

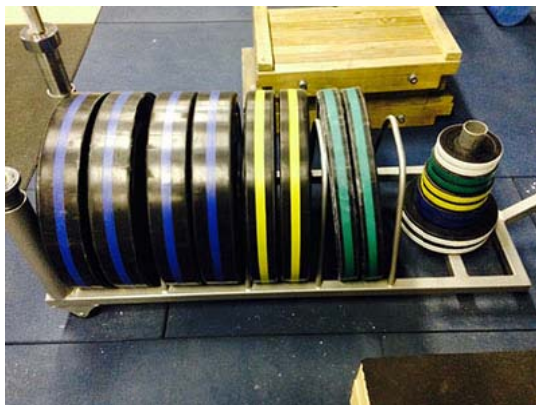
Youth and the Sport of Olympic Weightlifting



About the Academy

The Weightlifting Academy of Tasmania, based at 18 Knoll Street, Glenorchy, is one of the leading centres for the sport of Weightlifting in Australia. The Academy's mission is to provide excellence in coaching and facilities to all people, at any level, who show an interest to compete in the sport which has been a part of the Olympic Games from the beginning and the Commonwealth Games since 1950.

Academy members participate in competitions on a regular basis at club, state and national level. These competitions are run under the auspices of the Australian Weightlifting Federation and according to the international rules for Weightlifting. All competitions are organised on a fair basis according to age group, bodyweight category and performance level.



The Academy's head coach is Leo Isaac, a participant in the Olympic Games of 1980 and one of Australia's National Team Coaches. Leo has a Masters in Sports Coaching and has coached over 400 athletes over a 30 year period, many of whom were national champions. Leo is ably assisted by Ben Clark a qualified Weightlifting coach under the Australian Coach Education system. Coaching is available 6 days a week at the Academy.

The Weightlifting Academy of Tasmania wishes to recruit youth who fulfil the following criteria:

- Demonstrate an interest in the sport of Olympic Weightlifting
- Able to attend training at the Academy on a weekly basis
- Work towards competing in the Australian Under15/Under 17 Championships (in 2016 this event will take place in Sydney on 9-10 July)

Individuals who are small in stature are especially encouraged to consider applying to the Academy.

Why Weightlifting?

The competitive sport of Weightlifting is enjoyed by men and women in 188 nations from all 5 continents. There is much to be admired about the explosive strength and speed of the Weightlifter, and for this reason Weightlifting movements are now commonly adopted as a preferred training method for strength development in many individual and team sports. However, devotees of the sport also know Weightlifting requires the highly precise execution of technique under challenging conditions, and this requires the development of significant mental skills. The training, preparation and involvement of



athletes in Weightlifting teaches the participant to focus the mind, pay close attention to detail, be tenacious in working through problems and establish greater confidence and self-esteem.

Weightlifting is a sport with low levels of significant injury risk in comparison to sports that are commonly played by children and adults (e.g. Football, Cricket). This is due to the controlled environment and the nature of the sport itself requiring extensive learning of good technique.

Benefit of Membership

The benefits of Academy membership include:

- Direct access to a high standard of coaching and guidance 6 days per week
- Provision of training programs tailored to the needs of the individual
- Free access to workshops, seminars and discussions organised by the Academy
- Quarterly written feedback on progress made
- Opportunities to compete in regional, state and national championships

Costs of Participation

Academy members incur the following costs for training and competition:

Training Costs

Members under 15 years	\$60.00 (per month)
Members 15 – 20 years	\$90.00 (per month)

Membership of Weightlifting Tasmania

Members Under 17	\$50.00 (per year)
Members 17-20	\$65.00 (per year)

Competition Fees

\$20.00 (per competition)

Other costs include Weightlifting shoes and a costume and some travel costs if the Academy member is selected to represent Tasmania in a National Championship.