

Hello BCWA members,

Much has happened since the previous memo in October 2011. First of all, I hope that everybody had an enjoyable holiday season with their family and loved ones, and looking forward to a new year of Weightlifting!

BC Master's committee

Please join me in thanking and congratulating Mr. Arthur Frenette who is the new Masters Representative for BCWA along with his fellow committee members Sally-Anne Hickin, Nicky Ballingall and Ken Huffman. Their primary role is the organizing of the BC Masters Championships (AKA Larry Burke Memorial)

Change in age groups

BCWA will be changing the age categories to conform to the IWF. New age categories are:

- The old "Juvenile" category (16 and under, by absolute age) will be replaced by "Youth" (17 and under, as per birth year)

Provincial Calendar

Please visit the website at www.bcweightlifting.ca and take a minute to review the calendar. All provincial competitions have been added for the 2012 calendar year.

BCWA is looking for clubs to host the following competitions. If you are interested in hosting, please advise the BCWA board ASAP.

- BC Highschool Championships - May 19th
- Junior Doug Hepburn (BC Youth Championships) – Oct 20th
- BC Senior Championships – Dec 15th

Women's Training Camp

Martha Woodruff and Christine Girard will be organizing a training camp open exclusively to the women of BCWA. Women and girls of all skill and age are welcome. This will be a whole day training camp coached by Christine Girard at SEMI on Sunday, March 4th. Details in terms of cost will follow shortly. Please check up on our

facebook page (www.facebook.com/bcweightlifting) if you or any of your athletes are interested in participating.

Right to Play Fundraiser

The date for this event has been set as May 12th 2012. This will be an in house event, and pledge forms will be uploaded to the website shortly.

Western Canadian Championships – Edmonton, AB

Final chance to make the team is at the A&R Memorial Championships on February 18th. If you have not yet sent in your entry forms, please do so ASAP.

Canadian Senior Championships – La Prairie, QC

The following athletes have already qualified.

- Michael Chaing 69kg
- Lucas Parker 85kg
- Harinder Mahey 94kg
- Derek Herridge 94kg
- Jeremy Meredith 94kg
- Geoffrey Yee 105kg
- Robert Gray 105kg
- Gabriel Auclair 105kg
- Alex Stonkus 105kg
- Parminder Phangura +105kg
- Helena Billen 53kg
- Harmanpreet Phangura 58kg
- Christine Girard 63kg
- Rachel Siemens 63kg
- Prabdeep Sanghera 75kg
- Snimerdeep Sanghera 75kg

If your name is not on the above list, and you think it should be, please let me know with your name, weight class and the competition you made the qualification total in.

If you have yet to qualify, your last chances are the A&R Memorial and Western Canadian Championships.

National Team

The national team Junior/Senior has been announced and is online at the CWFHC website (www.canadianweightlifting.ca)

Congratulations to the following BC athletes for being a part of Team Canada:

- Christine Girard – Senior Team
- Katelynn Williams – Senior Team first alternate
- Parm Phangura – Senior Team
- Prabdeep Sanghera – Junior Team
- Snimerdeep Sanghera – Junior Team first alternate
- Derek Herridge – Junior Team first alternate

International Competitions

BCWA has yet to receive any declaration of interest for the following international competitions: ****Do not submit directly to CWFHC, it must go through BCWA****

- 2012 Pan-American Championships – Antigua, GUA (May 6th – 18th)
**Deadline to submit declaration of interest to BCWA is February 24th.
- 2012 Junior World Championships – Antigua, GUA (May 6th – 18th)
**Deadline to submit declaration of interest to BCWA is February 24th.
- 3rd World University Championships – Eilat, ISR (Nov 5th – 10th) **Deadline to submit declaration of interest to BCWA is April 21st
- 2012 Youth World Championships – Kosice, SVK (Sept 16th – 22nd)
**Deadline to submit declaration of interest to BCWA is April 21st

For eligibility criteria, please refer to the October memo (e-mail me if you would like another copy)

Walter Bailey

BCWA President

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www.bcweightlifting.ca

www.facebook.com/bcweightlifting