

WINTER 2021

WEIGHTLIFTING WALES NEWSLETTER

RAISE THE BAR

In January 2021 Weightlifting Wales will be launching a project to deliver free 6 week introduction to Youth Weightlifting and Strength training at participating academies in Wales.

The project is designed for young people between the ages of 12 - 16 and will give participants the opportunity to:

- Learn new skills
- Enjoy working with others and make new friends
- Build Strength
- Develop mobility and conditioning
- Learn how to lift safely
- Improve long-term physical and mental health.

The focus is on enjoyment, working with others, making new friends, learning how to lift and building strength.

This is a Welsh Government funded project as part of the Winter of Wellbeing Programme.

The Raise the Bar project will be delivered by the following Weightlifting Wales academies:

- SA1 Weightlifting (Swansea)
- Coleg Sir Gar (Llanelli)
- Evofit (Crosshands)
- Dragon Athletic (Cardiff)
- Strength Academy Wales (Haverfordwest)
- Holyhead and Anglesey Weightlifting & Fitness Club (Holyhead)

Find out more on the WW website: www.weightlifting.wales/news/raise-the-bar-wales

£

**RAISE THE BAR
LAUNCHES IN
JANUARY 2021**

**COMMONWEALTH
TEAMS REDIRECT
FOCUS TO WELSH
CHAMPS 2021 AND
BRITISH CHAMPS
2022**

**WW FINALISE NEW
UKAD STRATEGY
FOR 2022**

**WW PARTNER WITH
THE WELSH SPORT
ASSOCIATION IN
#SAFEINSPORT
CAMPAIGN**



COMPETITIONS

Commonwealth Champs

A decision was made on Wednesday 1st December by the board and senior staff to withdraw Team Wales from the Commonwealth Championships, due to the increasing risks and concerns surrounding the COVID pandemic, particularly due to the new Omicron variant.

The health and wellbeing of the full team of lifters and staff is the number one priority and the decision was made with the best interests of the team in mind.

Welsh Champs 2021

The first Welsh Senior Championships since 2019 took place at Bangor University on 11th December. WW also welcomed members of the English team who also did not attend the Commonwealth Championships this month, to lift as guests in the competition. The competition was a huge success, with Welsh and British records being broken in multiple groups.

Results of the competition can be found here on the WW website. www.weightlifting.wales

Thank you as always to our fantastic team of volunteers and loaders who work tirelessly to deliver a high standard event for the competitors to enjoy!



"Focus for lifters will now look towards January's British Championships, where I am sure everyone will perform well, working towards securing a spot at the Commonwealth Games."
- Gareth Evans,
Athlete
Representative



WW PARTNER WITH WELSH SPORT ASSOCIATION IN #SAFEINSPORT CAMPAIGN

Safeguarding is one of the most important aspects of sport; everyone should feel safe in sport.

From the 23rd November to the 3rd of December, Hockey Wales and Weightlifting Wales, in partnership with the Welsh Sport Association, ran the #safeinsport campaign.

The aim was to remind all clubs and NGBs of their role in keeping their members safe, and to provide tips and advice to help improve safeguarding procedures. The topic for each day will correspond to one of the letters in SAFE IN SPORT.

The WSA has always been passionate about safeguarding in sport, offering the fully bilingual DBS checking service to ensure sport and physical activity is safe for everyone to enjoy.

The WSA also offer safeguarding templates and resources for NGBs and clubs to access in order to support their safeguarding procedures.

[You can find more information on safeguarding on the WW website](#)



ANTI DOPING INFORMATION

UKAD Assurance Framework

Following the publication of the new UK Anti-Doping Assurance Framework in April 2021, the Weightlifting Wales board of directors re-confirmed the National Governing Bodies adoption of the UK Anti-Doping rules in full and without amendment.

100% of the UKAD Assurance Framework requirements have now been met, with WW going above and beyond the mandatory requirements in some areas.

