

A Message from the President

As this is my first president's message as the new president of the Saskatchewan Powerlifting Association, I feel I should introduce myself. My name is Ryan Fowler and I am currently living in Radville, SK. I am a physical education teacher here in Radville, which has been very rewarding thus far. I have been involved in lifting weights for approximately 10 years, however only in the past 4 and a half years have I competitively powerlifted. I have won 4 Junior National Championships in the 125+ kg class, with personal bests of: 275 kg. squat, 215 kg. bench press and 255 kg. deadlift. I am extremely excited about the next couple of years as I finish out my term as SPA president. I want to give my best wishes and a big thank you to Wayne Cormier for his 25 years of service to the SPA in various ways, most recently as SPA president.

Wayne did an amazing job and I look forward to the challenge that comes from filling his shoes.

I am extremely excited about the direction powerlifting is heading in Saskatchewan. New lifters, juniors to masters, are extremely important to the growth and success of Saskatchewan powerlifting. We have new and excited executive, along with members who are willing to contribute to the success of our association. I want to thank Jamie Jamieson and Ryan Stinn for setting up the new Saskatchewan Powerlifting Association website. I am excited about the challenges that lie ahead of me as we approach 2006. If anyone ever has any questions, concerns, comments, ideas, etc., please do not hesitate to contact me. (*See contact information below*)

Diane Richard And Jeff Butt Place At The Pan Ams

Most recently, Jeff Butt and Diane Richard were in Miami for the 2005 World Powerlifting Championship and the Pan-Am Championship. Jeff Butt placed 16th in the 90 kg class, with a 2nd place finish in the Pan-Ams. Diane represented Saskatchewan and put us on the podium with a 1st place finish in the Pan-Ams. I want to congratulate Diane on the gold medal, and Jeff on the excellent lifting.



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2005 Western Canadians

In October, the Western Canadian Powerlifting and Bench Press Championships were held in Moose Jaw. This meet was hosted by the Fowler family and Jeff Butt, with help from the rest of the Moose Jaw powerlifters. This meet was well attended and there were provincial and national records broken. There were a total of 5 new SPA members who lifted in their first ever contest. These new lifters show great promise for powerlifting in Saskatchewan. This meet was a first class meet and I want to thank everyone involved for the well run contest.

Up Coming Events	Contact Information
January 28 th - Calgary Open (<i>more info in the CPU site</i>)	SPA President – rfowler@powerlifting.ca
Febuary 15 th – Deadline for provincial team intentions. If you plan on going to the Nationals please let Ryan Fowler know before the deadline.	Vice President – zif7344@hotmail.com
	SPA Website: www.saskpowerlifting.ca
	Editing Staff : jjamie@gmail.com

Junior Worlds In Fort Wayne

The last few months have been extremely exciting for powerlifters in Saskatchewan. In September, Rhaea Fowler and Ryan Fowler both competed in the 2005 Sub-Junior and Junior World Championship, held in Fort Wayne, Indiana. Jeff Butt and Diane Richard both made the trip to coach. I finished with 3 sixth places and 1 fifth place, with a couple of personal bests. Rhaea finished 2nd overall, with 2nd place finishes in each of the three lifts. She lifted extremely well, setting Canadian National records in the process. An excellent meet with some great results for Saskatchewan lifters.

Respecting Your Gym *By Jamie Jamieson*

Okay, I admit it. I spend too much time reading online forums on Powerlifting. I find it interesting to read about other peoples training methods, at least it is some what educational. Often powerlifters will post stories about their experience powerlifting in a public gym. They will vent in disgust about being banned for using chalk or being too hard on the equipment (bending bars, and appearing dangerous because they are squatting more than 3 plates) . Lets not forget the stories about “trainers” that approach Powerlifters and make suggestions that “you will get bad knees squatting so deep” and it seems the comment back is always insulting.

A very important thing to keep in mind is that powerlifters represent less than 1% of the member list at most gyms. All it would take is a few cardio clients to complain about the chalk mess on the floor, noise from lifters or general disrespect for the gym owner to think about putting up some unreasonable rules about chalk and lifting too much weight. They would rather loose that ~1% powerlifting members to attract more members in there new and improved chalk free gym.

Here are a few guidelines to follow to ensure a long lifting facility in your favorite gym.

1. This goes without saying, but respect other members. When a “trainer”, that has legs the size of hot rod pepperoni sticks, tells you that squatting deep will hurt your knees, don't take offense.

He is only trying to help. Why not challenge him (and not to a squat contest), but on theory. Give him some examples. Maybe you can help them and show them how to perform a real squat.

2. Respect the noise level of the gym. If it's quiet, the general gymites don't want to hear the screams of a lifter going for a new PR. We all know one, they are loud enough to hear across provinces. You should be saving that mental enthusiasm for meet day anyhow.

