



2020 TASS Application (Weightlifting)

Please return this form to stuart.martin@britishweightlifting.org by 12:00, 24/July 2020. Athletes will be informed of the outcome of their application by Friday 14/August 2020 at 17:00.

Essential requirements;

- Athlete must be in full-time Further or Higher education in England
- Athlete should have lifted a total >90% [CWPS](#) for their Age / Weight Category in a BWL Sport 80 Competition between 01/06/2019 – 24/07/2020
- Athlete must be a member of a BWL Pathway Squad
- A current Member of British Weight Lifting and eligible to compete for Great Britain

Desirable requirements;

- Live within 10 miles of an affiliated TASS centre
- History of regular engagement with BWL & TASS support services

Personal information

Full Name	
Date of Birth	
Full Address	
Personal Contact number	
Personal Contact Email	
BWL Membership Number	
Club Represented	

Academic information

Place of Study	
Course Title (HE/FE) and current year of study	
Are you in receipt of a Sport or Academic Scholarship?	
Expected year of Graduation?	

Personal Coach's information

Coach's Name	
Coach's Email Address	

Personal Vision & Mission

Please briefly outline your personal Vision & Mission for both Weightlifting and your future profession;

What is your Vision (no more than 50 words)?

I.e. when you retire from weightlifting what would you like to have achieved?

What is your mission? (no more than 100 words)

I.e. what do you think the journey needs to look like over the next 8 years to help you achieve your vision?

2020-2021 Objectives

Please briefly outline 1-2 Specific objectives for 2020-2021 across each of the following key areas;

What do you need to improve physically to continually improve your performance into 2021?

E.g. Maximal Strength, Explosive Strength, Mobility, Body composition etc.

What do you need to improve about your mindset to continually improve your performance into 2021?

E.g. Decision Making in competition, Coping with pressure, Consistency of Pre-lift routine etc.

What do you need to improve about your Lifestyle to continually improve your performance into 2021?

E.g. Recovery, Planning & Organisation, prioritisation, Nutrition skills, Social support etc

What do you need to improve Technically to continually improve your performance into 2021?

Lift	First Critical Fault (FCF) <i>At what position does the first fault occur</i>	Key Limiting Factor (KLF) <i>Consider What causes this fault to happen?</i>
Snatch	<i>e.g. Heels have lifted at the mid-thigh position</i>	<i>e.g. lacking posterior chain strength to hold position in the transition phase</i>
Clean		
Jerk		

What support do you need from Tass to achieve your objectives by June 2021?

To achieve your physical objectives what support do you need? *E.g. Advice and coaching from a TASS Strength & Conditioning coach to help me develop better posterior chain strength twice per week*

To achieve your mindset objectives what support do you need? *E.g. Support from a TASS Psychologist to develop my understanding of pressure and how I can manage my nerves in competition.*

To achieve your Lifestyle objectives what support do you need? *E.g. Support from a TASS Lifestyle Advisor to help me learn how to plan & organise my time around Sport and Academic pinch points as required.*

Is there any other support might you need from TASS?

What support do you need from British Weight Lifting to achieve your objectives by June 2021?

To achieve your physical objectives what support do you need?

E.g. Advice on what good strength levels should look like as a Senior GBR International Weightlifter.

To achieve your mindset objectives what support do you need?

E.g. Advice on why lifters are expected to make an average of 4/6 lifts to qualify for international competitions.

To achieve your Lifestyle objectives what support do you need?

E.g. Advice and support with Sport specific annual planning.

Is there any other support might you need from BWL?

Sponsorship

If your application is successful BWL may ask for your support with sponsorship events from time to time (Sponsorship contributions support a variety of both domestic and international events within the sport). Please name any personal sponsors and highlight if there are any areas of your sponsorship that could come into direct conflict with current BWL partners;

e.g. Travel, Meal Prep companies, Supplements, Clothing & Footwear etc.