



Squad: England Weightlifting Training Squad (EWTS)

Date: February 2021 – July 2022

1. Overview

This selection policy has been created to provide an opportunity for English lifters to prepare for the Birmingham 2022 Commonwealth Games, the purpose of the EWTS is:

- Support the preparation of athletes with the potential to medal at the Birmingham 2022 CWG
- Inspire the next generation of England Talent Pathway athletes to enhance performances in future generations.

Gold Coast 2018 was equal to the most successful games for English Weightlifters. The team achieved an outstanding 6 (combined total) medals in weightlifting (1 Gold, 3 Silver, 2 Bronze);

- 50% of all selected athletes produced medal winning performances
- 95% of all athletes competing athletes were ranked inside the top 6

It is our ambition to better these results. BWL as the NGB responsible for England wishes to select a full team of 16 athletes (8 Men, 8 Women) for the Games and has a target of 8 Medals, however BWL reserve the right to set standards over and above the standard set by the Commonwealth Games Federation.

2. Minimum Eligibility Criteria

To be considered for selection for the England Weightlifting Training Squad, athletes must satisfy the following criteria:

- 2.1 A citizen of the United Kingdom and hold a valid British passport prior to initial entry deadline
- 2.2 In the case of multiple citizenship, the athlete must not have represented another country within a period of 12 months
- 2.3 Athlete must submit a declaration of interest to compete at the Birmingham 2022 Commonwealth Games before 17:00, 08/01/2021. Application of interest in 'Appendix 1' must be returned to stuart.martin@britishweightlifting.org
- 2.4 A current member of British Weight Lifting (BWL)
- 2.5 Not in dispute with BWL, affiliated bodies or stakeholders.
- 2.6 Must be compliant with the BWL and IWF Anti-Doping controls and procedures.
- 2.7 Display behaviours in-line with BWL's vision and values and consistently demonstrate appropriate performance related behaviours at international competitions.
- 2.8 Have achieved the relevant BWL selection standard at the England Commonwealth Virtual Squad Trials 12/02/2021 - 15/02/2021
 - 2.8.1 Extenuating circumstances for injury can be considered at the discretion of the selection panel by sharing appropriate supporting medical evidence before 12/02/2021 (such as a signed letter of support from a relevant medical professional).

3. Squad selection standards

BWL will select a training squad which supports the development of athletes with the greatest potential to medal at 2022 and / or 2026;

3.1 Minimum Selection standard - lifted during the qualification period (2.8)

Women's Categories

	W49	W55	W59	W64	W71	W76	W87	W87+
Weight Lifted (kg)	148	165	175	181	190	194	203	216

Men's Categories

	M55	M61	M67	M73	M81	M96	M109	M109+
Weight Lifted (kg)	209	239	253	263	278	296	305	319

Athletes are not expected to cut weight for this event as a virtual competition. However, athletes will be expected to submit a weigh-in video in-line with the competition regulations demonstrating that they are no heavier than 105% of the weight category they wish to be considered for. A 1kg allowance for their competition outfit will be given.

Athlete Dashboard

The selection panel will be provided with key information about each athlete to support voting members to make informed, objective decisions. The Dashboard includes the following information on each athlete;

3.1.1 Performance trajectories for Birmingham 2022

3.1.2 Analysis of Historic BWL Sport80 competition results

The advice and experience of International Arena coaches and the BWL performance team will also be considered throughout the selection process.

4. Selection Process

The selection panel will convene to select athletes during the week beginning 04/01/2021 (subject to change by BWL). The selection process will be conducted by a BWL selection panel. The Selection process will take place in 3 phases outlined below.

Selection Phase 1 (Selection based on developing athletes with potential)

4.1 If the athlete has achieved the minimum qualification standard (3.1), the BWL selection panel must determine if the athlete is on trajectory to achieve Commonwealth Top 6 standards at Birmingham 2022 considering the following;

4.1.1 The lifter's Performance trajectory

4.1.2 The lifter's Average number of successful lifts made in competition (see appendix 2)

4.1.3 International performance trends

4.1.4 Commonwealth 1 per nation Rankings found [here](#)

Selection Phase 2 (Final selection of the team)

4.2 The England Weightlifting Training Squad (EWTS) has a maximum team size of 30 athletes - a minimum of 12 men and 12 women will be selected

4.3 If the number of athletes identified using the criteria in (3.1) and (4.1) is less than the maximum Team Size (4.2), the selection panel at their discretion reserves the right to select athletes who have demonstrated the greatest potential to medal at the 2026 commonwealth games

4.4 Athletes must consistently display performance related behaviours, which provide the selection panel with confidence that they will be a positive representative for England and BWL.

The selection panel at their discretion reserves the right to deselect an athlete at this stage if reasonable doubts exist about any athlete's behaviour, which they feel could negatively impact;

- 4.4.1 The performance of athletes preparing for Birmingham 2022,
- 4.4.2 The reputation of the team with Commonwealth Games England
- 4.4.3 The reputation of BWL.

