



VISION FOR POWERLIFTING

AMENDMENT RECORD

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1. Introduction

The Vision for Powerlifting outlines our vision for development of the sport over the next 10 years.

To deliver an outstanding sporting offer for all powerlifters in the UK and establish British Powerlifting as their first choice federation.

The Vision for Sport will be measured by:

- a) Breadth of offer, providing a range of opportunities to participate in powerlifting.
- b) Depth of offer, providing pathways from introductory to elite powerlifting.
- c) Participation levels through all age groups and genders.
- d) Calibre of national and international powerlifters.
- e) Success of international teams.

2. Engagement

- a) Increase in participation:

Participation levels are directly in proportion to membership numbers, so this has grown at the same rate as our increase in numbers. This has meant having to run more regional championships each year, including development competitions for novice lifters. We are progressively increasing the number of regional/local championships to accommodate increasing membership.

- b) Development of officials:

The officials for powerlifting are our competition referees. We have four levels of referee; Divisional, National, International Category 2 and International Category 1. We run regular courses to train and qualify Divisional referees and these are eligible for promotion to National status after two years satisfactory performance. International referees are examined and appointed by the IPF. To be eligible for the International Cat 2 exam referees must have served a minimum of two years as a national referee and be recommended by their federation. We encourage members to officiate at National championships by offering a year's free membership in return for a defined level of activity. In the future, we will run more divisional referee course and actively encourage referees to move up the promotion ladder.

- c) Development of coaches:

We currently run SkillsActive accredited courses for aspiring coaches at Level 1 and Level 2. In the future, we plan to expand to include a Level 3 course and expand our course programme.

d) Development of volunteers:

Currently we rely on volunteers to handle the paperwork and computers for competitions. These are usually members/lifters with computer and competition protocol skills. In the future, we will establish a corps of volunteers throughout the country for utilisation by championships promoters.

e) Working in schools and educational establishments

We don't actively engage with schools at the moment, but we do with universities. The latter is evidenced by the significant increase in numbers at our British University Championships, i.e. from a total of 129 in 2016 to 444 in 2019. In the future, we will develop a programme for school participation.

3. Inspiration

Powerlifting is not a technically demanding sport and the transition from normal gym weight training to powerlifting is straightforward. It's therefore attractive to anyone who would like to venture into entry level competitive sport. It's also easy to make rapid progress and so new lifters can get a lot of inspiration and satisfaction from the sport. We offer competitions across all genders and age groups, ranging from 14 years of age to 70+.

4. Excellence

We currently run squads for our international teams and select national teams for our Home Nations championships and Commonwealth Championships. In the future, we will run specific development squads for lifters who show the ability to make an international team with the right coaching. We also plan to appoint a Performance Director to oversee the development of talent.

We send teams to all European and World Championships run under the auspices of the International Powerlifting Federation (IPF). Last year we have a number of World champions, including two at the World Senior Classic championships and one in the World Sub-Junior Equipped championships. We also send Home Nation teams to the bi-annual Commonwealth Championships, where we have considerable success.

5. Beyond the Horizon

Ultimately, we hope to see full powerlifting included in the Olympic Games and Commonwealth Games alongside Paralympic Powerlifting.