

Future Coaches of Wales Programme

Application

**Student Details**

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| Name: | Date of Birth: |
| Address:Post Code: |
| Email: |
| Mobile: |

**Emergency Contact**

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| --- | --- |
| Name: | Relationship: |
| Address:Post Code: |
| Mobile: |

**Education and Qualifications**

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| Institute | Qualification | Year obtained |
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**Statement from candidate**

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| Briefly describe what has influenced your choice to take part in Weightlifting, your professional aspiration and why you are interested in this programme?Please continue page 4 if there is no space. |
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**Statement from Licenced Club Coach**

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| Briefly describe why you believe the candidate is best suited for this programme? |
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**Criteria**

Have a valid WW/BWL membership.

Be a member of an affiliated club or academy.

Actively coaching or aspiring to actively coach at a club or academy.

Attend all meetings / events linked to the programme.

During the year you are expected to attend 3 weekends or day sessions depending on COVID restrictions.

Complete work by a given deadline.

Provide support at your local club by assisting the L2 coach in sessions (one per week).

Ensure a coach licence is in place once appropriately qualified.

Check-ins will be organised between you and a Weighlifting Wales member of staff you are required to attend.

You will be invited to attend development squads to assist the Welsh Coach.

To be able to work on your own initiative, be organised and arrange your coaching sessions at home.

**Timeline**

Course duration 1 year.

3 weekends consisting of 2 days, Friday, and Saturday.

4-month window to complete L1 Assistant Coach.

4-month window to complete L2 Weightlifting Coach.

2-month window to complete L2 Technical Official (TO).

During the weekends we will cover topics such as UKAD, programming, coaching youth athletes and coaching female athletes.

For those who are already qualified we require proof of qualifications and licencing. You will be able to attend the full weekends for CPD.

**Completion**

Once the course has been completed you will be required to use the qualifications in competition settings for example, completing a TO role at a Academy Open or Welsh Championships.



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| Briefly describe what has influenced your choice to take part in Weightlifting, your professional aspiration and why you are interested in this programme?**Continue from page 2**. |
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