



Manitoba Weightlifting Association

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Edited by: Miroslaw Korkowski **May 2005** **Volume 14**

MWA VP TECHNICAL MESSAGE...

Well, what a difference a month makes. For starters the Brick and Hercules clubs have had to temporarily relocate from the Grotto to the Max Bell Centre for a few weeks. On Saturday, May 7 one of the large water pipes in the Grotto broke and quickly filled the basement gym with about a foot of water. Brick and Hercules members responded quickly and moved several training sets up to Max Bell and we hardly missed a beat.

The Westerns Canadian Championships (Sue Dandenault: Director) went very well. Sue Dandenault, Noreena Bodaglo, Charlotte MacEachern, and Rafal Korkowski will all be heading to Regina for Nationals. Good luck to all.

The MWA rankings list has also seen significant growth. This is a reflection of the number of new clubs that formed in the past year or so. It should also be noted that the number of male athletes with a Sinclair over 200 has also increased significantly. I think both of these items indicate that the competitive strength of the MWA is growing.

Al Wirth and the Morden Club also hosted the first High School Championships on April 23. The competition was well attended and well run. It is hoped that this one competition will lead into a High School Series and Championship next year.

There are also some new features on the [MWA web site](#). All the MWA clubs that want can now have their own page on the MWA web site. The Brick Gym, Hercules Weightlifting Club, Morden Weightlifting Club, and H.C. Avery Eagles Weightlifting Club now have their own pages on the MWA web site. On these pages you can find athlete pictures and club information.

Bryan Goods

INTERNATIONAL NEWS

IWF Latest News, May 1, 2005: The second hundred years of the IWF will begin with a historic change in the sport of weightlifting. The progression of the weight of the barbell by 2.5-kg increments in competition, and by 0.5-kg increments for the records will be replaced by the new and universal standard of 1-kilo multiples, starting with 1st May 2005. If we wish to summarize the essence of this new rule, here it is: the weight of the bar may be any multiple of 1 kilogram. For the calculation of the total the best snatch and best clean and jerk weights are simply added. This will allow for more flexibility and better differentiation between lifters eventually registering the same bodyweight. The rule applies also to records, which obviously entails the adjustment of the records currently ending on .5 kilogram. According to the decision of the IWF Executive Board, these records will be registered .5 kilo lower as World Standards, under the name of their holder. Any result exceeding these by a minimum of one kilo will be registered as the new World Record.

CANADIAN NEWS

Whitehorse Daily Star: Yukon will hit world weightlifting stage in 2008 <http://www.whitehorsestar.com/auth.php?r=38085>

Senior Canadian Championships, Regina, SK, May 21-22, 2005

Name	Privince	Category	Snatch			Clean & Jerk			Total	Sinclair	Place
			90	95	97.5	105	110	115			
Charlotte MacEachern	MB	75+	90	95	97.5	105	110	115	210	219.71	2
Susanne Dandenault	MB	75+	95	100	105	122.5	122.5	127.5	227.5	227.50	1
Noreena Bodaglo	MB	75+	72.5	72.5	77.5	87.5	92.5	95	167.5	173.46	3
Rafal Korkowski	MB	105+	140	145	150	155	162.5	170	315	337.96	1
Jocelyn Bilodeau	QC	105+	125	130	132.5	162.5	167.5	167.5	297.5	311.15	2
Luc Lefebvre	QC	105+	125	130	130	160	165	165	290	298.34	3
Loren Chiu	AB	105+	152.5	152.5	155	-	-	-	-	-	-

Coach: Denis Van Laeken, Mirek Korkowski

Referee: Joe Landreville, Rick Scully, Dan DeCraene

MANITOBA NEWS

Western Canadian Championships, Winnipeg, MB, March 26, 2005

Artist's Statement

As people from Western Canada involved with Olympic Weightlifting converge for the regions' premiere event, the objective for the logo (designed to represent this event) was to capture the spirit of this yearly celebration.



