

BCPA NEWS

YOUR POWERLIFTING NEWSLETTER

JUNE 2018 • ISSUE 1 • VOLUME 02



<http://bc-powerlifting.com/>

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ABOUT BCPA NEWS

Welcome to the first BCPA Newsletter of 2018. We are officially back! We will launch a few issues per year to keep you informed on upcoming events and deadlines, as well as other topics that may interest you. We'll try to keep things a little bit more consistent this time around! We'd like to offer a newsletter that is interesting for you to read, with relevant and important information. Let us know what you'd like to read about in the next issues, or if you have any suggestions!

Something that we wanted to integrate in the newsletter is our very own BC's strongest and most dedicated athletes, and we will feature an athlete every issue. If you would like to be our next featured athlete, send us an email.

Member submissions are also welcome! Submissions can be sent to the secretary of the board: shadie.bourget@gmail.com

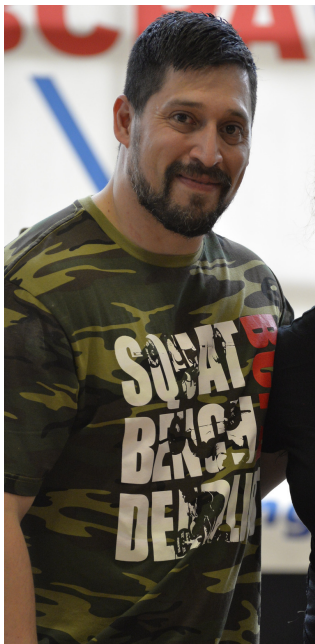
Lastly, the newsletter is looking for a name! Let us know what you think the name should be. There will be a prize for the winner!



**CANADIAN
POWERLIFTING
UNION**



International Powerlifting Federation



PRESIDENT'S MESSAGE

Hello BCPA Members,

Thank you for subscribing to the BCPA newsletter. We will do our best to provide you with all of the information you need to be up to date with what's going on with the BCPA.

This year came on strong with the UBC New Year's Powerlifting Championships that were held on January 14 and this year will end with a bang with the Rumble in the Jungle on December 8. Leading up to the end of the year, the BCPA will be travelling to Kelowna, Abbotsford, New Westminster and Victoria for competitions. We are doing our best to accommodate all of our lifters by having competitions in different regions of BC.

Our Provincial Championships this year is the largest event to date. All of it could not have been possible without the support of our sponsors, referees, volunteers and Executive members. I personally want to thank each and every one of them.

Everyone has heard me say time and time again that without our volunteers, we would not be able to have any of our events. The people that take the time to volunteer for an hour, ½ day, a full day or all weekend are the ones that make this organization run. That being said, I encourage everyone to come out and volunteer - even if it means you can only help for a short period of time. Volunteering doesn't necessarily mean helping out at a competition. We are always looking for more referees, scorekeepers and people to run a competition.

This year, we have a relatively new Executive Board. We have new faces and new ideas and each of them bring their own special qualities to the table. Everyone on the Executive has been working hard so far and I can't be more thankful to be working with all of them.



SPECIAL THANKS TO ALL OUR VOLUNTEERS



CALENDAR

Date Registration Date

2018 BCPA Provincial Powerlifting and
Bench Press Championships (Surrey, BC)

June 23-24, 2018

Closed

Kelowna Hard
Knox Open (Kelowna, BC)

August 11, 2018

Closed

2018 CPU Western Canadian Powerlifting
Championships (Edmonton, AB)

Sept 7-9, 2018

Open

2018 Fall Classic Powerlifting and Bench Press
Championships (Abbotsford, BC)

Sept 15-16, 2018

July 8, 2018

2018 Vancity Showdown Powerlifting
Championships (Vancouver, BC)

Oct 13, 2018

August 5, 2018

2nd Annual Lift the Rock Powerlifting
Championships (Victoria, BC)

Nov 18, 2018

TBA

Rumble in the Jungle
(Richmond, BC)

Dec 8, 2018

TBA

2019 Annual General Meeting
(Burnaby, BC)

Jan 2019

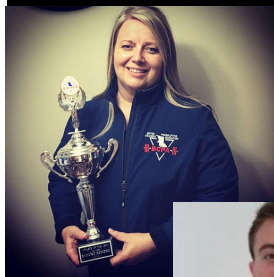


ATHLETE OF THE YEAR

In 2017, the BCPA proudly awarded the 2016 Athlete of the Year to two international level athletes who competed at the regional, national and world stages: Bonney Rempel (picture at the bottom, left) and Stephen Cascioli (right). Both Bonney and Stephen represented BC and Team Canada in many competitions; both finished 2nd at the 2017 5th IPF Powerlifting World Championship in their respective categories and both have won several titles and obtained world records. We are proud to have them represent team BC!

