



Hi All,

I have my update below on the performance program projects.

#### LTAD [Long Term Athlete Development]

Working with Jason Coulman, Charlie Marillier, Scott Webb and Mark Helme (Leeds Beckett University, expert on LTAD) we have formed a working group to address the lack of LTAD structure and implementation currently within the federation.

There is a lot to unpack with this project but the early points we are dealing with are.

- Building an LTAD model that represents what we as British Powerlifting want the sport to be at the grassroots development level up to age 23.
- Building a concurrent high-performance model to give aspiring international athletes a road map beyond junior powerlifting.
- Once the model is complete build it into the new British Powerlifting coaching qualifications Charlie is putting together for CIMPSA and have LTAD referenced throughout.

Smaller side projects were the following;

- To use our social media platforms to push coach education and safe practice for junior lifters. Not to attack current unqualified coaches but to help educate lifters and parents of lifters to ask the correct questions of their respective coaches. I would like to set up a secondary meeting with our current social media people to get the ball rolling on this.
- To promote a British Powerlifting Conference/Seminar (potentially hosted at Hazelwood) which would be LTAD/coaching practice focused and for this to be a paid event with speakers from our current coaching and lifting set up to present to the attendees. I am meeting again with Jason and Scott on Wednesday of next week to confirm a rough date, but I think we are aiming for either February or March. Again we will get things moving with advertising/promotion of this event if all on the board agree.

#### Elite Performance Program

I think an end-of-year post/report would be great to highlight the amazing year the federation has had internationally and have a roll call or list of honour for those who stood out. 2 Full Power World Champions, Europeans success, records etc. Happy to start compiling it but think we should always go very hard to promote the success of individuals and teams over the year.

I am currently building a hub for which we can have a profile of all elite lifters in the country which would contain all relevant information regarding them. Age, where they live, coach,



lifting bests, competitions bests. A rough yearly competition planner. Just so we can support the top lifters as much as possible.

Currently, that is very hard as we know so little about them. There will be a responsibility for each lifter to help update their profile as we go through the year but that will only help the process and create more beneficial conversations.

As mentioned I will hopefully begin travelling with the teams to international where I can provide some performance support. I will focus mainly on helping the athletes prepare as best they can during the week and help provide solutions to any problems that arise. I will still leave the coaches to fulfil their roles as normal.

Again, sincere apologies. I will try and catch up with some of you in the week if you are free or if you have any questions on the above.

Regards,

Rob