

THE
BC Powerlifting Assoc
HOLIDAY NEWSLETTER

2016

On behalf of the BCPA Executive, I would like to wish everyone a Happy Holidays. It has been quite sometime since we have been able to provide a newsletter to our members and we are glad that we are able share this with you.

2017 is looking to be an exciting year, to meet the needs of our growing member, we have scheduled more competitions!

2016 was an election year and we have 12 members on our Executive, busy working at improving the BCPA on many different levels. This year's most notable changes have been the updated BCPA logo, a new website and "coming soon" Team BC. We hope that you are as excited about these new initiatives as we have been.

LOOKING FORWARD into 2017, we will be focusing on:

- * Increased anti-doping at each competition;
- * Increased Club development and Meet Hosting;
- * Increased membership education on both the IPF Rules and anti-doping;
- * Increased Referee recruitment;

We would like to thank all of the Referees who have donated endless hours of their time officiating our competitions to help us in futhering the sport. To the rest of

our volunteers, THANK-YOU! You are the reason we are able to host quality competitions. We can't express enough, how much your time is appreciated. Without volunteers, the BCPA wouldn't exist.

It is time now to enjoy our holidays, enjoy our family and eat lots of food before we embark on 2017.

Yours truly,
Gabe Festing,
BCPA President.



2015 ATHLETES of the Year

Awards went to Adam Ramzy and Aimee Mergaert for their performances, both on the local and world stage. These two athletes represented both BC and Canada in exceptional fashion.

TOP 2015 VOLUNTEERS

Awards to Blake Taylor and Eliana Rolando. Both Blake and Eliana were consistently at the BCPA competitions providing their time in helping where needed.

CRAIG ENGLISH AWARD

Awarded to Joe Oliveira for his sportsmanship and dedication to the sport of Powerlifting in BC for over 10 years.



(2) BURSARIES

were proudly awarded by the BCPA in the amount of \$500 each.

Meara Mulholland has exhibited herself not only as a promising powerlifter, but also with a promising career as a Corrections Officer. Her passion and perseverance in both powerlifting and her schooling proved her to be worthy of receiving this award.

Adam Ramzy is one of BC's and Canada's elite lifters. Most recently, Adam has been the only athlete in Canada to be awarded a medal in the IPF Open World Championships. As a result, he will be able to represent Canada in the 2017 World Games in Wroclaw, Poland. In addition, to becoming a world class powerlifter, Adam is pursuing a career in medicine and is studying for his MD and PhD.

Membership has grown by 29%! In total, there were 9 competitions held in BC in 2016. The most notable being the Canadian Western Championships in Kamloops. Not only were we able to showcase our top lifters, but the BCPA was able to host a long overdue competition in the Okanagan.

Social Media has exploded as well. Facebook members have increased by 22% in 2016 making it a primary information source. BCPA also has an Instagram page. It is a pleasure to see our athletes' use the recognizable #bcpa and #bcpowerlifting. Everyone is able to use this forum to post their highlights from their competitions. What a great way to share your successes!

TEAM BC

All of our BC athletes travelling this years to Nationals in Quebec will be provided with a TEAM BC tshirt to wear on the platform as well as a subsidized team uniform. Watch for more information on this project coming soon.



BCPA AGM

SATURDAY, JANUARY 28

1:00pm—3:00pm

FORTIUS Sports Complex

3713 Kensington Ave,
Burnaby, BC

Everyone Welcome!

BECOME A REFEREE

Interested in becoming a referee? For more information please contact our Officiating Chair Justin Gray (jgray@math.sfu.ca) or speak with one of our referees the next time you are at a competition

NEW BCPA Referees

Cody Weeks (Category II)
Gabe Festing (Category II)
Zack Currie (Category II)
Kevin Weiss (Category II)
Bette Festing (National)