VOLUNTEER OF THE YEAR

For 2016, BCPA awarded the Volunteer of the Year award to two very dedicated women, who spent several hours volunteering at BCPA events and preparing statistics for the BCPA: Meara Mullholland (first picture at the top) and Lynne Desautels. Congratulations and THANK YOU for all the work you do for the BCPA!



BURSARY AWARD

In 2017, Landyn Hickmott received a \$500 bursary to help him towards his post-secondary education. Congrats on your achievements and best of luck with your degree!

#CPUNATS2018



AWARDS

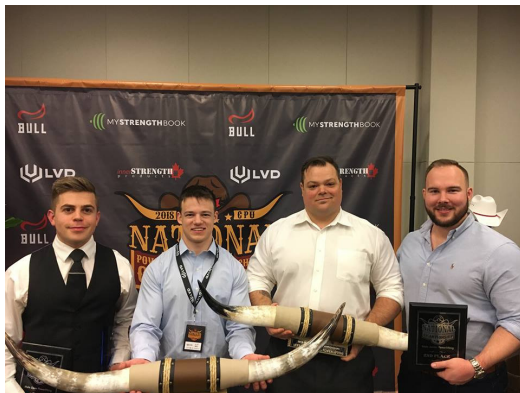
Adam Ramzy was named CPU male athlete of the year, and won 3rd overall Open Male at Nationals.

Jake Allison won 1st overall Junior Male.

Josh Simpson won 1st overall Master 1 Male.

Jackson Spencer won 2nd overall Junior Male.

Congratulations to our lifters!



ATHLETES

Wendy Yamazaki Female - Master 1 57 kg 4th place
 Jennifer Hotner - Female Master 1 72 kg Silver
 Kelly Wharton - Female Master 2 63 kg Gold
 Bonney Rempel - Female Master 2 84+ kg Gold
 Sharlene Brunjes - Female Master 3 63 kg 4th place
 Stephanie Needham - Female Master 3 84 kg Gold
 Caitlin Chan-McLeod - Female Junior 63 kg 8th place
 Christina Gee - Female Open 52 kg 4th place
 Sarah Weijand - Female Open 52 kg 5th place
 Colleen O'Toole - Female Open 57 kg 6th place
 Olivia Lim - Female Junior 84 kg Gold
 Jenna Sabino - Female Open 63 kg 10th place
 Wendy Pronick - Female Open 63 kg 13th place
 Alexandra Schellenberg - Female Open 84 kg 7th place
 Lynne Desautels - Female Open 84 kg 9th place
 Bianca Broadbent - Female Open 84+ kg Bronze

Jake Allison - Male Junior 66 kg Gold
 Andrew Bryant - Male Master 2 83 kg Silver
 Gordon Langfield - Male Master 2 93 kg Gold
 Conrad James Shaw Cowan - Male Master 2 93 kg Silver
 Gordon Sjodin - Male Master 2 93 kg Bronze
 Sterling Nering - Male Master 2 105 kg Silver
 Walt Dengler - Male Master 3 93 kg Gold
 Tom Cragg - Male Master 4 74 kg Gold
 Donald Lovell - Male Master 3 66 kg Gold
 Bob Hindley - Male Master 3 74 kg Silver
 Logan Tarasoff - Male Junior 83 kg Bronze
 Justin Lee - Male Junior 83 kg 9th place
 Pete Williams - Male Open 59 kg Silver
 Stephen Cascioli - Male Open 66 kg Gold
 Bryce Thomson - Male Open 74 kg Bronze
 Daniel Nhung - Male Open 74 kg 9th place
 Adam Ramzy - Male Open 83 kg Gold
 Randy Yee - Male Open 83 kg 4th place
 Jeremy Klaus - Male Open 83 kg 5th place
 Gabriel Festing - Male Master 1 93 kg Silver
 Mark Charibians - Male Master 1 93 kg 5th place
 Josh Simpson - Male Master 1 120+ kg Gold
 Newton Ly - Male Junior 93 kg Silver
 Matthew Lewis Vena - Male Junior 93 kg 4th place
 Landyn Hickmott - Male Junior 93 kg 6th place
 Blake Taylor - Male Junior 93 kg 11th place
 Lukas Nering - Male Junior 93 kg 12th place
 Richard Yamaguchi - Male Junior 93 kg 15th place
 Cody Weeks - Male Open 93 kg Silver
 Alex Aleman - Male Open 105 kg 8th place
 Eric Olsson - Male Open 105 kg 9th place
 Jaston Dhaliwal - Male Sub-Junior 120+ kg Unequipped Gold
 Cameron St. Amand - Male Junior 105 kg Unequipped Gold
 Jackson Spencer - Male Junior 120 kg Unequipped Gold
 William Buhler - Male Junior 120 kg Unequipped 7th place

