



BRITISH
WEIGHT
LIFTING

Planning & Prioritising Competitions

Creating an annual competition plan

As a military leader once stated, "No plan survives first contact with the enemy." This often proves true for overly detailed plans lacking the flexibility to adapt to the dynamic nature of competitive sport. However, a plan and clear priorities are essential for effective energy management and balancing the demands of sport, life, and academic/professional ambitions



Fail to Prepare, Prepare to Fail

Below are five steps to help you and your support team maximise your potential.

1. **Create a Calendar:** Athletes balancing multiple demands often struggle with performance. Broadly outline your professional, academic, and personal events and activities for the next 12 months and add them to your calendar. Then, incorporate domestic and international competition calendars.
2. **Identify Conflicts:** Look for direct overlaps or closely occurring events and consider their potential impact on each other. If a conflict is likely, rank events based on importance. Consider: (1) Can it be rescheduled? (2) Is it something you have worked towards for a long time? (3) Is it important to someone who is important to you? (4) Are there negative consequences for wider development or qualification if it is missed or your performance is poor?
3. **Prioritise:** . A competition schedule that supports your wider personal development is crucial. External factors can hinder sporting success, necessitating the cultivation of other life areas for fallback options.
 - Consider relationships with family and your support network; while missing the British Championships may be disappointing, missing a close friend or sibling's wedding can strain relationships and long-term support that you need to succeed in weightlifting.
 - Consider clashes with exams or work deadlines, prioritising alternative competitions may be beneficial, allowing for more focused preparation and an increased likelihood of success
4. **Communicate with Your Support Network:** Seemingly insurmountable diary conflicts can often be resolved through early communication with affected parties. Your support network's backing is essential. Early communication enables their input into how you make decisions and respects their involvement in your journey. Their continued support is vital.
5. **Review and Adapt:** Regularly review your plan and be prepared to adapt it as circumstances change. This will help you stay on track and ensure that your priorities remain aligned with your goals.



GB Competition Pathway

In 2019, British Weight Lifting (BWL) analysed the competition experience of Olympic medallists prior to their first Olympic medals. While there was some variation, the average medallist reached this standard within 8-12 years, accumulating 8-12 international competition appearances and 20-30 overall competition experiences across domestic and international events. The following is our recommended model for coaches and athletes to plan their annual training and competition schedule as athletes progress along the GB pathway, ensuring they gain the necessary competitive experience to maximise their potential.

Age / Level	Competitions per year	Priority Event	Secondary Event	Other events
Senior	3-4	World Senior Championships	European Senior Championships	National Senior Championships Major Games Qualification events
Under 23	4	European Senior Championships	European Under 23 Championships	National Senior Championships National Age-Group Championships
Junior (u20)	4-5	European Junior Championships	National Senior Championships	World Junior Championships National Age-Group Championships
Youth (u17)	5-6	European Youth Championships	National Senior Championships	World Youth Championships National Age Group Championships
Youth (u15)	5-6	European u15 Championships	Age Group National Championships	Regional Age-Group Championships Local competitions

Extenuating Circumstances for International competitions

We recognise that things will happen across the course of an athlete's that are outside of their control. Athletes experiencing challenges related to any of the following criteria may apply for Extenuating Circumstances that have affected their ability to meet minimum eligibility criteria (2.0) or minimum qualification standards (3.0) for the event but will not limit their ability to deliver a performance in excess of the MQS (3.0) at this event.

- *Academic, Vocational, Financial limitations, Poor physical wellbeing, Poor mental wellbeing*

Supporting Evidence - The athlete must submit a written request for discretion by email to tara.drake@britishweightlifting.org no later than 23:59 on the last day of the qualification period. The request must clearly outline the individual's request for discretion and should consider the criteria below. (no more than 250 words)

- *A signed and dated supporting statement or evidence from a relevant individual (e.g., Psychiatrist, Doctor, Teacher, Line Manager, depending on the nature of the request). This individual cannot be a relative of the athlete.*

Review Process –The Selection panel as a whole will be presented with the written discretion and asked to consider its relevance prior to the selection discussion (5.0)

Accepted Solutions - If the case for extenuating circumstances is granted the panel can propose any or all the following solutions:

- *The panel can choose to consider historic results recorded prior to the qualification deadline and select the athlete*
- *The panel can choose to extend the qualification period for the athlete to allow them more time to fulfil the necessary qualification criteria that the extenuating circumstances prevent them from demonstrating.*
- *The panel can request that the athlete completes a 'Fitness test' on a defined date, time, and location in the presence of the performance team to demonstrate that they can achieve key performance targets.*



THANK YOU