5 Obligations

Selected athletes will be required to:

- 5.1 Sign a BWL and Team England Team Members' Agreement, which will include a code of conduct
- 5.2 Attend agreed team camps or activities as reasonably requested
- 5.3 Attend athlete appearances as reasonably requested
- 5.4 Work with the BWL performance team to agree an individual development plan aligned to the BWL WITTW strategy to maximise likelihood of achieving performance targets at Birmingham 2022 CWG.
- 5.5 Adhere to specified travel dates organised by BWL for any overseas training camps
- 5.6 Wear appropriate apparel as specified by BWL at all training camps and squads.
- 5.7 Inform BWL immediately should your preparation or strategy be interrupted in any way, including injury and illness, between point of nomination and the Birmingham 2022 CWG
- 5.8 Submit training and bodyweight information as requested by BWL
- 5.9 Keep selection confidential until an official press release by BWL and Team England has taken place
- 5.10 Continually promote a positive message about the sport in Great Britain & England across all social media platforms

6. Confirmation of Fitness and deselection

Each selected athlete must consistently display performance related behaviours, which provide the BWL Performance team with confidence that they are capable of achieving key performance targets.

The BWL performance team at their discretion reserve the right to deselect any athlete who has otherwise failed to adhere to the terms of this selection policy; who has failed to prove their form or fitness as highlighted below;

- 6.1 Any cause for concern over injury or illness arising from an examination or otherwise will lead to the athlete needing to demonstrate their fitness by undergoing fitness assessment to ensure they are safe to travel.
- 6.2 If an athlete displays behaviour that reflects poorly on BWL, themselves or other selected team members, BWL is entitled to investigate the situation fully. In the event that the actions of the athlete cannot be resolved, negatively affect other selected team members or there is a risk that there will be a negative effect on performance of other individuals or the team at the championships, then BWL may outline an appropriate course of action to resolve the situation or deselect the athlete in question.

7. Selection Panel

The selection panel will be chaired by a member of the BWL England Sub-Committee and will comprise of

- 7.1 Chair of the England Committee (Chair)
- 7.2 International Arena Coach
- 7.3 International Arena Coach
- 7.4 Member of Commonwealth Games England staff (Independent)

Other members of BWL may be in attendance in a non-voting capacity to supply background information and technical or medical information.

All conflicts of interest will be declared. A conflicted individual will not vote on that particular selection but may participate in the general selection discussions, at the discretion of the Chair of the Panel.

In the event of a tied vote the Chair of the Performance Committee will cast the deciding vote.

8. Appeals

Athletes have the right to appeal their non-selection or de-selection in accordance with the "BWL Selection Appeals Policy". A copy can be obtained by contacting the BWL main office. Deadline for submitting appeals is 13:00, 12/02/2020 (subject to change by BWL).

Appendix 1 - Declaration of Interest to compete at the Birmingham 2022 Commonwealth Games

Personal Information

Full Name <i>(as shown on British passport)</i>	
Date of Birth <i>(Day/Month/Year)</i>	
Full Address <i>(kit delivery address)</i>	
Contact number	
Personal Coaches Name & email address	

Weight Category

Please highlight the CWG categories that you wish to be considered for selection in

Commonwealth Games Weight Categories	Women	49	55	59	64	71	76	87	+87
	Men	55	61	67	73	81	96	109	+109

Kit Sizing

Please see size charts below to guide your size choices;

Leggings	T-shirt/Polo	Shorts	Track Top	Track Pants	WL Suit

Please accept this form as a statement of my intent to compete for the England Weightlifting Team at the Birmingham 2022 Commonwealth Games

Athlete Name:

Athlete Signature:

Date:

Please return this form to stuart.martin@britishweightlifting.org by 17:00 on 8th January 2021

Appendix 2 - Annual Progress Rate

To qualify for international competition athletes are expected to demonstrate progress rates which give the selection panel confidence that their performance trajectory is aligned to success at Commonwealth level. Progress rates will be calculated from the best performance recorded at an IWF/EWF/BWL licensed competition 18 months prior to the qualification deadline for the international competition which the athlete is being considered for.

Annual Progress Rate is calculated using the formula;

$$\left(\frac{\text{Best competition performance during Selection Period}}{\text{Best competition performance during 12–15 months prior to the selection deadline}} \right) \times 100 = \text{Progress rate (\%)}$$

Appendix 3 – Average Number of successful lifts made in competition

The BWL Performance program expects athletes to demonstrate an average of >=4/6 successful lifts in the competition environment.

	Snatch 1	Snatch 2	Snatch 3	Jerk 1	Jerk 2	Jerk 3	AVG Success Ratio
Total count	408	408	408	408	408	408	
Good lifts	332	294	224	353	294	185	4.12 / 6 lifts
No Lifts	76	114	184	55	114	223	
Success ratio	81%	72%	55%	87%	72%	45%	68.71%

Data from international Medallists 2009-2019

Athletes should demonstrate the ability to consistently deliver >4/6 lifts in domestic and international competitions with maximal loads (to the rules). In doing so lifters enable arena coaches to take advantage of field of play tactics to maximise athlete ranking.

Athletes should be capable of delivering maximal and near maximal performances a minimum of 4 times per year in-line with Commonwealth Qualification procedures. Success ratio in senior athletes is calculated from each athlete's 4 best competition performances across the 12-months prior to the selection deadline for each competition.

Average number of successful lifts in competition is calculated from the 4 best competition performances in the twelve (12) months prior to the selection deadline. using the following formula;

$$\left(\frac{\text{TOTAL Number of successful attempts in 4 Best competition performances}}{\text{TOTAL Number of attempts in 4 Best competition performances}} \right) \times 6 = \text{Average Success Ratio (/6)}$$