

## Weightlifting Wales Athlete Support Policy 2022/23

### 1. Introduction

This policy is to provide an opportunity for athletes to access financial support from Sports aid providing they demonstrate the potential to contribute towards Victoria 2026 Commonwealth Games and/or future Games. It has been created in line with Weightlifting Wales (WW) [Strategic Plan 2020- 2024](#).

### 2. Athlete Support Package

TIER ONE ATHLETE SUPPORT PACKAGE	TIER TWO ATHLETE SUPPORT PACKAGE
<ul style="list-style-type: none"><li>• Individual performance planning</li><li>• £150 per month financial support</li><li>• Comprehensive medical insurance</li><li>• Claim up to £250 travel expenses related to international competition per financial year</li><li>• Welsh International competitions costs covered</li><li>• 1x GB international competition costs covered per annum (Additional GB internationals will be discussed on a case by case basis and there may be occasions when GB international competitions require a contribution or self-funding)</li></ul>	<ul style="list-style-type: none"><li>• Individual performance planning</li><li>• £100 per month financial support</li><li>• Comprehensive medical insurance</li><li>• Claim up to £150 travel expenses related to international competition per financial year</li><li>• Welsh International competitions costs covered</li><li>• 1x GB international competition costs covered per annum (Additional GB internationals will be discussed on a case by case basis and there may be occasions when GB international competitions require a contribution or self-funding)</li></ul>

2.1 Athlete support package financial benefits are subject to change in line with investment from Sport Wales. These changes will take place on review dates, December, April and October.

2.2 Athletes receiving athlete support will be made aware of any changes following the reviews via email.

### 3. Minimum Eligibility Criteria

To be eligible for an athlete support package, athletes must satisfy the following criteria:

3.1 Athlete must be eligible to compete by nationality for Wales as per the CGF Constitution. This means (in summary):

- Born in Wales;
- Parent was born in Wales;
- Grandparent was born in Wales; and/or
- Continuous residency in Wales (three years).

An athlete declaring nationality eligibility for Wales must provide supporting documentary evidence to the WW Performance Pathway Manager by the end of the qualifying period. Athlete must also be listed under Wales on their British Weight Lifting (BWL) Sport 80 account.

- 3.2 Athlete must be a current member of Weightlifting Wales (WW) and not suspended.
- 3.3 An athlete must not be in dispute with WW, or British Weight Lifting.
- 3.4 An athlete must remain compliant with Anti-Doping procedures and complete all relevant UKAD Education & Training required by Weightlifting Wales.
- 3.5 Athlete must sign the 'WW Athlete agreement'.
- 3.6 Athlete must comply with the WW athlete agreement, including the code of conduct and display appropriate behaviours at all squads, training camps and events in-line with the 'WW Athlete agreement'.

#### 4. Selection Criteria

Weightlifting Wales will select an athlete as per the selection process set out in section 4 below. However, all athletes must meet the minimum standard in section 3.

- 4.1 Athlete must have achieved the relevant 'minimum selection standard' for their category in an approved competition six months prior to the review dates. Athlete support reviews will take place in December, April and October.

Approved Competition data: Weightlifting Wales athlete database 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 database.

- 4.2 Age categories eligible for Athlete support are Senior, Under 23, and Junior.
- 4.3 Minimum eligible age for support is 18 years old.
- 4.4 To be eligible for **ATHLETE SUPPORT PACKAGE TIER ONE** you must have achieved the minimum standard displayed in table 1a and 1b.

**Table 1a**

Tier One Female minimum standard

Bodyweight Category	W45	W49	W55	W59	W64	W71	W76	W81	W87	W87+
Total (kg)	149	159	176	187	194	204	207	214	218	232

**Table 1b**

Tier One Male minimum standard

Bodyweight Category	M55	M61	M67	M73	M81	M89	M96	M102	M109	M109+
Total (kg)	224	257	271	282	299	312	318	321	327	343

4.5 To be eligible for **ATHLETE SUPPORT PACKAGE TIER TWO** you must have achieved the minimum standard for athlete age and weight category displayed in Tables 2a and 2b.

**Table 2a**

Tier Two Male minimum standard is 100% of the Commonwealth Pathway Standard

Age 31 December						
Age	Senior & 23	22	21	20	19	18
Bodyweight						
u55kg	214	207	201	194	187	181
u61kg	245	237	230	222	214	207
u67kg	259	252	244	235	227	219
u73kg	269	261	253	245	236	228
u81kg	285	276	268	259	250	241
u89kg	298	289	280	270	261	252
u96kg	303	294	285	275	266	256
u102kg	306	297	288	278	268	259
u109kg	312	303	294	283	274	264
+109kg	327	317	308	297	286	276

**Table 2b**

Tier Two Female minimum standard is 100% of the Commonwealth Pathway Standard

Age 31 December						
Age	Senior & 23	22	21	20	19	18
Bodyweight						
u45kg	142	137	133	128	124	120
u49kg	152	147	143	138	133	128
u55kg	168	163	158	153	148	142
u59kg	179	174	168	162	157	151
u64kg	185	179	174	168	162	156
u71kg	195	189	183	177	171	165
u76kg	198	192	186	180	174	168
u81kg	204	198	192	185	179	173
u45kg	208	202	195	189	182	176
u49kg	221	215	208	201	194	187

## 5 Selection Process

The WW selection panel will convene to select athletes for athlete support during January 2022 (subject to change by WW).

