

2014 -15 Talent Pathway Athlete Selection Criteria

This selection policy has been created in-line with British Weight Lifting's (BWL) aims of supporting opportunities for developing talented weightlifters who demonstrate the necessary characteristics to continue progressing. BWL intend to select weightlifters based on their potential to compete for Great Britain at major championships at youth, junior and senior level in the future. Furthermore, commitment to training, improving performance at regional and national competitions and making appropriate lifestyle choices will also be part of selection.

Selection Criteria:

BWL Olympic Development

In order to be considered for a place on the Olympic development squad an athlete must be aged 18-23 and;

- ✓ Be willing to be challenged technically, physically and mentally
- ✓ Be committed to attending a minimum of 6 training camps per year and actively seeking progression through the talent pathway
- ✓ Be a full BWL member
- ✓ Achieved GB Development (u20) standards or F Level (21-23) in their respective bodyweight and age category at an approved competition in the last 12 months (figure 1)
- ✓ Demonstrating the physical, technical and mental characteristics of an elite weightlifter
- ✓ Demonstrate commitment to progress through the choices made with their lifestyle
- ✓ Have an upward performance trend on their respective performance funnel
- ✓ The number of athletes on the squad will be limited. If there are more athletes who meet the qualification standard exceeds the squad capacity, athletes will be selected based on:
 - ✓ BWL ranking,
 - ✓ percentage away from the next performance pathway standard
 - ✓ rate of progress

BWL Youth Development

In order to be considered for a place on the youth development squad an athlete must be aged 13-17 and;

- ✓ Be willing to be challenged technically, physically and mentally
 - ✓ Be committed to attending a minimum of 6 training camps per year and actively seeking progression through the talent pathway
 - ✓ Be a full BWL member
 - ✓ Achieved the BWL performance pathway GB development (u17) standards in their respective bodyweight and age category at an approved competition in the last 12 months (figure 1)
 - ✓ Demonstrating the physical, technical and mental characteristics of an elite weightlifter
1. If the number of athletes who meet the qualification criteria exceeds the squad capacity , athletes will be selected based on the overall BWL ranking, rate of progress, physical ability and percentage away the next performance pathway standard

Regional Development Squads

In order to be considered for a place on a regional development squad an athlete must be aged 13-20 and;

- ✓ Be willing to be challenged technically, physically and mentally
- ✓ Be committed to attending a minimum of 8 regional squads per year and actively seeking progression through the talent pathway
- ✓ Be a full BWL member
- ✓ Achieved the BWL performance pathway Regional standards in their respective bodyweight and age category at an approved competition in the last 12 months (figure 1)
- ✓ Demonstrating the physical, technical and mental characteristics of an elite weightlifter
- ✓ If the number of athletes who meet the qualification criteria exceeds the squad capacity , athletes will be selected based on the overall BWL ranking, rate of progress, physical ability and percentage away the next performance pathway standard
- ✓

*There will be scope for additional athletes to be invited to attend Regional Development squads who are outside of the age bracket if it's deemed that they would enhance the training environment. This will be at the discretion of the Regional Development Coaches.

Selection Process:

In alignment with BWL's selection criteria, athletes can be identified and selected through a variety of channels;

- ✓ BWL, IWF or EWF sanctioned competition results
- ✓ Licensed BWL coach nomination
- ✓ Talent ID initiatives
- ✓ Regional Development Coach recommendation
- ✓ Athlete application

All nominations are subject to the approval by the BWL Performance Director, BWL Talent Pathway Manager and the Regional Development Coaches. Athletes can apply to the BWL Talent Pathway Manager by submitting a regional squad application form.

Figure 1: Performance Pathway Standards

Women	Rio 2016 (Top 10)	BWL Performance Programme - Funding Levels			Olympic Development	BWL Youth Development (u17)	Regional Development (u20)	Regional Development (u17)	Regional Development (u15)
		D	E	F					
-48	168	162	153	142	131	114	124	99	85
-53	194	176	166	155	143	124	128	109	93
-58	213	189	179	166	154	133	137	116	100
-63	193	200	189	179	166	143	148	125	107
-69	222	211	200	186	172	149	153	130	112
-75	233	221	209	195	180	156	161	137	117
75+	228	241	228	212	196	170	175	N/A	N/A
Men	Rio 2016 (Top 10)	BWL Olympic Development			Olympic Development (u20)	BWL Youth Development (u17)	Regional Development (u20)	Regional Development (u17)	Regional Development (u15)
		D	E	F					
-56	257	247	234	218	202	174	180	164	142
-62	279	267	253	235	217	188	194	176	153
-69	308	287	272	253	234	202	209	190	164
-77	335	307	290	271	251	217	224	203	176
-85	354	324	306	285	264	228	235	214	185
-94	382	339	320	298	276	238	246	224	194
-105	386	353	334	312	289	250	257	234	203
105+	406	378	357	333	308	266	275	250	216