

2025 Annual Reports



CANADA
POWERLIFTING

Table of Contents

EXECUTIVE REPORTS.....	2
PRESIDENT'S REPORT	2
VP SPORT DEVELOPMENT REPORT	4
VP PROGRAMS REPORT.....	6
SECRETARY'S REPORT	8
TREASURER'S REPORT.....	10
CANPL TREASURER REPORT	10
FINANCIAL OVERVIEW	10
<i>Balance Sheet Highlights.....</i>	<i>10</i>
<i>Income Statement Highlights.....</i>	<i>10</i>
BUDGET OVERVIEW	11
NEW INITIATIVE: BUDGET VS. ACTUAL REVIEW	11
CLOSING	12
PROVINCIAL REPORTS.....	13
BRITISH COLUMBIA	13
ALBERTA.....	15
SASKATCHEWAN	17
MANITOBA	18
ONTARIO	19
QUEBEC	20
NEW BRUNSWICK	23
NOVA SCOTIA	25
PRINCE EDWARD ISLAND	26
NEWFOUNDLAND & LABRADOR.....	28
COMMITTEE AND CHAIR REPORTS	30
ANTI-DOPING COMMITTEE	30
CHAMPIONSHIP SECRETARY	31
COACHING COMMITTEE	32
COMPETITIONS COMMITTEE	33
ADAPTIVE ATHLETE COMMITTEE	34
ETHICS COMMITTEE.....	35
OFFICIATING COMMITTEE.....	36
RECORDS CHAIR	38
REGISTRAR.....	39
WEBMASTER.....	40
SPONSORSHIP	41

Executive Reports

President's Report

Hi Everyone

First, I would like to thank everyone for attending the AGM and supporting CANPL and our objectives. It's been a great year, and we continue to build our infrastructure and field more competitive teams at the international level. I also want to thank our Executive for all their support over the past year as we all work extremely hard to develop sound policies and build our capacity. I would also like to take a moment to acknowledge our volunteers across the country that go out of their way to help our sport grow and keep our athletes safe.

CANPL has accomplished a great deal over the last year and our results at various international competitions show how competitive we are at every level. One of our biggest accomplishments was landing 5 athletes in the World Games with some tremendous successes. Another of our great accomplishments over the past year is to be recognized by Sport Canada. While funding was primarily directed toward to Para Powerlifting athletes, there were many spinoffs in terms of funding opportunities for member provinces, Safe Sport coverage, and access to resources that span both disciplines. Although overall sport funding was limited, this opens doors for us in the future, and we have subsequently submitted again this year. Our new recognition and reapplication, in conjunction with the implications of the newly released "Future of Sport in *Canada* Commission Final Report Transforming Sport in Canada: Time for Action," puts us in a very advantageous position for potential funding and support in the years ahead. I would like to thank all our present and past leaders for their work on this crucial component.

We will soon be in a position to launch our coaching course procured through Great Britain Powerlifting last year. This allows us to train coaches and improve the development of our sport, while simultaneously building components that can later be onboarded to the Coaching Association of Canada programs as we build those out.

We also secured several international events in Canada for 2026 and 2027, namely the 2026 North American Powerlifting Championships, the 2026 Commonwealth Powerlifting and Bench Press Championships and the Worlds Master Powerlifting Championships in 2027. When we have international events

in Canada, generally we can field bigger teams and help our athletes by lessening costs and the National pride becomes very evident.

Some priorities over the next year will be further delivering the coaching course and rolling out its parameters, sponsorship development, putting people and supports in place to assist with our committees and to help support our referees and coaches at a higher level. We would like to solidify youth policies once our Long Term Development Plan is complete. We will also need to continue to build Para Powerlifting by helping develop Coaches and Officials. We want to continue building our other adaptive groups including Special Olympics and Blind Sport.

I travelled to Germany to represent CANPL at the 2025 Congress that was a bit of a spectacle but in the end a great leader was decided on to sit at the helm of the IPF, namely Sigurjon Petursson. He brings a wealth of knowledge and a very calm demeanor and is open to listening to what coaches, athletes, officials and representatives in general have to say.

With a lot of uncertainty in the World today, we need our leaders to make informed choices and sometimes make tough decisions. With the cost of almost everything rising we need to be a little more creative running the organization and providing as much information as possible to help people make some tough choices.

We need to continue to support our local meet directors and look for ways to support our athletes, coaches and referees. We will also need to rely on our committees to take on some responsibilities and continue doing their great work for our organization.

In closing, our sport is doing great and we look forward to working with you all as we move forward in these exciting but unpredictable times. Thank you for helping our sport flourish.

In Sport,

Jeff Butt - CANPL President

VP Sport Development Report

2026 CANPL AGM Report

Vice-President, Sport Development
Justin Smith

Dear Board Members, Member Provinces, and Committee Members,

It's hard to believe another year has passed! It feels like a blur and a journey, at the same time. I first want to thank my fellow Board Members Jeff, Linda, Vicky and Renae for their work all year. I know it gets said time and time again, but the amount of work (day in and day out) that goes into being on the Board can't be stressed enough. Everybody takes their roles in the organization very seriously and have a passion for the sport that is hard to find words for. We treat each other respectfully, and value what everyone brings to the table. As the sport continues to grow and we navigate everchanging / uncharted waters with it, it's a blessing to have a team who has a diverse range of skills and valuable input. With representation from all Regions and as close to a gender split as possible, it makes for a unique dynamic and allows us to work like a well-oiled machine. We acknowledge that we can't make everybody happy with our decision making, but fully believe that we act with merit and for the better of the sport as a whole. When we restructure policies, budgets, and make tough decisions, we do so with integrity.

I was fortunate to represent Canada as an IPF Cat. I Referee at the IPF Bench Press World Championships in Norway, the Open World Championships in Germany, and as Head Coach at the NAPF Bench Press Championships in Panama. Canada is very reputable worldwide, and we should be proud of that. At these Championships, our staff were "go-to" people that the IPF personnel would look for any time something had to get done and they needed people they could trust and rely on.

I feel like 2025 was a year of CANPL finding its stride. Some highlights include:

- Our rebranding was largely well received
- Our Media Team (Top Set Media) brought our streaming to a different level
- Our Social Media presence improved
- CANPL is now a federally-recognized, and received funding for Para projects
- CANPL was awarded 2 International Championships for 2026, and 1 for 2027

We will keep this momentum going! We have re-signed Top Set again, this time for a 2-year term and we're excited to see some of the improvements that they have planned for our streaming. Vicky has submitted our Sport Canada documents for this year (fingers crossed for bigger and better things).

We have committed to changing our membership platform to Uplifter, which will give us many more features to work with. ESport served its purpose for the past decade, but we need to have a platform that gives us more tools. Some of our projects (such as launching

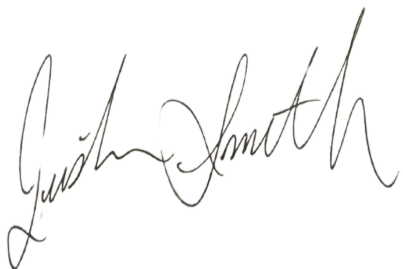
our Novice Division) are held up due to simply not being able to execute it properly. I'm excited to see what will come with Uplifter.

We've launched our new Sponsorship program, which aims to bring in greater financial partnerships with CANPL. This will assist with our budgets, and enable us to increase those that are in need. In addition, we aim to have more CANPL standardization at our events, by means of the platform banners, vendors, and live stream advertisements. Our Coaching Course aims to be launched this year, which will help CANPL and Member Provinces in multiple spaces (education, funding, etc.).

