

THE EXPEDITOR

Official Triannual Newsletter for the
British Columbia Powerlifting Association



Photo courtesy of LVD Fitness

WOMEN'S PROVINCIALS AND FALL CLASSIC

Hello BCPA members,

Here it is, your last Newsletter of 2019! This issue is 2019 Women's Provincial Powerlifting Championships' edition. This Newsletter (and competition) features BCPA's strongest female athletes. We are thrilled with the amount of athletes who registered and who will be competing this weekend. This event is followed by BCPA's Fall Classic and we are wishing best of luck to all!

To celebrate Women's Provincial as a stand-alone event, we added a special section to this Newsletter: BC powerlifting women. It explains some cool things they are doing in and out of powerlifting, as their journey for some of them. Flip to page 9 to read. Our athlete profile is a very strong female athlete, too!

We are always looking to cover different topics in the Newsletter. If you would like to write something for the next issue (March 2020) or would like us to cover a specific topic, do not hesitate to contact me at secretary@bc-powerlifting.com. To get electronic copies of this Newsletter or if you would like to read previous issues, go to the BCPA website under Newsletter (<http://bc-powerlifting.com/category/newsletter/>). To subscribe, go onto to website and fill out the e-club pop-up.

Thank you for reading! As always, best of luck with your training and wishing you many personal bests along the way.

IN THIS ISSUE

BCPA CALENDAR

PRESIDENT'S MESSAGE TO THE BCPA MEMBERS

ATHLETE PROFILE: JENNA SABINO

CLUB FEATURE: IRON THRONE STRENGTH & CONDITIONNING

BCPA FEMALE MEMBER SPOTLIGHT

AND MORE

BCPA CALENDAR



Photo courtesy of Lee Nguyen

COMPETITION

COMPETITION DATE

REGISTRATION DATE



2019 BCPA Women's Provincials Powerlifting Championships (New Westminster, BC)

October 12, 2019

Closed



2019 BCPA Fall Classic Powerlifting and Bench Press Championships (New Westminster, BC)

October 13, 2019

Closed



3rd Annual Lift the Rock Powerlifting Championships (Victoria, BC)

November 10, 2019

Closed



Rumble in the Jungle Vol. 2 (Richmond, BC)

December 7, 2019

Closed



UBC New Years Powerlifting Championship (Vancouver, BC)

January 18, 2020

November 17, 2019 at 6pm



BCPA Annual General Meeting (Burnaby, BC)

February 2, 2020

NA



2020 Winter Open Powerlifting and Bench Press Championships (Burnaby, BC)

March 21-22, 2020

January 12, 2020 at 6pm



Aspire Open (Kelowna, BC)

April 19, 2020

February 8, 2020



2020 CPU Western Championships (Burnaby, BC)

August 28-30, 2020

TBA

Victoria Barbell Open II (Victoria, BC)

November 15, 2020

September 20, 2020



BCPA EXECUTIVE

President	Gabe Festing: president@bc-powerlifting.com
Vice President/Webmaster/Social Media	Dennis Leong: vicepresident@bc-powerlifting.com
Secretary	Shadie Bourget: secretary@bc-powerlifting.com
Treasurer	Lynne Desautels: treasurer@bc-powerlifting.com
Registrar/Records Chair	Cody Weeks: registrar@bc-powerlifting.com
Awards Director	Will Steep: awards@bc-powerlifting.com
Executive Director	Brian Rock: brian.rock@bc-powerlifting.com



A MESSAGE FROM THE BCPA PRESIDENT

LAST NEWSLETTER OF THE YEAR: A RECAP OF 2019

It is hard to believe but 2019 is close to coming to an end and with that this will be the final newsletter of the year. First and foremost, I personally want to thank Shadie Bourget for taking the time in creating these newsletters. She has spent time throughout the year to thoughtfully gather stories and put it in a format where it was not only enjoyable to read but educational as well.

2019 was another busy year with the BCPA. This sentence seems to be repeated year after year with our membership continually growing and increased number of competitions throughout BC. We are holding strong at just over 600 members. Those members were able to take part in 8 competitions so far and with those competitions drew a total of 560 (!) registered lifters.

This year, along side of returning meet directors, the BCPA welcomed a few new ones; Lynne Desautels was the meet director for the BCPA Winter Open, which is annually one of our largest competitions; F2K Powerlifting Club hosted the Legend of the Three Lifts which was directed in perfect fashion; and Victoria Barbell hosted its very first BCPA competition in Victoria. Jeremy and Jason Klaus welcomed the BCPA and its members with their great facility.

