

WCHM President's September 2026 Update

2026 IMWA World Master Championships

Our Canadian Contingent of 126 members represented Canada at the 2026 IMWA World Masters Championship with pride and great results. Our members were awarded 10 gold medals (6 women, 4 men), 15 silver medals (9 women, 6 men) and 7 bronze medals (3 women, 4 men). Of the thirteen registered national teams, our Women's Team placed 5th and the Men's team placed 7th. Thus far, five members have applied for a Canadian Masters Weightlifting Record. The deadline to apply is the last day of November.

A special thanks to Carol Akasaka for coordinating the T-shirts that WCHM gifted each athlete, managing a 2026 World Masters Championships WhatsApp, and attending the IMWA Congress of Nations (the IMWA-AGM).

A few of the coaches who have identified themselves will be remunerated with a modest honorarium.

Coach Requirements: A coach must be assisting at least two athletes at the World Masters Championships and must either be Certified by WCH or a member in good standing of the WCHM. A few of the coaches, so far, are Joanne Jeffrey, Kevin Zimmerman, Brielle Ferguson, Marc-Andre Nadeau, Jil Reid, Carol Akasaka, ...

A special thanks to those Provincial Weightlifting Associations who were kind enough to highlight and promote the participation of our members who share their membership with their Provincial weightlifting sports organizations.

I was pleased to see a few of our participating members give a note of thanks to WCHM for its organizational support in their journey to the World Masters.

Social Media Administrator

Madeleine Waterfield has taken the initiative to develop a strategic plan for increasing our membership and implementing a Social Media Plan. She has volunteered to serve as WCHM's Social Media Administrator. This is a timely appointment as WCHM's positive public image is forever increasing.

Why does WCHM have both a National Chair and a President?

Where a National Masters Committee exists under a country's National Weightlifting Federation, the National Chair is primarily involved in representing that Federation in matters of International Masters Weightlifting Competitions and assisting its members intending to compete internationally. In such an organizational structure, the National Chair and the Masters Committee are accountable to the National Weightlifting Federation.

Due to a unique Masters weightlifting structure in Canada, the Weightlifting Canada Haltérophilie Masters is not a Masters Committee of Weightlifting Canada Haltérophilie. The role of the National Chair is then assumed by the President of WCH. The term President is the legal and incorporated title of this position, but both terms are used to indicate to other Masters' groups, that our President is the National Chair as well. The IMWA refers to Presidents of independent national masters weightlifting organizations as National Chairs.

Past Presidents of the Canadian Masters have performed the duties of the National Chair. Recently, however, one of the past Presidents believed that there should be two distinct positions. That past president was allowed to be the National Chair as subsequent Presidents commenced their elected positions. Unfortunately, the past presidents did not outline the specific duties for a National Chair, which often resulted in misunderstandings of each other's roles.

Upon the sudden resignation of the past National Chair, the current President had to assume both positions in order to provide guidance and direction to the 2019 Montreal World Masters Organizing Committee. The current President, while serving as the Records Secretary, had already created a job description for the National Chair. The current President then assumed the position of National Chair using that job description. Since then, the current President has edited and expanded the role of the National Chair. The job description has been updated and now includes the appointment of selected Board and/or Advisory Committee members, collectively referred to as the "Office of the National Chair."

The current President has appointed Greg Doucette as "National Chair in Training" with his assignment expanding so that the position of President and National Chair, in Canada, have distinct roles and responsibilities. Whereas the President is elected, the National Chair is an appointed position, and accountable to the President and the Board of Directors.

Special name for Grand Masters

The Board has approved that the Grand Masters awarded at the Canadian Masters Weightlifting Championships be designated as follows:

“Prime Grand Masters (U45)” and “Legacy Grand Masters (46+)” for use in both the French and English language, unless otherwise advised by our WCHM Quebec Provincial Advisors that a more appropriate French designation will be proposed.

Membership Fee for 2027

The Board has set the **WCHM 2027 Annual Membership fee** at \$65 for early registrations and \$70 on or after June 1, 2027. Early registrations begin in early December, 2026.

Adaptive Athletes as WCHM Members

Adaptive athletes may already be training at weightlifting clubs or CrossFit boxes and may be hesitant to become members of WCHM. A motion by the Board describes a gesture that may encourage adaptive athletes to join our WCHM community and perhaps at some time, consider competing at our WCHM Nationals. A reduction in the registration fee for first time competitors can be considered at a later time.

Adaptive athletes, with WCHM Health Care Professional Approval, and who are being coached by a Certified WCH coach, will be provided their first year as a WCHM member at no cost.

“Secretary” name change to “Director”

The “Records Secretary” position will be referred to as the “Canadian Masters Weightlifting Records Director” and the position of “Hall of Fame Secretary” will be referred to as the “Hall of Fame Awards Director” These individuals are eligible for appointment or election to the Board of Directors.

Hall of Fame and Records Updates by our Directors

Manon Croteau will be working on updating the Hall of Fame points earned by our members who participated in the 2026 IMWA World Masters Weightlifting Championships. Thank you in advance, Manon.

Madeleine will also be working on certifying the application results of our members from this year’s World Masters Championships. The deadline for applications is November 30, 2026.

Our Directors will be updating their files during October and November.

100th President's Update

This month's President's Update marks my one-hundredth Update. Although this is not a requirement of this position, I, and our current team, value sharing with our members as much information as we can. Many important items are posted on our Website, Facebook page and Instagram accounts thanks to the tireless efforts of our Website Developer, Bob Haven, and our Social Media Administrator, Madeleine Waterfield. They have been Saints putting up with my assigned tasks. And of course, I like to email all our members pertinent information that is best shared only by email. My updates, once reserved for WCHM Provincial Advisors, are now available to any member, or the public at large, by visiting the WCH website. [News – WCHM.ca](http://News-WCHM.ca)