



Saskatchewan Powerlifting Association Corp.
saskpowerlifting@gmail.com
www.saskpowerlifting.ca

October 20, 2024

Dear SPA Membership,

Firstly, I would like to thank the current board for their continued invested time and energy to support powerlifting in Saskatchewan. These are volunteer roles, and it is important to acknowledge their contributions in helping the sport grow and flourish. Our technical chair, Tanner LePage, will be ending his term, and we wish him all the best. Additionally, this will also be my last report as President. As the upcoming board comes into place, I am confident that their strong commitment will help the association and its members continue to thrive.

The board and association have continued to work hard behind the scenes. This year, the following policies were updated as per CPU direction: Complaints, Discipline and Appeals. We also have created a new Inclusion policy, which been modernized to reflect discrimination and harassment. After a decade from our last proposal, the board was able to submit an application to Sask Sport; we eagerly await the results. Lastly, movement on our strategic plan continues. The SPA enters into the last year of the plan, with only a few remaining goals to achieve. We have also been able to:

- Increase our membership numbers to 189 members. Notably, our Special Olympics membership has increased to 18 members from 4. Our youth membership remains active with a slight decrease from 10 members to 6;
- Maintain club association (9 registered clubs for 2023-2024);
- Continue to provide and send out certificates for members who proudly have broken provincial records;
- Implement a new records tracking system;
- Welcome one new national referee (Heidi Fowler) and three new provincial referees (Kate Douglas, Franki Nault, and Mike Hart) this year;
- Obtain a fiscal surplus, which will allow the association to invest back into the membership;
- Highlight numerous athletes who have gone to National Championships and International Competitions;
- Update our agreement and clarify processes with Special Olympics Saskatchewan; and,
- Proudly support 2024 Western Championships.

The SPA sent a small team of 19 people to the 2024 CPU National Championships this year in Summerside, Prince Edward Island. I would like to thank the following sponsors again for their support: Gold Sponsor - Strength Screen Printing; Silver Sponsors - Foundation Fitness, Inner Strength Products; Bronze Sponsors: Valkyrie, Olympia In Depth. We also send congratulations to our athletes who were able to achieve personal bests and breaking records at all levels while representing both Saskatchewan and Canada on the international stage at North American Powerlifting Championships, Commonwealth Championships, and World Championships. Lastly, we also acknowledge and congratulate Ryan Stinn for receiving the highest honor in Canadian powerlifting – the Bill Jamison Award.

I would like to close my report by extending gratitude to SPA. My tenureship in this role began in the pandemic, which was no easy task. It was a steep learning curve finding our way through balancing restrictions and return to sport, into a rebuilding phase while navigating important inclusion issues within the Canadian powerlifting climate. The support and hard work from the board has translated into a much stronger foundation for SPA to move forward with, and I wish the association all the best.

Stronger Together,

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

Carolyn Tran
President
Saskatchewan Powerlifting Association