



Europa Host Successful Regional Youth Squad

The Southern Regional Youth squad was held on Sunday 11 October at Europa Weightlifting club in Dartford and this gave youth athletes the chance to experience official BWL coach led weightlifting sessions in the lead up to youth British & English Age Groups online competitions.

The squad was led by BWL Regional Coach and former British Champion Kristian McPhee who focused on the clean and snatch pulling positions as well as performance self-evaluation. Commonwealth Medallist Owen Boxall was also in attendance to support the sessions.

Overall, it was a great success with over 15 youth lifters attending in total across the day in small sessions held to accommodate social distancing guidelines.

The squad was something Europa Weightlifting was happy to take on and took the time to ensure that all COVID-19 guidelines were adhered to and in place for when the sessions took place.

Europa Weightlifting and BWL worked together closely to ensure that the youth lifters were safe and protected throughout the sessions.

All of the coaches were required to wear facemasks during the session for further protection of everyone present and athletes were not allowed to share equipment and had to clean their own before and after training.

Even with the guidelines in place, creating a whole new environment for lifters to experience, the sessions ran smoothly with all the athletes engaging successfully and moving some impressive weights as well.

The event provided the perfect preparation for the Virtual British and English Age Group Championships which are taking place this week.

For more information on how to enter the online Age Group competitions [click here](#).