

# 2018 COACHES FORUM INFORMATION BOOKLET



## **DATES**

**Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup> April**

These dates run along side the 2018 Youth & Junior Training Camp.

## **LOCATION**

**Functional Strength Olympic**

7a Piermark Drive, Rosedale, Auckland

## **PARTICIPANTS**

This forum is open to any 2018 Financial Members of OWNZ. To ensure everyone has a good learning experience, we will only accept 20 registrations. Participants ideally already have a competent understanding of the IWF competition rules and protocols.

## **OBJECTIVE**

The aim of this weekend is to provide an opportunity for Coaches around New Zealand to share their weightlifting knowledge and experiences with other coaches. Day one involves learning how to be strategic when coaching an athlete in a competition. All participants will have the opportunity to apply their learning's by coaching a youth & junior athlete through a friendly club competition. Day two involves interactive workshops on various weightlifting topics presented by New Zealand coaches.

## **COACHING STAFF**

The forum has been organized and will be run by the following Coaching Staff:

- **Simon Kent**  
OWNZ High Performance Director, Head Coach of Papatoetoe Olympic Weightlifting Club, 2018 Commonwealth Games Coach
- **Jules Dempsey**  
Head coach of Southland Olympic Weightlifting Club, 2014 Glasgow and 2018 Gold Coast Commonwealth Games Coach
- **Richard Patterson**  
Head Coach of Functional Strength Olympic, 4 x Commonwealth Games Athlete, 3 x Olympic Games Athlete
- **Ray Everest**  
OWNZ Secondary School Coordinator, former owner of Epsom Strength, club coach at Bay of Plenty Barbell Club

## **COST**

**\$200.00 per participant fee**

Olympic Weightlifting New Zealand

03-0104-0764910-003

Reference:

Full Name + COACH

*\* Registration is only accepted when payment has been received*

*\* Payment is non-refundable, even if for some reason you are no longer able to make the forum*

*\* There is a 20-person limit on this Coach Forum*

## **TRAVEL, ACCOMMODATION & FOOD**

Participants are to organize their own travel, accommodation & food for the weekend.

## **DRAFT ITINERARY – TBC closer to the forum**

<b>Saturday</b>	<b>Sunday</b>
8.30am Meet at Functional Strength Olympic	8.30am Meet at Functional Strength Olympic
9.00am Strategic Competition Coaching Workshop	9.00am The role of a Coach Workshop Part 1 (Simon)
10.30am Morning Tea Break	10.30 Morning Tea Break
11.00am Youth/Junior Male Competition Starts (Coaching Practical)	10.45 The role of a Coach Workshop Part 2 (Simon)
12.30pm Lunch Break	11.30pm Lunch Break
1.00pm Youth/Junior Female Competition Starts (Coaching Practical)	12.00pm Student Pathway & Engagement Programmes – Learn through Lifting (Ray)
2.30 Afternoon Tea Break	12.30pm Training Principles Workshop (Richie & Jules)
2.45pm Evaluation & Feedback of Competition Coaching	1.30pm Afternoon Tea Break
4.00pm Finish	1.45pm Programming Workshop (Richie & Jules)
	3.00pm Finish

## **CONTACT INFORMATION**

**Simon Kent** (Coordinator of Forum)

Email: [simonkent1978@gmail.com](mailto:simonkent1978@gmail.com)

For matters concerning the coach forum that are not answered in this booklet please contact Simon.

**Emma Pilkington** (OWNZ General Manager)

Email: [info@olympicweightlifting.nz](mailto:info@olympicweightlifting.nz)

For matters concerning registrations or relating to Olympic Weightlifting New Zealand please contact Emma.