The dynamics of the sport is not only expressed through lineweight and gradients, but in the boldness of the colors. The technical component, which is also paramount in weightlifting, is illustrated by the underlying detail and precision of the symbolic objects, which leaves the smooth curvatures to represent the equally important flexibility of those involved in the sport.

Each of the five provinces which will convene at the end of March, have been represented by a distinguishing profile of their province which is boldly displayed as part of the essential component to weightlifting; the weight. Also illustrated is each province striving to reach to top, and take home the 'Best Team' trophy. The maple leaf, which recently turned 30 years old as an icon for Canada, is visible on the right side of the represented provinces, as this event is a qualifying event for the upcoming national competition.

Note: the logo has been designed and donated to this event by Jon Astolfi. Thank you Jon.

Name	Club	Category	Snatch			Clean & Jerk			Total	Sinclair	Place
Lindsey Ingram	Dakota	69	50	52.5	55	62.5	67.5	70	125	140.79	3
Monnette Calixto	Brick	69	45	47.5	50	67.5	72.5	75	122.5	138.06	4
Erin Janssen	Brick	75	45	47.5	50	62.5	67.5	67.5	117.5	127.60	4
Charlotte MacEachern	Brick	75	80	90	95	90	100	105	195	210.30	1
Noreena Bodaglo	Brick	75+	72.5	77.5	80	90	95	97.5	170	175.52	2
Susanne Dandenault	Brick	75+	95	95	100	120	125	130	220	220.59	1
Alena Jackson (guest)	Brick	75+	45	47.5	50	60	65	67.5	117.5	121.35	-
Ricky Friesen (guest)	Morden	56	40	45	47.5	55	60	62.5	110	177.81	-
Frank Duan	Hercules	77	70	70	75	90	95	100	165	215.69	2
Peter Chong	Brick	85	95	100	105	115	120	125	225	268.05	2
Don Martinez (guest)	Brick	94	65	70	72.5	95	97.5	97.5	167.5	190.76	-
Andrew Smith	Hercules	94	75	80	85	45	-	-	125	141.74	7
Jon Astolfi	Hercules	105	95	100	100	115	120	120	220	244.94	5
Rafal Korkowski	Hercules	105	140	145	150	165	175	180	330	358.37	1
Ken Mazur (guest)	Hercules	105	95	100	105	120	125	130	230	251.95	-
Matthew Wiersema	Hercules	105+	82.5	82.5	87.5	97.5	102.5	107.5	195	211.00	3
Bryan Goods	Hercules	105+	90	95	95	102.5	107.5	107.5	197.5	208.89	2

Correspondence from Nicole Fallis, MWA Program Administrator: a special mention must be given to those who came out to help with the take down and clean up on Sunday following the event. The clean up is never the fun part and we truly appreciated the help. The following people took the time to help, on a very busy weekend, and therefore deserve a huge thank you: Jon Astolfi, Monnette Calixto, Sue Dandenault, Rosie Densmore, Dave Densmore, Anthony Densmore, Geoff Derrett, Frank Duan, Nicole Fallis, Bryan Goods, Erin Janssen, Charlotte MacEachern and Ken Mazur.

It's because of committed, understanding and respectful people like each of you that makes organizing an event like this an enjoyable one

1st Annual Manitoba High School Weightlifting Championships, Morden, MB, April 16, 2005

Name	Club	Category	Snatch			Clean & Jerk			Total	Sinclair
Luana Soares da Silva	Morden Collegiate	63	20	25	25	25	30	32.5	50	60.45
Ricky Friesen	Morden Collegiate	56	42.5	45	47.5	55	60	62.5	102.5	165.88
Enrique Wiebe	Morden Collegiate	56	55	57.5	62.5	70	75	80	132.5	212.11
Jake Loeppky	Morden Collegiate	62	40	45	50	50	55	67.5	117.5	171.79
Justin Hoffer	Shaftesbury H.S.	85	70	75	77.5	85	90	95	172.5	205.42
Loius Fillion	St. Jean H. S.	85	47.5	50	50	55	60	62.5	110	132.24
Tyler Cameron	Morden Collegiate	85	47.5	52.5	55	70	72.5	75	127.5	153.08
Pat Wiebe	Morden Collegiate	94	35	40	42.5	50	55	62.5	105	123.83

