

IWF Coaching and Research Committee

August 19, 2025

Online



Mr. Krol welcomed all members at the first meeting of the new Coaching and Research Committee and thanked IWF President and IWF General Secretary for their participation.

Mr. Jalood thanked for the invitation and congratulated to all members of the Committee and said there will be a lot of work. He mentioned the IWF Coaching Licence which hopefully will generate some income for future CRC projects. Mr. Quinones added that he is happy to be invited to this meeting and would love to contribute to the CRC.

Mr. Colin Buckley made a presentation about the International Coaching Licence and said at the moment 100 Member Federations registered already their coaches, it is 58% and for Forde the aim is to reach 85%. Mr. Krol asked the members to read the section of the IWF By-laws that refers to the ICL.

Mr. Krol asked the members to think on ideas how to structure education plan, also to update the Level 1 and 2 manuals. Dr. Pierce added that the courses on the google classroom are updated. He admitted that the Level 2 is lacking sport psychology and nutrition. Any comments from the members are welcomed.

Mr. Anoushiravani thanked for this meeting and emphasized there is good knowledge in this Committee. He said in his opinion some coaches' knowledge is poor. There is a need for more seminars, symposiums. The coaches' knowledge in the different countries might be researched and examined. In his opinion more seminars are needed regarding training methodology, injuries, etc.

Mr. Krol said the second topic is the proposal by the Technical Committee to change the time of the weigh-in. He asked the colleagues to express their remarks, comments. The TC in principle agreed with the proposal, no reason why not to agree. If this is in favour of the athletes and their health, maybe results can improve. He asked the members to have their clear opinion for the meeting in Forde.

As a last topic Mr. Krol mentioned weightlifting for children, to find some definition for this. How weightlifting can be shown, presented to parents that it is a safe sport. CRC shall propose some ideas. Mr. Andruskevics is very experienced in this field, so he might be able to contribute.

Mr. Chairman asked again the members to send their ideas, proposals and thanked specially to IWF President, General Secretary and CEO for their participation and to the members for the meeting.