5.1 The maximum number of athletes to be supported is dependent on investment received from Sport Wales.

5.2 The selection process will be conducted by the Weightlifting Wales selection panel, who will be provided with the following supporting information:

Athlete Support Policy  
Reviewed December 2022

- WW athlete database of eligible Welsh athletes for each age and weight category
- Selection Policy Criteria
- Male Commonwealth Pathway Standards
- Female Commonwealth Pathway Standards

5.3 If the total number of athletes eligible for selection using the criteria in (4.2) is greater than the amount of support available (4.1), the selection panel at their discretion reserves the right to select the athletes who demonstrate the greatest potential at the following events (in order of priority) Victoria 2026 Commonwealth Games and 2030 Commonwealth Games. The following criteria are to be considered:

- 5.3.1 Competition results
- 5.3.2 Engagement with Training Squads and performance reviews
- 5.3.3 Progression trajectory

## 6 Performance Selection Panel

The Performance selection panel will (subject to illness or other legitimate reason for absence) be chaired by the Chair of the WW Performance Sub Committee and comprise of:

- Board Director and Performance Sub Committee Group (Ross Miller) CHAIR
- Board Director and Performance Sub Committee Group (Nathan Stephens)
- Board Director and Performance Sub Committee Group (Joanne Calvino)
- WW Strategy & Development Manager (Simon Roach)

WW Performance Pathway Manager (Ania Negele) NON-voting capacity will present documents and data to the panel.

Other members of WW may be in attendance in a non-voting capacity to supply background information and technical or medical information.

- WW Development Officer
- WW Sport Science & Medical personnel
- WW Team Manager for Event

A written summary of the notes from this meeting will be recorded and available to an athlete on request in the event an athlete wishes to consider appealing the selection panel's decision.

Athletes will be informed by email of the selection decision via email.

All conflicts of interest will be declared. A conflicted individual will not vote on that selection or be permitted to contribute to discussions unless their views are specifically requested by the Chair of the Selection Panel.

In the event of a tied vote, the Chair of the Performance Sub Committee will cast the deciding vote.

## 7 Conditions of Selection

Once selected, all athletes must maintain all the following conditions of selection, (and failure to do so may result in withdrawal of support at the discretion of the selection panel):

7.1 Abide by the WW Athlete code of conduct

7.2 Fully comply with the athlete agreement

7.3 An athlete must remain compliant with Anti-Doping procedures

7.4 Complete any additional anti-doping education that is necessary to maintain eligibility to compete

7.5 Work with the performance team to agree performances plans

7.6 Wear appropriate apparel as specified by WW at all camps, events, and competition

7.7 Inform WW immediately of any injury and illness

7.8 Attendance at squads and camps is compulsory. In unforeseen circumstances where athletes are unable to attend, they must communicate non-attendance sufficiently. Repeated non-attendance may lead to the athlete having their athlete support removed.

7.9 If an athlete does not continue to maintain the minimum qualification standard on 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 support will be removed.

7.10 It is an athlete's responsibility to carefully read the WW 'athlete agreement' and fully comply with the requirements of these legal documents regarding advertising their sponsors. Failure to do so could result in the removal from the athlete support package. WW recognise that Athletes may have sponsors who support them, where these sponsors have asked to be promoted by the athlete following their selection, we recommend they contact the WW Performance Pathway Manager to discuss any potential conflicts with current or potential partners.

7.11 The Selection panel under the advice of the WW Performance team reserve the right to withdraw athlete support for any athlete who fails to adhere to the terms outlined in this selection policy & the 'WW athlete agreement'.

7.12 If an athlete displays inappropriate or unacceptable behaviour that reflects poorly on WW, themselves or other selected team members, WW is entitled to investigate the situation fully. If the actions of the athlete cannot be resolved, then WW may outline an appropriate course of action to resolve the situation, which may include informal or formal disciplinary action.

If WW concludes that an athlete has been found not to have met the above criteria for continued selection, the selection panel at their discretion reserves the right to:

- Remove athlete support package from the athlete
- set further conditions of selection
- request further assessment of health & fitness.

A deselected athlete will be entitled to appeal the decision and provide written representation in accordance with the WW appeals procedure (8.0).

## **8 Appeals**

Athletes have the right to appeal their non-selection in accordance with the “WW Appeals Procedure”. A copy can be requested from Weightlifting Wales.

In addition, athletes have the right to appeal if they have their athlete support withdrawn in accordance with the “WW Appeals Procedure”. WW reserves the right to withdraw funding from athletes if sufficient evidence exists to suggest that an athlete is not meeting the conditions of this selection policy. WW will give athletes a minimum of 72 hours to notify WW of their intention to appeal their withdrawal from the athlete support package.

## **DEFINITION OF KEY TERMS**

**Approved Competition 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.

**British Weight Lifting (BWL)** National Governing Body for Weightlifting and Weight Training in the UK

**Commonwealth Games Federation (CGF)** The organisation which governs the Commonwealth Games

**Commonwealth Pathway Standards (CWPS)** 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. Totals are displayed by age and weight categories.

**Sport Wales** – Funding organisation that provides funding to support grassroots and the development of elite sport pathways in Wales for athletes who demonstrate potential to win medals at the Commonwealth games