



## **Australian Weightlifting Federation Limited**

### **POLICY**

### **PERSONAL COACH**

***This Policy is made by the Australian Weightlifting Federation (AWF) Board under Clause 20.1.1 of the AWF Constitution. It is binding on AWF and all members of AWF.***

***Approved by the AWF Board on 2 March 2020***



## **1. INTRODUCTION**

The AWF recognises, acknowledges, and congratulates the contribution made by a National Team member's Personal Coach.

When an athlete is selected for an AWF National team, they come under the care, supervision and direction of the AWF appointed Head Coach, Assistant Coach, Team Leader and/or Team Manager. These AWF appointed officials are responsible to ensure that to the best of their ability each athlete is provided with a National team environment which is most conducive to the athlete achieving their best possible performance.

The well-being and performance of the lifter is of primary concern and to maximise this the Head Coach, Assistant Coach, Team Leader/Manager and the Personal Coach should try their uttermost to develop a positive working relationship. It must be understood that the competition performance and overall results of lifters on National teams is the responsibility of the appointed Head Coach and the AWF holds the Head Coach accountable for these results.

All coaches involved with National Team athletes should recognise their responsibility and work co-operatively to ensure success. The AWF's "Guidelines for Head Coaches" document encourages consultation and co-operation with the lifter's Personal Coach ahead of time.

## **2. THE POLICY**

The AWF does not automatically allow a Personal Coach to be a member of the AWF Australian Weightlifting Team for coaching purposes. If a National Team member's personal coach is the successful applicant from an EOI or AWF delegated process then they will be the appointed AWF Head Coach or Assistant Coach in that team delegation.

## **3. ROLE OF THE PERSONAL COACH**

The personal coach is responsible for the physical and mental preparation of their athlete in the lead up to their athlete representing the AWF in the National Team. The Personal Coach is responsible to submit to the team Head Coach (or designated AWF official) completed paperwork and details of their athlete's training, competition, and any other specified details as requested. It is expected that the Personal Coach prepares their athlete in every way possible for the National Team trip and the competition. Once the athlete has gathered with the National Team in preparation for the international competition, the AWF Head Coach and /or Team Manager takes over responsibility of that athlete.



#### **4. PERSONAL COACHES AND AWF TEAMS**

The AWF Coaching Commission may initiate an invitation to a Personal Coach to attend a competition with the AWF Team Delegation, if they believe that the involvement of the coach will contribute to the success of the Team or any number of individual athletes within the Team. The AWF Coaching Commission will determine the extent to which a Personal Coach can be involved with AWF Team members at the event and include these conditions in their recommendation to the AWF Board.

#### **5. AWF BOARD APPROVAL**

The AWF Board will consider the recommendations of the AWF Coaching Commission and make the final determination on a case by case basis.