

**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 10<sup>th</sup>(Phase I); May 24<sup>th</sup> (Phase II)

**PAYMENT, ASSOCIATION\* & FEDERATION MEMBERSHIPS CONFIRMED**

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



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



**TRUE SPORT | SPORT PUR**

**LIFT WELL AND MAKE US PROUD!!!**

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