



WCH November Memo

Pan Am Games—Santiago 2023

WCH qualified 6 individuals to compete at the 2023 Pan Am Games. Each athlete performed well with the following results achieved:

- Amanda Braddock: 49 kg 74/91/165 - 4th Place
- Maude Charron: 59 kg 101/125/226 2nd Place
- Maya Laylor: 81 kg 102/135/237 4th Place
- Nicolas Vachon: 73kg 134/-/- DNP
- Alex Bellemarre: 89 kg 165/191/356 4th Place
- Noah Santavy: 102 kg 150/185/335 10th Place

Election of Officers of the Board

In accordance with the bylaws of WCH, the board of directors have elected officers to manage the activities and affairs of WCH.

President: Craig Walker

Vice President: Richard Mason

Deanne Friesen was elected to a three year term as Secretary-Treasurer in 2022, as per Section 6.4 of the bylaws, and therefore has 2 years remaining on her term.

Each Director has assumed the following portfolio(s)

- Trevor Cottrell: Coach Education and Development
- Joe Landreville: Technical Officials and Anti-doping
- Gabriel Auclair: Safe Sport
- Andrew Pretty: Special Projects
- Raf Korkowski: Athlete Development
- Rachel Leblanc-Bazinet: Athletes' Representative

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NOTICE OF CHANGE ATHLETE WEIGH IN RULE

WCH previously implemented an amendment to the TCRR to require all athletes to weigh-in wearing their singlet. A 300g allowance was afforded for the weight of the singlet at that time.

WCH has rescinded that amendment and is supporting the TCRR rules as written for Weigh-in procedures. Full details can be found on the IWF website.

Regulation TO 6.4 is where the applicable section will be found.

Updates from Board Meeting

Monthly Board of Directors Meeting was held on October 29th. The following is a brief summary of key items discussed:

Election of Officers and Director Portfolios (previous page)

Hosting International Events: The board has decided to express interest to host the 2025 IWF World Junior Championships. A recent funding announcement for international events makes the potential of hosting possible. Preliminary intent was submitted on November 2, 2023. Proceeding to the next stage will depend on confirmation of government support for hosting the event, which support is not guaranteed. The preliminary stage of this process does not require a financial commitment by WCH. Given the financial commitments required to host IWF events, bidding on a 2026 event may be more feasible.

WCH currently relies on its **Equity, Diversity and Inclusion policy** and is awaiting further details from the IWF on

their Transgender Policy. The IWF Policy is in effect but not currently available to the public. Once the IWF makes the policy available, the Board will discuss the approach for WCH.

Pan American Weightlifting Development Project: WCH is supporting a Caribbean training camp and competition in Barbados. The PAWF has selected coach Rachel Siemens to attend the training camp as a coach. Multiple athletes from Canada are also attending the events.

NCCP Evaluation Procedure: The Coaching Development Committee submitted a draft proposal to the Board on an updated NCCP Coach Evaluation Procedure. The matter was discussed at length and an updated version of the proposal will go before the Board at its November meeting.

A new mechanism to register for coach evaluation will be released soon!

National Championship Growth

Recovering from COVID has been challenging for many provinces. Each year since we have been able to resume our National Championships we have grown in size at both the Junior and Senior Levels.

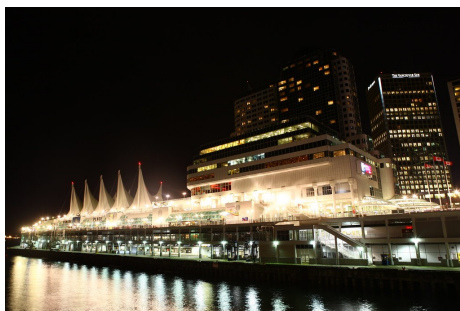
National Championship Updates

Senior Nationals: This competition will take place from May 17-19th in Halifax, Nova Scotia at the Halifax Convention Centre. The regulation for this event will be released soon.

Junior Nationals: This competition will take place in Toronto at the Variety Village Community Centre. The proposed dates are June 15-16. If PSOs have any questions or concerns about the proposed dates due to high school final exams or other factors, please contact the OWA to discuss.

The qualification period for each event started on August 1, 2023. Provinces are welcome to choose which competitions serve as qualification events for their provincial teams.

WCH will release an expression of interest package for PSO's to consider hosting future National Championships in the near future.





2023 Pan Am Games Team

Athletes' Council

The recently elected Athletes' Council has been meeting monthly and appointed its members to the following portfolios:

Quinn Everett: High Performance

Nadia Yangui: Gender Equity

Braydon Kennedy: Athlete Development

Kristel Ngarlem: Anti-doping

Noah Santavy: NCCP Programs

Each Council member will serve on a WCH committee and may take on additional tasks as required.

We strongly encourage all PSO's to implement an Athletes' Council of some form to ensure the voice of the athlete is part of the decision making process.

Also...Did you know...Maude Charron is an active member of the IWF Athletes' Commission

Did you know...

Our partnership with Eleiko permits PSO's to purchase Eleiko equipment at a discounted rate.

Since 2021 all international athletes have been provided with a full WCH Virus team kit . Going forward, athletes and coaches will be expected to pay a reduced amount for replacement clothing.

Upcoming Competitions...

Junior Worlds—Nov 2023

IWF Grand Prix #2—Dec 2023
Doha, Qatar

Pan Am Championships Senior
February 2024 Caracas, VEN

IWF World Cup 31 March—11
April Phuket, THA

EXPRESSION OF INTEREST IS
AVAILABLE BY CLICKING [HERE](#)

PSO Relations

While we are regularly in contact with many of the PSO's, the three officers of the corporation will host quarterly meetings with the PSO's to discuss updates and information.

Advance notice will be provided to have agenda items for the meeting so that there is ample time to prepare for the meeting.

Committees

WCH has the following committees currently established:

Coach Development

Members: Greg Chin, Rachel Siemens, JF Roy

High Performance

Members: Yvan Darsigny, Mario Vachon, Guy Greavette, Jocelyn Bilodeau—Chair
Mac Read

Technical Officials (under new leadership and revising current Terms of Reference) Members: TBD

Anti-Doping

Members: Chris Terner (Chair), Walter Bailey, Rachel Paradis

New Committees to be established or re-established this year

Gender Equity

Governance



Weightlifting
CANADA
Haltérophilie