



Saskatchewan Powerlifting Association
402 3rd St. S.
Weyburn, SK
S4H 2C8
Ph: (306) 842-4299
Fax: (306) 842-2682
saskpowerlifting@sasktel.net
www.saskpowerlifting.ca



October 25, 2009

This past year was highlighted by hosting Nationals in Moose Jaw. This event went over really well with many good comments coming out of the event. It also was a good test run for hosting Worlds in 2011. Thank you to everyone who helped out in any way.

Saskatchewan sent 26 lifters to Nationals in Moose Jaw, with a number of first places coming out of this contest. Following Nationals, 1 lifter attended the World Games in July, and 1 lifter attended Sub-Junior Worlds in September. While we sent 6 lifters to the World Powerlifting Championship last year, no lifters from Saskatchewan are attending this year. We also had 3 lifters attend the Arnold Classic this past year in Columbus, Ohio. All in all, the past year was a very successful year on the National and International level for our province. Saskatchewan lifters are continuing to show their strength at all levels, and it is exciting to see.

One of the focuses of this past year has been to increase the amount of equipment we have in Saskatchewan. We were able to secure an ER rack and a set of Eleiko weights from the Open World Championship held in Newfoundland. This set was given to the SPA by the meet directors due to the work put in helping run the meet by a number of Saskatchewan lifters and executive members. As well, the 2009 CPU Nationals brought in enough money to be able to purchase another ER rack and another set of Eleiko weights. We will continue to work on building our equipment inventory through the next couple of years.

Finally, I am beginning to notice a growing number of new lifters, both young and old. This is great for our sport as the future of the sport is in new members. I would encourage all members to continue to work on recruiting people to our great sport. We are growing, slowly but surely, and this growth can only lead to higher caliber of athletes and growing support for our sport within the province.

As our first three year term comes to a close. I want to thank the other members of the current executive, Ryan Stinn, Rhaea Fowler and Heidi Fowler, for all of their hard work in helping our association grow and operate. I am excited about the future of our sport in Saskatchewan. Through the hard work of all members, we will continue to grow the sport and gain exposure.

Yours in Lifting,

Ryan Fowler