Further details can be found here: [VIEW](#)

As an athlete, it is your responsibility to ensure you are compliant with anti-doping rules, even if you are under the age of 18. [Be sure to check the changes to the 2022 Prohibited list for athletes, for more information about anti-doping, take a look on the WW website \[www.weightlifting.wales/anti-doping\]\(http://www.weightlifting.wales/anti-doping\)](#)



FUTURE COACHES PROGRAMME

Weightlifting Wales has enrolled future coaches onto this new programme which will be delivered throughout 2022 with several residential training weekends and mentoring for the coaches involved. The programme supports passionate individuals with aspirations to inspire individuals to take up the sport, improve health and nurture champions. [Read More...](#)

DEVELOPMENT PATHWAY

Work is being carried out with Sport Wales, the Welsh Institute of performance Science and Assistive Technologies Innovation centre at University of Wales, to create the best structure and a thriving environment for the talented lifters in Wales to reach their potential. A full annual programme has been planned for 2022.

<https://weightlifting.wales/development-pathway>

NEW STRENGTH & CONDITIONING COURSE-BANGOR UNIVERSITY

Bangor University, the home of Weightlifting Wales, have announced an exciting new academic programme in Bsc Strength and Conditioning.

Further information here

<https://weightlifting.wales/news/bangor-university-announce-a-new-strength-and-conditioning-course>

RETURN TO IN-PERSON EVENTS

The Welsh Age Groups, held at Caerphilly Barbell and the Welsh Senior Championships at Bangor University, the first in-person events in Wales post Covid lockdowns, were very successful with the NGB delighted to see athletes competing back on the platform.

Results may be viewed here

<https://weightlifting.wales/competition-results-and-welsh-records>



CHAIR 2021 ROUND UP

After a successful 2021 Welsh open competition held in Bangor University last weekend a feeling of getting back to normality could be excused. Unfortunately, we are reminded of the severity of the Covid pandemic. Several teams made the decision to withdraw their athletes from the Commonwealth Championships and World Championships being held in Uzbekistan earlier this month, due to the risks of travelling during this stage of the pandemic. There looks to be tighter restrictions in early 2022. These circumstances add to the qualification pressures for CG22 athletes, however the standard and resilience of Weightlifting Wales's qualification hopefuls will I am sure assist them in their goal of attending Birmingham in July.

WW has continued to support athletes, coaches and members throughout 2021 and I would like to thank these individuals for the support WW has received in return. An NGB is nothing without its membership! To see gains on a platform earlier this year after many months of isolated training emphasises the dedication to the sport of weightlifting from its members. Thank you.

With some relatively new initiatives in 2022 the WW academies will be supporting not only members but communities in which these academies are situated. Bringing strength training to different community groups will benefit individuals while raising the profile of WW.

It only remains for me to thank everyone associated with Weightlifting Wales. The work and resilience shown by all is incredible and highlights the comradeship and friendship within the sport of Olympic Weightlifting.

May I wish you and your loved ones a safe and healthy holiday season and a very Happy New Year.










Nadolig llawen a blwyddin newydd dda.

*THE WORK AND
RESILIENCE
SHOWN BY ALL
IS INCREDIBLE
AND
HIGHLIGHTS
THE
COMRADESHIP
AND
FRIENDSHIP
WITHIN THE
SPORT OF
OLYMPIC
WEIGHTLIFTING*



**Merry Christmas
& A Happy New Year!
from the WW Team!**

WHATS COMING UP?

-  29th- 30th January - British Championships & British Masters Championships - Derby Arena
-  12th - 13th February - Welsh Age Groups & Welsh Open - Bangor University
-  5th March - Academy Open - Participating Academies
-  5th March - Academy Open - Participating Academies
-  7th May - Academy Open - Participating Academies
-  18th - 19th June - Welsh Open - Bangor University
-  28th July - 8th August Commonwealth Games 2022 - Birmingham
-  8th October - Academy Open - Participating academies
-  6th November - Welsh Seniors & Welsh Open - Haverfordwest

UPDATES

Be sure to ensure you are up to date with the changes to the WADA prohibited list

[VIEW LIST](#)

TRAINING OPPORTUNITIES

[Safeguarding Adults in Sport& Activity Training 11th JANUARY](#)

[Safeguarding Adults in Sport& Activity Training 16th JANUARY](#)

[Time to Listen Online \(Safeguarding, WSA 8TH MARCH\)](#)



Weightlifting Wales



@WelshWeightlift



@welshweightlift



Weightlifting Wales

