

President's Report 2017

By David Desroches

2019 World Masters Weightlifting Championships

National Chairman

- The CMWF continues to utilize the appointment of a National Chairman to expose the CMWF internationally, develop and expand communications abroad, and deliver our federation's stand on IWF matters as directed by the President and executive.
- As of this date, no cost has been incurred by the CMWF for this assignment.

Hall of Fame Pins / Certificate / letter

- A visual to identify athletes who have achieved this great honour. In the future, I hope to expand on the HOF recognition policy as well as contributions to the federation.

Don Buchanan

- Lifetime membership. A Certificate and Letter of thanks was issued to Don in 2015.

Certificate Stamp for Gold Seals.

- Will be applied to all CMWF hard copy communications, awards, and acknowledgements.

Pay Pal set up for Payment

- This tool will be used for all CMWF competitions. Like all new introductions this took time to perfect, but it is running smoothly now.

Website Upgrades

- Bob Haven. As most of you are aware the website has undergone several improvements in the past year.
- We will continue to experiment with newer improvements to showcase our sport and provide a venue to provide recognition to our membership.

Anti-doping Policy

- 8 months was spent putting this policy in place. Many thanks to the members and others that provided input and support.

- The CMWF member make-up generated the need for a specialized policy that recognized the need for policing drug controls while maintain our confidentiality especially with all the athletes with non-enhancement medication regimes.
- Our policy now recognizes these needs and legitimizes our sport, federation and records set by our members.

Anti-doping Policy

- It is very important to note. The CMWF policy is very unique in that it caters to the age and health of the majority of its members. As such we have a very unique methodology for the TUE process.
- No TUE is required for any athlete competing in the Canadian Masters Weightlifting Championships. However, if an athlete gets a positive result from his sampling, he/she will be provided the opportunity to get/submit a completed TUE to submit to CCES for validation.
- Remember, any athlete who intends to compete in a non CMWF sanctioned competition is still bound by the anti-doping policies of that federation, for example the IWF World Masters championships.

Coaching Certification for Masters.

- A collective coaching approach for certifying as well as mentoring to address the unique requirements for Masters Athletes.
- We must stay in line with other sports that cater to Masters.
- A standardized and updatable format to certify, mentor, share and develop the latest coaching methods for Masters Athletes.

CMWF Liability Insurance Policy.

- The CMWF now has a standalone liability insurance policy that has both a blanket liability insurance coverage for all CMWF activities as well as working in conjunction with CCES coverage for all anti-doping tasking.
- Cost for this policy is \$1,500.00 per year. Policy review is on our website.

Masters Referees

- A push must be initiated to increase our referee footprint for more and higher level referees within our Federation.
- The CMWF must set a goal to be completed self-supporting in this area.

Elite Athlete Aid.

- It is our hope that designated “Elite” athletes are recognized and provided some support from the Masters Federation.
- As a starting point the CMWF will begin to establish a criteria by which an athlete will be designated “elite” and the development will move forward from there.

Maintain Masters lifting Integrity

- It is imperative that the core values of our sport stay entrenched in the CMWF.
- Although we welcome all new athletes whether they are seniors moving into the Masters, new lifters joining Masters, or crossover athletes from CrossFit, or other sports, it is the core elements of mastering technique, team competitiveness and our form of training, competition and mentoring that must always stay at the forefront.
- The professionalism produced from generations of master's members must continue to be our cornerstone.

Anti-doping Mentoring

- As part of our anti-doping policy, the CMWF must continually provide proof of teaching, training and providing data for lifters to better understand the latest rulings and WADA changes.
- In the future members will be encouraged to submit data to the CMWF website that provides mentoring on our anti-doping policies and beliefs.

Hall of Fame Inductees

- In the future, a Hall of Fame inductee will be showcased in a standardized format that puts a personal touch to the event. More information to follow.

Long Time Service Recognition

- Recognition for at least one member each year for past contributions to the sport. More information to follow.

Club Recognition

- Our sport/Federation has been carried by some unyielding support of a few clubs and it is imperative that the CMWF showcases that loyalty in a format that can be positive to our federation and the club.
- Website recognition, Honorary plaques, years of membership, Canadian Champions, etc. will be reviewed to choose a path.

Competition Guide

- A standardized format for hosting a Canadian Masters drug tested competition. A checklist is needed to provide updates, feedback, and accountability for host clubs putting on competitions.
- The goal is to provide a standardized format for competitions to benefit from lessons learned and provide continuous improvement.