

Subject: Introducing the “Empowering Black Female Champions” BWL Mentorship Programme

Dear BWL Clubs,

We hope this message finds you well. At British Weight Lifting (BWL), we are committed to fostering a more inclusive and diverse weightlifting community, where every athlete has the opportunity to thrive and excel in the sport. To further this mission, we are thrilled to introduce the **“Empowering Black Female Champions” BWL Mentorship Programme.**

About the Programme:

The “Empowering Black Female Champions” BWL Mentorship Programme is a ground-breaking initiative aimed at empowering and supporting female Black athletes in their weightlifting journeys. We believe in the power of mentorship to inspire, guide, and uplift individuals as they pursue their athletic aspirations.

Our Goals:

Empowerment: To empower young female Black athletes to reach their full potential in weightlifting.

Support: To provide guidance, resources, lifestyle and career support and mentorship opportunities that foster growth and development.

Inclusivity: To promote inclusivity and diversity within the weightlifting community.

How It Works:

1. BWL will select a group of dedicated mentors, including experienced coaches, athletes, and experts in the field.
2. Nominated female Black athletes will be paired with mentors based on their goals, needs, and aspirations.
3. The mentorship programme will include one-on-one guidance, personalized training advice, mental preparation support, and access to exclusive resources.
4. Regular check-ins and virtual meetups will facilitate mentor-mentee interactions and goal tracking.

Why Nominate Your Athletes:

- Your club's female Black athletes will have the opportunity to receive invaluable guidance and support from seasoned professionals.
- Mentees will gain access to a supportive community of peers and mentors.
- Participation in the programme can lead to enhanced skills, increased confidence, and improved performance.
- We believe that your athletes have the potential to become champions in the sport, and this programme can help them unlock their full capabilities.

How to Nominate:

To nominate female Black athletes from your club for the “Empowering Black Female Champions” Mentorship Programme, please complete the attached nomination form by **20th of October** and send it to us by email to marcom@britishweightlifting.org

[You can find the form here.](#)

We look forward to receiving your nominations and supporting the next generation of female Black weightlifting champions. If you have any questions or require further information, please do not hesitate to reach out to us at marcom@britishweightlifting.org.

Thank you for joining us in this important initiative. Together, we can make a significant impact on the future of weightlifting.

Warm regards,

British Weight Lifting