

Senior National Championships

A special Thank you to Weightlifting Nova Scotia for hosting the 2024 Senior National Championships in beautiful Halifax. This was a great competition with some amazing results. We also would like to acknowledge the retirement of Kristel Ngarlem, Quinn Everett and Yuri Simard. We wish them well in the future.



Junior National Championships

We wish our Junior Athletes best of luck this weekend as they compete in Scarborough Ontario. We are certain this event will be a great success.



Expression of Interest for JUNIOR WORLDS Due by June 17, 4pm Eastern time. Expression of Interest for Youth Pan Ams Due by June 20, 4pm Eastern Time.

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Special points of interest

- **Upcoming Competitions**
 - Junior Pan Am Championships
 - Youth Pan Am Championships
 - 2024 Paris Olympics
 - Commonwealth Championships
 - Junior World Championships

Updates from the Board

The second PSO quarterly meeting was held on June 9th. Topics discussed included schedule for next meetings, selection of hosts for Nationals, upcoming international competitions, status of ITO registration, process for new record recognition, and fundraising activities .

The monthly board meeting was held on June 9th. Topics included:

Selection of hosts for Nationals—See below

Update on Youth Nationals—ownership now with Richard Mason and Braydon Kennedy- more details to come

Date selected for AGM—September 15th

Strategic Planning dates and process confirmation

Olympic Coach Selection (to be announced at a later date)

Update provided on fundraising activities by Kathy Johnston. She is working with Quinn Everett to put together sponsorship packages. They are refining the information and have recently met with someone from USAW to understand how they have been successful with their approach.

The technical official committee had its second meeting. The key priorities for them are the national pathway and

review of the TCRR.

The Anti-doping portfolio reported many new people added to the National Athlete Pool as a result of Nationals. 100% of registered athletes have taken the necessary training.

Athletes council reported that they are working on a ranking tool for athletes to see how they are ranked in all categories and how they stand for National and International qualification.

The first Gender equity meeting was held in Halifax. Two initiatives will be coming forward soon—a virtual symposium for female leaders and another round of technical official development for women looking to be involved.

No updates from Athlete Development portfolio

Governance committee focused on implementation of New Sport Governance Code

Safe Sport—All registrants for Senior Nationals completed the OSIC training - Junior nationals participants are close to complete.

Finance and Audit met and are currently in the process of annual audit. Results expected before AGM

2025 and 2026 National Championships

2025 Senior Nationals— Alberta Weightlifting—Calgary, Alberta (provisional award)

2025 Junior Nationals— Saskatchewan Weightlifting Association—Saskatoon

2026 Senior Nationals—FHQ—La Prairie (provisional award)

2026 Junior Nationals— FHQ—Brossard

Thank you to all that expressed interest—A member of the board will reach out to the successful proponents to provide next steps.

Technical Official Information Gathering

We are gathering information on all active technical officials in Canada. We are asking any active technical official to complete the following form: by July 15, 2024.

<https://form.jotform.com/241634319131045>

We are also changing the process for International Technical Officials to declare interest for international events. Similar to athletes and coaches, competitions will be listed in the form linked below and Technical Officials are expected to complete the form for each competition they wish to participate in.

[Click here to complete the form](#)



2024 Prohibited List Now in Effect

[CLICK HERE FOR INFO](#)

RECENT RESULTS

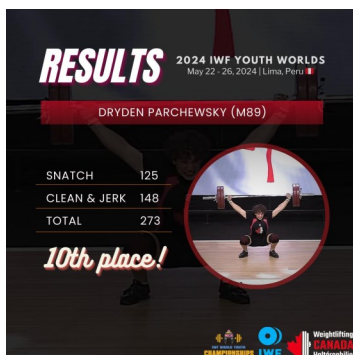
Congratulations to Etta Love and Angel Billen for their outstanding performance at the Youth World Championships. This is the second time in 3 years that Canada has had a Youth World Champion. Congratulations also goes out to Dryden Parchewsky who had an excellent competition at his first international competition. The future of our sport is strong with athletes like this developing..

Charlotte Simoneau and Alex Bellemarre were named Best Athletes at the 2024 Senior National Championships. Congratulations to both of them for a job well done.

RECORD RECOGNITION PROCESS

When an athlete believes they have broken a record it is required that the form linked below is completed. This will help with keeping records current and we appreciate your help.

[Record Recognition Form](#)



Important Dates to Remember

Whereabouts Reminder

Athletes in the Registered Testing Pool are reminded to submit whereabouts information through ADAMS. Whereabouts Submission Deadlines are as follows:

Quarter	Deadline
January - March	December 31
April - June	March 31
July - September	June 30
October - December	September 30

Annual General Meeting for WCH

September 15th—Virtual Meeting

Next PSO Meeting

September 29, 2024

New Program Alert!!

The Women's Technical Official Program is back. If you are interested in knowing more click this [LINK](#) to find out and submit your interest.