I'm excited to see how NAPF's and Commonwealth's will play out. I'm proud to be the Technical Secretary for the NAPF's in NL, and look forward to the challenge of conducting those duties for an International-level Championships. I encourage all of our members in attendance to lend a helping hand at these Championships, to ensure they are executed as flawlessly as possible. It can only lead to good things if we pull off largely successful Championships at that level.

This is an election year for my position, and I do intend to run for another term. It's rewarding to see these projects come to fruition, and I take pride in playing a part. Regardless of the outcome of elections, I consider myself a "lifer" and won't be going anywhere. Thank you all for the work that you do each day, to make our sport better!

Respectfully,

A handwritten signature in black ink, appearing to read "Justin Smith". The signature is fluid and cursive, with the first name "Justin" written in a larger, more prominent script than the last name "Smith".

VP Programs Report

Annual Report from the Vice President of Programs (2025)

Submitted by Linda McFeeters

Vice President, Programs

Canada Powerlifting

Dear Esteemed Members, Committee Chairs, and Executive Board Members,

As I reflect on the past year, I am filled with appreciation for the continued opportunity to serve as Vice President of Programs and to work alongside such a dedicated and collaborative Board. What stands out most in 2025 is not only the volume of work accomplished, but *how* that work has been achieved—together.

The Board has been exceptionally active over the course of this year, functioning in a way that I believe truly defines our success. We do not operate in silos; rather, we maintain a constant and dynamic line of communication that stretches across the country. Conversations begin on one coast in the morning and carry through to the other by evening, creating a continuous cycle of engagement where ideas, challenges, and solutions are shared in real time. This level of collaboration has allowed us to remain responsive, aligned, and unified in our approach to the growing demands of our organization.

One of the most significant developments this year has been the continued advancement of the National High Performance Coaching Program under the leadership of Coaching Committee Chair Ryan Fowler. The depth of thought, planning, and effort that has gone into this initiative cannot be overstated. What began as a necessary step toward compliance and professionalism is now becoming a defining pillar of our sport. As the program moves toward delivery through Learning Facilitators across the provinces, we are positioning ourselves to strengthen coaching standards, unify athlete development, and elevate the overall integrity of powerlifting in Canada.

Equally important has been our ongoing work with Sport Canada and the Canadian Paralympic Committee to advance para sport within our federation. These efforts have not only strengthened our relationship with key national partners but have also opened meaningful conversations around expanding opportunities for adaptive athletes within Canada Powerlifting. By bringing together individuals from across the country who share knowledge, lived experience, and a passion for inclusion, we are beginning to see the emergence of ideas that have the potential to reshape and grow this space in powerful ways. While there is still much to learn and develop, I am confident that we are moving forward with intention and positivity.

This progress, however, has also highlighted the evolving demands placed on our Board. Our engagement with national sport organizations has introduced a new layer of responsibility—one that operates within traditional business hours and structures that do not always align with a volunteer-run organization. Much of this work has been carried by individuals with the flexibility to meet these demands, most notably Vicky and Jeff. Their ability to adapt their professional schedules to support Canada Powerlifting in this capacity has been

invaluable, and it is not an exaggeration to say that their contributions have significantly advanced our position as a recognized and respected sport organization.

As a Board, it is essential that we continue to support one another in meaningful ways. One of our greatest strengths is the understanding that no one carries the load alone. We have created an environment where we can speak openly when the demands—whether within Canada Powerlifting or in our personal lives—become too great. In those moments, others step forward, responsibilities are redistributed, and we move ahead together. This has been especially important this year, as the overall workload has grown alongside the organization itself.

And make no mistake—the growth is real. Each year, Canada Powerlifting expands in ways that are not always visible from the outside. Behind the scenes, the complexity, expectations, and sheer volume of work continue to increase. This is the reality of an organization that is evolving beyond its grassroots origins into a more structured, accountable, and nationally recognized sport body. With that evolution comes both opportunity and responsibility.

Through it all, our direction remains clear. The initiatives we have undertaken—from coaching development to para sport integration, from governance alignment to grassroots accessibility—are all part of a larger commitment to building a sustainable and inclusive pathway for athletes, coaches, and volunteers across the country. There will continue to be challenges, and there will undoubtedly be moments of uncertainty as we grow. But growth is not optional—it is necessary.

None of this would be possible without the trust and belief of our members. Your commitment to Canada Powerlifting, and to your own journeys within the sport, is what drives us forward. You place your faith in this organization to support your goals, whether they begin at a local platform or extend to the international stage, and that responsibility is one we carry with great pride.

As always, I welcome your feedback, your ideas, and your perspectives. We are strongest when we work together, guided by a shared vision and a willingness to evolve.

Thank you for your continued support and for being part of this journey. I look forward to what we will accomplish together in the year ahead.

Respectfully,
Linda McFeeters
Vice President, Programs
Canada Powerlifting

Secretary's Report

When I took this position on, it largely involved answering emails, organizing agenda and minutes, meetings to make decisions and the seemingly benign “other duties as determined by the board”.

Folks, that last one might be the understatement of the century, for all executive members of this board.

2025 was a big year. In 2024, Sport Canada reopened its application for the Sport Support Program (SSP) and we jumped in on it. Christmas into New Year of 2024-25 saw us writing, editing, and rewriting the documents needed. In the summer of 2025, we found out that we were approved by Sport Canada pending creating several additional governance documents, revising a couple, and clarifying a few additional things. Funding was allocated specifically for Para Powerlifting and this continuing governance growth and funding approval represents possibly the best shot at sustainable development that Para Powerlifting has seen in Canada. We worked throughout the rest of 2025 (and into 2026) on determining how the funding could be accessed, getting the signed funding agreement in place, and connecting with Sport4Life to write the Long Term Development documents funded (huge thank you to Ryan Fowler for taking this liaison on!).

Stepping forward is hard work. Building things takes a lot of reps. Forging connections and community is heavy lifting. Developing and implementing new systems takes a work capacity and skill building those, as we all know, can have you sitting on a gym floor some days, sweating, and questioning all of your life choices. As we also know, building can be lonely unless you have a good team around you. The team of the current Executive has been fantastic. We do not always agree (in fact we're not supposed to) and we occasionally hit a place in discussions where we stand at an impasse. In these stalemates, the characteristic that always wins out is not rivalry or combativeness, but rather curiosity; we start to look at new angles, for new information, and to question our own assumptions, all the while assuming the integrity and good intentions of those on the Board with us. The spirit and supportiveness of this Board is like none I've ever worked on before and that is down to the dedication, emotional self-awareness, and clarity of critical thought of Jeff, Linda, Justin and Renae. I don't have words of thanks enough for the experience that you have all made this become.

By the end of 2025, working with the Canadian Paralympic Committee and Sport Canada, we had a roadmap in place for how to build Para Powerlifting through this quadrennial and into the next, how to integrate the Coaching Programs for Able Bodied and Para Powerlifting to increase the knowledge base for coaches of both groups, solid working connections with Sport Canada and the CPC to provide us with the support needed to build within the frameworks of those institutions, and funding to cover the first steps. Ozzie Sawicki was integral to opening many of those doors. Tracey Rice had built a solid group of athletes, but the next step required building the hidden components of sport infrastructure and for that, the knowledge and connections of Ozzie were a catalyst that let us start. Ryan Fowler also deserves mention here, as his clarity of thought and ability to see both a big picture and the granular needs of components kept the coaching program developing through the hiccoughs of

government processes.

