

# IWF Coaching and Research Committee

Sept. 16, 2025

Online



Mr. Krol welcomed all members and thanked IWF President and IWF General Secretary for their participation.

Mr. Jalood said that this is the second meeting of the Committee which means it is a very active Committee and it shall keep it like this. He said that all Federations shall be convinced to register for the International Coaching Licence. Mr. Quinones asked the members to think how IWF can have more spectators, how weightlifting could be more attractive.

Mr. Colin Buckley shared his presentation. He said that for the 2025 IWF World Championships in Forde 234 coaches are registered, still waiting for 9 Federations. Totally 745 coaches are registered in the system. Mr. Krol thanked the work of Mr. Buckley who also emphasized the work of the Continental Federations and Member Federations. Mr. Buckley said the invoicing is under finalization and then the cards can be given in Norway.

Mr. Krol informed the participants that he had a meeting with the Continental CRC Chairs. He asked the Continental CRC Chairs to find experts within their region. Also, the idea rose that a third edition of the Train the Trainers workshop could be organized next year.

Mr. Krol gave a short summary about the Olympic Solidarity courses in the past years, as it was used for Training camps before IWF World Youth and Junior Championships. Only a small number of Member Federations were able to benefit from this project. He asked the members to think on future projects and the ideas can be discussed in Forde. Ms. Calvino asked if there is a list of Nations who are eligible? Also, she suggested to have conversations with the regional committees and also with the Athletes Commission. Mr. Krol answered that yes, there is a list. Ms. Horvath added the eligible list from IOC is based on the size of delegation of NOC in the last Olympic Games and all sports are considered so it might not be the same countries as in weightlifting. The list will be shared with the members.

Ms. Horvath briefed the participants about the different Olympic Solidarity projects. Youth Athlete Development Program – this was the training camp, Technical Course for Coaches, Coaches scholarships, Athletes scholarships. All these projects are through the NOC, meaning that Member Federations need to apply at their NOC. The WISH program - Women in Sport High Performance Pathway – this was launched some years ago. Together with Ms. Esquivel, the Chair of the Gender Equity Commission it was discussed that criteria needed to be set, how to choose and decide from the candidates. Ms. Esquivel will share the draft of criteria that could be elaborated for future reference. Mr. Buckley added that in the coaching registration only 17% is women.

The Technical Committee is discussing the change of time of weigh-in. Mr. Ferrari collected some information that he shared with the members. He prepared 3 different options. Mr. Krol thanked to Mr. Ferrari for his detailed presentation. He agreed that Athletes Commission shall say what is their thought and also encourages the members to send their ideas, feedback. If the aim is to shorten the length of the events, then it is not ideal to modify the weigh-in for the day before. 24 hours can allow more aggressive cutting and health issues shall be considered because of the extreme cutting. It was added that the weigh-in shall be a consideration for the Organizing Committees too.

Mr. Andruskevics shared his thoughts about weightlifting for young people. He said training camps are very useful, more practice is needed. For example, the training camps that are organized in Europe for youth athletes. Mr. Krol asked if a document can be created about the safety, effectivity of weightlifting that could be shared with young children, parents, etc to show that weightlifting is a safe sport.

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. The next meeting will be on 29<sup>th</sup> September.