Recognition for our volunteers has always been, and will always be, a priority for the BCPA. I cannot say it enough, but without our volunteers the BCPA would not exist. Our volunteers step up to each and every competition and spend countless hours making sure that all of the competitions run as smoothly and quickly as possible. We try to make each and every volunteer feel appreciated at each and every competition. This year, the BCPA hosted its first annual BBQ which was open to all volunteers. Blacksmith Fitness graciously allowed us to host this event at their facility and we received prizes from many of our registered Clubs for all who attended.

An integral part of our volunteers are our referees. With the help of Bette Festing, the Officiating Chair and the Scorekeepers' Chair, the BCPA was able to recruit 14 more scorekeepers and two Category I Referees. These scorekeepers and referees have made a commitment to attend as many competitions as possible to officiate and ensure that the IPF Rules are followed. They continue to be educated and will provide their valuable expertise to our competitions. I want to take this opportunity to thank all of those who stepped into these roles.

Most recently, the Executive welcomed Chandler McCutcheon as its new Club Development Director. Some of you may be familiar with Chandler as he has hosted 2 competitions in Kelowna. We are looking forward to seeing what he can bring forward to the BCPA.



Photo courtesy of Ali Harborne

GABE FESTING

BCPA PRESIDENT

BCPA PRESIDENT MESSAGE

CONT'D

This year, the CPU introduced higher qualifying totals and despite the increase BC was still strongly represented at the 2019 Western Championships. We congratulate all those lifters who represented BC at the Regional, National and World Championships, you made BC proud!

2019 was a year of firsts. It was the year that the Executive decided to split the Provincial Championships between men and women. As the number of lifters increased annually, the likelihood of the combined Provincial Championships would have been at least a 3 or 4 day event, which would have taken too large of a toll on our volunteers.

The Men's Provincial and Bench Press Only Championships were held in June and had a total 119 registered lifters. We did our best to put on a World Class event and kept our volunteer recognition at its highest priority.

For the Women's Provincials, we were expecting approximately 50 lifters but with an increase of over 25% over last year the final roster count was 73 lifters. These provincial championships are being held in conjunction with the Vancity Showdown which has proven to be one of our more high profile events. We look forward to showing the other facets of the fitness industry how strong our BC women are. We wish them all the best of luck in the competition.

2019 will close with 3 more competitions: BCPA Fall Classic, 3rd Annual Lift the Rock and Rumble in the Jungle Vol. 2. Registration has opened for all of these competitions and have been filled up showing that there is still a demand for more competitions in BC. If you are interested in hosting a competition in the future, please contact us.

The 2020 year has the BCPA competition calendar almost full and we anticipate the calendar to fill right up before the end of this year.

I am very excited to be hosting the 2020 CPU Western Championships along side Bette. The event will be held at Fortius Sport & Health in Burnaby. We have some great ideas lined up for this competition. With the increase in the qualifying totals we are not expecting as many athletes as seen in previous years; however, this will allow Bette and I to organize and run a more personalized event, but still have an international level feeling.

Every year, the BCPA holds its Annual General Meeting. This upcoming year is time to elect a new Executive Board. If you think you are capable of bringing forward new ideas and feel that you can help make a difference in this organization, please consider stepping into a role. Members can expect to receive more details on this soon.

In closing, I want to say that working with this current Executive Board for this term has been incredible. They have brought new life and new ideas and have helped in making those ideas become reality. I cannot express my gratitude enough to all of them. There will be some changes and new developments coming in 2020 and I'm looking forward to another great year!

Thank you all for an impressive year of lifting!



Bette Festing, Scorekeeping and Officiating Chair and Gabe Festing, BCPA President

Photo courtesy of Ali Harborne

ATHLETE PROFILE



Photo courtesy of LVD Fitness

JENNA SABINO

Jenna Sabino lives in Kelowna, trains at Aspire Health and Performance, where she also coaches, and is one of BC's strongest female competitors. She became a BCPA Provincial Category II referee about a year ago, and is always ready to volunteer at competitions. Jenna has been competing since April 2015, and won third place at CPU Nationals in Ontario, in March 2019, in the 57kg weight class.

We were interested in finding out more about her, and asked her a few questions about her and her experience with powerlifting over the last few years. Here is her mini biography.

