



Athlete Support Policy

2021/2022

Eligibility for support

1. Athletes must be current members of Weightlifting Wales.
2. Athletes must comply with the WW athlete agreement.
3. Athletes must comply with the WW code of conduct and social media code of conduct
4. Athletes must follow the programme and targets set out and agreed in their performance plans.
5. Athletes must compete in both the Welsh and British National Championships and attend all training camps, squads and competitions as laid out in their performance plans.
6. Where an athlete has clearly demonstrated their ability to meet the support criteria before a period of injury, proof of the injury must be provided to the performance group. The injured athlete must follow the rehabilitation plan as prescribed in their performance plan.

Failure to meet the above criteria will result in a reduction of support or support provision removed.

Selection of lifters on the support Programme

The performance group will select athletes to receive support, using the approved competitive data*

The athlete support policy is subject to change and is reviewed every 6 months.

Elite Criteria

Athletes must achieve the below standards by the below key dates:

26th June 2021 British Championships

11th - 18th August 2021 Welsh Open Virtual 5

February 2022 tbc British Championships

Following Birmingham Commonwealth Games 2022 the elite athlete support will be reviewed.

Female	- 45kg	- 49kg	- 55kg	- 59kg	- 64kg	- 71kg	- 76kg	- 81kg	- 87kg	+ 87kg
	150kg	160kg	178kg	188kg	198kg	208kg	215kg	222kg	227kg	242kg
Male	- 55kg	- 61kg	- 67kg	- 73kg	- 81kg	- 89kg	- 96kg	- 102kg	-109kg	- 109kg
	227kg	260kg	275kg	286kg	302kg	315kg	321kg	327kg	331kg	343kg

Development Criteria

Athletes must achieve 100% of the Commonwealth progression standards* Expressed as Kilograms.

Athlete support is reviewed every six months in September and April.

The previous six months of approved competitive data* will be used to select and review athletes receiving support.

Where a selected athlete does not continue to maintain 100% of the Commonwealth progression standards at the selection review dates, a 6-month period will be provided to allow time for the athlete to progress to the standard, failing which the athlete will be removed from the support

Female Commonwealth Pathway Standards											
Bodyweight Category	Age on 31st December 2019										
	23	22	21	20	19	18	17	16	15	14	13
u40kg (Youth only)							111	107	102	98	94
u45kg	142	137	133	128	124	120	115	110	106	102	98
u49kg	152	147	143	138	133	128	123	118	113	109	104
u55kg	168	163	158	153	148	142	137	131	126	121	116
u59kg	179	174	168	162	157	151	145	139	134	129	123
u64kg	185	179	174	168	162	156	150	144	138	133	127
u71kg	195	189	183	177	171	165	158	152	146	140	134
u76kg	198	192	186	180	174	168	161	154	148	142	137
u81kg	204	198	192	185	179	173	166	159	153	147	141
+81kg (Youth only)							174	167	161	154	148
u87kg	208	202	195	189	182	176					
+87kg	221	215	208	201	194	187					
Required Annual increase in Performance	3%			3.5%			4%				

Male Commonwealth Pathway Standards											
Bodyweight Category	Age on 31st December 2019										
	23	22	21	20	19	18	17	16	15	14	13
u49kg (Youth only)							169	162	156	149	143
u55kg	214	207	201	194	187	181	173	166	160	153	147
u61kg	245	237	230	222	214	207	199	191	183	176	169
u67kg	259	252	244	235	227	219	210	202	194	186	179
u73kg	269	261	253	245	236	228	219	210	201	193	186
u81kg	285	276	268	259	250	241	231	222	213	205	196
u89kg	298	289	280	270	261	252	242	232	223	214	205
u96kg	303	294	285	275	266	256	246	236	227	218	209
u102kg	306	297	288	278	268	259	248	238	229	220	211
+102kg (Youth only)							259	249	239	229	220
u109kg	312	303	294	283	274	264					
+109kg	327	317	308	297	286	276					
Required Annual increase in Performance	3%			3.5%			4%				

Number of athletes receiving support

The amount of support may be changed, or the numbers of athletes receiving support may change or the standard to achieve may be changed, if the number of athletes on the support programme exceeds the amount of investment from Sport Wales.

De-selection / change to support level / removal from support programme

The performance group may de-select athletes from the support programme at any time

Deselection will occur:-

If athletes fail to meet the eligibility criteria

If the athlete has not reached and/or exceeded the support criteria

If the athlete fails to demonstrate progression

If the athlete fails to comply with their athlete agreement and/or performance plan

Level of athlete support

<u>Elite Support</u>	<u>Development Support u17 & u20</u>
<ol style="list-style-type: none">1. £150 per month financial support2. Comprehensive medical insurance3. Travel costs- to and from official events (not including training or domestic competitions)4. £10 per day during training camp5. Travel, accommodation and board at Commonwealth Championships / Training Camps6. Competition clothing and footwear for Commonwealth Games7. Individual performance planning	<ol style="list-style-type: none">1. £500 per year financial support2. Comprehensive medical insurance3. Individual performance planning

***Approved competitive data.**

Weightlifting Wales athlete data base monitors all Welsh BARs registered competitions, all British National championships, Welsh and British representation at international competitions. Where an athlete has competed in a tier 3 event in another home nation it is their responsibility to contact Weightlifting Wales with the results. The relevant scoresheet will then be sourced to update the data base.

*** Commonwealth progression standards**

Standards are based on analysis of medal zones across previous Commonwealth Games with regression from the medal standard based on the progress rates of medal winning UK athletes.