2025's goals for para were modest, in light of the vast amount of administrative development underway. We worked on getting four rack adapters and straps dispersed to regions of Canada that do not currently have Para Powerlifting equipment (and to ensure that there is some para equipment ready for Regionals 2026) as well as to get the pieces in place that the Coaching Association of Canada require to implement a Competition Development level of Coaching Certification for both Able Bodied and Para Powerlifting. While this is being worked on, the Level One CanPL coaching program will be rolled out by CanPL directly, as we are a little more nimble than the CAC due to differing protocols and processes for development. In the years ahead, we will hopefully see all levels of the Coaching Program under one roof.

The CPC and SSP focus on Para Powerlifting has actively encouraged us to take a more inclusive view administratively, as certain components of what the SSP covers are not limited to Para. The Sport Canada representative actively encouraged us to look for the overlap and to use each sport's strengths and tactical advantages to leverage growth for the other. Prior to Sport Canada admission, the Coaching Association of Canada door was closed to both divisions. It is now open. We have applied for translation services, which benefit both (I'll keep you posted on what we get). The Safe Sport program administered by SIC (formerly CCES) covers both divisions and covers Safe Sport ethics-type complaints for athletes who have signed on. Our Sport Canada status pulls us under the SDRCC umbrella without the need for a separate contract. Certain provinces have been able to leverage Sport Canada approval to gain access to funding and other Provincial Sport Association benefits. Our growth on one front spills into growth on so many others that the organic benefits are starting to become self-spawning. When one of us gets stronger, we all benefit and it's satisfying to see this starting to pull together.

I know this is the 2025 Report and we are now in 2026, but I wanted to tell you about a meeting the other day with the CEO of the CPC and our Sport Canada funding administrator that was effectively a "what have you done in the last year" defense akin to a doctoral defense of what we've built. I think I sweat more during that than I ever did on a platform. At the end, the summary that the Sport Canada rep gave was, "I am well satisfied. We can see real growth here and we can keep supporting this financially," followed by the CPC CEO saying, "Okay, can you get us these pieces of information so that we can support you on this. What else do you need and how can we help?"

We're not alone in growing sport, folks. It's damned hard work, but people really are pulling for us and hoping we succeed. I share this with all your Provincial Associations because this is also how we see you. We want to see powerlifting grow in your provinces and we want to see you able to manage the load of governing. So now I'm asking you, how else can we support you in your growth?

Thank you all for all that you do. It's a lot.

All the best, Vicky

Treasurer's Report

CANPL Treasurer Report

2025 was a busy and productive year for CANPL. Key initiatives included:

- Hiring a social media company to support our online presence
- Launching a new name and branding
- Achieving Sport Canada approval
- Progressing toward a new membership system
- Introducing updated CANPL sponsorship tiers
- Developing a “Silver Tie” concept to recognize retired referees who have made a significant impact
- Exploring the formation of a Finance Committee (provinces are encouraged to connect with treasurers or accounting-minded members who may be interested)

Financial Overview

We engaged the same CPA as last year to prepare the Compiled Financial Information (attached).

Balance Sheet Highlights

- **GIC Investment:** \$100,000 invested in a 1 year GIC (auto-renewing), representing ~50% of our reserve fund. Interest is reinvested annually
- **Prepaid Expenses:** Increase driven by higher insurance premiums (inflation + membership growth)
- **Accounts Payable:** Includes delayed stipend payments and partial IPF coaching course reimbursements paid in January

Income Statement Highlights

Note: Revenues and expenses are reported based on when they are earned/incurred, not when cash is received.

- **Membership Revenue:** Adjusted for timing of recognition, not total cash received
- **International Meets:** Reported net of costs. After a loss in 2024, increased team fees brought 2025 close to break-even
- **Sponsorship Revenue:** Continued growth in sponsors and package pricing; focus shifting to larger partnerships
- **CCES/SIC Expense:** Reflects 2025 payments. An additional \$39,375 (Jan 1, 2026) completes the current contract. Includes testing, legal, and True Sport fees

- **Board Travel:** Higher due to full board attendance at Nationals and travel to IPF Congress
- **Referee Expenses:** Increased due to international budget increase and local reimbursement variability. New policy expected to reduce costs (Nationals cost decreased from ~\$36K to ~\$25K)
- **Office Expenses:** Increase due to social media contractor
- **Coaching Certification:** Initial investment in new coaching program launching in 2026
- **ITP Fees:** Reduced usage, now primarily for UCCMS complaints
- **Professional Fees:** Decreased significantly due to no legal consultations in 2025

Current Financial Position

As of March 21, 2025, CANPL's bank balance is **\$252,595.01**.

Budget Overview

Key assumptions and updates:

- **Membership:** 3,750 members, averaging 1.5 competitions per member
- **Provincial Fee Increase:** \$3 per lifter (to offset insurance, legal, IT, and system costs)
- **CCES:** Budgeted at \$175,000, with continued pursuit of government funding
- **Coaching Budget:** Increased to \$75,000 (+\$15K), includes additional amounts for Commonwealths
- **Referee Budget (Domestic Meets):** Increased to \$70,000
- **International Referees:** \$48,000 (2 referees × 8 championships × up to \$3,000 each)
- **Coaching Course Program:** \$35,000 revenue and expense (cost-neutral rollout). Initial sessions supported nationally, including travel for facilitator development
- **Sport Canada / Para Program:** \$25,000 (revenue offset by expenses)
- **Sponsorships:** \$80,000 revenue / \$60,000 expense
 - Base sponsors: ~\$20K net
 - Additional sponsorship money allocated per agreements

This budget projects a **small surplus**, while maintaining our required reserve of 50% of annual expenditures.

New Initiative: Budget vs. Actual Review

This year, I have included a comparison of the 2025 budget versus actual results. This will support improved forecasting and accountability going forward. Please refer to the budget comparison tab for details.

Closing

Looking ahead to an exciting 2026, including the planning of 2027 Nationals, my hope for this year is that we can continue to keep the communication open between all of us, I think if we can do that and work together, we will continue to push this sport forward and keep our community strong.

Renae Witzaney, CPA, CA

CANPL Treasurer

Provincial Reports

British Columbia

BCPA President's Report



It feels like a pivotal time in the BCPA, in a good way. We just welcomed our new Board of Directors, and we're excited to build on the momentum of our previous two-year term. The new and returning BCPA Board of Directors are:

- Jen Luther Thomas (President)
- Graeme Gerlach (Vice President)
- Diana Foxall (Secretary)
- Dennis Leong (Treasurer and Registrar)
- Jason Klaus
- Michelle Synnot
- Jeff Anderson

Hosting Westerns in Nanaimo, BC in 2025 was a source of great excitement for our members, with over half of registrants from the home province. Anticipation is slowly building to compete on home turf at the 2027 National Championships, and relief at (hopefully) avoiding the travel woes of heading east. You shouldn't have to worry about snow next year, but pack a good raincoat and broly if you plan on exploring. Hosting regional and national events on Vancouver Island has really buoyed up enthusiasm and sense of community on the Island. We're seeing more competitions outside of the Lower Mainland (our main hub of members and equipment) become self-sufficient, which is great for scaling up competition events and capacity through decentralization.

The anticipation to compete at high level events in the province has had the knock-on effect of pushing the limits of what we can accommodate at our Provincial Championships, with 2025 being the first ever year we've needed a dual-platform, three-day event. Fortunately our members showed up to volunteer and the event ran incredibly smoothly. As always, many thanks to our national referee neighbours in Alberta (they are basically honorary BCPA referees now), who are always willing to help us out and conduct themselves with the utmost professionalism and friendliness.

As our Provincials are beginning to burst at the seams, we've already planned for an extra day at this year's Provincials, and BCPA plans to purchase enough equipment to be fully self-sufficient for dual platform meets. On that note, if anyone is selling an ER rack in Canada in the next couple of months, send them our way!