Age and height: 25 years old and 5'4"

Weight class: 57/63kg

Best lifts: 150kg / 80kg / 162.5kg

IPF points: 699

Favourite lift: Depends on the day but more often than not, squat.

Coached by: Bryce Thomson (Being coached by your spouse isn't for everyone but it works for us!).

Records: BC Squat and Total (57kg).

Best song when going for a PR: I'm a weirdo who doesn't really listen to music except for Eminem till I Collapse on second and third squat and deadlift in competition.

How many times a week do you train? 4 days powerlifting but I'm usually in the gym doing something (cardio) on most of the other days.

When was your first competition? The Centaur Championship in April 2015.

How many times have you competed? I believe Provincials will be number 16 in almost 5 years.

Do you have any goals for powerlifting (short or long term) and what are they? I've got some PR numbers in mind after I move up from 57kg.

Take a peek into the life of powerlifting athlete Jenna Sabino, and how she is doing in the sport.

JENNA SABINO

ATHLETE PROFILE: PART II



You placed 3rd at Nationals in 2019! Congrats! How was your experience there?

Nationals 2019 was an amazing experience. Everything came together better than it ever has in the past: no issues making weight, PR'ed my squat, bench and total and ended up with a bronze medal. Also, missing my second deadlift and pulling it on my third to secure third was an amazing feeling. CPU Nationals is always an experience and an amazing put together event.

What are your goals for Provincials?

To make weight at 57kg and hopefully chip a few records. 57 is looking like a deep class and having so much competition at a provincial level will be exciting!

What is your best or proudest achievement?

Placing third at CPU Nationals 2019!

Do you have any tips for new or seasoned lifters?

Have fun when you compete! The experience of competing and progressing should be a fun one. Also, if you can train on competition equipment - take advantage of that and train on comp plates.

What do you do for your nutrition?

I try to weigh and track macros when I'm actively cutting weight to make the 57 class. Post competition, or for meets I don't plan on cutting weight for, I'm much more relaxed. I've tracked calories for so long it's become pretty natural. There's a time and a place for being strict.

Do you want to tell us about your coaching services? About Aspire?

I have a Bachelor of Science in Kinesiology and am certified as a Certified Strength and Conditioning Specialist. I do powerlifting coaching for athletes of all ability levels.

How long have you been a referee for?

I've been a BCPA Category II referee for just over a year and I look forward to completing my test for head referee in the near future.

And on a more personal note:

What are you studying?

I'm currently studying in the Bachelor of Education program at UBCO.

What are you doing for work at the moment?

I'm a full time student and I do a bit of powerlifting coaching on the side.

Last set of random questions:

What is your favourite food?

Peanut butter.

What is your favourite music?

Usually electronic.

Can you tell us about your dog?

We have the cutest french bulldog, Layla. She loves being a gym dog and lying next to the slamming deadlifts in our garage gym.

Thank you, Jenna, for letting us interview you and sharing with us!



Powerlifting equipment at Iron Throne



Combo racks at Iron Throne's 2,400 sq ft facility



Photos courtesy of @julianhamazaki



POWERLIFTING CLUB FEATURE

IRON THRONE

By Jordan Lau

Iron Throne Strength & Conditioning is Surrey's newest 24/7 gym dedicated to powerlifting, weightlifting and strongman all in a 2,400 sq ft warehouse. Conveniently located in Newton, we are easily accessible by transit (bus stop is right outside the complex) and by car.

Iron Throne was created by Jordan Lau who has a strong passion for strength sports. He saw the need to create a gym that better fits the requirements of competitive athletes.

Starting off with a dusty warehouse and months of renovating (nearly all done with the help of a small team), the gym started to come together. We took time off from our full-time jobs and dedicated every day to creating the vision that is now complete. We truly feel blessed by the people in the community that have assisted us greatly, and have been with us on this wild journey.

We are one of gyms that offer the most equipment for powerlifting in BC. We have:

- 3 IPF spec combo racks
- 6 full sets of calibrated KG plates
- 2 sets of competition collars
- 3 deadlift platforms (made with sumo deadlifters in mind, so no more slipping on wood!) and 2 Olympic lifting platforms
- 6 crossfit-style station rigs
- GHR and leg extension machines
- 11 Rogue Ohio Power Bars
- 2 Kabuki Power Bars
- 1 Kabuki Transformer Bar
- 1 Rogue 20kg Ohio Power Bar
- 1 Rogue Ohio Deadlift Bar
- 1 Trap Bar, 1 Swiss Bar, 1 Bamboo Bar
- 1 Strongarm Buffalo Bar


We also have a LOT of pound plates, dumbbells from 3lbs to 125lbs, cables, bowls of chalk, smelling salts, tripods so you can show everyone on Instagram that you indeed lift and the most powerful sound system of ANY GYM in BC. On top of that, we have plenty of strongman equipment and equipment for weightlifters and calisthenics.

