



**Minutes
IWF Coaching and Research Committee
Anaheim, USA
24th November 2017**

Agenda 1 - Opening address by the Chairman

Welcome by the CRC Chairman, Mr. Mahmoud Kamal Mahgoub

Agenda 2 - Apologies for absence

Roll Call:

Apologies: *Aveenash Pandoo (MRI), Mohsen Biranvald (IRI), Jerry Wallwork (SAM)*

Missing: -

Present: *Mahmoud Kamal Mahgoub, Chairman (EGY), Karoliina Lundhal, Deputy Chair (FIN), Su-Kuan Yang (TPE), Lyn Jones (AUS), Kyle Pierce (USA), Nippon Limboonsuebsai (THA), Junichi OKADA (JPN), Keith Morgan (GBR), Mohammed Ahmed Alharbi (KSA), Eva Moska (IWF Secretariat member)*

Guest: *Colin Buckley (IRL), Chairman of the EWF Coaching Research & Scientific Committee*

Agenda 3 - Minutes of the last meeting in Georgia

Unanimously approved.

Agenda 4 – 4-year Work Plan – 2017 - 2021

Chairman:

1. We must keep our sport in the Olympics, this is the main target for us in this 4 years.
2. We have to change athletes' and coaches' opinion regarding doping. We have to change the mentality "there is no sport without doping". We can involve some experts, as Maged Salama who has a solution/program, how to avoid doping.

Agenda 5 – Review of the IWF Coaching Education system (Manuals) and program

K. Pierce is presenting a PPT on Manual level 1.

All (videos also) are available via links and included in the PPT itself, you do not need Internet to see that.

It is a versatile presentation with many links, it can be easily tailored for the certain target groups (e.g. language differences). It is easy to use along with the Manual or just alone.

Level 1 Club Coach Manual, this level is really basic, if someone wants to organize a club.

Chairman: minimum age is 13, isn't it too early?

K. Pierce: If they follow long term development model, there is no problem.

K. Lundhal: depending how much they train, minimum 3 years. Efficient technic is the base.

If the technic is correct, children can lift the maximum strength area but not for the whole time.

Psychological and biological aspects are also important.

Manuals:

Who is the target? We have minimum 3 levels of a lifter what we must have.

K. Morgan: you have to identify which kid what can do - there are differences between children at the same age. Calendar and biological age (K. Lundhal)

K. Pierce. 120 questions' test bank at the end of level 1 – multiple choice test – 50 question random

Manual 2: 140 slides – one chapter

L. Jones: we have to do that, not everybody will pass but they have to try again.

You measure the coach mostly on his practical knowledge, they have to produce good athletes, so theory is only one part.

CrossFit is everywhere, what they do from weightlifting, they do it badly.

K. Lundhal:

Dr. Ajan appointed me mostly to deal with female athletes.

We have only few female coaches.

We must have a coaching education program that works. I sit down with Lyn and Kyle and we will make a proposal and will come with a plan how to move forward. We can have also more female coaches.

It would be a world wide project. It is a long process.

Chairman: 3 levels, we have to put the subjects first and then make the plan cooperating with the CFs.

K. Pierce: Women and men can do the same thing, there is no need to do special lecture for women.

N. Limboonsuebsai: After we finished the plan we can deal with special women courses.

L. Jones: we have only a few women coaches, women can sometimes train harder than men. Iran and Saudi Arabia bring also women weightlifting.

K.Lundhal: there is a group of people who uses weightlifting (weightlifting for other sports, including crossfit). If they lift bad, injuries, they put the blame on weightlifting. We need more people working on it (weightlifting. for other sports) and need to plan the stages. I will work with the Women Commission working on that, also female coaching courses.

Chairman: we have to continue the workshop and make the topics.

L. Jones: we have to see what high standard lifters do, so we went in China. Kids between 7 and 10 years old started lifting. Russia also, but we never got there.

In the meanwhile these 2 big weightlifting. nations are banned...

Major General Yodbangtoey:

1. Chinese coach is writing a manual also, it could be translated in English and compared/included in ours.

2. Register the coaches - coaches database (coach community)

They have to certify, you can check it in the database. Next step is a mobile application.

C. Buckley: we have the database and we are open to show and share. This year we ran 2 coaching courses.

In February 2018 we invite all nations who have a coaching program. Coaching is a journey. It needs a framework. We must pontificate the results. I do not want to dictate, I want cooperate.

A child is not a small adult. The first step is the beginning course to set the standard. We must invest in it, without it, there is no high-standard coaching.

Agenda 11 – Report on the EWF Coaching Education Program

We are under IWF guidelines, we want to work with IWF.

Aims: develop a working relationship with IWF. We must embrace technology, no matter if we don't want. All is on YouTube.

License lasts only for one year, all coaches have to renew it yearly.

EWF-Scientific Magazin, I want to invite you to write articles.

I coach kids program – EU program, EWF signed an agreement – M. G. Yodgantoey - we have Kid program in THA, we can combine

We want do everything under IWF leadership.

