

## **President's Report**

September 30, 2016

It gives me great pleasure to present the President's Report to the membership of the Saskatchewan Powerlifting Association. It has become a standard statement for my presidents report, but I am very excited about the past year in the SPA and the future of powerlifting in Saskatchewan continues to look up.

We have once again hit record numbers in terms of our membership. We will top 250 individual members in 2016 by the end of the year, which is a huge increase from 2015. We hosted 1 new lifter workshops this year, in Saskatoon. This was well attended and the SPA received very good feedback. We continue to work to support our lifter base both new and old by offering opportunities for them to develop and grow in the sport.

Saskatchewan played host to the 2016 National Championship in Regina. This event brought together the countries strongest powerlifters to compete for the title of national champion. By all accounts, this championship proved to be the best championship ever held in Canada both in quality of lifting as well as focus on the details and the organization of the championship. Myself, Ryan Stinn and our wives were the meet directors, however, we would not have been able to achieve the level of success with the championship without the support of the SPA and its membership. The SPA members once again proved why Saskatchewan is the best place to be a powerlifting in the country. The spotters and loaders averaged 45 seconds/attempt through 3396 attempts over the course of a week of lifting. We put out a call for over 320 volunteer positions needed, and those were filled in record time with a waiting list of people who wanted to volunteer and give back to the sport. The majority of our volunteers were SPA members, who stepped up and took pride in hosting the countries lifters in our province, and I thank you for stepping forward and giving of your time and energy to make this championship the best ever. Without your dedication and help, we would not have been able to have hosted such a successful championship, so take pride in the fact that the country looks to Saskatchewan to see how to run high quality championships.

In terms of lifting this year, we once again saw the biggest Provincial team ever attend a National Championship, with 77 athletes representing Team Saskatchewan. We were also able to once again secure Provincial team sponsors and provided each lifter attending Nationals with a Team Saskatchewan hoodie and t-shirt. We also had a number of our lifters compete on the international scene this past year at the various Regional and World Championships. Congratulations to all lifters on representing Canada and Saskatchewan at the World level!

My goals for the SPA for the next year are as follows:

- grow our membership to at least 300 active members and retain at least half of the new members this year
- run a new lifter workshop in the west and possibly the north as well as another equipped workshop
- development of a high school program
- apply to SaskSport should we meet all criteria required

In closing, I want to thank the membership for allowing me to serve in the capacity as president. I believe powerlifting in Saskatchewan continues to gain steam and I encourage all members to continue to recruit and retain members by promoting the sport in your training centers, towns and cities. I also want to thank Connor Lutz and Sam Solie and their team of volunteers for running this year's provincial championship. I wish everyone a strong and successful upcoming year.



Yours in Lifting,  
Ryan Fowler  
Saskatchewan Powerlifting Association President

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