What we are most proud of is our extremely friendly, inclusive and welcoming atmosphere. It is not uncommon for our members to come on by just to hang out on non-lifting days. These days usually consist of random dance-offs and other fun antics. Everyone is welcome here! Regardless of how they look or how strong they are. A person who can squat 600lbs for reps will be treated the same as someone who is just beginning. All of our members are willing to help one another out whether for a lift off, commands, fixing technique or just cheering to hype you up. It is common for the whole gym to stop what they are doing and cheer on someone going for a PR, and our members have been smashing PRs like no tomorrow. Proper equipment and a fun, supportive environment, make a real difference in training. For more info, check out our Instagram or come on by. We are always happy to see new faces!

Contact Iron Throne on Instagram

@ironthronesc

**And find them at 4-7823 132 Street,
Surrey, BC**



THANK YOU'S, CONGRATS, AND CPU SCHOLARSHIP

FIRST ANNUAL BCPA VOLUNTEER BBQ

HELD AT BLACKSMITH FITNESS IN PORT COQUITLAM

The first BCPA Annual Volunteer BBQ was a success! There was lots of food, and great company. We would like to extend a special thank you to Blacksmith Fitness for hosting the BCPA and the event. Also, thanks to all gyms and BCPA registered clubs that

generously donated memberships, drop ins, etc. for volunteer prizes, such as The Bar, Jungle Gym, Iron Throne, Murph's Gym, Blacksmith Fitness, Genesis Athletic Club, and Iron Alley. We are looking forward to another BBQ in 2020!

CONGRATS TO ALL ATHLETES WHO COMPETED AT 2019 WESTERNS AND COMMONWEALTH

SASKATOON, SK AND ST. JOHN'S, NFL

This year, CPU Canadian Western Championships were held in Saskatoon, Saskatchewan on September 6-8. Commonwealth Powerlifting Championship, which is an international event, was held

in St. John's, in Newfoundland on September 16-21. BC was well represented at both events, and BCPA would like to congratulate all athletes who competed at these events.

2019 CANADIAN POWERLIFTING UNION STUDENT SCHOLARSHIP PROGRAM

The CPU will award up to a maximum of 5 annual student scholarships of \$500 each.

To be eligible, applicants must be CPU members in good standing and must be either entering their first year of post-secondary education, in a full-time post-secondary program at an educational institution or enrolled in a full-time post-secondary program at an educational institution. Previous Scholarship winners may not re-apply.

Application Procedure: A complete application must include the following:

1) A copy of an official transcript of marks from the learning institution most recently attended (an electronic photocopy of a transcript of or a screen shot of the most recent marks is sufficient).

2) A statement about your involvement in powerlifting, including but not limited to your accomplishments as an athlete in powerlifting, volunteerism, future goals and any significant contributions you have made.

3) A statement about why you should receive the scholarship and your future education and career goals and what powerlifting means to you.

* Applicants may submit letters of reference.

Submit the application by email with your supporting documents by October 30, 2019 to sandro@powerlifting.ca

BCPA FEMALE MEMBER SPOTLIGHT

FIND OUT WHAT SOME OF OUR STRONG FEMALE BCPA ATHLETES ARE DOING



This segment on BCPA members includes articles written by:

BETTE FESTING

**JENNIFER LUTHER
THOMAS**

NICOLE HART

**ALEXANDRIA
SCHELLENBERG**

**HANNAH MAY
SOUTHWOOD**

WOMEN'S PROVINCIALS

A CELEBRATION OF WOMEN IN POWERLIFTING

In this special section, just in time for Women's Provincial Championships, we wanted to showcase and share some of what our female members are doing in and outside of the sport of powerlifting, or both. Thank you to all women who contributed to this special segment!

We hope that this will encourage more women to enter the sport. If you have any questions about getting started in powerlifting, please feel free to message anyone on the Executive board.

