

## **AWF High Performance Squad Program**

The AWF Board of Directors, in adopting the High Performance Plan (HPP) for 2019 to 2022, has initiated a new squad system to provide a supported pathway to achieve superior international performance outcomes. In the HPP, the AWF has made the determination that winning Gold Medals at the Birmingham 2022 Commonwealth Games (B2022) is first among the AWF's High Performance priorities and the establishment of the squad structure and membership criteria signals the progression towards achieving this goal.

The AWF Squad structure comprises four levels:

1. AWF Super Squad
2. AWF National Squad
3. AWF Junior Squad
4. AWF Youth Squad

The initial Squads will be formed on 1 June 2019 and the first Squad review period will commence at this date. All Squads will be reviewed every six months.

### **AWF Super Squad**

The purpose of the Super Squad is to provide support and guidance to those lifters who are identified as having a strong potential to win Gold Medals at the Birmingham 2022 Commonwealth Games.

To optimize the lifters' ability to convert this potential, Super Squad membership entails the provision of Direct Athlete Assistance (DAS) and other resources to Super Squad members.

Membership of the AWF Super Squad is based on six (6) month periods. Each Squad member's performance during the six-month period will be reviewed by the AWF High Performance Commission (HPC) and those athletes who demonstrate progress will remain in the Squad for the next six months.

The criteria to be considered for Super Squad membership are as follows;

1. Squad members must have accomplished an A Grade total in a sanctioned IWF/ AWF official competition between the dates of 8th December 2018 and 31<sup>st</sup> May 2019 inclusive.
2. Squad members must have a performance profile that demonstrates they have progressed towards a B2022 Gold Medal winning performance over the past twelve months.
3. Members must currently be registered in ADAMS and maintain compliance with all anti-doping rules and regulations including the provision of Athlete Whereabouts Information.
4. Squad members must be Australian citizens.
5. Squad members and their personal coaches must agree in collaboration with the HPC to have an Athlete Performance Plan (APP), which contains as a minimum agreed competitions and training camps.

6. Squad members must attend AWF Training Camps.
7. Squad members must take part the Athlete Monitoring System (AMS).
8. Squad members must agree to participate in CGA/AOC/AWF/OWF/IWF promotional activities if required.
9. Squad members must agree to immediately inform the HPC of any injuries or other health problems as soon as they occur.
10. Squad members must sign the AWF Athlete and Team Agreements.

#### Benefits of Super Squad Membership

Squad members will receive \$1000 per month in Direct Athlete Assistance (DAS).

Whilst a member of the Super Squad, if a lifter improves their best Total within the six-month membership period, they will receive a \$250 bonus.

Squad members who set a National Senior record for Snatch and/or C&J and/or Total in recognized IWF or AWF official competitions will receive a \$100 bonus for each type of record, i.e. 3 bonus payments maximum/competition. If the records are accomplished in international competition the bonus will increase to \$150.

#### Other

If a Squad member does not achieve progression in performance over the 6-month squad membership period, DAS payments may cease. Before making such a determination, the HPC may consider the athlete's injury status.

Where the AWF applies funding to an AWF Team, Super Squad members who are selected in that team may be eligible to receive funding. Non-acceptance of Squad membership will not affect an athlete's selection for national teams but may affect their eligibility to receive funding from the AWF.

All Super Squad members will co-operate with State High Performance coordinators and the AWF High Performance Commission.

### **AWF National Squad**

The purpose of the National Squad is to provide support and guidance to those lifters who are identified as having a strong potential to represent Australia at the Birmingham 2022 Commonwealth Games (B2022).

To optimize the lifters' ability to convert this potential, squad membership entails the provision of resources to National Squad members.

Membership of the AWF National Squad is based on six (6) month periods. Each Squad member's performance during the six-month period will be reviewed by the AWF High Performance Commission (HPC) and those athletes who demonstrate progress will remain in the Squad for the next six months.

The criteria to be considered for National Squad membership are as follows;

1. Squad members must have achieved as a minimum a B Grade total in a sanctioned IWF or AWF competition within the period of 8<sup>th</sup> December 2018 and 31<sup>st</sup> May 2019, inclusive.
2. Squad members must have a performance profile that demonstrates they have progressed towards a B2022 gold medal winning performance over the past twelve months.
3. Squad members must be registered in ADAMS and maintain compliance with all anti-doping rules and regulations including the provision of Athlete Whereabouts Information.
4. Squad members must be Australian citizens.
5. Squad members and their personal coaches will agree in collaboration with the HPC to have an Athlete Performance Plan (APP), which contains as a minimum agreed competitions and training camps.
6. Squad members must take part the Athlete Monitoring System (AMS).
7. Squad members must agree to participate in AWF Training Camps.
8. Squad members will agree to participate in CGA/AOC/AWF/OWF/IWF promotional activities if required.
9. Squad members agree to immediately inform the HPC of any injuries or other health problems as soon as they occur.
10. Squad members must sign the AWF Athlete and Team Agreements.
11. Squad members will agree to co-operate with State High Performance coordinators and the AWF High Performance Commission.

### Benefits of National Squad Membership

During membership of the National Squad, if a lifter improves their best Total in an official competition they will receive a \$100 bonus – one Total bonus payment per competition maximum.