We definitely appreciate the forecasted respite thanks to the qualifying totals being raised (our Provincial QTs are currently tied to Regional QTs), and this year will see a lesser burden on our National Referees thanks to not being able to break national records at Provincials - phew!

Last year we had our first sub-junior only high school event which was a success, and a wholesome experience to see so many athletes of the same demographic experiencing the sport together for the first time. This is something we'd like to support and facilitate again, possibly trialing in a more populous area. This also opens the door for smaller, demographic-specific competitions. There's no reason why there can't be more youth/sub-junior, Special Olympics, or Para Powerlifting-only competitions in our Province to help spotlight and grow those divisions. BCPA has included Para-Powerlifting in our events since 2023 so if any other Provinces want to chat about it, please reach out.

The pivotal moment I talked of earlier - the BCPA feels like we're at a point where we're beginning to swap from reactive to proactive.

- Financially responsible and planning ahead with new equipment purchases so no more scrambling and surprises for two-day meets.
- Build upon our current inclusion of Special Olympics and Para Powerlifting athletes.
- We're seeing an increase in interest for new meet directors across the Province, enabling us to reduce the number of board-run competitions, reducing burnout and enabling work on strategy.
- We've been slowly chipping away at the requirements for PSO status.
- Working towards better governance and knowledge sharing to enable better continuity and handover processes when there's significant board turnover.

In closing, I'm confident that the BCPA is in a strong position, operationally, financially and culturally. All that's left for us is winning that best province award. If you made it to the end of this report, we look forward to seeing you in Nanaimo next year (West Coast best coast)!

Jennifer Luther Thomas

President, British Columbia Powerlifting Association

Alberta

March 29, 2026



To: CANPL Executive and Member Provinces

The Alberta Powerlifting Union (APU) continued to build on the strong momentum of previous years while navigating several new developments that affected the powerlifting and sporting landscape provincially. The Board remained focused on supporting our members, improving competition standards, and ensuring the continued growth and stability of powerlifting in Alberta.

Competitions and Meet Development

In 2025, the APU continued to support a growing calendar of competitions across the province. A notable highlight was the return of the Provincial Championships to Edmonton for the first time since 2021. The event was executed seamlessly, and we would like to extend our sincere appreciation to the Meet Directors and their volunteer teams who worked tirelessly to deliver a professional and well-run championship for our athletes and officials.

Throughout the year, our meet directors continued to demonstrate dedication to hosting high-quality events and providing opportunities for athletes at all levels to compete. Their efforts remain a cornerstone of the APU's success, and we thank them for the countless hours they contribute to the community.

During the latter half of 2025, the APU began noticing a shift in the demand for local competitions. Whereas meets had previously sold out within minutes of registration opening, several events began taking longer to fill or did not reach full capacity. This trend was noted as not being isolated to Alberta and has been observed in other Canadian provinces and internationally, including the United States. While participation remains strong, this change is something the APU will continue to monitor as we plan future competition calendars.

Referee Development

Referee development remains a priority for the APU as we continue to expand and strengthen our officiating pool. While no new Provincial referees were certified during the reporting period, we are pleased to report that Bryce Krawczyk and Brian Kravtsov successfully completed their National referee examinations at the 2025 CANPL National Championships in Moose Jaw, Saskatchewan. We congratulate both Bryce and Brian on their commitment to officiating at the highest standards and thank them for their continued service to the sport.

Equipment and Infrastructure

The APU remains committed to reinvesting in equipment that enhances the quality and professionalism of competitions in the province. Over the past year, the organization has continued to invest in new equipment for use at sanctioned events. Our current focus has shifted toward replacing aging technology, including televisions, monitors, and other technical equipment used in the competition. These upgrades help ensure our meet directors and volunteers have reliable equipment to deliver efficient and well-organized competitions.

Legislative Developments

2025 also introduced new challenges for sport organizations in Alberta. The Government of Alberta passed the Fairness and Safety in Sport Act (FSSA), which came into effect in September 2025. The Alberta Powerlifting Union has been specifically named within the legislation as one of the sporting organizations to which the law applies.

As a result, the APU has been reviewing the legislation in detail and consulting with legal to understand its requirements and implications for our organization and membership. We are actively working to determine how best to ensure compliance while maintaining alignment with the policies and standards of CANPL. This will remain an ongoing area of work for the Board moving forward.

Looking Ahead

The APU continues to benefit from a strong and passionate community of athletes, referees, meet directors, and volunteers who contribute to the growth of powerlifting in Alberta. While the sport continues to evolve and new challenges arise, we remain confident that through collaboration and careful planning, the APU will continue to provide opportunities and support for our members across the province.

We would like to thank the APU Board, our chairpersons, meet directors, referees, volunteers, and athletes for their continued commitment to the sport. Your dedication is what allows the APU to thrive year after year.

Respectfully,



Pamela Hodder

President, Alberta Powerlifting Union
president@albertapowerlifting.com

Saskatchewan



**Saskatchewan Powerlifting
Association Corp.**

info@saskpowerlifting.ca

www.saskpowerlifting.ca

February 10, 2026

Dear CANPL Executive and Member Provinces,

Our current board is made up of the following members:

President: Rhaea Stinn

Vice President: Russell Agnew

Secretary: Shara Auty

Treasurer: Nathan Dorward

Technical Chairperson: Ryan Stinn

Records Chairperson: Daniel Heintz

Registration Chairperson: Rashenna Grzybowski

Social Media Chairperson: Emmannuelle Archambault

In 2025, we hosted 6 competitions in the province, including our Provincial Championships and the National Championships. We sent a team of 81 athletes to the National Championship, and increased our referee numbers to 8 National Referees and 15 Provincial Referees.

The biggest milestone for us last year was that we received recognition from SaskSport as an emerging sport. This will have some positive financial implications for our association over the coming years along with access to Sask Sport resources and programs, however, to receive full recognition, over the next three years we need to grow our membership in certain regions of the province, as well as have a coaching program in place. We are hopeful that CANPL will be launching their renewed coaching program in the coming months to help us be able to offer a coaching program to our members.

We look forward to hosting the CANPL Western Canadian Championships in our province later this year, and look forward to a year of continued growth for the association.

Rhaea Stinn SPA President



President's Report for 2025

Since the last AGM, the MPA board, have collectively oversaw 3 independents meets and 4 MPA ran meets, including this year's Provincials. We have held monthly board meetings, in addition to our daily communication via the board group chat.

Nationals were held in Moose Jaw, Sk which Manitoba had 37 athletes compete.

This year, I am proud to say that Dino Camire and Tommy Howell, not only put together, but executed the new version of the MPA Coaching course. These men helped Manitoba become the second member province with a coaching course requirement for their respective Provincials.

Provincials were held at the Pembina Curling Club. Over the course of 2 and half days we had 105 athletes compete. The following weekend we held our first MPA Banquet and took the opportunity to award, celebrate, and acknowledge the recipients of last year's AGM awards, along with best club and best lifters. This hopefully will be a carried-on tradition for the association moving forward.

This past summer we saw the first annual Summer Classic MPA ran meet. Last AGM it was brought up that we, the MPA should run another meet, and we delivered. The meet was held at Winakwa Community Club and was a 1 session meet.

During the regional championships, we had representation across the country, with MPA athletes competing at Easterns (1 athlete), Centrals (4 athletes), and Westerns (43 athletes).

On a personal note, this is my 2nd year of my 3-year term and I can honestly say I could not have done this last year without the support of the current board members. This year was not just mental, emotionally, and physical hard for me with the passing of my father-in-law, but I also took on a new position at work and adjusted to my daughter entering grade one. The support this board has given me is beyond more than any President could ask for and for that and so much more – I want to give them a heartfelt thank you!

