



EDITORIAL

THANK YOU ALL
SO MUCH



Dear friends, dear readers, the issue you are about to read is the sixteenth, in chronological order. We started this journey exactly six years ago in April 2015, six important years during which this magazine has shown the world just how much science and knowledge revolve around the world of weight training and, in particular, weightlifting.

They have been years of great importance also for me, having had the privilege of being its editor. It was truly an extraordinary experience and for this reason, I want to thank the EWF Board who believed in this project from the word go, and in particular, all the authors who in contributing their articles and their research, have created a unique editorial project. And of course, a magazine would be nothing without its readers.

The EWF Scientific Magazine is currently the only magazine addressing the science of training in Olympic weightlifting and given that I often receive emails from all over the world, I have also had a great deal of positive feedback and the high regard in which it is held.

Unfortunately, in stark contrast to the success of this magazine, we are witnessing the constant and relentless decline of weightlifting as a sport. A decline that was perhaps predicted, but mainly by insiders and consequently, but mainly subtended by the insiders with the Control Bodies following close behind.

A single magazine is obviously not enough to provide all the cultural tools that such an ancient sport as weightlifting should already have in its DNA. Sad to say, our sport was lacking the cultural approach to en-

sure that today we could address the needs of these difficult times. Instead, we constantly witness the devastation caused by the excessive use of doping and, in other cases, we have also had to fight against corruption.

This sixteenth issue will be the last under my scientific leadership, I hope that future EWF executives will have include in their mindset and their programmes, the desire to continue investing in cultural projects regarding the vast world of training science.

There are difficult years ahead for international sport, because of many different factors: the current pandemic, the economic crisis, and the bad governance to which our beloved sport has been a slave for over 40 years.

We invite the younger generations of athletes and coaches who are taking their first steps in this Olympic world of weightlifting, to be wary of the older generations, many are the offspring of gurus without any culture and very often, without any scruples. However, there are also so many extraordinary people and it is with them that you must find a new path for the rebirth of this sport.

I have been honoured to have led the EWF for 17 years but even more honoured to have learned so much culture and knowledge from many of you, my friends.

Till we meet again!

Antonio Urso
EWF President

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