(also, yes, I included a photo of a cat and dog, because they are adorable)

As a side note, BCPA is always looking for referees and especially female referees. If you are interested in becoming one, send an email to officiating@bc-powerlifting.com for more information or to take the referee exam. A rules' clinic will be offered in November, and you will have the chance to take the exam at that time as well.



Photo courtesy of Bette Festing

BETTE FESTING

BCPA OFFICIATING & SCOREKEEPING CHAIR AND MOTORCYCLE

The Litas, Fraser Valley

I have always wanted to learn how to ride a motorcycle and last year my husband, Gabe, and I decided to make it a reality and I purchased my bike. I ride a 2018 Honda Rebel 500 and have customized it to my taste. In the beginning of this year's riding season, along with two other female riders, we started a branch of The Litas in the Fraser Valley. The Litas is a worldwide community of women riders who share the love of riding. We are an inclusive group of women and welcome any female riders to join. We coordinate rides and meet once a month. Riding season isn't very long, so I try to ride as much as possible. The season for me is coming close to an end, but I'll be planning for a new year of riding in 2020!

If anyone is interested in riding with us, contact us on Instagram @thelitasfraservalley or sign up at <https://www.thelitas.co/fraservalley>



Photo courtesy of Rise Strength Lab

JENNIFER LUTHER THOMAS

FROM UK TO CANADA TO TECH EXPERT

My name is Jen, and I've been powerlifting for just over a year. I originally started out as a casual gym goer for something to do and hopefully lose weight. At the time I was fairly new to Canada from the UK, having moved here to work for Safe Software as a Technology Expert for their FME Server product. In this role, I get to support and educate customers and partners across the world, which has given me the opportunity to travel across Canada and the USA to present at conferences.

A year or so into strength training, I looked to see if I could compete at squatting and I discovered powerlifting. Since then I've competed 3 times, most recently at Westerns. I never imagined a year in I'd be able to compete at that level, but I have been lucky to find a good coach, a great strength community and an employer that supported me going to Saskatoon.

Powerlifting has now become more than just "something to do". Alongside the mountains (for hiking and snowboarding), I don't see myself leaving BC any time soon. Volunteering at BCPA events and joining strength gyms has been a big part of that -allowing me to meet new people, friends and a boyfriend who's as passionate about lifting weights as I am.



NICOLE HART

PHYSIOTHERAPIST AND ACTIVE RECOVERY CLINIC OWNER

Active Recovery is a Physiotherapy and Hand Clinic that I opened 2 years ago to cater to the full rehabilitation of all shoulder, arm, wrist, hand and thumb injuries from immediately post-injury or surgery, all the way through to return to full participation in regular activities and even high level sport. I have specialized as a Certified Hand Therapist for the past 14 years and often have helped clients rehabilitate after injury or surgery. I struggled to find a clinic that excelled with both ends of the spectrum (freshly injured vs. near a return to full activity/sport) so I had to create it for myself. Recently, we moved to a larger clinic with a great gym space and lots of natural light!

I started weight training in 2014 when my youngest baby turned two, because my body was always in pain and I knew I needed to get stronger. I think I told my trainer at the time I wanted to work on core strength and upper body. A year later, I was introduced to powerlifting and you could say I "caught the bug". In the beginning, I never thought I would ever compete but now I like to do competitions twice a year to give me something to strive for. It helps to keep training focused and gives me a benchmark for where my lifts are at. I don't LOVE competing because the pressure stresses

me a bit but I think it's good to challenge myself out of my comfort zone this way. I often talk at work or at the gym about how I wear a lot of hats: business owner, office manager, clinician, mom, athlete. Because of this, I am not always able to put the time I would like towards powerlifting training, but I always have to make time for 3 sessions/week even if it means I train at 8pm after the kids go to bed or after a long work day. It is important to stay consistent and occasionally put myself first for both my physical and mental health. When you keep going (smartly) regardless of life circumstances, there are always slight improvements. I have had to accept that my gains will be modest and I won't be hitting PRs every training cycle or every competition, but gains in form/technique and mental strength count too. Sometimes, just showing up and putting out what you have for that day is all you can do. I've had my share of injuries (yes, physios get injured too) but I just keep on going with all the other variations/exercises that **are** safe and reasonable to do. For me, powerlifting is a marathon and not a sprint. I'm in it to stay healthy, get stronger, keep bone density, and do something fun! If it's not fun, then why would I do it? 20+ years from now I imagine myself still rocking it out as an M3 or M4...even if I'm in last place or just lifting an empty bar!

