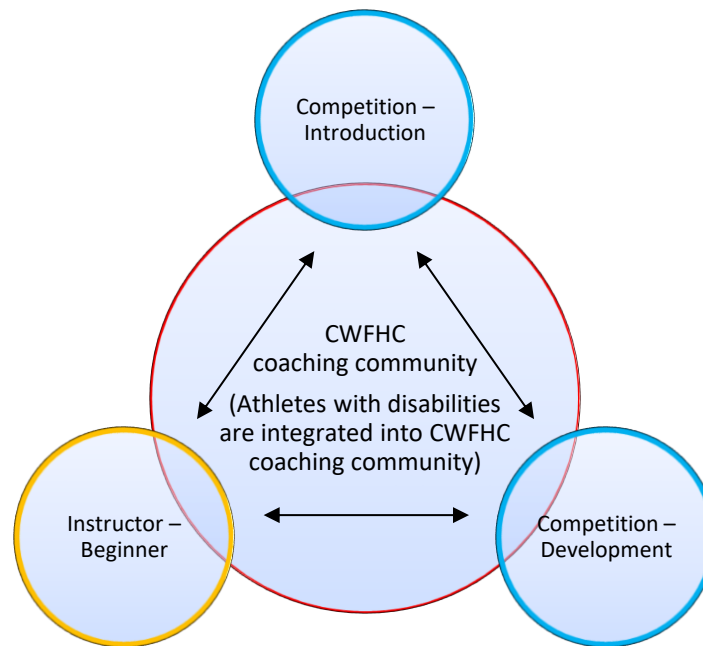


The Coach Development Model

The CWFHC has adopted the model below for its NCCP programming. Coaches can enter the weightlifting community at the appropriate level (the circles for each program indicate entry points), taking into consideration the type of athlete they will be coaching.



As suggested by the model presented here, coaches at every level will be invited to contribute to the CWFHC community. Each level of certification fosters its own challenges pertaining to different portions of the Canadian Weightlifting Federation's Long Term Athlete Development model.

Coaches have the opportunity to climb each level of coaching from Instructor Beginner/Competition Introduction contexts to Competition Development context leading towards high performance coaching. Other coaches might want to specialize at one level such as Competition Introduction where they would devote time and energy towards developing athletes at the FUNDamentals, Learn to Train and Active for Life levels. No coaching career model is perceived as being better than the next, it is a matter of personal interest.