



BRITISH WEIGHT LIFTING DiSE PROGRAMME

COURSE OVERVIEW

DiSE will run within the Talent Pathway Programme and is designed to run over a two year period and will include camps, regional days and 1:1 days with programme specialists. The programme sessions will be held at Loughborough for the National Camp days and your Regional Hub for the regional days, on suitable dates to avoid competition clashes, in school holidays and at weekends. Personal Coaches may also be invited to attend relevant sessions with their athletes and contribute where appropriate to their athlete's programme. The programme is designed to support progression either to further / higher education or gain employment within a related field.

The application process is now open for new students.

Please complete the expression of interest form below and email it to courses@britishweightlifting.org



WHAT IS DiSE?

DiSE stands for Diploma in Sporting Excellence, a programme which British Weight Lifting are running within the Talent Pathway for 2019 onwards, that has been designed to meet the needs of young athletes aged between 16-18 who have the potential to progress within the sport of Olympic Weightlifting.

ENTRY REQUIREMENTS

- Aged 16 -18 (aged 16 on 1st September 2020)
- Be in full time education (or approved part time study), but not an apprenticeship
- Be a current participant of a regional development squad or enrolling onto the talent pathway programme
- Be prepared to sign up to a 2-year programme
- Commitment to complete the learning programme
- Be a current resident in England

The selection policy can also be viewed here - [DiSE selection policy](#)

YOU WILL ACHIEVE

Upon completion of DiSE, learners will receive a certificate and 64 UCAS points.

ARE ALL THE CAMPS RESIDENTIAL?

All the National camps are residential with lifters generally allocated twin rooms with en-suite facilities. Regional days are designed to travel to and from on the same day.



COURSE CONTENT

Across the two years, athletes need to complete a number of units to successfully achieve the Diploma in Sport Excellence qualification part of the programme which include:

- Technical and Tactical
- Physical skills / Injury Prevention
- Mental / Psychological Skills
- Nutrition
- Lifestyle
- Career and Finance Planning
- Communication and Media
- Lift Clean Awareness
- Health and Safety
- Culture, values and behaviours

Evidence of completion for the qualification is mainly by e-portfolios, which is completed on camp and with some to complete at home.

WHO DELIVERS THE DiSE PROGRAMME?

The DiSE programme is run in partnership between British Weight Lifting and Loughborough College. Loughborough College work with several other National Governing Bodies, developing a range of bespoke delivery models across those sports.

WHAT LEVEL OF COMMITMENT IS REQUIRED FROM SELECTED DiSE ATHLETES?

Athletes will be expected to attend the national and regional camps and complete a small amount of portfolio work outside of camps, as well as recording their training and competition throughout the period. Athletes will also have a progress review every 8 weeks with their dedicated Loughborough College tutor.

WHY CHOOSE DiSE?

Benefits include:

1. Mentoring and support
2. A programme which aims to equip athletes with the necessary skills, behaviours and abilities to progress on the pathway and develop specific skills to support the athlete
3. Opportunity to attend camps and train in a high-performance setting
4. Objective feedback on technical and physical development
5. Opportunities for 1:1 sessions with specialist support staff
6. Upon completion 64 UCAS points are available (Currently equivalent to BTEC extended Dip at Merit, Pass, Pass and 2 x A levels at C's)

The application process is now open for new students.

Please complete the expression of interest form below and email it to courses@britishweightlifting.org