Andrew Fillion	St. Jean H.S.	105+	70	75	77.5	95	100	100	170	181.50
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9 athletes participated in the 1st Manitoba High School Championships organized by Al Wirth and the Morden Weightlifting Club. Jake Wiebe established three new Manitoba Junior Provincial Records with the snatch 57.5 kg, clean & jerk 75 kg and total of 132.5 kg. Congratulation Jake. Al Wirth would like to thank you Nicole Fallis and Jon Astolfi for all their assistance. All participants expressed a hope that this event will grow next year into a bigger championship or even a school league.

Competition Secretary - Jon Astolfi
Referee - Jake Wiebe, Jon Astolfi, Jacob Klassen

4th Battle of Hercules Competition, University of Manitoba, Winnipig, MB, April 29, 2005,

Name	Club	Category	Snatch			Clean & Jerk			Total	Sinclair
Danielle Sasaki	Hercules	69	30	32.5	32.5	37.5	42.5	45	77.5	87.18
Michel Artemchuk	H.C. Avery	56	20	22.5	22.5	22.5	25	30	52.5	87.33
Sean Kochalyk	H.C. Avery	56	20	22.5	25	22.5	25	30	55	93.38
Jake Hjorleifson	H.C. Avery	77	25	27.5	30	27.5	32.5	37.5	67.5	86.43
Frank Duan	Hercules	77	70	75	77.5	92.5	97.5	100	177.5	232.14
Pedro Travassos	H.C. Avery	85	20	22.5	25	22.5	25	30	52.5	64.54
William Husarewycz	Hercules	94	62.5	67.5	70	75	80	80	150	170.28
Ian Simons	Hercules	94	45	50	52.5	65	70	70	120	140.10
Sherlon Hussett	Hercules	94	62.5	67.5	70	70	75	75	142.5	163.47
Ken Mazur	Hercules	105	95	100	102.5	122.5	127.5	132.5	235	257.92
Jon Astolfi	Hercules	105	97.5	102.5	107.5	117.5	122.5	125	232.5	260.56
Matthew Wiersema	Hercules	105	85	90	92.5	97.5	102.5	107.5	200	221.25
Robery Levy	Hercules	105+	85	90	95	110	117.5	122.5	217.5	228.03
Scott Erichsen	Hercules	105+	100	105	110	130	135	140	250	250.22

Referee: Dan, Rick, Joe
Technical Support: Quinn & Chris



The 4th Battle of Hercules Club competition proved to be a very successful event for all the members involved. Among the 14, were 4 first time competitors and 4 lifters representing the new H. C. Avery Weightlifting Club. All athletes had an excellent performance with 8 lifters performing 6 for 6. It was perhaps the best club competition I have ever witnessed in regards to the lowest number of missed attempts. Congratulation! Before the athletes enter the summer active rest phase, which is the transition training before the next competitive season, look out for the new and modified weightlifting contest. On June 6th the Hercules Club will host the power clean and back squat competition. It shapes to be an exciting event, best of luck in your preparations!

William Husarewycz

SPORT NUTRITION: Part 1 - Muscle Recovery and Regeneration

Successful coaches and their athletes understand that reaching performance goals takes time and a great deal of effort. Achieving this increased level of fitness isn't easy. Training hard for longer periods of time and for more days each season requires a thoughtfully designed training program as well as improved understanding of what the body must do between sessions to prepare for the next training. Those who ignore the concepts of performance and recovery will be putting themselves at a competitive disadvantage.

