



Saskatchewan Powerlifting Association Corp.
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October 22, 2022

Dear SPA Membership,

Firstly, I would like to express appreciation to the Saskatchewan Powerlifting Association (SPA) membership for the opportunity to take on this new role. It has been a steep learning curve over the past year, and I would like to thank current and past executive members for sharing their wisdom, insight and encouragement. I would also like to thank our current board members for the time and energy you have invested in the SPA.

Like other organizations, the past couple years have been riddled with adaptation and transition. This year has been no exception to this. However, I am optimistic that these this year's transition favors increased engagement, participation and growth of the sport in the province, especially as we return to more consistent in person competitions being run in the province and throughout the country.

After two years, we were able to send a team to the CPU National Championships. Team Saskatchewan was comprised of 21 lifters, and we were able to provide each athlete with a t-shirt and jacket to represent our province. I would like to thank the following sponsors again for their support and contributions: Gold Sponsor 1 Stop Vacuum Centres; Silver Sponsors: Foundation Fitness, Mackie Physiotherapy; Bronze Sponsors: Inner Strength Products, Olympia In Depth, Valkyrie Strength and Rampage Coffee. We were also able to proudly celebrate the accomplishments of our athletes who were able to represent both Saskatchewan and Canada on the international stage, namely World Championships and World Games, and came home as champions. Congratulations!

The association and the board have worked hard over the past year. Our membership numbers are on its way to returning to pre-pandemic numbers, and our biggest growth in membership is in the youth division. We have been able to work with the CPU and have secured a parapowerlifting bench, which currently resides in Regina. This is an exciting step to bring inclusivity to the sport. The SPA has been able to recruit new provincial referees, and we continue to work towards growing our provincial and national referee pool in the province. Lastly and most importantly, the board has met extensively over the past year to look at the future of the SPA. In May, the board met for a long overdue strategic planning meeting. The board was able to renew and reconceptualise the association's mission, vision and strategic directions, which will be published in the near future. Following this vision and with the support of our Past President, Ryan Fowler, the board reviewed the SPA's constitution to be updated to articles of incorporation, bylaws and policies, which we hope the membership will fully support.

On behalf of the board, we are hopeful to bring new and positive changes to the sport in the province and in the years to come.

Stronger Together,
Carolyn Tran

A handwritten signature in black ink, appearing to read "Carolyn Tran".

President
Saskatchewan Powerlifting Association