

QUICK STEPS FOR CANADIAN ATHLETES PREPARING FOR THE 2019 MONTRÉAL WORLD MASTERS – FROM THE OFFICE OF THE NATIONAL CHAIR (ONC)

PURCHASE your 2018.2019 and 2019.2020 Provincial Memberships*
PURCHASE your 2019 CMWFHC Membership

CMWFHC dates supersede those of the IWF Masters Secretariat and are within IWF-M approved parameters.

COMPETE at a Qualified Meet during the CMWFHC Qualified Period of May 1, 2018 to April 28, 2019

AVAIL YOURSELF of any preparation seminars/workshops offered by your Provincial Weightlifting Association

REGISTER with IWF Masters Secretariat on or before April 28, 2019. Info and links forthcoming. The sooner the better.

Think positive!!! **Wait for your Invitation** from IWF Masters. Two planned phases of invitations will be sent from either ONC or IWF-M (May 1-3, 14-17 approx.)

FOLLOW THE TRAINING PLAN FROM YOUR COACH



COMPLETE REGISTRATION WITH PAYPAL (only) PAYMENT TO CMWFHC by May 10th(Phase I); May 31st (Phase II)



PAYMENT, ASSOCIATION* & FEDERATION MEMBERSHIPS CONFIRMED



Watch your email/CMWFHC website/2019 Montreal World Masters website for updates (antidoping info, weigh in/session date or time changes etc.)

BE SURE YOU HAVE (OR ARRANGED TO PURCHASE) A CMWFHC WEIGHTLIFTING SUIT (guaranteed to add kg to your total 😊)

LIFT WELL AND MAKE US PROUD!!!

CONTACT ME (Mark Gomes) via CMWFHC Website or cmwfhc.onc@hotmail.com or FB message IF NEEDED

