

IWF Coaching and Research Committee Report to the 2010 IWF Annual Congress Antalya – Turkey September 13, 2010

Roll Call:

Apologies: Lyn Jones (AUS) and Nippon Limbonsuebsai (THA)

<u>Present</u>: Chairman Dragomir Cioroslan (USA), Mahmoud Zoraik Fathi (EGY) Kyle Pierce (USA), Eliahu Sadres (ISR), Nippon Limbonsuebsai (THA), Tracy Fuh (TPE), Tim Tkachenko (UKR), Milan Mihailovich (SRB), Taisto Kuoppala (FIN), Byung Kwan Chun (KOR)

IWF Club Coaching Manual

The published format of the IWF Coaching Manual was presented to the CRC and was carefully discussed. All members are in agreement with the content of the Manual. The CRC is convinced the Club Coaching Manual addresses the educational needs and entry level of weightlifting. The language is understandable and is targeting an international audience. Easy to understand, the text is comprehensively illustrated with pictures, tables and diagrams. In addition to the text, a professionally produced CD will part of the manual.

The CD will be wonderfully completing the manual with images and video illustrations, backed by narrative in order to enhance the intuitive learning and the effectiveness of communication. The Coaching and Research Committee explored the best ways to distribute the content through coaching clinics and seminars as well as through the National Federations coaching educational Programs.

The Committee is acknowledging and recognizes the excellent work of our CRC members Dr. Kyle Pierce - USA, Mr. Lyn Jones and Mr. Michael Keelan - Australia for writing, coordinating, elaborating and finalizing the production of the manual in time as it was planned at the beginning of this quadrenium. A word of thanks and gratitude is expressed to the Louisiana State University for the extensive support with the production of the manual and especially the CD. The committee members Acknowledged the valuable support and contribution made by Eva Moska – IWF Secretariat in bringing the final product to editor and publisher. Committee members expressed Miss. Moska their gratitude and presented her with a special gift.

The distribution of the Manual is going to be done in coordination with the IWF Secretariat, Continental and National Federations as suggested by IWF President.

Members of the committee have suggested to translate the manual in Arabic, Chinese, Spanish and Korean upon receiving the authors' and the IWF approval.

IWF Coaching Manual Levl 2

As soon as the Club Coaching Manual was conluded the CRC members went back to work on the IWF Coaching Manual Level 2. At our meeting in Sofia the coomittee dicussed, analized, debated and elaborated the content and layout of the IWF Level 2 Coaching manual.

Here in Antalya the IWF Coaching Committee assigned specific responsibilities to teh CRC members regarding the writing of the first draft of every chapter. The IWF Coaching Manual Level 2 will focus on a large spectrum of subjects covering more in depth the fundamental and critical elements of weightlifting training methodology, the anatomical, physiologiacal, and psychological aspects of the sport, training program planning and periodization, as well as a medical aspects of weightlifting. An ambitous time line and action plan was proposed and aproved for the production the Level 2 Coaching Manual. The CRC is confident we can finlaize the project by November of next year, and publish the manual by the World Championships in Paris, France November 2011.

Discussions regarding future organization of the World Championships.

Following suggestions from Chairman of TC Mr. Coffa the CRC will discuss the proposed ideas to improve the format, quality and populartity of the WCs. With a view to make our sport more atractive to the TV, to the media and develop a more prominet online presence the members of the CRC have several inovative suggestions: Equalization of the number body weight categories for men and women, by introducing an additional body weight category for women. The CRC will discuss, debate and make suggestions on the duartion of the world championships, consideration for a revision of current bodyweight categories, establishing minumum standards for participation in the World Championships and reduction of the number of athletes at WC. Specific sugestion and numbers will presented to the Technical Committee for further discussions and consideration.

Dragomir Cioroslan Coaching and Research Committee Chairman