EQUIPPED ATHLETES

Patricia Kowal - Female Master 3 63 kg Gold
 Andrew Bryant - Male Bench Only Master 2 83 kg Gold
 Cole Thevonot - Male Bench Only Open 105 kg Gold
 Mehar Bhogal - Male Junior 83 kg Gold
 William Steep - Male Open 93 kg Bronze
 Andrew Bryant - Male Master 2 83 kg Silver
 Donald Lovell - Male Master 3 66 kg Gold
 John Wesley Cummings - Male Open 105 kg Silver

er

2018 WORLD CLASSIC POWERLIFTING CHAMPIONSHIPS BC TEAM

CALGARY, CANADA
JUNE 6-17, 2018



International Powerlifting Federation



Olivia Lim	F	Junior	84kg
Kelly Wharton	F	Master 2	63kg
Bonney Rempel	F	Master 2	84kg+
Stephanie Needham	F	Master 3	84kg
Jake Allison	M	Junior	66kg
Cameron St. Amand	M	Junior	105kg
Jackson Spencer	M	Junior	120kg
Stephen Cascioli	M	Open	66kg
Josh Simpson	M	Master 1	120kg+
Andrew Bryant	M	Master 2	83kg
Gordon Langfield	M	Master 2	93kg
Sterling Nering	M	Master 2	105kg
Donald Lovell	M	Master 3	66kg
Bob Hindley	M	Master 3	74kg
Walt Dengler	M	Master 3	93kg
Tom Cragg	M	Master 4	74kg

2018 WORLD CLASSIC BENCH PRESS CHAMPIONSHIPS

HELSINKI, FINLAND
MAY 14-19, 2018

Gordon Sjodin	M	Master 2	93kg
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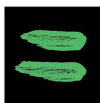
REFEREE'S CORNER

Have you always wanted to give back to the BCPA? Why not become a referee?

As a referee, your role is essential to run a competition by providing expertise and unbiased judgment of athletes on and off the platform.

You will be required to study the IPF rules, and pass a written exam.

If you are interested, please contact us or Officiating Chair Justin Gray (jgray@math.sfu.ca).



**WORLD
ANTI-DOPING
AGENCY**

**CANADIAN CENTRE
FOR ETHICS IN SPORT**



CCES E-LEARNING COURSE

Be sure to complete the Canadian Center for Ethics in Sports' E-Learning course every year! This course is mandatory to take annually and will allow you to understand the various components of the Canadian Anti-Doping Program. You will need to complete the course before your first competition, and once a year thereafter, in order to be eligible to compete.

ATHLETE PROFILE:

JAKE ALLISON



We met with Jake Allison, and asked him a few questions. He won the Junior Overall award at CPU Nationals, studies Engineering at the University of Calgary (majoring in oil and gas engineering with a minor in applied mathematics), and likes blue Sour Patch Kids.

Age: 22 years old

Weight class: 66kg

Height: 5'6

Best lifts: 237.5/137.5/227.5 (CPU Nats)

Best Wilks: 505

Recent competition: 2018 IPF Worlds

1st competition: 2015 BCPA Winter Open



Records: All 66kg provincial Junior records, provincial deadlift record in Open, and National Total Junior record. Ranked 1st Junior in Canada in 2018.

How long have you been powerlifting? Since summer 2014.

Where do you currently train? In a commercial gym in Edson.

How many times a week? 5 times per week as well as mobility, rolling and stretching everyday.

What is your favourite lift? Deadlift, but I am starting to like all three more and more.

What have been your major highlights and achievements in powerlifting? Winning 2018 CPU Nationals and best overall lifter, as well as Westerns best overall in 2016.

What are your long term goal in powerlifting? Moving up a weight class, possibly.

Do you have any role models? Stephen Cascioli.

Do you have any powerlifting anecdote to share? First time I met Kelly Branton, he asked me if I wanted to deadlift for him!

