



EUROPEAN WEIGHTLIFTING FEDERATION

IWF Level 2 Coach Conversion Course and International Competition Workshop

Introduction:

The EWF is pleased to offer European member federation coaches the opportunity to achieve the IWF Level 2 Coach award and attend the international competition two-day workshop.

This qualification is ideal for coaches who do not have the opportunity to participate in government approved performance coach education programs for weightlifting or for coaches who have limited coaching experience at international competitions.

Procedures:

1. Pre-Course Reading, IWF Level 1 and IWF Level 2 Coach Manuals
2. Online Tutorials. Delivered in English by IWF CRC, Dr Kyle Pierce.
3. Two Day Workshop.

Online Education IWF Level 2 Coach: *Delivered in English*

2nd July Registration **Open**

2nd September Registration ***Close**

5th September Online Course Reading

12th September Online Tutor Support

12th September to 1st November Online Tutorials x 8.

International Competition Workshops:

To complete this course it is mandatory to attend one of the two workshops. In the application form the coach must state which workshop they would like to attend. The EWF will do its best to facilitate all requests. Travel and accommodation are the responsibility of the member federation coach.

Workshop will Include.

IWF Level 2 review and MCQ Assessment. *Delivered in English*

Advance weightlifting exercises, International Competition Preparation, Competition Day Coaching, Competition Tactics, IWF Rules & Regulations, Coach Ethics & Fair Play. Coach networking.

Host Federation 1: Romania Weightlifting Federation

Dates: 22nd – 23rd November. Friday 15.00 – 20.00 Saturday 08.30 – 17.30

Airport: Bucharest International Airport

Hotel: RIN Airport Hotel. 2 km from Airport

Single - €85.00 per Room per night. Bed & Breakfast

Double - €100 per Room per night. Bed & Breakfast

Workshop Venue: RIN Airport Hotel

OR

Host Federation 2: Sweden Weightlifting Federation

Dates: 29th – 30th November. Friday 15.00 – 20.00 Saturday 08.30 – 17.30

Airport: Copenhagen International Airport. Train direct from Airport to Halmstad.

Hotel: Halmstad Plaza. Halmstad One minute walk from Train Station.

Single – €88.00 per Room per night. Bed & Breakfast

Double - €98.00 per Room per night. Bed & Breakfast

Workshop Venue: Eleiko HQ, Halmstad

Course Fees: €100 per coach for the IWF Level 2 course and Workshop.

Application Forms:

For application forms or further information contact: crsc@ewf.sport

We recommend federations book places early. Workshop participant numbers are limited.