Over the course of the next year we plan on getting back to the table with Sport Manitoba, with Canada Powerlifting's new Sport Canada status, this should help us to get back in with Sport Manitoba – why does this matter? If we get back to having Sport Manitoba status, we as a board and our members will be able to access funding that wasn't available to us before.

I look forward to going into my final term as President and I do not take for granted this position and I am proud to represent this association.

Yours in sport,
Alyssa Amanda Burg BA, CPHR
MPA President

Ontario

No report submitted

Quebec



Fédération québécoise de dynamophilie

fqd-quebec.com

Saint-Hyacinthe, décembre 2025

Chers membres,

L'année 2025 aura été une année charnière pour la Fédération québécoise de dynamophilie. Marquée par une transition importante et une volonté d'amélioration, elle nous aura permis de poser des bases plus solides pour l'avenir, en continuité avec notre mission de développer et d'encadrer la dynamophilie au Québec, tout en consolidant notre position comme référence dans la province.

Notre communauté a continué de croître et de se mobiliser. En 2025, la fédération comptait 635 membres et 20 clubs affiliés. Au total, 18 compétitions locales ont été organisées à travers le Québec, confirmant que les compétitions demeurent au cœur de nos activités et du développement de notre sport.

Les championnats provinciaux ont une fois de plus été des moments forts de la saison. Eastside Performance a organisé les championnats sub-junior et junior, où PR Strength s'est démarqué en remportant la coupe des clubs. Du côté des catégories open et masters, Podium Powerlifting a accueilli l'événement, avec Mofo Barbell remportant la coupe des clubs.

Dans une volonté de mieux soutenir notre écosystème, nous avons priorisé la mise en valeur des clubs, notamment à travers la promotion du Championnat invitation. Cette initiative visait à reconnaître leur rôle essentiel dans le développement des athlètes et à renforcer leur visibilité au sein de la fédération.

Sur le plan sportif, le Québec a continué de se démarquer à tous les niveaux. À l'échelle locale et provinciale, la qualité des performances et le niveau de compétition ont connu une progression notable tout au long de l'année. Nous avons également remporté, pour une troisième année consécutive, le titre de meilleure province au championnat canadien, soulignant la qualité de notre structure et de notre encadrement. Sur la scène internationale, 38 athlètes ont représenté la fédération, contribuant à son rayonnement à l'échelle mondiale.

En octobre 2025, un changement de direction est venu marquer la fin de l'année avec mon arrivée à titre de directrice générale, amorçant une nouvelle étape pour la fédération. Cette transition s'est inscrite dans une volonté de consolidation, au cours de laquelle plusieurs actions ont été mises en place afin de structurer, optimiser et renforcer notre fonctionnement.

Dans cette optique, nous avons notamment mis en place une politique de remboursement, première étape d'un travail qui se poursuivra en 2026 avec l'élaboration d'autres politiques essentielles. Nous avons également entrepris la centralisation de nos processus, notamment par l'intégration d'une plateforme d'inscription aux compétitions directement sur notre site Internet, afin de simplifier et d'uniformiser l'expérience membre.

En regardant vers 2026, nos priorités sont claires. Nous poursuivrons nos efforts de standardisation et de professionnalisation, notamment à travers un projet majeur de restructuration des tarifs de compétitions et la mise en place de nouveaux types d'adhésion, distincts entre les volets compétitif et récréatif. Le développement du corps arbitral sera également au cœur de nos actions, tout comme l'amélioration de nos communications, particulièrement en ce qui concerne les standards de qualification et l'accès à l'information pour nos membres.

En terminant, je tiens à remercier sincèrement tous ceux qui contribuent à la fédération : membres, clubs, entraîneurs, officiels, bénévoles et partenaires. Votre engagement est essentiel à notre évolution.

Ensemble, continuons à faire avancer la dynamophilie au Québec.



Amélie Picher-Plante
Directrice générale



Fédération québécoise de dynamophilie
fqd-quebec.com

Saint-Hyacinthe, december 2025

The year 2025 was a pivotal one for the Fédération québécoise de dynamophilie, marked by a leadership transition and a clear focus on strengthening our organizational foundations. This work aligns with our mandate to develop and govern powerlifting in Quebec while reinforcing our position as a leading provincial body.

Our federation continued to grow, reaching 635 members and 20 affiliated clubs. A total of 18 local competitions were delivered across the province, confirming the central role of competition in our development model.

The provincial championships remained key highlights. Eastside Performance hosted the Sub-Junior and Junior championships, with PR Strength earning the best club title. Podium Powerlifting hosted the Open and Masters championships, where Mofo Barbell secured the best open and masters club title.

A strategic priority in 2025 was to further support and elevate our affiliated clubs. Through initiatives such as the promotion of the Invitational Championship, we aimed to strengthen their visibility and reinforce their role in athlete development. From a performance standpoint, Quebec continues to progress at all levels. The competitive standard at the provincial level has improved significantly, and the federation secured, for a third consecutive year, the title of Best Province at the Canadian Championships. Internationally, 38 athletes represented the federation, contributing to its presence on the global stage.

In October 2025, I assumed the role of Executive Director, initiating a phase focused on organizational consolidation and operational alignment. Initial actions included the implementation of a formal refund policy and the centralization of key processes, notably through the integration of a competition registration platform within our website.

Looking ahead to 2026, our priorities are clearly defined: to continue standardizing and professionalizing our operations. This includes a comprehensive review of competition fee structures, the introduction of distinct membership pathways (competitive and recreational), the development of our referee body, and the strengthening of communication standards—particularly regarding qualification criteria. I would like to thank all members, clubs, coaches, officials, volunteers, and partners for their continued commitment.

We are moving forward with a clear direction and a focus on sustainable growth for powerlifting in Quebec.



Amélie Picher-Plante
Executive Director

New Brunswick

New Brunswick Powerlifting Association - 2025 CanPL AGM Provincial Report



Dear CanPL Executive,

The board of NBPL is pleased to report that we had a very positive year with a growing base of athletes (115), volunteers, and referees (14). 2025 was a big year for NBPL athletes competing internationally with 7 of our members attending IPF events.

At the start of the year, NBPL had an election with all board positions available. We had 2 board members stepping down and 1 interested in changing positions. The NBPL membership elected a new Secretary and Records Chair

- President: Kaitlin Armour
- Vice President: Steve Cormier
- Secretary: Danielle Philibert (formerly Sarah Firth)
- Treasurer: Vacant but being filled by Kaitlin Armour
- Referee Chair: Morgan Armour
- Registration Chair & Communications Chair: Cole Hobson
- Records Chair: Nico Seamens (formerly Danielle Philibert)

Some highlights for the organization include:

- We hosted our Provincial Championship, along with 3 other NBPL-sanctioned local meets and trained 3 new meet directors.
- The organization purchased new competition equipment including: a set of MET-XT competition plates, 3 Strongarm power bars, and 2 weight trees.
- Trained 2 new provincial-level referees (total of 10) and had 2 national-level referees certified (total of 4)

Some of our lifter's highlights include:

- Steve Cormier won the 83kg Masters 1 class at Nationals and the NAPF Championships, finishing with a Total of 735kg and 705kg, respectively.
- Danielle Philibert competed at the World Games, representing Team Canada, where she squatted 202.5kg, bench pressed 127.5kg, and deadlifted 205kg.
- Nico Seamans placed 3rd at the World Bench Press Championships with 200kg.
- Peter Michaud competed at the National Championships and placed first with a Total of 710kg and represented Canada at Masters Worlds, totaling 737.5kg.
- Victor Quartey placed 3rd at the NAPF Championships and 5th at the World Masters Championships with a Total 702.5kg and 720kg, respectively.

