

IWF Coaching and Research Committee
Online meeting
2nd July 2020



Due to the world pandemic situation and the cancellation of the CRC meeting in Bucharest (planned in March 2020), IWF Coaching and Research Committee held an online meeting on 2nd July 2020 on which besides the Members, IWF Interim President, Ms. Ursula Papandrea also participated.

Some members attended a Coaching Symposium in December 2019 in Beijing, China and they gave a full report about their experiences to the others. Chinese Weightlifting Association was a very great host. The summary of the Symposium will be uploaded to IWF Website.

Ms. Lundahl shared the evaluations of the participants of Level 1 and 2 that were organized in 2019. RPL Guidelines and Application form were approved that are uploaded to the IWF Website. It was agreed to move some parts to Online courses/seminars.

There was discussion about Level 3 courses, however the participants agreed to promote first Level 1 and 2 courses and get more and more of them before launching Level 3.

A study on unsuccessful lifts with backward barbell drops from the World Championships in Pattaya made by Japan Weightlifting Association was presented to the members.

The idea of a Weightlifting Museum was supported by most of the members, however more likely in a virtual format.