

Hello all,

Please find the steps to be followed to prepare for the Competition Development evaluation:

- Candidates must be working with an athlete they have been actively coaching in preparation for the championships where they will be evaluated. These athletes must have achieved the minimum qualifying standard permitting them to participate in the Weightlifting Senior National Championships.
- The Candidate must advise its provincial association of his/her intention of being evaluated at the Senior Canadian Weightlifting Championships. The Provincial director must fill and sign the form added to this message and return it to [fgravelle@me.com](mailto:fgravelle@me.com) on April 10, 2022.
- A fee will be charged to the candidate to cover evaluations costs.

**Candidates prerequisites to be evaluated:**

- Competition introduction certified
- Trained competition development
  - Must have completed the Competition Development Weightlifting workshop
  - Must have completed the three online evaluations
    - Leading Drug-free Sport Online Evaluation.
    - Managing Conflict Online Evaluation.
    - Make Ethical Decisions Online Evaluation (If evaluated in competition Introduction context then does not need to be re-evaluated)

**Portfolio:**

- Candidates must fill out and submit a coach portfolio by **May 1st, 2022**, at the latest by e-mail to [fgravelle@me.com](mailto:fgravelle@me.com). (See Evaluation Request Form)
  - Each part of the portfolio must be duly completed consulting: <https://weightliftingcanada.ca/programs/the-national-coaching-certification-program/>
    - The portfolio must contain a detailed description of the six weeks before the competition.
    - The portfolio must contain a one-year plan to contain the following:
      - Projected dates of competition, location, and projected lifts
      - A one-week detailed plan of the general conditioning period that is done in the early part of the training cycle.
      - Last six weeks of training prior to the Canadian Championships. Included in those six weeks are a) the last week of the last preparation phase of the yearly cycle, b) one week of transition and c) 4 weeks of competition phase.

- All phases of the yearly planning program require the following: frequency of training, detailed loading in percentages, name of exercises and order in which they will be performed, total reps for each workout.

**Practical evaluation:**

- Candidates must coach his or her athlete in preparation for the Canadian championships
- The candidate must coach his or her athlete for the entire yearly plan submitted.
- The candidate must coach his or her athlete who has reached the Senior Canadian standard specific to his/her weight class prior to the end of the qualification period.

Sincerely,



*François Gravelle, Ph.D. MCD*

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