

CPD: The Essentials of Youth Weightlifting

The Essentials of Youth Weightlifting course has been developed in partnership with Rhodri Lloyd and Stephanie Morris from Cardiff Metropolitan University, who provide a wealth of expertise in paediatric strength and conditioning science and have a vast amount of experience working with young athletes in many different sports.

About the authors



Rhodri S. Lloyd is a Professor of Paediatric Strength and Conditioning and Chair and Co-Founder of the Youth Physical Development Centre at Cardiff Metropolitan University. Rhodri is a qualified physical education teacher, an active accredited strength and conditioning coach with the United Kingdom Strength and Conditioning Association (UKSCA) and a Certified Strength and Conditioning Specialist® recertified with Distinction (CSCS, *D®) with the National Strength and Conditioning Association (NSCA). He has authored in excess of 120 research publications, 25 book chapters and three textbooks in the area of paediatric strength and conditioning. Rhodri has received national and international awards for his contributions to research and education in strength and conditioning.



Stephanie J. Morris is a Lecturer in Strength and Conditioning at Cardiff Metropolitan University, where she is also currently undertaking her PhD in the development of youth weightlifting. Steph is a BWL level 1 accredited Weightlifting coach and accredited strength and conditioning coach with both the UK Strength and Conditioning Association (UKSCA) and the National Strength and Conditioning Association (NSCA) and leads the strength and conditioning programme for Welsh Rowing, working predominantly with their GB start athletes. Steph also coaches in the Youth Physical Development Centre based at Cardiff Metropolitan University.