Providing the right nutrients in the right proportions ensures the muscles health and increased strength, all of which leads to improved sport results.

After reviewing the recent studies on recovery, I will try summarize the main steps an athlete can take to achieve full muscle potential through a simple, practical and yet a comprehensive recuperation program.

Recovery means that your body returns to a normal, balanced state through the restoration of body fluids, replenishment of energy stores, and repair of muscle tissues. In addition, your immune system, which is compromised by strenuous exercise, can be enhanced with adequate rest and careful attention to nutrition. Recovery from extended exercise is a complex process, but it can be broken down into three parts:

The rapid recovery phase - begins when you finish your training session and lasts for approximately thirty minutes. During this time, your body's metabolic rate slows down and begins to return to pre-exercise level. Blood levels of certain hormones, such as cortisol and testosterone, which were elevated during the exercise, begin to decrease. At the same time, your muscles start to replenish their stores of creatine phosphate and ATP, which were depleted to fuel activity. This is also the period during which your body removes excess lactic acid that may have accumulated in your muscle. The metabolic and physiological processes that occur during the rapid recovery phase can be hastened by cool down period. Exercising at light effort level for 10 - 15 minutes helps to keep your blood circulating at an increased rate and aids in the removal of lactic acid from your muscle.

The intermediate recovery phase - continues for approximately two hour after exercise. During this time, your body begins the process of restoring fluid volumes, called rehydration. This is also the most critical period for the replenishment of muscle glycogen. Glycogen is the storage form of glucose. Glucose is the only fuel that can be used to produce energy in the anaerobic pathways. This means that when a sufficient source of carbohydrate is present, glycogen replenishment occurs at a faster rate. In fact, the speed of glycogen synthesis in the two hours following exercise is almost two to three times faster than normal.

The longer recovery phase - spans the two to twenty four hours following the workout. Carbohydrate replenishment continues in this interval. Most of your carbohydrate intake during this time should come from foods such as pasta, breads, and vegetables. These are complex carbohydrates whose breakdown ensures a slow and steady supply of glycogen. A crucial element in the long recovery process is muscle repair. Because protein is an essential component of muscle structure, sufficient amounts are required for recovery to ensure proper repair and development of your muscle cells.

OFFICIALS TIPS: by Joe Landreville

Preface

This portion of the newsletter is dedicated to the communication, education, and interpretation of the rules that govern Olympic Weightlifting. Technical rules are based on the current International Weightlifting Federation (IWF) 2001-2004 Handbook.

Officials Tip#16

Responsibilities of the Referees: the three referees have equal rights of decision and adjudication on a lift. Each of the referees must give the "Down" signal by pressing the white button for a "Good Lift" or the red button for "No Lift", according to the relevant rules. A referee, who sees a mistake or fault during the execution of a lift, must immediately press the red button. The sooner a fault is recorded, the sooner the athlete can put the bar down. This means they save energy for another attempt (if available) and avoid potential injury.

Officials Tip#17

At Masters Competitions, referees should use discretionary powers: many of the older competitors can no longer physically comply with the strict interpretation of the rules. Since the emphasis is on having fun, a new set of rules has emerged. As the age categories go up, so does the leniency. To ensure an athlete totals, almost anything is allowed to avoid a bomb out. Due to this lapse in officiating, no referees can be examined for promotion at the Master competitions.

UPCOMING EVENTS

May 17-24	Junior World Championships	Busan, KOR	CWFHC Qualified Athletes
May 21-22	Senior Canadian Championships	Regina, SK	MWA Qualified Athletes
June 6	Hercules Power Clean & Back Squat Competition	Club Gym	Club Members
June 18	Brick Gym Sizzler	Winnipeg, MB	Club Members
June 23-26	Pan-American Championships	Shreveport, USA	CWFHC Qualified Athletes

