

**IWF Coaching and Research Committee
REPORT
Bucharest, Romania
12 June 2009**

Roll Call

Apologies: Byung Kwan Chung; Tim Tkachenko was present the next day for the continuation of the meeting.

Present: Chair Dragomir Cioroslan (USA), Lyn Jones (AUS); Kyle Pierce (USA), Milan Mihailovich (Serbia), Eliahu Sadres (ISR), Nippon (Thailand), Taisto Kuoppala (FIN), Mohamed Zorait Fahti (EGY), Tracy Fuh (TPE), Eva Moska (IWF).

Approval of Agenda

The CRC Chairman called the meeting to order and submitted the agenda for approval of the Committee. The Committee approved the agenda unanimously. The Chairman presented greetings and introduced each of the members one-by-one.

Ongoing Committee Work

- The Committee re-committed itself to developing an IWF coaching education program. Key actions will include distribution of information to local coaches and preparation of high quality IWF Coaching Education Manuals. One of the aims is to have a unified view on coaching methods, standardized procedures, a comprehensive training methodology, and a commitment to clinics as mode of delivery.
- The Committee will coordinate coaching education clinics with highly qualified lecturers at the regional and continental levels.
- The Coaching, Sports Medicine, and Technical Committees will cooperate on the organization of IWF Symposiums, development of manuals, and education programs.
- The Committee will figure out ways to contribute to the IWF's overall development, including:
 - Basic development for athletes (training, technical issues) and
 - Revenues through marketing and advertisement).
- The Committee will propose a means of distributing coaching research information. The Committee will actively utilize the latest technology (Internet, Skype, and video cameras) to enhance communication in the most economical way.

Nomination of the Secretary of the Committee.

The main responsibilities of the Secretary are to accurately and clearly record Committee decisions and timelines, and to distribute the minutes after the meeting as soon as possible.

The Chairman proposed that Ms. Eva Moska serve as both the Secretary and the IWF Staff Liason at the same time. Motion made by Taisto, seconded by Kyle Pierce to approve Ms. Moska as CRC Secretary. Unanimously approved.

IWF Coaching Education Program Manual

After lengthy discussions, the Committee agreed to move forward with drafting and preparing the first edition of the IWF Coaching Manual Level 1.

Motion proposed by Lyn Jones to start the process for the Curriculum/Manual for coaching education at the basic level. Seconded by Kyle Pierce.

Discussion

- CRC members should put a draft of this Manual together (Lyn and Kyle).

1st Draft due 1st August 2009.

Topic areas:

1. Safety
2. Teaching and Coaching Principles
3. Applied Sport Sciences (Biomechanics, Physiology, Psychology)
4. Basic Preparation Exercises
5. Progressions to Explosive Lifts
6. Classical Lifts
7. Rules and Competition Strategies
8. Programming Training
9. Anti-doping
10. Resources and Information Access

Possible issues: Agreement is needed, legal responsibility (Chairman) – Legal aspects to be discussed with IWF.

Timeline

First draft to be completed by August 1. (No pictures, but indications concerning the pictures – IWF pictures except for the pictures of assistant exercises.)

- Donation of work? Copyrights? - Legal questions to be addressed and clarified.
- August 30: all the input of the Members should be finalized.
- August 30 - November 16: draft with pictures (to decide at which level do we need the pictures – standard). Presentation to the IWF Executive Board, to the 3 Committees and to the Congress – deliverable (Nippon to help with presentation power point).

Roll Out of the IWF Coaching License Program in Cooperation with IWF Secretariat

The committee discussed and unanimously approved to move forward with this project in close cooperation and guidance from Dr. Ajan and the IWF Secretariat.

- Draft already prepared
- Diploma to be given at the end
- It would cost 200 USD (for the referee license)
- 4 years, then renew it in every 4 years
- Proposal to integrate with the IWF Education Program
- The names of recipients would be published on IWF website. Application - monitoring the application

Motion by Mr. Jones: Applicants send the appropriate documentation with applicable fees to the IWF, IWF then forwards it to the CRC for evaluation and resolution. Seconded by Pierce. Approved Unanimously. Implement in cooperation with the IWF Secretariat.

Information Database for Coaches

Develop the database to include the CRC 2009-2012 Working Plan. A schedule of the IWF Clinics and courses around the world, publish this info on IWF website, which people can access themselves in order to stay informed. Cooperate with the IWF Web master for better coordination.

Explore New Ideas

Find innovative solutions for more effective communication, publication of articles, and papers to promote WL at professional level.

Website

Analyze and make proposals for more effective Website integration and utilization.

Education

Utilize opportunities in connection with YWC, YOG, Youth Continental events to educate youth.

New Communication

Explore and utilize new communication technology to maximize distribution of coaching information and materials.

Anti-Doping Education

Continue to strive for a drug-free sport.

Competition Format

Explore new competition format ideas in order to increase marketability and the image of the sport.

Next Step

The next step in the Working Plan is to assign specific responsibilities and set timelines. The Committee will submit an elaborated Working Plan to the IWF Executive Board for approval at its next meeting.