“

My favourite things about powerlifting are:

- 1) Consistency pays off*
- 2) Powerlifting is a lifelong sport*
- 3) Strength is never a weakness.*

ALEXANDRIA SCHELLENBERG



Photo courtesy of LVD Fitness



Photo courtesy of Ali Harborne

“

Powerlifting helped me realize that I could be stronger, and healthier while striving for goals I never imagined possible.

PARAMEDIC, STUDENT, MOM AND POWERLIFTER

As a mother of three busy children, working two jobs as a paramedic (full time with BC Emergency Health Services in my community in the Nanaimo area and part time with Canadian Mental Health Association at an overdose prevention sight), as well as upgrading to get into a nursing program, I can often find myself overwhelmed, underslept and digging deep to stay motivated in my training.

I discovered powerlifting after my family had been formed, because I needed something that would help both my physical and mental health. Powerlifting helped me realize that I could be stronger and healthier while striving for goals I never imagined possible. This mind set has spilled out into my life, allowing me to recognize my potential as a parent and as a professional. It has also shown me how to set goals and strive for them one step at a time.

With my type of work and lifestyle, after a busy night shift, I have found myself under the barbell, squatting, with only four hours of sleep, or having to get training done with a short window of time. Having the support of my husband, my kids and my family who see how important lifting is to me, as well as great coaches behind my programming who understand what kind of chaos rules my life, has been invaluable. Powerlifting has taught me how to find balance in a high stress life and job as well as how to give myself time for self-care both physically and mentally.

HANNAH SOUTHWOOD

CERTIFIED NUTRITION & WEIGHT LOSS SPECIALIST
FROM BODYBUILDING TO POWERLIFTING



The amount of support I've had this past year in person, and through social media has been humbling. I was so scared in the beginning that my business and popularity in social media would suffer, but in fact found that the exact opposite happened.

Strength is something we can all share. It's something we can all get excited about for each other. It's something that the majority of people can understand and appreciate.

As much as I'm grateful for what powerlifting has done for me and my business as a coach and personal trainer, I'm even more grateful for getting to a part of such an amazing and supportive community.

CONQUER COACHING OWNER

Almost exactly a year ago I decided to make the transition from bodybuilding into powerlifting. I decided to dive right in, so I hired a coach, joined a powerlifting gym, and signed up for my first meet. As someone with a fitness coaching business, I was nervous. Nervous that I would lose clients, that my social media following would no longer be interested in my journey as I changed my focus from my progress with my physique, to my progress with my lifts.

But I knew in my heart it was the much needed change I didn't know I had been looking for.

During what would be my final bodybuilding prep, I felt like I was getting further away from what I enjoyed, which was my training, and what I preached as a nutrition coach, which was balance.

As I had transitioned into my bodybuilding off season, and felt my strength begin to return, I suddenly found myself far more excited about hitting PRs with my training than I was with creating a physique for the stage.

It wasn't until I first entered powerlifting gym, Victoria Barbell, that I discovered EVERYONE is strong enough for powerlifting, and that's what makes it such an amazing community and sport to be a part of.

If there's one thing this past year has shown me, it's that strength brings people from so many diverse backgrounds together.



@hannahmaysouthwood

NEWS AND INFO



ADVERTISE IN THE NEWSLETTER



Are you a business or an individual and you would like to advertise or write an article in the next issue of the Newsletter (March 2020)? Contact BCPA secretary@bc-powerlifting.com for more information or to be featured.



BCPA 2019 STUDENT BURSARY AWARD

Recipients will be announced during Women's Provincial Championships.

If you are a full time student, make sure you apply for the BCPA bursary. If you missed your chance to apply in this year, apply for the BCPA bursary in 2020! Two \$500 bursaries are awarded each year.

BCPA AGM

The BCPA Annual General Meeting will be on February 2, 2020 at Fortius Sport & Health in Burnaby. All members can attend, either in person or via the live stream. If you would like to make any by-law propositions, send them to president@bc-powerlifting.ca.

Attendance is very important to this event! Also, please note that the year 2020 is an election year and many changes are coming to the Executive. More details are to come on how to join the Executive.

NEW POWERLIFTING CLUB: STRONG SIDE CONDITIONING

The BCPA has a new registered powerlifting club in New Westminster: Strong Side Conditioning!

Visit Strong Side at 739 Carnarvon Street, New Westminster, BC V3M 1E6 or on Instagram @strongsidenewwest