- Karine St-Coeur won the 52kg Junior class at Nationals and placed 4th at the World Junior Championships totalling 375.5kg and 367.5kg, respectively
- Gillian Golide competed at the National Championships and NAPFs, placing 3rd at both with a Total of 380kg and 370kg.
- Jacob Pickel (Open Men), Emilie Arsenault (Open Women), Cassidy Michaud (Junior Women), Nico Seamans (Junior Men), and Gillian Goldie (Master's Women), Steve Cormier (Masters Men) each won the title of Best Lifter of 2025 in New Brunswick.

The organization's goals for 2026 include:

- Find strategies to maintain our membership.
- Grow the Youth & Sub-Junior categories through outreach strategies.
- Host a successful Eastern Championship.
- Invest in additional equipment in preparation for the 2026 Provincial Championships and 2026 Eastern Championships, both of which will be hosted in larger, unequipped venues.
- Enabling existing Provincial level referees to upgrade to National level status.
- Engage an accountant to assist with auditable financial records to be eligible for provincial government funding.

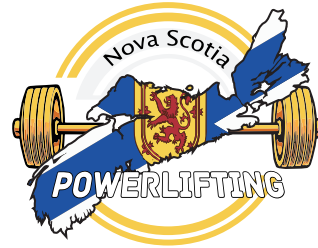
Regards,

Kaitlin Armour
President, NBPL

Nova Scotia

Nova Scotia Powerlifting 2025 Review

nspl.ca



Meet Summary

Five meets were held:

- Mike Laroche Memorial in March
- Frozen Fury in March
- Provincial Championship '25 in May
- Easterns in September
- West Pubnico Health Club Powerlifting Competition in October

Summary Points

- NSPL continues to have meets year-round with 4-5 NSPL run/sanctioned events, NSPL has 5 meets scheduled for this year (2026)
- Frozen Fury and WPHC meets are filled by a majority of first time to <2yr lifters
- Two members are interested in submitting a bid for Nationals 2028 and are working with one of the original venues from Easterns 2025 to secure details
- Currently working to transition a new Referee chair into the position. Referee participation and recruitment is still an issue, we only had 2 new refs this year but continue to work on recruiting and testing new ones

Best,

Matt Gledhill
President

Prince Edward Island



2025: a year in review for PEI Powerlifting

Current Board:

- President – Jil Sproul
- Vice President – Stephen Flemming
- Secretary – Natalie Robertson
- Treasurer – Tyler Ramsay
- Web Master – Kate Ryan
- Director at Large – Faith McIntyre ● Officiating Chair – Justin Smith
- Past President: John MacDonald

Current Membership:

At the end of:

2024: 71 members, 2025: 83 members

This represents a 16% increase in membership within one year—significant growth for a small province and a strong indicator of increased engagement and community presence.

As of February 2026, membership has continued upward to 90 members, demonstrating sustained momentum heading into the new season.

Officials: PEIPLA has 9 total current active officials: 3 international, 2 National, and 4 provincial level referees.

Coach Development: For the 2025 Eastern Canadian Championships, PEIPLA officially named 3 coaches to handle the team. We will also have one official coach at the National Championships in March 2026.

High School Program

One of PEIPLA's greatest strengths remains its connection to the Island's high school powerlifting program. In the 2025-26 season, there were 140 school athletes from 13 schools, with 101 of those participants making it to the provincials. Over the past two years, approximately twenty high school athletes have transitioned into PEIPLA after first experiencing success at the school level. This pathway has become one of the most important contributors to the association's membership growth. Throughout the year, PEIPLA supported the PEI School Athletic Association by assisting with three regional qualifiers and both the male and female provincial championships. Much of the continued success of the high school program can be credited to the leadership of Mitchell Caissy, whose improvements and additions have greatly enhanced athlete preparation for CANPL-level competition.

Meets: We hosted 4 meets on the island this year.

- Charlottetown Showdown (Feb 2025)
- All-in 3 of a kind (April 2025)
- PEIPLA Provincials (July 2025)
- Fall Power 2 (November 2025)

Provincial Core funding And Participation Project funding:

The PEIPLA have worked hard to establish a strong and more improved relationship with the provincial government to access funding available to PSOs in PEI. The funding cycle is fiscally April -March so core funding has been awarded to us the last 2 years. Our funding allowed us to support the association and members in many impactful ways. With our core funding- we have been able to start offering an honorarium to judges for the time at our local meets. We have also been able to purchase another HANSU rack. Additionally we were able to send a coaching contingent to the Eastern Canadian regional championships in NS to support one of our largest teams to date with many of the competitors being first time regional level athletes.

With funding for participation projects, we held a seminar for “Pathways to Performance” and it was attended by over 40 participants. The content largely covered off everything you need to know from lift execution through to how to get to international teams! We aim to do 2 seminars the same in 2026.

A portion of our funding allows us to support “High Performance” within the membership- with this we were able to cover Team Canada fees for any PEIPLA member who earned an international team spot. Due to our small membership - this is currently sustainable. Additionally the province of PEI has a financial assistance program for Elite Athlete assistance, which our athletes attending international events have been able to access for some support towards costs of travelling to these meets.

The year ahead:

As PEIPLA enters 2026, the association is preparing to host its first meet of the year and has already been engaged in conversations with members around the recently announced new qualifying totals and wild card system. Some members have expressed concerns about how these changes may affect their long-term competitive trajectory or interest in remaining with CANPL. Because PEI’s population is considerably smaller than other provinces, its powerlifting athlete pool is proportionally limited. This creates unique development challenges that do not exist in provinces with substantially larger competitive populations. At our PEIPLA AGM in March- we will discuss strategies to support our members and create pathways and programs for success that are reasonable and inclusive- that will allow us to continue building community and sport development with what feels like less likelihood to “the next level”.

Respectfully submitted, *Jil Sproul*

Newfoundland & Labrador

NLPA President's Report for CANPL AGM March 2025



This is my second year as president and I am happy to report, once again, the NLPA is in great shape, both with memberships and organizationally.

For the past 2 years, we applied for an annual operating grant through Sport NL. In 2024, we received \$3000 which will be used to purchase much needed backup tablets, Firesticks, a second laptop, if needed, and a large screen TV to display live scoring at competitions. We have already purchased a new lighting and platform set up and are also designing a new banner to display at Provincials. Other purchases will include a first aid kit and ties for Provincial referees. In addition, we are proposing a financial incentive for Meet directors to encourage predetermining a Meet calendar for the province on a yearly basis. As well as a financial incentive for referees, both new and established, to show appreciation of volunteerism.

We have had a number of new youth lifters and hope to continue to grow the youth community in the coming years.

We currently have 131 members, 111 general memberships, 7 Special Olympic memberships, 7 Junior, and Sub Junior memberships, 4 referee memberships, and 2 Youth memberships.

We had great success this year with athletes going to CANPL Nationals 2024 in PEI.

We had a total of 34 athletes who competed. They collectively brought home 6 first place finishes, 4 second place finishes, and 3 third place finishes.

Don Cormier was awarded best lifter Master 4 Bench Press only at Nationals. And Jeff Butt was inducted into CanPL Hall of Fame.

We also had quite a successful year with IPF World competitions.

At the World Masters Classic and Equipped Powerlifting Championships and Commonwealth Championships 2024 in South Africa, we had a total of 10 lifters from our province compete both male and female. They collectively received 5 first place finishes and many medals for each of the individual lifts and totals. There was also a WR deadlift.

In the 2024 World Open, Subjunior, Junior, Masters Classic and Equipped Bench Press Championship in Texas, we had 5 athletes who brought home 2 Silver Medals, 2 Bronze medals and 1 6th place finish.

