



## Performance Directors Report AGM 2024

Please see below a summary of projects and duties the Performance team have been implementing for between appointment (Aug 23) to the current AGM

### Overview

The previous year saw a lot of change within the federation and this change has been nothing but positive. The aim is to continue that on in 2024 with it being a World Games qualifying year for both equipped and now classic lifting. We want to have as many of our athletes competing on the biggest stage in 2025. That process starts now.

### Anti Doping

Craig Coggle (Assistant Performance Director, lead with Bench Press) has taken on the Anti-Doping Lead role within the federation. And is currently imbedding himself with the processes within that role to further aid the federation.

### Performance Support Team

We are in the process of developing a team of practitioner who can work alongside the elite teams to aid them in preparation for internationals. The aim is to have a support not just in coaching but also medical, nutrition and psychological. The team is still in development but we are hoping to have more support at the upcoming Senior squads in April.

### Coaching Conference

The proposed coaching conference has a provisional date of 30<sup>th</sup> June. Charlie Marillier is doing some great work behind the scenes to get this organised with a very good list of speakers being

asked to present. The overarching theme will be LTAD. I must also mention the great work and support of Scott Webb, Jason Coultman and Mark Helme in sharing their expertise in the area of LTAD which will be a very strong addition to not just the conference but also the working practices of coaches, young powerlifters and their parents.

#### Athletes Database

Currently in development. A athlete data base of all top internationals. This is being developed to help us understand the training practices of our best athletes and further support them based on their needs. It will also act as a monitoring platform for them to report and seek advice promptly. A trial version will be used for the elite teams in preparation for this year's World Championships.

Rob Palmer