



Performance Directors Report 2025

Within the reporting period several initiatives have been instigated to support performance, athlete development, progression and welfare. These are detailed below.

International Competition

We have enjoyed one of our most successful calendar year with all Open Classic, Equipped, S/R Classic and Equipped, Masters Classic and Equipped and Bench only Classic and Equipped Teams performing exceptionally well on the International Stage with several standout team and individual performances. We as a Federation are blessed in the depth and quality of our talent and congratulate all that wore the GBR singlet this year, in addition to our World and European Champions and record holders. Additionally, a huge thanks and recognition to the coaching and volunteer teams that made these performances possible.

Several individual team International Selection Policies have been reviewed and updated to provide clarity and transparency within the selection process. We continue to review policies and process to improve all teams' competition experience.

Sport Science and Medicine:

- **Cardiac Screening.** Completed and results communicate to those who participated, through Liverpool John Moore's University to support athlete health and welfare.
- **Physiotherapy.** Provision for our international squads continues to be rolled out with support so far to Open Classic and Equipped teams ongoing.
- **Nutrition.** We have formed a nutrition partnership to support and education for our International Squads with support so far to Open Classic and Equipped teams ongoing.
- **Partnerships.** A partnership with the University of Stirling is currently being explored to provide Sport Psychology in supporting athletes to identify performance opportunities.
- We have partnered with Essex University is investigating the difference between isometric strength and 1RM to identify if the athletes have a strength or skill deficit to support athlete development.
- **Long Term Athlete Development.** Engagement and a working group have been established to develop a powerlifting specific LTAD pathway. Initiatives are currently focussed on tools to identify if a lifter is approaching a growth (PHV) or weight spurt f(PWSV) for coaches and parents to monitor.
- **Anti-Doping.** UKAD have attended the 2025 Open Equipped, Equipped Bench and Classic British Powerlifting Championships. HN and Division testing requests have been submitted.
- **Bench Development Days.** There has been a huge response to this with currently around 100 responses. Four dates confirmed (8th, 9th March) and (10th, 11th May), with the facilities being SBD headquarters and British Barbell. The day will also act as a coach development day for coaches looking to increase their experience. haven't expressed interest already.

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