National Squad members who set new national records for Snatch and/or C&J and/or Total will receive a \$50 bonus – 3 bonus payments per competition maximum. If they accomplish these records in an international competition the bonus will increase to \$100/record.

### Other

Where the AWF applies funding to an AWF Team, National Squad members who are selected in that team may be eligible to receive funding. Non-acceptance of Squad membership will not affect an athlete's selection for national teams but may affect their eligibility to receive funding from the AWF.

National Squad members can be promoted to the AWF Super Squad if they achieve an A-Grade performance in a recognized IWF/OWF/AWF official competition.

Lifters who attain a B-Grade performance in a recognized IWF or AWF official competition at any time may be invited to become a member of the National Squad.

### **AWF Junior Squad**

The purpose of the AWF Junior Squad is to provide support and guidance to talented and developing junior weightlifters who are identified as having a strong potential to progress and become members of the Australian National Senior Team.

As part of the progression, Junior Squad members are expected to represent the AWF in international junior competition. The level of representation in international competition will be determined by the athletes' achievement of the established AWF Qualifying Standards. i.e. Junior World Championships = C Grade, Continental Junior Champs = D Grade, etc.

Membership of the AWF Junior Squad is based on six (6) month periods. Each Squad member's performance during the six-month period will be reviewed by the AWF High Performance Commission (HPC) and those athletes who demonstrate progress will remain in the Squad for the next six months. Athletes who do not demonstrate progressive performance will be removed from the Squad.

The criteria to be considered for Junior Squad membership are as follows:

1. Squad members must have accomplished as a minimum a D Grade Total in a sanctioned AWF competition during the initial period of 1<sup>st</sup> January 2019 to 31<sup>st</sup> May 2019.
2. Squad members must have a performance profile that demonstrates improvement in performance over the last 6 months.
3. Squad members must be Australian Citizens.
4. Squad members must be ADAMS compliant.
5. Squad members must agree to participate in AWF training camps.
6. Squad members must take part in the Athlete Monitoring System (AMS).
7. Squad members and their personal coaches must follow an Athlete Performance Plan (APP) devised in collaboration with the HPC, which contains as a minimum, agreed competitions and training camps.
8. Squad members must agree to inform the HPC and/or State Coordinators of any injuries or other health problems as soon as they occur.

### Benefits of Junior Squad Membership

During membership of the Junior Squad, if a lifter improves their best Total in an official competition they will receive a \$50 bonus – one Total bonus payment per competition maximum.

If a Junior Squad member sets a new national Junior record in Snatch and/or C&J and /or Total in an AWF sanctioned event, they will receive a \$25 bonus – 3 bonus payments per competition maximum. If they accomplish these results in an international competition, then the bonus will increase to \$50/record.

### Other

Where the AWF applies funding to an AWF Team, Squad members who are selected in that team may be eligible to receive funding. Non-acceptance of Squad membership will not affect an athlete's selection for national teams but may affect their eligibility to receive funding from the AWF.

Junior lifters who accomplish a D Grade Total in a sanctioned AWF event may be invited to become a member of the Junior Squad.

Once a Junior Squad member moves on into their 21<sup>st</sup> year of birth, or progresses to membership of a higher AWF Squad, then they will cease to be a member of the Junior Squad.

### **AWF Youth Squad**

The purpose of the AWF Youth Squad is to provide support and guidance to talented and developing youth weightlifters who are identified as having a strong potential to progress and become members of the Australian National Junior Team; and represent Australia in National Youth Teams.

Membership of the AWF Youth Squad is based on six (6) month periods. Each Squad member's performance during the six-month period will be reviewed by the AWF High Performance Commission (HPC) and those athletes who demonstrate progress will remain in the Squad for the next six months. Athletes who do not demonstrate progressive performance will be removed from the Squad.

The Criteria to be considered for Youth Squad membership are as follows:

1. Squad members must have accomplished as a minimum a G Grade Total in a sanctioned AWF competition during the initial period of 1<sup>st</sup> January 2019 to 31<sup>st</sup> May 2019.
2. Squad members must have a performance profile that demonstrates improvement in performance over the last 6 months.
3. Squad members must be Australian Citizens.
4. Squad Members must be ADAMS compliant.
5. Squad members must agree to participate in AWF training camps.
6. Members must agree to inform the HPC and/or the State Coordinators of any injury or other health problems as soon as they occur.

### **Benefits of Youth Squad Membership**

During membership of the Youth Squad, if a lifter improves their best Total by 5kg or more in an official competition they will receive a \$25 bonus – one Total bonus payment per competition maximum. If the lifter accomplishes this in an international competition the bonus increases to \$50 – one Total bonus payment per competition maximum.

### **Other**

Where the AWF applies funding to an AWF Team, Squad members who are selected in that team may be eligible to receive funding. Non-acceptance of Squad membership will not affect an athlete's selection for national teams but may affect their eligibility to receive funding from the AWF.

Youth lifters who accomplish a G Grade total in a sanctioned AWF event may be invited to become a member of the Youth Squad.

Once a Youth Squad member moves into their 18<sup>th</sup> year of birth, or progresses to a higher AWF Squad, they will cease to be a member of the Youth Squad.