



**IWF Coaching and Research Committee
REPORT
Penang, Malaysia
26th June 2011**

Roll Call:

Apologies: Eli Sadres, Zoraik Fathi, Kyle Pierce

Present: Chairman Dragomir Cioroslan (USA), Lyn Jones (AUS), Nippon Limbonsuebsai (THA), Tracy Fuh (TPE), Tim Tkachenko (UKR), Milan Mihailovich (SRB), Taisto Kuoppala (FIN), Byung Kwan Chun (KOR), Eva Moska (IWF).

Chairman Cioroslan calls the meeting to order. Welcomes the members and presents regrets.

Minutes in Antalya: One modification: Unit 12 of the Manual level 2: Technical rules in The IWF will print 550 copies of the IWF Leve One Club Coach Manuals as follows: (300 English, 50 Arabic, 200 Spanish copies), which would cost approximately 8.250 USD (15 USD/piece).

CRC submits a request to the EB and IWF President to print the Manuals before August (English) and before November (Spanish, Arabic)

IWF Club Coaching DVD will be ready within a month.

Action plan to deliver the DVD:

- 1 Mr. Kyle pierce delivers the final version by 1st August.
- 2 Submits the DVD for evaluation of the CRC feedback and review till 1st Sept.
- 3 Final editing based on feedback for Nov 1st by 1st Sep.

Discussion on IWF Coaching Manual Level Two

DVD to be included in the Manual level 2 – Unit 2-3: Biomechanics and Technique – try to finalize it within a month.

Proposals made by Mr. Lyn Jones:

1. IWF has to look for presenters for conducting IWF Coaching Course (Level 1) courses using Manual Level 1 – connect closer with the CRC committee in the process of the appointment of the lectures for these basic coaching course and standardization of the presentation using the IWF Manual Level 1.
2. Explore the possibility of a workshop with all the IWF presenters (Workshop for the lecturers, Power Point presentation) in order to standardize the coaching clinics presentation.
3. CRC to elaborate a PP presentation with a curriculum of the lectures to be presented to the IWF and who run basic level coaching courses – Lyn Jones to prepare and send to Mr. Limbonsuebsai for editing, marketing look etc.

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Action items for number 2:

1. Workshop to be organized at the major weightlifting events, world champs etc. next year.
2. Pending that the curriculum material will be finalized in time.
3. CRC commits to finalize the curriculum presentation by November/Paris (final version)

IWF Coaching Manual Level Two: Outline and Responsibility to write and deliver materials as follows:

- Unit 1: Responsible Mr. Lyn Jones
- Unit 2-3 Responsible: Mr. Tkachenko
- Unit 4: Responsible Mr. Lyn Jones
- Unit 5: Responsible Mr. Jones
- Unit 6: Responsible Mr. Pierce
- Unit 7: Responsible Mr. Kuoppala and Ms. Chinen (TC)
- Unit 8: Responsible Mr. Jones
- Unit 9: Responsible Mr. Jones
- Unit 10: Responsible Mr. Eli Sadres
- Unit 11: Responsible Mr. Pierce

- Unit 12 and 13: Responsible Dr. Dolores Rubio (MC)
Mr. Cioroslan will contact Dolores and check if she is in a position to write it. Alternative author: András Szabo.
- Unit 14: Medical Committee
Chairman will contact the MC Members Irani and Herrick to elaborate the content by 1st September.
- Unit 15: Responsible Mr. Lyn Jones
- Unit 16: Responsible Mr. Kyle Pierce
- Unit 17: Responsible Mr. Gottfried Schödl
Chairman will contact Schödl and ask him to commit writing Unit 17.
- Unit 18: Responsible Philippe Saint-Cyr
Chairman will contact Philippe Saint-Syr if he is interested in putting together Unit 18 by 1st Sep.

Committee will ask Mr. San-Syr to translate Manual level one in French

Proposal: To submit a final draft of the IWF Level Two Manual by 1st October

Editing of the material would be done by Kyle and Lyn

The entire CRC commit to deliver the first draft by 1st Oct.

Responsible: All members of the CRC

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Religious outfit: Mr. Cioroslan proposed the CRC to make the following recommendation to the TC and its Chairman:

Recommendation to the IWF Technical Committee

After thorough discussions and debate on the issue submitted by the female Muslim athlete, the CRC committee makes the following recommendation:

Modification of rule the 4.1.1 to include acceptance in weightlifting competitions for the athletes to wear 1 piece suit (unitard) made of tight spandex material to have long sleeves and long leg as long as it clearly allows the TOs to ascertain if the elbows and the knees are properly locked.

Bandages should be not allowed underneath the suit only on top.

Since we do not have in our rules any preventive use of head cover, it should be allowed (turban and hijab) which should be considered part of the head.

Such equipment should be considered with the spirit of fairness, equity and inclusion for athletes of all nations.

Dragomir Cioroslan

Chairman