



**BRITISH
WEIGHT
LIFTING**

February 2021

Update from CEO Ashley Metcalfe

Welcome to February's newsletter. Although only the second month it's certainly been a difficult start to the year with lockdown closing the gyms and stopping us all seeing our friends and family. However, there is light at the end of the tunnel after the Prime Minister's announcement of the road-map to easing lockdown. We're sure you're just as excited for this to happen as we are but until the time it's safe to go out again, we all at British Weight Lifting hope that you're all managing to keep safe and as well as possible.

Something to look forward to on the competition front is the WPPPO Para Powerlifting World Cup in Manchester in March. Whilst it's taking place behind closed doors we're looking forward to being able to follow along on our social media to help support our fantastic athletes who will be competing. You can see the details of the competition on the British Weight Lifting website or on the BWL Para Powerlifting Instagram. Go and give our GB athletes a cheer!

The British Open Series (BOS) continues to run for BWL members who have access to equipment at home. Once gyms open again, we're hoping many more people will have the opportunity to give it a go. If you're interested in taking part you can take a look at our membership options at the bottom of this email. The BOS is running to the end of the year, finishing on 31 December 2021, with each round lasting one calendar month.

If you're looking to start, level up, or completely change your career BWL have a new Coaching Strength Training pathway. Within this pathway, we're excited to have just launched our new Level 3 Certificate in Coaching Strength and Power course – a very comprehensive course which will set you on your way to becoming a Strength and Conditioning Coach. You'll gain really specific strength training knowledge and be able to work across all sports. We're really thrilled by it, as weightlifting is a part of all sports and will be a way to encourage more people to pick it up and build strength into their lives.

Stay safe and all the best,

Ashley