



# Coaching Research & Scientific Committee

## Executive Board Meeting Report

**14<sup>th</sup> October 2022 Junior / U23s Championships, Durres, Albania**

1. 2022 Operational Plan.  
Full details. ANNEX 1  
Discussions pre board meeting welcome
2. Working Relationship with the IWF CRC  
Great progress has been made with the new IWF CRC. The Chairman Petr Krol has engaged in productive dialogue with the view to all parties working closer together in an open and transparent manner.
3. Youth Training Camp  
40 athletes and 15 coaches from 9 countries shared their sports knowledge  
Lead coaches were Colin Buckley (IRL), the EWF CR&SC Chairman and Damjan Canzek (SLO), members of the IWF & EWF CR&SC.  
Full details available on EWF website
4. Coach Scientific Seminar  
Due to the postponement of the IWF Elections this program is postponed until 2023
5. Coach Licensing.  
Working together with the IWF CRC the final draft will be presented in Colombia at the IWF Special Congress.  
2023. 11<sup>th</sup> March at Eleiko HQ, Sweden. EWF Coaches Conference  
Details ANNEX 2
6. Online Education  
Postponed until 2023

**Colin Buckley**

*Colin Buckley*

*Executive Board Member*

*Chairman Coaching Research & Scientific Committee*

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# ANNEX 1



## EWF Coaching Research & Scientific Committee

### Operational Plan 2022

Working document Updated October 2022

#### CR&S Committee

- COLIN BUCKLEY (IRL) CHAIRMAN
- TOM GOEGBUER (BEL)
- EDUARDS ANDRUSKEVICS (LAT)
- DAMJAN CANZEK (SLO)
- VADYM RUDIAK (UKR)

#### CR&S Committee Mission – Vision

- **Set the Vision and Strategy:** Provide an agreed direction for coaching based on the needs and stages of development of athletes and coaches.
- **Create a Coaching Framework:** Improve the quality and recognition of coaching and raise standards at all levels of coaching from development to performance.
- **Deliver a clear and Structured Pathway:** Set clear attainable standards and targets focused on the delivery and implementation of the vision and strategy set by the Coaching and Research Committee.

#### CR&S Committee Remit

- Develop a working relationship with the IWF CRC
- Organise Training Camps (13 – 17 Years)
- Facilitate Coaching Seminars
- Promote the Scientific Journal and Seminars
- Develop minimum coaching standards.
- Research European best practices for Sports

Date	Program	Information and Key Persons	Information Update
January Completed	Source Venues for Youth Training Camps. August – October	North Europe. Latvia – Eduards East Europe. Ukraine – Vadym South Europe. Croatia – Damjan West Europe. Spain – Colin	Completed September 2022 Croatia to host event
January Completed	On-Line Athlete / Coach Help videos	Start with Ireland - Colin and Milan Physiotherapist – Warm Up Exercises	28 <sup>th</sup> January 1 <sup>st</sup> of 4 posts Completed March 2022
February Completed	Email Address	EWF.CRSC Chairman Official Correspondence	Discuss with EWF Board 31 <sup>st</sup> January Completed March 2022
March Completed	Prepare Training Camps Budget	Present to EWF Board – Colin	Waiting for reports Completed July 2022
March	On-line Webinars	National Federations to contribute- Colin and Milan. Start with Finland, Spain, Ireland	Work in progress with EWF Gen Secretary Postpone – 2023
April Completed	IWF CRC Meeting Greece -Junior Worlds	EWF Representative – Colin Further enhance cooperation. IWF Club Coach Accreditation for EWF N.F. Coaches at training camps	Meeting 30 <sup>th</sup> April Positive Meetings x 3 To start 2023
April Completed	IWF Disability Inclusion Program	Ireland – Colin Train Weightlifting Coaches for ParaPowerlifting IWF – World ParaPowerLifting	Program agreed with IWF Development & Education Commission Chairman Start May 2022
April	On-Line Webinars	EWF Technical Committee – Tina	TBC

