



BRITISH COLUMBIA WEIGHTLIFTING ASSOCIATION

Dear British Columbia Crossfit Community,

On behalf of the British Columbia Weightlifting Association (BCWA) I would like to invite you to participate in “Lift to Play,” a fund raising initiative put on by the BCWA to raise funds for our athletes as well as to raise a charitable donation for “Right to Play.”

Starting with last year’s 1st Annual BC Crossfit Weightlifting Championship, our two communities have grown closer together and in my opinion, each has much to gain in maintaining a strong relationship. This event could be another step in strengthening our relationship, while providing a new challenge to your community. Finally, it is an opportunity to practice social responsibility by raising some funds for some of the less fortunate children around the world.

For those of you who may not be aware, Right to Play is a world wide charitable organization that started right here in Canada. To quote their mission statement, they strive to improve the lives of children in some of the most disadvantaged areas of the world by using the power of sport and play for development, health and peace.

In the BCWA’s 1st Annual “Lift to Play” challenge, we will gather pledges per bodyweight lifted in a training session. We have set a benchmark goal of 100 times the lifter’s bodyweight using exercises used in a typical Olympic Weightlifting training session. Unlike a competition where athletes congregate in one spot to compete, this challenge will be held simultaneously across the province at all BCWA clubs. All funds raised will be sent to the BCWA, where 20% would be returned to the individual clubs, 50% going to BCWA athletes, and the remaining 30% going to Right to Play.

I believe that the challenge is in the Crossfit spirit, and may interest you to participate. For insurance purposes, all athletes participating must be full members of BCWA, and all host clubs/gyms must be an affiliated club with BCWA. Individual membership forms, along with a club affiliation can be found on our website (www.bcweightlifting.ca/bcwa-membership). If you have any further questions in regards to the event, please do not hesitate to contact me.

Your friend in sport,

Walter Bailey
BCWA President
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