

Special Olympics Saskatchewan (SOS)
Powerlifting Resource for Coaches and Athletes



***Special
Olympics
Saskatchewan***

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SOS Contact Information

Please contact SOS to connect to an existing powerlifting program or express interest in a new one. You can also direct any other questions related to SOS powerlifting to SOS.

Anna Oliver - Director of Community and Programs

sos@specialolympics.sk.ca

306-780-9247

New and Existing Program Information

There are existing programs in the following communities:

- Special Olympics Regina
- Special Olympics Saskatoon
 - 2 programs (1 competitive, 1 beginner)
- Special Olympics Unity

Please contact SOS to connect with one of the existing programs.

If you are interested in starting a new program in your community, please contact SOS. Some things to consider are:

- Who is the lead person/coach, and what training will they need?
- Do you have sufficient interest from coaches and athletes in starting the program?
- Do you have a facility in your community that can accommodate the program?

If you are interested in starting a new powerlifting program in your community and have any questions, please contact SOS.

Coach and Volunteer Training Requirements

To be a coach or volunteer with Special Olympics Saskatchewan, you must:

- Be registered with a local SO Community
- Submit an updated Criminal Record Check with a Vulnerable Sector Check (CRC-VS)
- Complete the [SOC Volunteer Orientation](#).

Please submit all CRC-VSs to Anna Oliver at sos@specialolympics.sk.ca.

Anna can answer any questions regarding registration and CRC-VSs.

- All volunteers must also have completed [Respect in Sport](#) (RiS).

Coaches will additionally need to complete the following:

- [Making Ethical Decisions](#) (MED) Online Evaluation
- SOC Competition Introduction Workshop
- Sport Specific Training - SOC Powerlifting Coaches Module

To find out when the next SOC Competition Introduction Workshop and/or SOC Powerlifting Coaches Module will be held, please contact Brooklyn Weisgerber. All other coach training-related questions can also be directed to Brooklyn.

Registration with Special Olympics Saskatchewan

If someone identifies as having an intellectual disability, they are eligible to participate in SO programming. For more eligibility information, please refer to the policy below.

[Eligibility for Participation](#)

All athletes must be registered with their local powerlifting program and in good standing with their local Special Olympics (SO) community before competing in any meet as a Special Olympics athlete.

- To register as an athlete, coach, or volunteer, click [here](#).

Click [here](#) for more information about online registration, registration instructions, and additional registration resources. Please ensure you select the correct set of instructions pertinent to your role. If you have any questions about registration, please contact Anna Oliver at sos@specialolympics.sk.ca.

Program Registration Fees:

Program registration fees will differ depending on the SO Community.

To inquire about program fees in your community, please contact your local SO Chairperson.

Membership Fees:

A \$20 membership fee is for all athletes, volunteers, and coaches. It is important to note that you only need to pay this fee once per program year, even if you are registered in multiple sports. For example, if you are an athlete registered in three different sports, you must only pay one membership fee. For coaches, some communities do not require their volunteers and coaches to pay the membership fee. Please speak to your local SO Chairperson to inquire about this in your community.

For more registration information, please contact Anna Oliver or refer to the policy below.

[Registration with Special Olympics Saskatchewan](#)

SPA and CPU Memberships

To compete in competitions, All competitive athletes must have a membership with Saskatchewan Powerlifting Association (SPA) and Canadian Powerlifting Union (CPU). All athletes must individually sign up for an online membership. The membership you will select is the SPA Class B Special Member Membership (\$10) and the CPU Elite Membership (\$95) Note: the CPU Elite Membership is intended for those who want to be able to compete at high-level Championships. If an athlete wants to compete only at a local level, they can choose the Performance Membership.

If you know that an athlete is wanting to compete only at a local level, they can choose the Performance Membership

- Instructions:
 - Go to [this link](#) to sign up.
 - Instructions for membership signup can be found [here](#). Note: SOS athletes are exempt from having to complete the True Sport Course.

Note: SOS does not cover the costs of memberships. All membership fees are the responsibility of the athlete.

Powerlifting Meet Registration

If you are a coach and are interested in attending a meet, please speak to your SO Community Chairperson. You must get community approval before attending a meeting as part of SO. If you are still determining who to contact, please contact the SOS Program Coordinator.

Registration can be done through the link posted under the competition name in the [Calendar of Events](#). Click on the Calendar of Important Dates and Events to find the meeting you want to register for. Registration may be done for individual athletes or in bulk at the meet director's discretion. If there are any questions regarding a specific competition, please contact the meeting director.

Meet Registration Fees:

Registration fees for the meet will depend on the specific competition. The registration fee will be listed in the registration form or posted on the affiliated social media account. The standard registration fee for a local competition is \$85, which may differ depending on the competition. The local SO community can cover registration fees in full or partially. The amount of the registration fee(s) covered will be at the SO community's discretion. The local SO community can apply for the [Competition Attendance Grant](#) to help cover the costs of these registration fees.

SOS Powerlifting Competition Pathway and Cycle

The SOC Official Powerlifting Rules are based upon the International Powerlifting Federation (IPF) and the Canadian Powerlifting Union (CPU) rules for powerlifting. IPF or CPU rules shall be employed except when they conflict with the SOC Official Sports Rules. When they are in conflict, SOC Rules apply. Please see the Official SOC Powerlifting Rules below.

[Official SOC Powerlifting Rules](#)

SOS Winter and Summer Games are on a four-year cycle: Year 1 District Qualifiers for Provincial Games, Year 2 Provincial Games, Year 3 National Games, and Year 4 World Games. Example (Summer): Year 1—District Qualifiers (September 1st, 2023—August 31st, 2024), Provincial Games—April/May/June 2025, National Games—July 2026, World Games—June 2027. To see the Major Games Schedule on the SOS website, click [here](#).

[Athlete Identification for Competition Selection](#)

Pathway:

1. District Qualifier Competition	2. SOS Provincial Summer Games	3. SOC National Summer Games	4. SOI World Summer Games
Participate in qualifier competition within the qualifier period	Participate in SOS Provincial Games	Top athletes in Sask selected to participate in National Games	Top athletes in Canada selected to participate in the World Games
Year: September 2023 - August 2024, September 2027 - August 2028, September 2031 - August 2032	Year: 2025, 2029, 2033	Year: 2026, 2030, 2034	Year: 2027, 2031, 2035

For an athlete to be eligible to participate in the Provincial Games, they must have attended a district qualifying competition. This will include any powerlifting meeting sanctioned by the SPA and SOS that falls within the qualifier period. From here, the top athletes in the province will be selected to attend the National Games. From there, the top athletes in Canada will be selected to attend the World Games. You can find more information regarding Athlete Identification for Competition Selection in the respective policy.