3. Chalk – this one ticks off most employees of the gym. They say it is messy and it tracks everywhere. If you make a mess, ask for a mop and clean up after yourself. Your powerlifting group will look a lot more tolerable if you are seen mopping the floor and respecting their facility.

4. Respect crappy chrome bars. Lets face it, an average lifter can bend it beyond repair when geared up going for a max lift. If you know you may bend the bar, why not invest some money and buy a good bar and ask to leave it somewhere in the gym for your teams use. Gym owners will respect you for looking out for their investment.

5. Why not say “thanks” once in a while. I recently said this to an owner for staying open on boxing day for the dedicated lifters. A simple thanks goes a long way.

Comments or article suggestions please email them to jjamie@gmail.com

Every newsletter we want to publish a lifter profile from Saskatchewan. This month we asked Rhaea Fowler of Moose Jaw to write a profile of her self. I have known Rhaea for about a year and a half. I must say, on top of being one of the most gifted lifters I know, she is also one of the nicest people one could know.



Rhaea Fowler

I've been powerlifting for three years. I started lifting when I was 14, because my brother, Ryan, had been competing for a few years, and I had watched him a couple of times, and thought I would like to give it a try. The first few times down to the gym were fairly intimidating, not knowing what to do, but I soon fell in love with the sport. I did my

first powerlifting meet about a month after I had started lifting, and after that, I knew for sure that the sport was for me. This past September, I attended the Sub-Junior / Junior World Championship in Fort Wayne, Indiana. It was an awesome experience, where I placed second overall in the 67.5 kg weight class.

Best Lifts Powerlifting:

Weight Class: 67.5 kg Squat: **167.5 kg** Bench: **93.0 kg** Deadlift: **175.0 kg** Total: **435.0 kg**

Weight Class: 75.0 kg Squat: **172.5 kg** Bench: **87.5 kg** Deadlift: **155.0 kg** Total: **402.5 kg**

Best Lifts Bench Only:

Weight Class: 67.5 kg **85.0 kg**

Weight Class: 75.0 kg **97.5 kg**



Other Info:

Currently, I'm in grade twelve at

Central Collegiate in Moose Jaw.

Along with powerlifting, I also play school sports, including volleyball, basketball, track, and badminton.

If you have a suggestion on a lifter that we could profile, please send a picture and a brief write up to jjamie@gmail.com.

Saskatchewan Powerlifting Has A New Website

Launched in early December <http://www.saskpowerlifting.ca> . This is the new home for the association. Here you will find the most up to date information on Powerlifting in our province.

- Picture Gallery
- Meet Results
- Provincial Records
- Technical Rules
- Access to our Forums
- Newsletters and Archives
- Gym locations
- Upcoming Events



2006 Saskatchewan Membership Application Form



Name: first name Middle Initial Last name

Address:

City:

Postal Code: Phone:

E-mail:

Please print clearly - Membership fees are non-refundable

Membership Fee Regular (\$40.00) (membership is valid for the 2006 calendar year)

Date of Birth : Male / Female Is this a renewal: Y / N

Categories: Open Special Athlete Sub Junior Master Junior

Please check all that apply

As a member of the Sask Powerlifting Association, I agree to follow and obey all rules, regulations, and drug testing procedures as specified in the SPA Constitution and Bylaws (available upon request). In order to have the right to a National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder. Members may be subject to random in contest and out of contest drug testing.

Privacy:

The Saskatchewan Powerlifting Association collects and uses your personal information primarily for the purposes of: a. registration activities associated with the Saskatchewan Powerlifting Association, the Canadian Powerlifting Union and affiliates; b. mailing of periodic newsletters; c. Posting contest results on the website and in the newsletter; d. insurance.

I understand that by joining the Saskatchewan Powerlifting Association, I am granting permission to use my likeness, voice and words on television, radio, films, newspapers, newsletters, on the internet and any other media. As a competitor, I further understand that my age, bodyweight and competition results will be available for scrutiny and posting at competitions as well as in the above described media.

I consent to the information above being made available to our members for networking (e.g. membership lists, newsletters, etc). Only the information that is necessary (and nothing additional) will be shared. This information will not be given out to any other organization.

Medical:

Should there be an instance during a club practice or competition where I am not medically able to determine emergency medical care for myself, I authorize the Saskatchewan Powerlifting Association to take such measures and arrange for such medical and hospital treatment as they may deem advisable for my health and well-being.

Signature: Date:

Parent or Guardian if under 18

Send application & cheque/money order to: Ryan Fowler Box 461 Radville, SK S0C2G0

Make Cheque or Money Order payable to: Saskatchewan Powerlifting Association

*Allow 4-6 weeks for CPU Cards to be processed.