

Regional Development Academy

The Regional Development Programme is aligned and managed by the BWL World Class Programme (WCP). It aims to provide young, talented athletes with a pathway towards opportunities to support their ambitions of realising their potential and ultimately competing for Great Britain and achieving success on the international stage.

The Regional Development Squad Programme consists of training days held across British Weight Lifting regions in the North, London & South East and Central & South West.

Regional Development Squads are underpinned by an Athlete Development Syllabus. This provides a structure for developing technical and physical abilities in the Olympic lifts, and other relevant training exercises. Each squad will hold eight one-day training camps at the respective Regional Development Centre. Athletes are expected to commit fully to their squad. Performance progression, attendance at training camps and attitude will be used as part of the selection criteria for international competitions.

In order to be selected for squads, athletes must meet the Selection Criteria.

Region	Coach	Venue
North	Yousef Ziu	Sheffield Hallam University High Performance Gym Sheffield Hallam University Pond Street Sheffield S1 1WB
Central & South West	Sam Hayer	Coventry University Alma Building Alma Street Coventry CV1 5QA
London & South East	Rich Kite rich.kite@britishweightlifting.org	St Mary's High Performance Centre St. Mary's University Waldegrave Road Twickenham TW1 4SX

Aims of the Regional Development Programme	
1	Provide a clear pathway from youth level, through junior and into the elite world class performance programme.

2	Provide a programme of training days to develop technical and physical competencies to complement and enhance Club provision.
3	Support the overall technical and physical development of 13-20 year old athletes and confirming their potential to represent Great Britain at major internationals.
4	Introduce athletes to a performance culture and environment and provide athletes with the knowledge and awareness of technical, physical and mental development principles
5	Create an environment that places the athlete at the centre of the learning process; enabling them to take steps towards ownership and autonomy in training and competition
6	Foster an elite training environment amongst the region's top athletes