

Report
IWF Coaching and Research Committee
Sofia, Bulgaria
11 June 2010

Roll Call:

Apologies: Kyle Pierce (USA) and Mahmoud Zoraik Fathi (EGY)

Absence: Byung Kwan Chun (KOR)

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

Special guests: Ronald Frere (NCL), IWF Executive Board member and Mr. Draga (UKR)

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

Approval of the Agenda: Chairman Cioroslan submitted the agenda for approval. Agenda is approved unanimously.

IWF Club Coaching Manual – draft:

Mr. Jones reported on their (Mr. Jones and Mr. Pierce) work on the manual.

Proposal:

- a) Agreement to add to warm-up and stretching list of the exercises and a few pictures
- b) Proposal of Lyn, members agreed: photo sequence of snatch and C&J, the members will circulate suggested photo sequences to be considered to integrate it in the book.

Motion approved

To publish the Manual in A4 format or both format depending on the cost (to be checked).

IWF Coaching Manual level to be published

Proposals for IWF Coaching Manual level 2:

- 1 Anatomy, /physiology of weightlifting exercises – 2 hours of presentation, 5 pages
- 2 Technique - 10-20 hours
- 3 False (mistakes) and correction, kinetics – 1 hour, 2-3 pages
- 4 Coaching women – 2 hours, 4 pages
- 5 Coaching children – 2 hours, 4-5 pages
- 6 Competition tactics – 1 hour, 2 pages
- 7 Biomechanics weightlifting exercises – 2 hours, 4 pages
- 8 Anti-doping – 2 hours, 5 pages
- 9 Conditioning (general physical preparation) – 2 hours, 4-5 pages
- 10 Planning and programming methodology, program design, yearly plan of training – 3 hours, 10 pages
- 11 Methods of strength and power development – 2 hours, 4-5 pages
- 12 Training principles- 1 hour, 2-3 pages
- 13 History of weightlifting sport – 2 hours, 5 pages

- 14 Psychological preparation in weightlifting – 2 hours, 4 pages
- 15 Nutrition in weightlifting – 1 hour, 2 pages
- 16 Body weight management - 1 hour, 2 pages
- 17 Kinematical analyses in movement – 2 hours, 4 pages
- 18 Physical ability assessment/health assessments for lifters – 1 hour, 2 pages
- 19 First aid - 1 hour, 2 pages
- 20 Injuries – 1-2 hours, 2-3 pages
- 21 Equipment, facilities – 1-2 hours, 2-3 pages
- 22 Assistant weightlifting exercises – 4 hours, 20 pages

Action items:

1. Team of Mr. Tkachenko, Mr. Jones, Mr. Sadres, Mr. Pierce, will analyze and elaborate more literally the content by Sep 1st and bring it back to CRC
2. Proposed by Mr. Sadres to come up with suggestions on which will be written by whom – by Aug 1st (deadline)
3. (Plan till end of the year):
31st December – first draft
4. Elaborate the content of the CD associated with Manual level 2 – 31st December
5. Final draft June 1st 2011

Discussion regarding future organization of World Championships:

1. Discussion for modification of bodyweight categories:

Mr. Jones's suggestions: submitted a proposal: modifying body weight categories men/women based on different progression between categories.

Equalize the body weight categories between men and women.

Motion by Mr. Jones: The body weight categories men and women should be changed based on a increment progression presented in the attached document. It is also the recommendation of the CRC that an additional body weight category (93, +93) for women be introduced following the progression outlined.

Motion second by Mr. Kuoppala, unanimously approved the motion to take it to the Technical Committee.

CRC will start discussion on elaborating a methodology establishing new minimum standards for future world championships by Sep 2010 in accordance with the IWF leadership.