On a personal note, tell us about yourself: I am currently doing an internship in Edson, and I will graduate university in 2016.

Who would win a fight between Spiderman and Batman? Batman, definitely.

Lastly, what do you think dogs dream about? I'd like to think my dog dreams about me!

BCPA TOP 10 BASED ON WILKS (2017 RESULTS)



FEMALES

1. Alison Kam (IPF World Classic 15-Jun-17) 63kg Junior 157.5/80/170/407.5
2. Cynthia Leighton (Vancity Showdown 14-Oct-17) 57kg Open 127.5/80/155/362.5
3. Wendy Pronick (CPU Nationals 13-Mar-17) 63kg Open 132.5/87.5/167.5/387.5
4. Mihaela Maclean (Vancity Showdown 14-Oct-17) 72kg Open 140/94/162.5/396.5
5. Pier Briggeman (BC Fall Classic 16-Sep-17) 63kg Open 142.5/80/165/387.5
6. Jenna Sabino (Pronick Invitational 18-Nov-17) 63kg Open 135/72.5/155/362.5
7. Cindy Nguyen (Vancity Showdown 14-Oct-17) 63kg Open 135/67.5/177.5/380
8. Nicole Davies (BC Provincial Championship 10-Jun-17) 72kg Open 153/80/181/414
9. Sarah Xie (BC Fall Classic 16-Sep-17) 57kg Open 120/57.5/147.5/325
10. Lucia Botelho (Pronick Memorial 18-Nov-17) 57 Open 112.5/57.5/162.5/332.5

Wilks: 450.74
Wilks: 424.74
Wilks: 420.75
Wilks: 418.86
Wilks: 416.18
Wilks: 411.08
Wilks: 408.61
Wilks: 407.50
Wilks: 402.77
Wilks: 394.54



MALES

1. Stephen Cascioli (Arnold Slingshot Pro 21-Mar-17) 66kg Open 248/155/257.5/660.5
2. Adam Ramzy (Pronick Invitational 18-Nov-17) 83kg Open 262.5/188/316.5/767
3. Cameron St. Amand (Pronick Invitational 18-Nov-17) 120kg Open 335/185/307.5/827.5
4. Jackson Spencer (IPF World Classic 15-Jun-17) 120kg Junior 327.5/192.5/320/840
5. Newton Ly (CPU Nationals 13-Mar-17) 93kg Junior 297.5/177.5/282.5/757.5
6. Cody Weeks (BC Provincial Championship 10-Jun-17) 93kg Open 262.5/193/287.5/743
7. Bryce Thomson (IPF World Classic 15-Jun-17) 74kg Open 245/122.5/277.5/645
8. Randy Yee (Pronick Invitational 18-Nov-17) 83kg Open 252.5/155/277.5/685
9. Josh Simpson (Vancity Showdown 14-Oct-17) 120+kg Open 310/230/285/825
10. Austyn Ryan (NXL Bent Iron Blitz 08-Jul-17) 105kg Open 285/180/277.5/742.5

Wilks: 525.63
Wilks: 511.97
Wilks: 490.13
Wilks: 484.6
Wilks: 476.09
Wilks: 471.21
Wilks: 467.63
Wilks: 467.31
Wilks: 460.35
Wilks: 444.31



5 TIPS ON COMPETING INTERNATIONALLY

Submitted by Bonney Rempel, Masters II, 84+kg

BCPA Female Athlete of the Year 2016, CPU Ranked 15th Masters Classic Women, IPF Ranked 24th for Classic Women 84+kg, 2X National Champion, 2017 Silver Medalist IPF Classic Worlds, Provincial, National and World Record holder.

#1 – “Team Canada” – There is no “I” in team. It’s not about me. It’s about getting the most points for my country. What can I make in a solid lift? I know what I am capable of but do the Team Canada coaches? They don’t want to risk valuable team points because I am looking for a personal best. I share my overall goals with the coaches and when possible, they help me to achieve them, but the team comes first.



#2 – Own Your Headspace – Without years of experience, it's easy for me to allow self-doubt to creep in. On the day of the competition it's important that I focus. It's surprising how many people try to give you training, diet or technique tips during the competition. I train all year, 4 days a week and sacrifice time with my family, so it's important to me that I give my best performance.

#3 – Save Your Energy – More than one competition has run behind schedule (sometimes by several hours). Is there anything I can do about it? No. I have a choice, I can stand up and complain with the others or I can take the opportunity to “power down” and save my energy for when I need it. I am a Masters II lifter, my energy store is limited! I always take a pillow from the hotel with me.

