

QUICK STEPS FOR CANADIAN ATHLETES PREPARING FOR THE 2020 ORLANDO WORLD MASTERS – FROM THE OFFICE OF THE NATIONAL CHAIR (ONC)

PURCHASE your 2019.2020 and 2020.2021 Provincial Memberships*
PURCHASE your 2020 CMWFHCM Membership

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

COMPETE at a Qualified Meet during the CMWFHCM Qualified Period of September 1, 2019 to June 15, 2020



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

Pay CMWFHCM and REGISTER with IWF Masters Secretariat with ACCESS CODE on or before June 10. Info and links forthcoming. The sooner the better.

Think positive!!! **Wait for your Invitation** from IWF Masters.



FOLLOW THE TRAINING PLAN FROM YOUR COACH



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



Watch your email/CMWFHCM website/2020 Orlando World Masters website for updates (antidoping info, weigh in/session date or time changes etc.)



LIFT WELL AND MAKE US PROUD!!!

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