

WEIGHTLIFTING/OLYMPIC WEIGHTLIFTING



The Ontario Physical Education Safety Guideline for Weightlifting/Olympic Weightlifting – Secondary Interschool
<http://safety.ophea.net/safety-plan/165/1419>

Supervision Coaching Qualifications effective September 1, 2016:

Head coach must demonstrate knowledge of sport, skills and strategies to principal or designate.

At least one weightlifting/olympic weightlifting coach must possess **one of the following** coaching qualifications:

- **NCCP Instruction Coach – Instructor-Beginner Course**
- **NCCP Competition Coach – Competition-Introduction Course**
- Accreditation as a NCCP Weightlifting Learning Facilitator
- Completion of weightlifting NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in weightlifting/olympic weightlifting, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

How to access the NCCP Courses for Weightlifting/Olympic Weightlifting:

NCCP Instruction Coach – Instructor-Beginner Course Register here: https://www.onweightlifting.ca/courses-clinics-evaluations Cost: ~\$320 Contact: owavptechical@gmail.com	Designed to be presented to athletes and coaches from other sports and participants from the health and fitness sector wishing to use Olympic weightlifting skills to improve their performance, this 2-day workshop can be tailored to any age range, and is offered in both a weightlifting training hall and classroom setting. Participants will ultimately learn proper weightlifting skills and techniques, as well as learn how to assist athletes in their lifts.
OR	
NCCP Competition Coach – Competition-Introduction Course Register here : http://www.onweightlifting.ca/#!/courses-clinics-evaluations/ck8b Cost: ~\$320 Contact: owavptechical@gmail.com	In this course, you will learn the fundamentals of TEACHING weightlifting technique to athletes of different levels. It will prepare you to coach an athlete through a competition and go through the logistics of a sanctioned weightlifting event. Coaches will leave this course feeling confident about developing their weightlifting athletes' performance and will be equipped to steer them toward a progressive competitive environment. Designed for people who have an Olympic weightlifting background as an athlete, assistant coach, or trainer, this 2-day workshop will enable coaches to gain the skills and knowledge to confidently present their athletes in competitions.

FUNDING OPPORTUNITIES

- Grants are available to pay a portion of NCCP courses through the Quest for Gold Coach Bursary program.
<https://www.coachesontario.ca/q4g/bursary-program/> or email q4g@coachesontario.ca
- Host your own course - Apply for Investors Group Coaching Grants to pay for a NCCP workshop at your school or board.
<http://www.coach.ca/investors-group-community-coaching-conferences-s12763>

Useful Links:

Need more information? Email guidelines@coachesontario.ca to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Ontario Weightlifting <https://www.onweightlifting.ca/coachinginfocert>
- Canadian Weightlifting http://www.halterophiliecanada.ca/asso_en.html
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- OFSAA <http://www.ofsaa.on.ca/>
- Coaching Association of Canada <http://coach.ca/>
- Ontario Physical Education Safety Guidelines <http://safety.ophea.net>