#4 – Find A Grocery Store – First thing. If language (e.g. in Russia) is a barrier, generally the hotel employees can steer you in the right direction. I never sway from how I normally eat. Generally roast chicken and salad is universal. I bring my protein powder (from home) in portions and an empty shaker cup.

#5 – Carry-On Equipment – Luggage can get lost but if you lose your equipment, you're done. Not only is it expensive to replace but sometimes the equipment vendors don't set-up until later in the week. I pack my equipment in a roll away carry on and it never leaves my sight. That's what I take to weigh in and later to the competition.

Lifting was a great decision for me at this time in my life. What I have learned along the way is that everyone has a different path, training style and coach! Live with passion!

BCPA COMMITTEE



The BCPA is a volunteer-based organization, and would like to thank every single one of you that is helping us grow and develop the sport and community of powerlifting in the province of British Columbia.

BCPA Mission: To provide infrastructure and support for provincial powerlifting competitions.

BCPA Vision: To be the number one most-recognized strength sport in BC.



BCPA Executive

President
Gabe Festing

Vice-President/Club Development Director
Tanner Braaten

Secretary
Shadie Bourget

Treasurer
Lynne Desautels

Registrar
Cody Weeks

Awards Director/Social Media Co-Director
Will Steep

Webmaster/Social Media Co-Director
Dennis Leong

Executive Officer
Brian Rock

Non-Voting Officers

Officiating Chair
Justin Gray

Records Chair*
Bette Festing

*Note the following change in terms of timeline for submitting records: For records, make sure to complete the application form on the BCPA website, to apply for a BCPA record. All records applications must be submitted **within 7 days of the contest date.**

BEST OF BCPA MEMBERS

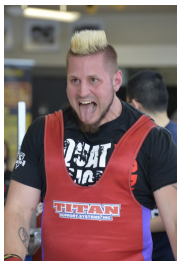
Best squat face
(@brywonglifts)



Best spectators
(@ryan_maclellan 's
dog) (..and dad)



Best tongue out
(@mrjohnsambo)



Best calm face
"in the hole"
(Randy Montano)



Best comp hair
(Jennifer Hotner and @kccalaminos)



Best colour coordination
(Vincent Wong)
Royal blue belt, socks, shoes, mouth guard...



Thank you so much for reading! Reminder that submissions and articles are welcome from all members. If you would like to be our next Athlete Profile candidate, or if you have an article you would like to write, send us an email.

Remember our NAME THE NEWSLETTER contest! You can submit multiple entries to shadie.bourget@gmail.com!

Don't forget to follow us on Instagram
[@bcpowerliftingassociation](https://www.instagram.com/bcpowerliftingassociation)

Best "good lift" faces
(Tom Cragg and
@elizabethhhu)



NEWS AND REMINDERS

FAQ

1. Do I need to re-do my CCES module every year? YES, you need to complete this module every year, in order to compete.

2. Can I volunteer at Provincials to do Westerns if I have not competed at Provincials or Westerns before? NO! You must compete at Provincials if you have not done Westerns before.

3. Can I compete in the Vancity Showdown if my Wilks is under the minimum requirement for Provincials? YES! This year, the Vancity Showdown is open to all BCPA member and you do not need to obtain a Provincial qualifying standard to compete at the Showdown.

4. Can I take supplements? You must ensure that the ingredients in your supplements are not on banned substance list (always check WADA list before taking supplements. Another great resource to search ingredients is the following website: globaldro.com).

Advertise with Us!

You are a business and you would like to advertise in the next issue of the Newsletter? Contact the Board of directors for more information and for pricing.

BURSARY APPLICATION

The BCPA will award a bursary to help support an active member attending post-secondary education.

Requirements for eligibility:

- Current BCPA member in good standing
- Competed in at least 2 BCPA competitions
- Achieved excellence in previous education
- High school average of 79% or higher (if entering first year of post-secondary)
- Post-secondary GPA of 3.30 or higher (if already completed some post-secondary)
- Enrolled full-time in an accredited post-secondary institution
- Have a need for financial assistance

Submission deadline date: Sept. 1, 2018.
The chosen applicant will be notified of the result on or around Oct 1, 2018.

Please submit all the required items in a Word document or PDF to BCPA.Awards@gmail.com.



BCPA pictures are a courtesy of photographer

Andy Liebermann. Thank you for the great photos!

