

The Coaching and Research Committee heard a report by Mr Lyn Jones and Dr Kyle Pierce who presented at the IWF Train the Trainers course in Halmstad, Sweden, this February. Twelve females and six males from four continents including the Chairmen of Continental Coaching Committees from Panamerica, Africa and Europe, took part in the first ever Level 2 IWF Coaching Course. Altogether there are now thirty Coach Developers around the world to present at IWF Level 1 and 2 coaching courses. It is noteworthy that in cooperation with Eleiko, the CEO Erik Blomberg and Vice President Andreas Andren personally welcomed our group and gave us a tour of the superb facilities. Thank you, Eleiko, and good luck to our female Coach Developers around the world who strive to encourage more female coaches joining our international family.

An IWF Education Plan was discussed from various points of views. The elected specialists in the CRC will participate in producing and evaluating articles on weightlifting at different levels, such as the Coaches' Corner for informal articles, and the Scientific Corner for formal publications. These will be published on the IWF website. In coordination with the IWF Development and Education Commission, it was decided that the CRC will produce an E-Learning Platform to showcase our sport to newcomers. Such as the IWF Anti-Doping E-Learning Platform, it will convey information about how to begin with weightlifting, as well as it brings forward our anti-doping attitude and shows our Olympic spirit. The E-Learning Platform will be comprised of modules with an assessment at the end. The CRC wants to encourage coaches to participate in the IWF Level 1 and 2 Coaching Education Program.

The CRC dealt with issues developing innovative methods of presentation of weightlifting competitions. A concern was raised about the Video Playback Technology on how it will impact the flow of the competition, especially in slowing it down. Two topics were brought up to speed up the competition: introducing multi-platform competitions at international events in coordination with the IWF Technical Committee, and the Eleiko Powerlock Bar. The Eleiko Powerlock Bar has grooves on its sleeve so that the collars do not have to be tightened after each lift. Having tested the bar at the gym of CRC member Keith Morgan, it was concluded that there is a possibility of speeding up a competition by up to ten minutes. Also Dr. Kyle Pierce has been testing the Uesaka Forceplates with his athletes and we are awaiting interesting articles about it to the Coaches' Corner or the Scientific Corner. The analysis of both products will be discussed on our next meeting.