April	On-Line Webinars	EWF Medical Committee – Tryggve	TBC
May	On- Line Webinars	Inter-Continental – Colin, Milan IWF Coaching & Research Committee	Discussed in Crete April and Mexico June waiting for IWF lead on this project 2023
	On-Line Webinars	IWF Anti-Doping and EWF Medical – Denise	TBC 2023
June	On-Line Magazine	Coaching, Technical, Medical, Athletes, Member Federations – All board	Postponed to 2023
August – October Completed	4 x Youth Training Camps	Coaches and Athletes	1 x camp – Split, Croatia. September
November	Coaching & Scientific Conference	Invite 2 Coaches from Member Federation Colin and Milan	Discuss with Board Oct 2022 Postponed until 2023
December	Women in Sport (WIS) Conference	Increase the number of female coaches Women only Conference. Coaches/ Technical / Medical Committees	TBC with Committee Chairpersons Postponed until 2023

# ANNEX 2



## IWF / EWF Coach Licensing

### Introduction

- **EWF International Coach Register**
- Member Federation (MF) Coaches to be registered and licensed on the new EWF Coach database
- Required for accreditation pass at EWF International Competition and Events
- Licensing to include ITA Education (WADA).
- International Fair Play and Safeguard Awareness
- IWF/ EWF Education certification.
- Fee: €100 per Olympic cycle.
- 2024 Licence to be mandatory.

*(Subject to IWF approval and EWF Congress)*

### 2024 EWF Coach Licensing

- **Coach Entry Procedures**
- MF – Member Federation Nomination
- EWF application form completed and signed by coach and MF
- Anti-Doping and Fair Play Declaration signed by coach and MF
- Anti – Doping and Fair Play declaration form.

### Coach Licensing Requirements for Completion

- Signed by Coach and Member Federation
- ITA – Online Education Program
- ADEL – Online Education Program (WADA) + (NADO)
- TUE – Online Education (MF) + (NADO)
- ADAMS – Online Education (MF) + (NADO)
- IWF TCRR – Online Education (MF) + (IWF.TC)
- IWF Safeguard Awareness Online Course
- Fair Play – Online Education
- EWF CR&SC – Online Education and at Competition

*Following registration, the coach has 12 months to complete all tasks*

### ADEL – Athlete Support (WADA)

- Education programs targeting Athlete Support Personnel (ASP), including coaches, medical professionals, parents
- Athlete Support Personnel Basic Guide
- Athlete Whereabouts
- TUE – Therapeutic Use Exemption
- Anti-Doping Overview
- High Performance Coaches Education Program  
(2 courses)
- Parents of Elite Athletes Education  
*Legal guardians and parents of young athletes*

## Database Storage Information

- **International Coach**
- Full Contact Details. Passport copy and photograph
- Licence Number and Member Federation
- Signed Declaration – Coach and Member Federation
- Tasks and education programs completed with dates
- IWF/EFW Events attended with dates
- International Competitions attended and list of their athletes
- International Competition athlete results
- **Member Federation**
- Club and National Team Coaches
- Federation National Competition results and athlete coaches
- International Coaches registered and EWF licensed
- International athletes
- International athletes ADAMS compliant

## 2023 March 10<sup>th</sup> – 12<sup>th</sup> Coach Licence Conference

Eleiko HQ, Halmstad, Sweden

- MF Gen. Secretary and National Coach. (2 Persons max)
- Coaches must have attended an EWF or IWF International competition.  
Senior Championships.  
Junior / U23s Championships.  
Youth / U15 Championships

*MF Coaches without International experience may be considered*

## Eleiko HQ, Halmstad, Sweden 10<sup>th</sup> – 12<sup>th</sup> March 2023

- 85 Persons Maximum.
- Accommodation for two nights with full board €170.00 per person 14,450
- Travel and Transport 3,000
- Translation of manuals 4,000
- Printing and Promotion Materials 2,000
- Office 1,550
- **Total Fees: €25,000**
- *Variance €3,000*

## Invitation to Presidents and CRC Chairpersons

- Inter-Continental Presidents meeting.
- *To confirm with EWF President*
- Inter-Continental CRC Chairpersons meeting. *Conference Review and Proposals*
- *To confirm with IWF CRC Chairman*
- **Fees: €2,000**
- *Variance: €500*

## Funding

- IWF Continental funding program
- IWF Development and Education program
- IWF Special Projects
- *Licensing Fees. Starting 2024*