I run clean, education available on mobile phones.

IOC Athlete Gateway – certificate from Olympic Solidarity

Youth Coaches conference, Feb 2-4 Rome

Many forums

We want to have presenters for all EWF forums

Chairman: Each continent we have to make a coaching courses for the coaches to have a certificate, we have to start it now. One-two coaches/country.

M. G. Yodbangtoey: After the European forum we must do a workshop also, all continents for our committee first. 4-5 days.

N. Limboonsuebsai: we need a work plan: activities, schedule the event. (pl. workhop)

M. Alharbi: registration only through the MF, no people can enter from outside.

Chairman: I invite you Lyn, Kyle to make this plan and present to us. Approved.

They will cooperate with everybody.

K. Lundhal: and then we will share with you

K. Pierce: Education system: We have the PPT in Spanish also, we have it in Arabic (not yet)

We have to put together the PPT in other languages also. Approved.

English, Spanish, Arabic, French (Aveenash).

K. Pierce: we should put all material on Internet

K. Lundhal: using Moodle for the PPT is good but sometimes you do not have Internet.

I loaded there and they checked everything there (no email).

We put the content into a plan. There are many questions, we discuss it later.

Moodle?

Agenda 8 - Review and proposals for new bodyweight categories - 7+7

L. Jones:

We have to be careful with the categories. Kyle found an article/research on that. Athletes are getting heavier. Oceania and North America has the biggest bodyweight of population.

The performance of small categories can be as good as bigger or better. It is not easy but we must think about this. And use these statistics to help us to

If we have only 7 Olympic categories, no one want to lift in other 3 categories.

K. Lundhal: I believe in the Ol. Pr. Commission's work, they spent many hours.

A. Adamfi: EB has to make a decision, a principle on the number of the bodyweight categories. If the EB approves the 10/10, we can continue.

Other sports as taekwondo or wrestling do the same system (have less bodyweight categories at Olympics than non Olympic events).

Jaloud: we should have 7/7 because if we take three categories from the 10 for the Olympics, some continents will have problem (if we remove big bodyweight categories, Europe will support, if the light ones, Asia, Oceania will suffer). Now we have to concentrate on Tokyo 2020. Which 3 categories to remove? Not fair. No balance. Then we can go also for Games where no Olympic disciplines are present.

A. Adamfi: changing the bodyweight categories every 3-4 years it is not good for the sport. If we have ten, all know that, it is the basic and if we have to have less, we can use less. 10 categories give us more possibilities. So we shall provide more possibilities than less possibilities. It is possible to include the 10 categories into the 7. Rotation is also possible depending on where the Olympic Games/other Games will take place (if in Asia, we can select more smaller categories from the 10).

Accepted.

L. Jones: We have to know which seven on the ten will be in Tokyo.

A. Adamfi: you will know at the same time as you would get to know the ten. Next world championships we can already use the ten.

K. Lundhal: it will be individual qualification. They have to perform themselves and make a very good result. It is up to you only. It is good.

A. Adamfi: we plan to have individual qualification and not team qualification.

M. Alharbi: it will be a confusion to have 7 categories at the Olympics from the 10. Our main aim is the Olympics.

L. Jones: against 10

Chairman, K. Lundhal: it is a tough solution but the IOC sent us a very mean letter pointing out to our weak points.

Working group from CRC members on the categories, elaborate a plan/proposal, present it before the next meeting. To save time.

Dr. Ajan: be neutral, the most important is the interest of weightlifting sport.

Chairman: Proposal approved. We will find a solution.

Robi points – approved

Agenda 10 - Review of new IWF Technical rules and their effect on coaching and opinions on whether some of them are detrimental to coaching and also competition presentation

L. Jones: When there was a tie, the smaller bodyweight category won. Now, the one who lift more with 1 kg, he win.

Presentation

If someone lifts the same from B group and A group, the one from A group will be the first. L. Jones: how can I explain it as a speaker?

Agenda 9 - Report on progress of inclusion of IWF Coaching certification with Uesaka company in USA

K. Pierce: Uesaka company expressed its interest as a sponsor of Club coach courses. Countries who can afford to organize the course, they can but others cannot, so they would receive support.

Many countries have already a national coach education system, their certificate could be accepted.

Video playback

L. Jones: it devalues the referees. They have to react in a second while the jury has time.

For me it is ok, up to 1-2 times (after the most controversial lifts) during one competition but no more.

Chairman: there are only a few cases when we should use it.

Can the coach ask for other athlete's video play back?

K. Lundhal: there should be specific restriction how long it takes, it is easy for athletes. We need a time limit (eg. 15 seconds). It is not good for the athlete that she/he does not know when she/he can go on stage.

K. Morgan: it takes long time

K. Pierce: the jury is the video camera for the referees

It depends on the application, limitations to be set, not to disturb the competition process or the athlete in competing.

Dr. Ajan: We will select max. 5 members from the 3 Committees to make a proposal regarding the change of the bodyweight categories after the EB will approve the number of the bodyweight categories tomorrow.