

3.6.4 If yes, where will control scale be located?

4. TRAINING HALL

4.1 Is training hall in the same location as the competition venue?

- 4.2 If not, please provide distance of training hall from competition venue and/or accommodations:
- 4.3 Number of platforms in training hall (est.):
- 4.4 Will a control scale available at training hall? (yes/no)
- 4.5 Is control scale the same manufacture as competition scale?
- 4.6 Are technical supervision and first aid available at training hall? If yes, please provide details:
- 4.7 Is sauna available?
- 4.8 Is drop-in fee required for training hall?

5. ACCOMMODATIONS

- 5.1 Name of official competition hotel (proposed):
- 5.2 Can official competition hotel accommodate all participants? (yes/no)
- 5.3 If no, please provide name and location of alternative hotels.
- 5.4 Estimated cost/night for hotel:
- 5.5 Are meals available at hotel? If yes, please provide details.
- 5.6 Distance of hotel from competition venue:

6. LIVESTREAM

- 6.1 Does LOC have experience livestreaming competitions? If yes, please provide details.

7. FINANCIAL

- 7.1 Estimated rental cost of the Competition Venue for duration of competition, including set-up:
- 7.2 **Proposed registration fees**
 - 7.2.1 Athletes:
 - 7.2.2 Coaches and team support personnel:
 - 7.2.3 Technical Officials:

