



2022 Weightlifting Wales Development Squad

Development Squad Selection Policy

Introduction

This document provides detail on the process by which Weightlifting Wales will select athletes for the Welsh Development Squad.

The policy has been constructed by the Weightlifting Wales staff and approved by the Performance sub-group.

The development team, the Performance Manager and a director of the performance subgroup will only select those athletes that have reached the selection criteria stated below.

Aim

The selection policy has been created in line with Weightlifting Wales strategic aim of developing talented athletes to work towards becoming elite. The criteria has therefore been structured to select a team with the following aims:

- To provide every opportunity to the developing Welsh athletes to gain experiences as a person and athlete to aid future progress.

Athlete Eligibility

The Development squad will consist of youth and junior athletes.

All athletes must be eligible by nationality for Wales as per the CGF Constitution. Each athlete must either have been:-

- Born in Wales;
- Have a Welsh parent; or Welsh Grandparent or
- Have been granted Welsh residency

Selection criteria

1. The 2022 Development squad will be selected using approved competitive data*
2. The athletes selected for the Development Squad will be reviewed twice per year. In January and July.
3. From January 2022, the previous six months of data will be used to select and review the squad.
4. Athletes will be selected when 85% of the Commonwealth progression standards* have been met in the previous six months of each selection review date.
5. Where a selected athlete does not continue to maintain 85% or higher 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 squad.
6. All athletes must be members of Weightlifting Wales and adhere to the Weightlifting Wales code of conduct.
7. All athletes are expected to attend all squads and camps.

8. In unforeseen circumstances where athletes are unable to attend, they must communicate non-attendance sufficiently. Repeated non-attendance may lead to the athlete being removed from the squad.

Selection process

The Weightlifting Wales development group, Performance Manager and one director from the Performance group will select and review the Development squad.

Ross Miller (Board Director), Simon Roach (Strategy & Development Manager), Ray Williams (Performance Manager), Christie Williams (Regional Development Officer), Ania Negele (Regional Development Officer).

2022 selection takes place twice per year in January and July.

*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.

Female Development Squad Standards Age on 31st December							
Bodyweight Category	19	18	17	16	15	14	13
u40kg (Youth only)			94	91	87	83	80
u45kg	105	102	98	94	90	87	83
u49kg	113	109	105	100	96	93	88
u55kg	126	121	116	111	107	103	99
u59kg	133	128	123	118	114	110	105
u64kg	138	133	128	122	117	113	108
u71kg	145	140	134	129	124	119	114
u76kg	148	143	137	131	126	121	116
u81kg	152	147	141	135	130	125	120
+81kg (Youth only)			148	142	137	131	126
u87kg	155	150					
+87kg	165	159					

Male Development Squad Standards Age on 31st December							
Bodyweight Category	19	18	17	16	15	14	13
u49kg (Youth only)			144	138	133	127	122
u55kg	159	154	147	141	136	130	125
u61kg	182	176	169	162	156	150	144
u67kg	193	186	179	172	165	158	152
u73kg	201	194	186	179	171	164	158
u81kg	213	205	196	189	181	174	167
u89kg	222	214	206	197	190	182	174
u96kg	226	218	209	201	193	185	178
u102kg	228	220	211	202	195	187	179
+102kg (Youth only)			220	212	203	195	187
u109kg	233	224					
+109kg	243	235					

1. All qualifying standards are expressed in kilograms (kg)
2. The relevant total must be achieved during the Selection period outlined above
3. The standards shown are 85% of British Weight Lifting Commonwealth Progression Standards.