



# Weightlifting for Sports



Eleiko Sport, Sweden 7<sup>th</sup> - 9<sup>th</sup> June 2013

The launch of this course is a result of International Weightlifting Federation and the European Weightlifting Federation implementing a standard coaching curriculum for all coaches. This is the first level of four available in the coaching curriculum. It is suitable for Strength & Conditioning /Sports Performance Practitioners, Health & Fitness Professionals, Crossfitters and Sports Coaches. The aim of the Weightlifting for Sports , Club Coach is to provide Coaches with the ability to introduce participants to the sport of Weightlifting, the technique of the Clean and Jerk, the Snatch and associated exercises. .

National Federations who would like to host this new exciting development program, please contact the EWF Coaching Development Program Office.



IWF – EWF Weightlifting for Sports, Club Coach Award  
Eva Helgesson, President Sweden Weightlifting Federation  
Lise Mogensen, Denmark Weightlifting Federation  
Jonna Albrektsson, Sweden  
Dee Lynch, Ireland Weightlifting Federation  
Moira Lassen, Executive Board Member IWF



IWF – EWF Weightlifting for Sports , Club Coach . Eleiko Performance Facility Halmstad Sweden.  
36 Participants from 19 Countries, 14 Sports.



Picture includes  
Andres Andren , M.D. Eleiko Sport,  
Benny Johannson, EWF Vice President  
Moir Lassén, IWF Executive Board Member  
Erik Blomberg, C.E.O Eleiko Group

