



**IWF Coaching and Research Committee**  
**Wroclaw, Poland**  
**16<sup>th</sup> October 2013**  
**Chairman: Major General Intarat Yodbangtoey**

**Welcome by the new Chairman, Major General Intarat Yodbangtoey**

***Roll Call:***

Apologies: *Byung Kwan Chun (KOR), Mr. Mohamed Ben Amor (TUN)*

***Missing:*** *Salih AL-KHALIDI (IRQ)*

***Present:*** *Chairman Major General Intarat Yodbangtoey (THA), Mahmoud Kamal Mahgoub (EGY) Kyle Pierce (USA), Nippon Limboonsuebsai (THA), Stefan Korpa (SVK), Milan Mihailovic (SRB), Lyn Jones (AUS), David Rigert (RUS)*

Minutes of CRC meeting in Guatemala 2012 are unanimously approved.

**Organisation – 4-year Working Plan**

Chairman says he will follow Mr. Cioroslan's path, but of course there are new members and plans. Ms. Moska will keep Secretary position in CRC meeting. Kyle Pierce and Lyn Jones will assist the Chairman into giving official reports at the Congress.

Chairman points out the importance of the Internet in competition and broadcasting. Kyle Pierce presents a special online website: "Journal Weightlifting" to be incorporated in the IWF website. People could sign up to the site that will contain professional articles covering theory and practice of weightlifting. It is debated on whom should have access even if main goal is to reach the weightlifting coaches. Articles would be submitted electronically along guidelines set for the authors and Kyle Pierce who volunteered, would be the editor.

CRC members could also write articles on their coaching experience and an editorial can be provided by experts. The point of accessibility of content is raised along with motivation for contributors. The journal could be translated according to needs. The proposal is approved.

**Club Coach Manual Levels 1-2**

Only level 1, 2 and 3 will be done. The DVD in English is ready, but other languages could be used.

Discussion about copyrighting and possibility to protect content of the Coaching Manual from fraudulent use. Legal and material solutions to avoid rights infringement will be proposed.

Certificate: after the course coaches should receive a certificate (qualified IWF coach), through the MF and a pin/badge. We could have coaches take an exam (questionnaire) to avoid pilots.

### **Presentation: Categorization of coaches, IWF license**

Discussion about the rules of the countries, that often depend on the countries themselves. The problem of the level of certain courses is raised thus the need for standards.

Chairman raised the question on the number of categories and the way to categorize. Once approved, the categories must be the standard worldwide. Furthermore, all coaches shall be registered with the IWF.

Three (3) levels (categories) are considered necessary, with all certified coaches to receive a license and a certificate:

Category 1 - Master coach

Category 2 - Advanced coach

Category 3 - Club coach

### **Presentation: Promotion of the competition and coach in competition**

The idea to promote the coach through TV broadcasting during the competition is raised. Advice from a specialist will be sought yet focus will remain on the athlete. We will also look into the question of copyright.

Manual level 2: Deadline for the final draft: January 2014

### **Promotion of manual**

Present the Manual level 1 in a more formal way, define who will be the presenters. A Training Seminar based on the Manual Level 1 should be set up for future presenters from all around the world as to train the trainers and standardize the learning process. Approved.

### **Miscellaneous**

A draft plan for revised format for the future WWC is proposed in order to speed up the competition. It should be tested during a Youth or Junior WC before it is approved.

The concept of an IWF virtual museum weightlifting objects (pins, stamps, coins, medals, posters, etc.) is proposed and would be published on the website. Action plan will be developed. Approved.

Female Bodyweight categories' accuracy to be discussed.

Point of information: the IWF CRC is the only one responsible for any IWF course.