

WW has continued to make good progress against the objectives laid out in the Strategy.

Participation and membership

There has been a very positive increase in participation numbers. Memberships inclusive of athletes, coaches and technical officials have continued to increase since the pandemic.

In 2022 memberships were at the 200 mark. Through 2023, the figure is moving towards the 300 level, currently totalling at 280.

There have been healthy increases in the adult membership and within the younger age group categories. Many factors are supporting membership development, including the raise the bar scheme, the good work being carried out at licensed clubs and academies, increased levels of Be Active Wales funding and the developing events programme.

Club funding

Several new clubs have been supported by WW to gain their club licence. Many other clubs and academies have been supported in applying for Be Active Wales funding, providing coach education and weightlifting specific equipment.

In 2022-2023 WW supported a total of £17k successful funding applications for licensed clubs based in both North and South Wales

And in the current year WW has supported an allocation of almost £90k Be Active Wales funding for clubs and academies.

Facility Development

Two Academy centres have accessed separate funding, outside of Sport Wales for facility development. SAW in partnership with Pembrokeshire Leisure, relocated into the newly built 5.8 million project at the Pembrokeshire Sports Village and Llanelli Weightlifting Academy in partnership with Coleg Sir Gar, relocated into a large multipurpose hall, with a 100k investment from Coleg Sir Gar, creating their new Weightlifting facility.

Events

The events programme is continually developing, with competitions that are open to all, for various abilities and ages; and also higher level competitions with qualifying totals in place.

WW is fortunate, that many Academy centres have the capability to host a range of events, from local to National competitions and also Regional and National training days/camps.

Academy open competitions have been providing affordable and local opportunities for athletes to enter tier 3 events; offering excellent openings to gain competition experience and to benefit from the enjoyment of lifting in a community setting.

Our competitions continue to be very well supported by Welsh volunteer Technical Officials and officials from other home nations.

An on-going collaboration with Colegau Cymru and Coleg Sir Gar will continue a Welsh inter-college modified weightlifting event, establishing a route for further education learners to compete in our sport at a participation level.

Academy programmes

The successful Raise the Bar programme, continues to see high participation numbers. The project provides free provision for 11-16 year olds to access Weightlifting and strength training activities. Along with supporting physical activity the programme supports social and emotional wellbeing, there is focus on enjoyment and social interaction.

The raise the bar programme has benefited the health and wellbeing of many young people, it has raised the profile and highlighted the benefits of Weightlifting and has added a route into the WW pathway.

Other academy programmes for the elder generations are being planned, modelled on the nifty 60's at HAWFC and the Age Well programmes at SAW.

Safeguarding

Throughout 2022 and currently, a great deal of time and work has been committed to developing Safeguarding. WW has been supported by the Child Protection in Sport Unit, Sport Wales and Anne Craft Trust, working towards the NGB L2 Safeguarding standard.

Areas of development include and by no means exhaustive : -

Reviewing and updating Policy and procedures.

Codes of Conduct reviewed and tested with a range of members.

Recruitment policy developed.

Case management processes developed.

Raising awareness through various forms of communication targeting coaches, clubs, athletes, u18's, club welfare officers and parents.

Updated compliance for licensed clubs, Club welfare officers, coaches and technical officials.

Developing Safeguarding collaborations with NSPCC, Child Protection in Sport Unit, Anne Craft Trust, BWL, SW, WSA.

Training opportunities for a variety of members, coaches, TO's, club welfare officers, staff and directors.

Safeguarding is of the utmost importance and the development is ongoing.

UKAD and EDI implementation plans

Other areas of work which continue to be developed include fulfilling the UKAD Assurance Framework and it's 22 requirements and also implementing the Equality, diversity and

inclusivity implementation plan, with projects for the wider community, reaching more people, removing barriers and making the sport accessible to all.

DSW

There has been further collaboration with Disability Sport Wales, hosting pathway and performance HUB training days. Providing strength and conditioning opportunities for DSW athletes and new athletes entering the pathway; and also raising the profile of Para Powerlifting.

National Wellbeing Survey

On a final point, WW has collaborated with Talent Pathway iD Ltd to develop and launch a National Wellbeing Survey.

The survey is being used to understand the broader health and well-being impacts of weightlifting and strength activities across the WW community. Insights collected will help WW to modify programmes to cater better for the needs of the community.

We would encourage WW members, licensed clubs and members of clubs to complete the survey, which may be accessed via the WW social media channels and the website.