

October, 2008 Update:

Hello, the start of a new season is upon us again. Summer training is done and it is time to start seeing the results.

The purpose of this email is to try to keep the membership as informed as possible. There is no regular format, it will be done quarterly, and will highlight the important issues.

There have been some major changes to many areas of the MWA.

- 1) The Hercules club has changed format in an effort to focus on the athlete needs and development. For a full explanation of the new format please contact Mirek Korkowski, Club coach.
- 2) The club funding schematic has been changed to a credit system that matches the bingo credit system. This was done in an effort to better manage the funds allocated to MWA by Sport Manitoba. The funding will be based on the highest level of participation achieved by the athlete in the previous year (details will be available at a later date). The higher the level of performance the greater the funding provided.
- 3) Starting a new MWA club has proven to be more difficult than anticipated. The major challenge is recruiting a person who is willing and able to provide the coaching. (supervised coaching 1-2 days a week). If any members are interested in becoming involved, or know a past member looking to get back involved send an email to the office.
- 4) The Provincial Training Team (PTT) has run for 2 years with declining interest and very few benefits. Due to the already full schedules of the members, participating in "extra training" proved to be difficult. We will continue to provide funding to MWA sponsored competition at the 50% rate to members who qualify. However, the additional funding that was provided by the PTT will be refocused on junior athletes. We are trying to encourage participation of Juniors that don't make the top 8 men or top 7 women standard. We look to increase the participation of Juniors by providing the incentive of the travel. The benefit of having Juniors involved is it protects the future of the sport.

There were also some major highlights for the 2007-2008 season.

- 1) The past season was very successful, we had many participating in Olympic Weightlifting at all levels. Manitoba was also able to send 3 athletes to the Junior Nationals in Lake Country, BC and 5 athletes to the Senior Nationals in La Prairie, Quebec.
- 2) A new club was formed, the 17th wing Weightlifting club. It is very small, but the man in charge, Al Bugden, is happy he has a place to lift. The gym is located at the 17th wing base in the south west end of the city. I had the opportunity to lift

there during one of the many University of Manitoba closures, as previously mentioned it is small but it serves its purpose. Please contact Al Bugden for more information regarding this new location.

- 3) The dedication that Rosie Densmore showed through out the season and summer is paying dividends. The performance she had at the Canadian Senior Nationals qualified her to participate in the 1st FICU World University Games in Greece and the North American game in Phoenix, AZ. Congratulations Rosie!!
- 4) World Masters Championships are being held in Argostoli Kefalonias, Greece from September 27th- October 4th, 2008. Doug Sinclair and Terry Hadlow both qualified and have traveled to Greece to participate in the event. Congratulations Terry and Doug!

Goals for 2008-2009 season

- 1) The beginning of this season has been full of confusion and frustration. MWA is sorting through the many new and old issues to produce a system that fosters continual growth and the retention of skill and knowledge. The quarterly reports is something new that we hope will keep the membership informed.
- 2) We want it to be known that the Executive is always open to suggestions, not to say they all will be applied. Through suggestions and comments we can keep on top of any issues/ concerns or positive comments the members. The executives hold monthly meeting to deal with any of the arising issues. A constructive email with possible solution(s) would be of tremendous help in alleviating any grievances.

Well that is it for now.

Alena Jackson
Treasurer