

Report
IWF Coaching and Research Committee
Seoul, Korea
17 November 2009

Roll Call:

Apologies: Taisto Kuoppala (FIN) and Milan Mihailovich (SRB).

Present: Chairman Dragomir Cioroslan (USA), Lyn Jones (AUS), Kyle Pierce (USA), Eliahu Sadres (ISR), Nippon Limbonsuebsai (THA), Tracy Fuh (TPE), Tim Tkachenko (UKR), Byung Kwan Chun (KOR), Mahmoud Zoraik Fathi (EGY), Eva Moska (IWF).

Special guest: Ronald Frere (NCL), IWF Executive Board member

Chairman Cioroslan calls the meeting to order. Welcomes the members and present regrets for 2 members.

Approval of the Agenda: Chairman Cioroslan submitted the agenda for approval.
Agenda is approved unanimously

Approval of the Minutes of previous meeting of CRC in Bucharest.
Minutes approved unanimously.

IWF Club Coaching Manual – draft:

Objectives:

- Certification of coaches in our sport at the beginners level
- It is necessary to develop and certify coaches in the sport in all countries especially the developing countries.

Mr. Jones and Mr. Pierce reported on their work on the manual.

Chairman requests a timeline for feedback to the draft presented to the 3 IWF standing committees and a dead line to produce the published version.

Proposal:

The Manual should be ready for the JWC next year, together with the DVD.

The Manual could be presented to even more countries through the IOC Olympic Solidarity:
Mr. Chairman gives information about the IOC Olympic Solidarity supporting system.

Motion:

Unanimously agreed by the CRC, to request and have feedback on the IWF Club Coaching Manual Draft from the CRC, TC and MC Committee members no later than 2010 January 16. The Manual should be published no later than the 2010 Junior World Championships (May-June). Technical quality and technical description, as well as overall quality of the manual are extremely important.

Club Coaches Manual DVD

Discussions about methodology to produce a CCM DVD to accompany the manual. DVD should include Excellent technical model, demonstration of the movements by HP Athletes and a message of motivation youth to take up the sport.

The CRC accepted a proposal:

After the accomplishment of 1st volume of the Manual the CRC makes a commitment to put together the content and the planning of the draft of the 2 volume of the manual within one year after the 1st volume (2010) of the Manual will be ready (2011).

Proposal:

Mr. Sadres will prepare a document he proposes for level 2 and level 3 and distribute it to the CRC members within 2 months.

The proposal was unanimously supported by the CRC.

IWF Coaches License: Chairman Cioroslan made the following proposal:

Work together with Ms. Moska to design and produce the Diploma and the book within 6 months.

Unanimously agreed.

IWF Coaches Database:

The members accepted the proposal that Mr. Nippon will work with Ms. Moska to upload the database under the Name of Coaches Database until 15 January 2010.

Discussion of Mr. Coffa's, Chairman of the IWF TC proposals

1. Consideration of redesign the bodyweight categories

Why should we do it?

1. Compliance with the Olympic Charter and the IOCs modern requirements of gender equity and equality.
2. New changes and dynamics in the bodyweight of world population
3. The irregular standard deviation from the Bell curve of body weight distribution of world population based on age, continent, gender
4. The possibility to bring new world records in the sport .
5. More bodyweight category possible new excitement of the sport itself
6. Harmonious, equitable leveled playing field (???)

How will we go about it?

Proposal by Chairman: Mr. Pierce should return to the Committee a statistical analysis of the world data on population.

Mr. Pierce volunteers to do a search of the World Health Organization data available on world population weight distribution analysis by race, continent, etc and make a report, an analysis and commentary, which will be put on the IWF website.

Unanimously agreed by the committee.

Criteria based on which the change should be considered.

The committee members define and proposed 8 different criteria:

2. Oscillation of the barbell, change the rule; Allow athlete to oscillate the bar.

Possible reasons why:

It does not make sense to the spectator, creates confusion.

Recommendation regarding the oscillation was made for years to allowed the oscillation of the barbell in competition, while we were waiting for additional scientific data. There is no evidence that the technique creates risk for injury.

In absence of scientific evidence that oscillation of the barbell results in higher risk of injury we recommend that the TC consider allowing this technique in competition.

Unanimously agreed by the committee.

The CRC feels that in an attempt to enhance athlete's potential to safely lift according to his technical potential he should be allowed wear

1. Ankle bandage
2. Bandages on the shin
3. Multiply bandages

The Press out rule:

Proposal: CRC is considering a recommendation to the TC regarding the elimination of the press out rule based of further discussions and analysis.