

What one question do you want to leave today having answered?

What is the new technical model and what support will be available away from today's presentations that will allow me to implement it effectively when in my club environment?

All BWL Educators have access to the BWL Technical Model on the Educator Help section on BWL's e-learning site (The Platform).

We are currently working on an e-learning course that will be accessible to coaches at Talent Academies.

Explain your rationale behind your answer to question 8 on the quiz?

The question was: When collecting a Technical Series, how do we find Position 2. End of First Pull?

The answer is: Capture the frame where the knee joint reaches maximum degree of extension

The End of First Pull is objectively defined in literature as the point of maximum knee extension. Remember that collecting a technical series is different from defining what is correct or not. It is about capturing things as they are, not as we think they should be.

Are all BWL educators going to need a BWL membership in the near future?

Yes. We will be sending more information out in a future Educator newsletter.

Can we get hold of a PP Slides/pdf/paper based copy of all the technical models in detail?

This is something we are looking into. The overwhelming feedback from the Standardisation/Talent Conference was that Educators and Coaches would benefit from a downloadable resource. Potential options include an e-learning course that features a downloadable PDF and/or an e-book.

How does Talent squad selection work?

Athletes are selected for talent squads based on consideration for age, location, commitment, competition engagement, and pathway ranking. For more information please visit the [England Weightlifting website](#).

Is it a pull or a push?

For coaching purposes, individuals may decide to cue either. BWL has chosen to use the term pull to describe phases 1-3 because it is part of established worldwide common language.

How to use the e-learning platform confidently.

We will be updating the BWL Educator Training/Help sections over the next few months. We hope this will provide all of the support that BWL Educators need!

If the talent academies need to have a L3 qualified coach, will there be some financial assistance?

Unfortunately, until we have developed the Level 3 Coaching qualification it isn't possible to say.

What is BWL's long term goal for educators? Scale?

If we had to summarise our vision in one sentence, it would be: to **make the nation stronger!** With this in mind, we want to produce the best weightlifting/weight training courses in the UK and positively impact the health and fitness of the nation.

To do this, we need a highly skilled, dedicated and passionate team of educators to deliver courses. We want to work with our educators to make sure they are given the support they need to deliver high quality education. This will include closer links with our Performance team so that they can benefit from the latest insight in elite performance.

Scale wise, we need educators to deliver courses across the country. This is becoming increasingly important as weightlifting and general weight training continues to increase in popularity. We have several partnerships with colleges and universities as well as establishments like the Army, Royal Marines and Prison College. It is important that we continue to grow our team of educators so that we can cater for the increased demand in weightlifting education (and make sure we have more people lifting safely and effectively across the country!).

Update plans for prison pathway

We are in the process of creating a new education pathway for the Prison Services. This will see prisoners given the opportunity to engage in weightlifting/weight training activities as part of their rehabilitation.

What contact / support do learners have following the courses? (developing on to next level of course or getting experience etc)

Learners have access to the e-learning Platform for up to 12 months after their courses finish. Long term our vision is to develop the e-learning education that we provide – this will include information on how to use the BWL Technical Model, how to programme effectively and advice for working with young athletes.

Further clarity on use of Arlo and assessment / feedback detail process

We hope that this will have been covered appropriately in the educator section of the Standardisation. We will be updating the Educator Help section online which will have a breakdown of how to use Arlo and best practice relating to the feedback process.

How would you objectively assess technical changes?

Using the BWL Technical Model!

If a coach is effective at consistently capturing images of the key positions (as they appear) then placing images of the same position side by side with appropriate annotations should allow the coach to present technical changes to an athlete. We are working on resources to help coaches present this information.

What investment do we have in the talent pathway, is there an end goal regarding upcoming competitions i.e Paris 2024 etc.

We receive pathway funding from Sport England to fund athletes who are emerging in-line with pathway objectives. Continued receipt of this funding is dependent on demonstrating that a number of English lifters are on-track to qualify for a top 8 finish in the Birmingham 2022 Commonwealth Games (this funding will be reviewed in 2021). We have recently received a small amount of funding from Sport Scotland to support developing Scottish lifters in the same fashion.

Why do people keep squatting

We've heard that it's a sure fire way to get strong legs... can do wonders for the backside too.

Will there ever be a learning to programming element in level3?

Yes! This will be well covered in the Level 3 unit: Long Term Planning and Organisation for Weightlifting.

Is there a BWL coaching forum and are there shared coaching resources available online

Not at the moment. However, this is something that we are hoping to expand on by creating opportunities for Talent Academies to network with each other and by offering more CPD opportunities for coaches across the country. If you have any ideas on what you'd like to see please let us know by emailing courses@britishweightlifting.org!

Is there a way of Bridging the gap between the academic technical points of each lift & common coaching cues used by many of the experienced coaches in the room? As a possible solution would a comprehensive coaching library be worth creating?

As mentioned earlier, we will be developing an e-learning course that covers the BWL Technical Model in more detail.

We probably have to accept that there will not be a quick fix for this. It will rely on us promoting the new Technical Model and making sure it is accessible to coaches in the UK. Equally, it will rely on coaches being willing to engage in the process and helping us to share the insights that can be gained by using the Technical Model.

We are aiming to develop our coaching culture to become a more collaborative one. A culture that is athlete centred. This will take time – but we believe we will get there!

Can coaches attend GB trg camps as observers

Not at present. It is essential to BWL that camps maximise the experience for athletes. We are considering offering shadowing opportunities in the future. However, at the moment we feel that we need to establish a criteria which would allow us to ensure that opportunities to attend National training camps are offered meritocratically.

What happens when tutoring L2 course on the new system but they might have completed the "old" level 1?

Tutors should deliver against the new Technical Model and updated delivery notes. All learners will be able to see the technical changes in the pre-course online learning – so there shouldn't be any excuses on their part!

Where is the biggest gap in research?

In general, there is a lack of modern literature related to elite weightlifters. The majority of weightlifting research is >30 years old which is hard to use as a basis for more modern practices. BWL is interested in 2 key areas:

1. to establish better understanding of good traditional practices and common myths
2. to establish a better understanding of the key performance indicators which underpin weightlifting performance - and how those develop across the course of an athlete's career

Is there access for Educators to get the power points.

We will be uploading information onto the Educator Help section as soon as we can!

what does a complete British weight lifting coach look like to coach at a high level or be considered a high level coach?

At present the criteria for the current cohort of National coaches is that they have developed athletes at or towards the international standard. This has been the historic criteria and is felt to be fairly sound in its principles (because these are the coaches who the country's top athletes are most comfortable being coached by at international competition). However we are always looking to add rigour to our processes.

The Complete British Weightlifter has been the start of this process and the priority in this current cycle so far. Stage 1 has focused on establishing the fundamental qualities of weightlifting performance. Step 2 is focused on exploring the most effective methods for identifying, developing and measuring these qualities considering the constraints of the system.

As we develop our knowledge and understanding of these principles, we hope to increase confidence in our ability to establish who is most effective at implementing them and why.

From this process we hope to be able create a clearer criterion for defining high-level coaching.

We believe that for a great coach to realise their potential and gain recognition for their practice they must have:

- **Capability**
- Opportunity and motivation to gain **knowledge**
- The desire to explore their practice and apply their **learning** to athletes with the right level of potential