

We have created coach training programmes, that produce world-class weightlifting coaches who help to develop medal winning athletes.

This course provides Personal Trainers, CrossFit Coaches and Strength and Conditioning Coaches with the tools to instruct weight training to improve strength and conditioning within all types of sport.

On a My Lifting course you will learn from the best educators and coaches in the sport to become a fitter, stronger, more effective weightlifter.

Technical officials are the referee's that adjudicate lifts, the speakers who drive competitions and the marshalls who manage the team and lifters.

COACHING PATHWAY - OLYMPIC WEIGHTLIFTING	INSTRUCTING PATHWAY - WEIGHT TRAINING	MY LIFTING PATHWAY	TECHNICAL OFFICIALS PATHWAY - OLYMPIC WEIGHTLIFTING
<ul style="list-style-type: none"> <li>• Learn the rules of the sport</li> <li>• Learn about the exclusive BWL Technical Models for the Olympic Lifts</li> <li>• Learn how to coach in line with the BWL Teaching Method for the Olympic Lifts</li> <li>• Learn how to structure a session and programming for Olympic Weightlifting with access to supporting resources</li> <li>• Access to BWL's Long Term Athlete Development (LTAD) plan</li> <li>• Learn more about planning long-term for competition goals and progression of your athlete(s)</li> <li>• Access to be able to apply for the exclusive BWL Coach Licence scheme to coach at official competitions</li> <li>• Learn about key coaching and communication skills</li> <li>• REPS and CIMPSA CPD points available on courses</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how to instruct Weight Training in a gym/fitness/strength and conditioning environment</li> <li>• Covers how to improve general athletic development performance in a wide range of sports using the of the Olympic Lifts and their variations</li> <li>• Learn how to programme Weight Training sessions effectively to support your client's overall goals</li> <li>• Learn how to programme to develop strength and power for other sports</li> <li>• How to plan for a client's long term goal(s) and develop the skills they need</li> <li>• Learn about the exclusive BWL Technical Models for the 26 lifts covered across the pathway including:                             <ul style="list-style-type: none"> <li>• Squats</li> <li>• Deadlifts</li> <li>• Presses</li> <li>• Olympic Lifts and variations</li> </ul> </li> <li>• REPS and CIMPSA CPD points available on courses</li> </ul>	<ul style="list-style-type: none"> <li>• We will teach you how to lift in line with the BWL Teaching Method and how you can use the exercises to improve your lifting performance</li> <li>• Learn about the key technical components to improve your overall lifting</li> <li>• Receive feedback on your own lifts using the BWL Technical Model</li> <li>• Receive advice, hints and tips from BWL's top educators/coaches</li> <li>• Improve your totals in the chosen lift</li> <li>• REPS and CIMPSA CPD Points available on courses</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how to operate in various Technical Officials roles</li> <li>• Move up the pathway at your own pace with new opportunities as you do</li> <li>• Support BWL competitions</li> <li>• Start your journey to becoming an international official</li> <li>• Learn about the rules of the sport:                             <ul style="list-style-type: none"> <li>• The technical officials roles and responsibilities</li> <li>• Bodyweight categories</li> <li>• National qualification totals</li> </ul> </li> <li>• Technical aspects of the Snatch and the Clean and Jerk - what makes a good lift; what makes a no lift.</li> </ul>