



**BRITISH
WEIGHT
LIFTING**

Information Pack

It is an exciting time to join British Weight Lifting – the National Governing Body responsible for weightlifting and para powerlifting. We currently have the following vacancy and are looking forward to receiving applications from interested and appropriately qualified individuals.

Role: GB Pathway Coach

Location: International and domestic training camps, competitions, and virtual meetings.

Closing date: 24th July 2025

Interviews: In-person interview, wc 4 August 2025 – Nottingham



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About British Weight Lifting

As the UK's recognised Governing Body for weightlifting and para-powerlifting our role is to inspire a nation of weightlifters and para-powerlifters through exceptional leadership and expertise. We are responsible for the growth and success of weightlifting and para-powerlifting at every level. Our work sees us support a network of weightlifting bodies, clubs and gyms across the UK, as well as the thousands of people actively involved in Olympic and Paralympic weightlifting disciplines. We strive to deliver exceptional training programmes, educational structures and competitions that create opportunities for individuals to participate and excel in our sport.

Overview of Role/Requirements

Role:	GB Pathway Coach
Hours:	up to 55 days
Rate:	£175 per day per day plus travel expenses (catering & accommodation is covered)
Location:	International and domestic training camps, competitions, and virtual meetings.
Responsible to:	Head of Performance

The role requires weekend work, international travel, and overnight stays to support the delivery of training camps and international competitions.

Purpose of the Role:

High-Quality Coaching during Training Camps: Collaborate closely with the Head of Performance to design and lead training sessions, with the support of assistant coaches, and maximise development outcomes through effective coaching.

High-Quality Competition Coaching: Collaborate closely with the Head of Performance to co-ordinate & lead performance planning meetings and maximise performance outcomes through effective coaching in the international arena.

Foster a High-Quality Athlete Experience: Cultivate a high-quality, person-centred environment that prioritises long-term athlete development.

Facilitate Continuous Improvement Through Feedback: Empower athletes and enhance coaching through the utilisation of feedback, ensuring that the support provided aligns with strategic and individual athlete goals.

T: 0113 224 9402
E: enquiries@britishweightlifting.org

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Key Responsibilities:

High-Quality Coaching during Training Camps:

- Design session plans & Lead sessions which align to both athlete development goals and BWLs WITTW Model.
- Provide individualised coaching feedback for technical and physical improvement.
- Monitor athlete progress towards development goals and adapt coaching strategies as needed.

High-Quality Competition Coaching:

- Contribute to strategic competition plans tailored to individual athletes and analysis of international trends
- Lead the coaching team during competitions and provide strong decision making, and tactical and motivational guidance to optimise athlete performance.
- Maximise the squad's potential to achieve performance objectives during 2026
- Lead post-competition reviews to analyse performance and identify areas for improvement

Foster an Optimal Athlete Experience:

- Collaborate closely with other GB coaches and support staff to cultivate a high-quality athlete experience that prioritises the long-term development of GB Youth / Junior / Senior lifters.
- Ensure a consistent, person-centred approach across all training and competition environments.

Facilitate Continuous Improvement Through Feedback:

- Provide regular, constructive feedback via established feedback loops to identify areas for programme improvement, coaching development, and athlete support.
- Collaborate closely with the Coach Development Lead to regularly review and adapt your coaching methodology based on feedback and evolving best practices in athlete development.
- Support the development of assistant coaches

Build professional relationships and role model desirable behaviours:

- Build, develop and maintain professional relationships with key stakeholders including athletes, coaches, support staff and parents.
- Act as a mentor and role model, demonstrating professionalism, integrity, and a commitment in-line with the BWL values, relevant codes of conduct and person-centred principles.



Person Specification

The person specification describes the experience, qualifications, knowledge, skills and abilities that BWL are looking for.

Minimum requirements:

- Must be eligible to work in the UK and a UK resident and possess a valid passport or be able to obtain one prior to 1 September 2025
- Individual must not be currently under disqualification, expulsion, or suspension by all or any of: BWL; the IWF; the EWF, IOC and/or any other body competent and recognised by BWL; or disqualification, expulsion, or suspension under the World Anti-Doping Code.
- An Enhanced DBS check and an up-to-date Safeguarding Certificate
- A Full UK driving licence is desirable

Essential skills/experience are:

- BWL Level 2 Coaching Weightlifting Qualification
- An active BWL Coaching Licence & Membership
- Experience of coaching athletes in international competition within the last 3 years.
- Experience of coaching athletes representing their country Internationally within the last 3 years.
- Experience working in a multidisciplinary team within professional or Olympic sport.
- Ability to build and maintain positive relationships with people from all backgrounds.
- A team player willing to invest time in the development of others.
- Outstanding communication skills written, verbal, and presentation.
- Ability to identify logical solutions to problems and effectively manage priorities in demanding environments.

Desirable skills/experience are:

- BWL Level 3 Coaching Weightlifting Qualification
 - Experience of international travel (with under-18s).
 - Engagement with GB Coach Development Pathway opportunities within the past 3 years.
 - IWF Coaching License
 - WADA ADEL Course Certificate
 - Previous experience of international arena coaching.
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Remuneration & Assistant Coach Journey

The day rate for the position will be circa £175.00 per day for up to 55 days plus travel expenses for camps or competitions.

This role will focus on the combined Women's Youth and Junior programme, the following is an example of the expected Pathway Coach's Journey en route to the 2026 European Youth and European Junior Championships, Camps will be combined but competitions will be separate (dates may vary):

Time-line	Activity	Time
September 2025	GB staff Induction Weekend Annual Operational Planning Meeting	2 days 1 hour
October - November	Induction Camp planning Induction Camp Induction Camp Review Performance Review 1	1 hour 2 days 1 hour 1 hour
January - February	Camp 1 planning Camp 1 Induction Camp Review, Performance Review 2	1 hour 4 days 1 hour 1 hour
March - April	Camp 2 planning Camp 2 Induction Camp Review, Performance Review 3	1 hour 4 days 1 hour 1 hour
3 months out	Team Selection meeting	1 hour
4-6 weeks out (where possible)	Milestone Competition Prep Camp planning Milestone Competition Prep Camp Milestone Competition Prep Camp Review, Performance Review 4	1 hour 7 days 1 hour 1 hour
As determined by EWF	Milestone Competition performance planning meetings Milestone Competition Milestone Competition Review, End of year Review Workshop Performance Review 5	4 hours 10 days 2 hours 2 hours 1 hour

Submission of interest

Please send your proposal highlighting how you would be best placed to fulfil this work including a CV containing your relevant expertise and experience. Your proposal should be sent to Stuart Martin, Head of Performance (Weightlifting), British Weight Lifting, via email: stuart.martin@britishweightlifting.org no later than 24/July 2025.

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Interviews

Shortlisted candidates will be invited to an in-person interview with the Head of Performance, Coach Development Lead, and 1 other member of the BWL Performance / Pathway Coaching Team after the British Championships in Nottingham.

If you have not heard from us within two weeks of the closing date, please assume that your application has been unsuccessful on this occasion.

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