



Athlete Support Policy

2018/19

Approved: July 2018

Review: April 2018

Introduction

Weightlifting Wales is the only Home Nation to provide a support programme to both developing and medal winning athletes. Four tiers of support aid Welsh athletes to develop and reach their full potential.

Dependant on funding tier, there is an elite level of support available via Sport Wales performance practitioners, athlete support is arranged and agreed by WW performance staff.

All athletes follow a performance plan, which is set out and agreed by WW performance managers, specific goals must be reached to maintain support from this policy.

A number of athletes receive financial support which aids their performance lifestyle.

Eligibility for support

1. Athletes must be current members of Weightlifting Wales
2. Athletes must comply with the athlete agreement
3. Athletes must follow the programme and targets set out and agreed in their performance plans
4. Athletes must compete in the Welsh National Championships and attend all training camps, squads and competitions as laid out in their performance plans
5. Where an athlete has clearly demonstrated their ability to meet the support criteria before a period of injury, proof of the injury must be provided to the performance group. The injured athlete must follow the rehabilitation plan as prescribed in their performance plan

Failure to meet the above criteria will result in a reduction of support or support provision removed.

Selection of lifters on the support Programme

The performance group will select athletes to receive support. Athlete support approved via the Weightlifting Wales Chairperson.

Number of athletes receiving support

The amount of support may be changed and/or the numbers of athletes receiving support may change; If the number of athletes on the support programme exceeds the amount of investment from Sport Wales.

De-selection / change to support level / removal from support programme

The performance group may de-select athletes from the support programme at any time

Wales Weightlifting Federation Ltd

Athlete Support Policy

Wales Weightlifting Federation Ltd, Canolfan Brailsford, Ffriddoedd Road, Bangor, LL57 2EH

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<http://www.weightlifting.wales/> Tel: (01248) 388194

Deselection will occur:-

If athletes fail to meet the eligibility criteria

If the athlete has not reached and/or exceeded the support criteria

If the athlete fails to demonstrate progression

If the Athlete fails to comply with their athlete agreement and/or performance plan

<u>Tier one</u>	<u>Tier two</u>	<u>Tier three</u> <u>Upper age category U23*</u>	<u>Tier four</u> <u>Upper age category U23*</u>
Medal Winning athletes.	Athletes working towards medal winning.	Development 1.	Development 2.
3% performance increase of best total over the period prescribed on the IAP (Individual Athlete Plan).	3% performance increase of best total, annually.	Continual progressive improvement in line with IAP (Individual Athlete Plan)	Continual progressive improvement in line with IAP (Individual Athlete Plan)
£4000.00 funding	£2500.00 funding	Developing athletes with the potential to qualify for International events**	Developing athletes demonstrating the necessary qualities for future potential and ability to qualify for International events**
Weightlifting Wales funding contribution towards GB Internationals	Weightlifting Wales funding contribution towards GB Internationals	£1000.00 funding	Weightlifting Wales funding contribution towards GB Internationals
Sport Wales performance support as directed and agreed by both WW and SW	Sport Wales performance support as directed and agreed by both WW and SW	Weightlifting Wales funding contribution towards GB Internationals	Weightlifting Wales funding contribution towards GB Internationals
Weightlifting Wales performance support	Weightlifting Wales performance support	Weightlifting Wales performance support	Weightlifting Wales performance support
Up to £250.00 travelling expenses	Up to £250.00 travelling expenses		

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The athlete support policy is subject to change and is reviewed every six months.

*The upper age category for tier three and four athlete support is set at U23, under special circumstances a talent transfer athlete at the senior category may be considered by the performance group.

**European and World Championships