At the World Open Classic Championship in Lithuania 2024, we had a 5th place finisher. We had no athletes attend the 2024 NAPF Championships in Arizona. We had 1 athlete attend the World Sub junior and Junior Classic and Equipped Championship in Malta in August 2024. Bringing home a bronze medal in squat.

We had 1 athlete attend the NAPF Bench Press Championship in Costa Rica in October, 2024.

We also had 1 athlete compete in the World Open Equipped Championship in Iceland Nov 2024.

The NLPA also held a successful Provincials this year in June 2024 with over 50 competitors. We had great feedback on the venue and a well-run competition. In March, 2024, the Eastern Canadian Powerlifting Championship was held in St. John's. This was quite a successful and well-run Competition. The NLPA was represented by 81 lifters.

In 2024, we had 2 local Meets along with Provincials held in June 2024:

Metro Meltdown, St. John's January 2024

Bay St. George Open, Stephenville October 2024

We have had a change in our board of directors with some members stepping down and others being appointed.

Looking forward, we are currently trying to establish a calendar for 2025 local meets. We have encouraged both new and experienced Meet directors to come forward with applications for local Meets.

We have had quite a successful year, and we hope to grow and continue to nourish this sport in our province.

Danielle Hussey
NLPA President

Committee and Chair Reports

Anti-Doping Committee

2025 Anti-Doping Committee Report

Members of the CanPL Executive -

April, 2026

2025 continued to be another year of testing under the fully-adopted Canadian Anti-Doping Program (CADP), as administered on our behalf by Sport Integrity Canada (SIC). Under our full-adoption, all aspects of the CADP and WADA Code were in effect for our members. Sport Integrity Canada continues to act as our Testing Authority, Collection Authority and Results Management Authority.

Both the Registered Testing Pool (RTP) and National Athlete Testing Pool (NAP) have undergone their annual full review. Both lists are being updated currently by SIC in consultation with the Anti-Doping Committee.

2025 Testing Statistics (to April 1, 2026)

1. Tests Conducted to Date April 1, 2025 to April 1, 2026

125 Individual Testing Missions (some Urine only and some Urine & Blood)

Urine tests 87

Urine & Blood tests 38

Total 163

2. In Contest / Out Of Contest

Out-Of-Contest (OOC) 67

In- Contest 58

3. New Suspensions

Analytic 3

Non-Analytic (refusal) 0

Total 3

4. Current Cases Pending

Total 0

Respectfully Submitted,

CPU Anti-Doping Committee

Chris Robb, Chairperson

Jeff Butt, Member

Harnek Singh Rai, Member

Championship Secretary

Championship Secretary Report 2025

During 2025, Canada Powerlifting had 272 athletes selected and processed to compete in 10 international competitions around the world. Of these, 202 were Classic lifters and 70 were Equipped lifters. In addition, I processed 164 athletes who were initially selected as reserves and/or declined their team positions, requiring additional athletes to be contacted, confirmed, and fully registered through the same process. In total 490 athletes or support personnel had Linda in their inbox and I likely received on average 10 emails from each person in return. 2025 was a big year!!

In total, this role involved coordinating with a very large group of individuals, including 43 coaches (head coaches, assistant coaches, and interns) and 11 referees, in addition to all athletes and most often their travelling partners and family members. The overall volume of participants requiring hotel accommodations, transportation arrangements, and accreditation continues to grow each year and represents a significant logistical undertaking.

Throughout each competition, I maintained ongoing WhatsApp communication with all coaches from start to finish to ensure timely updates, coordination, and issue resolution. Additional communication with the social media team, SBD Canada and Inner Strength Products with the ever-evolving lists of current athletes. This constant communication, combined with the need to manage travel changes, registration requirements, and international logistics, requires close attention to detail and responsiveness across multiple time zones.

I also worked closely with the Coaching Committee, the Treasurer, International meet directors, and the IPF Goodlift manager to ensure that all athlete entries and related requirements were completed accurately and on time. While there were a few errors this year, for which I sincerely apologize, the scope and complexity of the workload is considerable and continues to expand.

As always, this is a position that I thoroughly enjoy and consider a true honour. It provides a unique opportunity to connect with so many dedicated athletes, coaches, and officials across our federation and around the world. I am grateful for the trust placed in me and look forward to continuing in this role.

Respectfully,
Linda McFeeters
Championship Secretary

Coaching Committee

February 9, 2026

To: Canada Powerlifting Executive

Coaching Committee Report (Members: Ryan Fowler, Sean Vandenburg, Ryan Stinn, Linda McFeeters)

2025 saw the Canada Powerlifting name a great roster of National Team coaches.

We named 8 National Team Head Coaches and 11 Assistant Coaches as the official coaches for the Championships. We were also extremely fortunate to have been able to name 37 Intern Assistant Coaches to various teams, providing Canadian athletes with the best opportunity to be successful and enjoy wearing the Maple Leaf!

As 2025 was also The World Games, we were fortunate enough to have our biggest ever team competing, and alongside those athlete, we named 5 coaches to attend and support these athletes on the biggest stage in powerlifting.

We have been able to get almost all of our Head Coaches trained in the IPF Level 2 Coaching course, which is a requirement for the 2026 international championships.

In addition, we have been working as a committee with the addition of Jimmy Willard and Vicky Taylor-Hood to build out the Canada Powerlifting Comp-Introduction Coaching Course. Further information on courses will be communicated to provincial associations and the membership as those plans are finalized throughout 2026.

I would like to thank the coaching committee for their work this past year.

Yours in Lifting,

Ryan Fowler
Coaching Committee Chair

Competitions Committee

CANPL Competition Committee Report

February 10, 2026

The competition committee is currently made up of Jeannie Jamison, Christine Castro, Shantelle Szuch, and myself.

In 2025, we continued work that was started in 2024, looking at National and Regional Qualifying Totals and options to increase the Qualifying Totals to in turn decrease the size of the National and Regional events. We shared via email with the board presenting different options to them, making changes as they requested, and showing them the impact of the changes. As you likely saw, last month the board announced upcoming changes to the qualifying totals for open and junior lifters. As a committee, we felt that qualifying totals should be increasing across all age divisions, and not just open and juniors again, due to the high number of qualified members in all divisions and not just open and junior, however, we respect that the board has differing views.

Based on the recent announcement, qualifying totals won't increase again (after the already announced increase in January 2027) until January 2029 at earliest (to be announced in January 2028), so we don't anticipate any review of qualifying totals in this calendar year.

On behalf of the CANPL Competition Committee,
Rhaea Stinn

Adaptive Athlete Committee

Please refer to the reports of the VP Programs and Secretary for information on the activities of this committee.

Ethics Committee

CanPL Ethics Committee

2025

(A Delightfully Brief) Summary

2025 was a blessedly calm year on the Ethics front. We had one Code of Conduct complaint and suspension that was handled externally by ITP without appeal. The new Safe Sport program by SIC (formerly CCES) rolled out as a condition of Sport Canada Sport Support Program funding and we adopted it. With the help of Jen Wilkinson and Chris Robb, compliance was achieved and the modules completed by most of those who needed to do them. A system for tracking this was set up and it is in good hands. Canada Powerlifting also became a participant in the Safe Sport Public Registry, which is a searchable registry that can be used to track suspensions across different sports.

