

# IWF Coaching and Research Committee

Nov. 28, 2023

Online



Mr. Petr Krol, CRC Chair opened the meeting and welcomed the IWF General Secretary and the members at the meeting. This is the first meeting after the IOC's decision weightlifting being on the program in Los Angeles 2028.

Mr. Sperl thanked for the opportunity and Mr. Krol as member of the IWF Refugee Working Group. The Working Group had several meetings to discuss the 2024 IWF Refugee project. A new policy, new documents have been created and will be shown to the IWF Executive Board for approval. The team size has been reduced to 2-2 because there were issues and easier to focus on less athletes. Also, there was a decision to include IOC Refugee Team scholarship holder athlete(s) in the IWF Refugee Team. A physiotherapist will be also added to assist the team. A training camp is planned in Bahrain.

Mr. Ferrari informed the members that Paris 2024 Organizing Committee is working hard to have the best competition. Mr. Krol will request Mr. Ferrari to translate the IWF Coaching Manuals to French language.

Mr. Krol said that the preparations for the 2024 Olympic Solidarity projects shall start in January/February 2024. Mr. Quinones offered the possibility to have a training camp in Lima before the IWF World Youth Championships.

Ms. Horvath gave a summary on the Olympic Solidarity project in Mexico. The training camp went great, the facility in Mexico City is amazing, can accommodate 500 people. The athletes could go to massage, physiotherapy which was really helpful to them. At the competition the athletes had nice results. Dr. Pierce added that the conditions were great in the training camp, incredible place.

Mr. Buckley gave a presentation about an EWF/WFA Intercontinental collaboration. Totally 46 attended the two courses (Cairo and Johannesburg). Mr. Buckley thanked to Mr. Mahgoub for his translation to Arabic during the course. There is a vast difference in coaching levels and there are no minimum standards. The recommendations after the two courses among others, are to translate the manual to Arabic, to send the manuals to the participants 2 weeks in advance. Mr. Krol said that the experience was that the coaching level is not the same in all continents. He thanked to the president and general secretary of WFA and emphasized that without the CFs this program can not be successful.

Mr. Krol said that the next meeting is planned for mid January 2024. He thanked all the work the Committee did through the year, it was a successful year for weightlifting and wished a good end of the year.