

# **ALBERTA WEIGHTLIFTING ASSOCIATION**

## **Roles and Responsibilities for Coaches at Team Events**

Coaches at any team event representing Alberta act as a team to get the best performance from the athletes under their supervision. All coaches will work together throughout the entire competition to ensure a successful team performance.

### **Pre-Competition**

Coaches will review opening attempts with athletes and discuss goals for the particular competition. In competitions where team points are a consideration, possible changes in weight class will be considered where appropriate to maximize team points. Coaches will also review opening attempts to insure they are compliant with the 15/20 kg rule.

### **Technical Meeting**

All coaches will attend the technical meeting whenever possible. This will ensure all coaches are up to date with any relevant information regarding the competition and have input into any decisions regarding athletes' weight class. They will also insure that all information for athletes is correct including: name, date of birth and best total.

### **Competition Day**

Coaches will work together (with the team leader) to insure athletes are at weigh in on time. They will provide assistance and support to athletes trying to make weight. They will assist them through weigh in and providing opening attempts to officials wherever possible.

If an athlete has their personal coach at the competition, that coach will take the lead in any coaching decisions and warm up. Any other team coaches will assist with; warm ups, counting attempts, monitoring progress of other competitors so that if order of lifts change coaches and athletes are prepared. This is also helpful to insure proper weight selection as the competition progresses.

Coaches will work together to select who will take the lead in working with individual athletes where their personal coach is not at the competition.

At no time will any coach leave team coaching responsibilities because their individual athletes are not competing.

### **Follow up**

Following the competition coaches will debrief to review the coaching strategies used to see what has been effective and where improvements can be made.