Current Status

All cases have been managed and closed. We are no longer required to have a separate contract with SDRCC as we are Sport Canada recognised and funded, so that portion of the process has been clarified and streamlined. Should further issues or questions regarding the ethics process arise, CANPL delegates are encouraged to get in touch with the Ethics Committee

Officiating Committee

2025 CANPL OFFICIATING CHAIR REPORT

2025 was another busy year for the International officials of the CANPL. There were seven (7) International events that we were responsible to send officials to. The CANPL pulled our weight as we had a total of 16 IPF level referees go to the seven events around the world. With the increase in participation at the international level by our athletes the commitment to represent Canada is an important and necessary one to fulfill for the CANPL as a whole.

Louis Levesque IPF CAT I indicated during the summer of 2025 that he was considering stepping away from his position as the CANPL Central Technical Chair. Louis has fulfilled the roles of this position since its inception. Also, Louis has played an important role in coordinating the CANPL Central CH., creating and translating a French version of the online CANPL National and Provincial Referee exams and generally providing a calm knowledgeable presence during discussions over the years. A request for interested parties was made and the successful candidate is **Ron Kilpatrick IPF CAT II** from Ontario. Ron is an accomplished international competitor and has been working hard in Ontario to assist with the provincial officiating condition. Ron is eager and will be an asset to the group.

This past year there were two new IPF CAT II Referees who passed their exams from Canada. Both of these candidates did so at the NAPF CH. in Georgetown Cayman Islands. The successful new IPF CAT II Referees are:

Sandro D'Angelo IPF CAT II

Janet Loesel-Sitar IPF CAT II

Also, it is with great pleasure to announce that we had an IPF CAT II official challenge for their CAT I level. This happened at the IPF Open World CH. in Chemnitz, Germany. The individual is none other than our CANPL President:

Jeff Butt IPF CAT I

This was another busy year for new CANPL National referees. In total there were seventeen (17) candidates who successfully completed the written and practical examinations to receive their CANPL National Referee credentials:

Gary Lacoursiere

Nathan Dorward

Guillaume Arsenault

Emmanuelle Tremblay

Bryce Krawczyk

Brian Kravstov

William Talbot

Trina Noseworthy

Steven Cormier

Emma Zilberman-

Vegas

Anna Allbone

Stephen Seney

Sara Benton-DeSousa

Sean Vandenburg

Lawrence Berceneau

Dennis Leong

Jordan Phelps

Congratulations to these individuals as they embark on this larger commitment to our sport of Powerlifting.

2026 will likely see more CANPL athletes get their first taste of International competition as Canada is hosting two (2) International events this year. The NAPF CH. has been re-located to St. John's NL in August and the CPF (Commonwealth) CH. is being held in Winnipeg, MB. in September. Both events will require National and International level referees to volunteer their time for duties to help make these events a success and showcase what we can do here at home. The CANPL does have several candidates challenging for their IPF CAT II status at these two events.

As most of you are aware, the IPF had a few changes to the IPF Rule Book. The Officiating Chair and the Regional Officiating Chairs along with the CANPL EC have reviewed these changes (which now come into effect on March 1, 2026). This is just prior to the 2026 CANPL Nationals. The new rules will be in place for this and future competitions in Canada. As always, it is our responsibility to be aware of the rules and to enforce them in a non-judgemental, non-biased manner at all of the events where we officiate.

Yours in sport,

Brock

Brock Haywood
IPF CAT I Referee
CANPL Officiating Chair

Records Chair

CANPL Records Chairperson Report

Keeping records current made 2025 especially demanding. The first two weeks of June alone included four Provincial Championships and one International Meet. In a couple instances, I had to review the meet schedule to determine who the record holder should be. September and October were also extremely busy, with nine events taking place over those two months.

I wanted to thank all the athletes who took the time to thank me for their records and recognize that the CANPL is ran by volunteers; we appreciate that you see us. Our CANPL athletes just keep setting more new records and 2025 was no exception, with over 525 certificates being sent out to athletes.

Internationally, 118 CANPL records fell at 9 international competitions. This number is remarkably similar to last year, however there were few international competitions in 2025.

Here is a summary of our 2025 records:

International Competitions

- 2025 Sheffield – 2 records set by 1 athlete
- 2025 IPF World Bench Press Championships – 9 records set by 8 athletes
- 2025 IPF Classic Worlds – 10 records set by 5 athletes
- 2025 NAPF Pan-American Championships – 24 records set by 10 athletes
- 2025 World Games – 2 records set by 1 athlete
- 2025 IPF World Juniors – 26 records set by 10 athletes
- 2025 IPF World Masters – 32 records set by 12 athletes
- 2025 NAPF Bench Press Championships – 2 record set by 2 athletes
- 2025 IPF Equipped Worlds – 11 records set by 5 athletes

National, Regional and Provincial Competitions

- 400+ records by many different athletes

Looking forward to what 2026 brings!

Jeannie Jamison
CANPL Records Chairperson

Registrar

Annual Registrar`s Report 2025

Current Memberships Jan 14 2026	Referees	Youth	Performance	Elite
3724	30	39	277	3378

Memberships Purchased	Year	Referees	Youth	Performance	Elite
3671	2025	29	39	272	3331
3742	2024	19	32	316	3375
Memberships Purchased by Gender	Male	Female			
3668	2349	1319			

Memberships Purchased	2024	2025	% Diff	% CANPL
Alberta	555	532	-4.23	14.49
British Columbia	671	644	-4.11	17.54
Manitoba	225	186	-18.98	5.07
New Brunswick	135	118	-14.40	3.21
Newfoundland & Labrador	140	144	2.82	3.92
Northwest Territories	7	8	13.33	0.22
Nova Scotia	152	152	0.00	4.14
Nunavit	0	0	0.00	0.00
Ontario	1048	1058	0.95	28.82
Prince Edward Island	69	90	26.42	2.45
Quebec	542	582	7.12	15.85
Saskatchewan	196	154	24.00	4.20
Yukon	0	3		0.08
USA	2	0		
Total	3742	3671		

Webmaster

Webmaster Report for 2025 AGM

Ryan Stinn

It's continued to be a fairly busy position however I have done my best to get everything updated within a week of receiving the information, for both events for the calendar and results submitted. A continuing struggle is the results that get sent in are often incorrectly formatted and sometimes missing data completely. It can be a lot of work fixing this or tracking down the correct information from the meet directors. However, it has gotten easier with better result uploading system that handles a lot of the rough edges in results without needing intervention.

I have yet to find time to build out a more robust records database for CanPL but it is something I would definitely like to tackle this year, time permitting. I appreciate all the help with the website from the executive as well as Jeannie with records management.

Sponsorship

2025 was an exciting year for the Sponsorship Committee. Powerlifting is growing in Canada at an advanced rate, which means that our approach to sponsorships and their return on investment must grow as well. We developed a new tiered approach to sponsorships, revamping what sponsors can expect from CANPL in return for their support. Based on feedback, sponsorship tiers provide sponsors ample opportunities to grow their exposure to the CANPL community while providing clear advertisement guidelines to CANPL event meet directors. The new sponsorship package went live in December, and we are currently meeting with potential sponsors in anticipation of contract signing in March. It is anticipated we may generate roughly \$10,000 from logo sponsors alone in 2026-- this support in the future could be earmarked for additional social media generation for our high level events, like Nationals, Worlds, and other International events.

We also created 3 new community focused funding pools that aim to support our members, coaches, and referees in their pursuit of growth in the sport. Community is what makes the sport of powerlifting amazing, and it would be remiss of us to forget to give back. Our aim to reduce the burden to entry for those experiencing financial difficulties-- as the sport grows, the cost to grow with it increases. We are anticipating supporting between 5-15 individuals in our 3 new funding pools, which the possibility to expand in the future.

While the sponsorship package is in its infants stages, we anticipate the changes will drum up more curiosity and interest as we prove its success. We hope to explore more funding pools, what ROI looks like in the future, and what changes may be required to support our sponsors and our communities.