

# भारतीय भारोत्तोलन संघ Indian Weightlifting Federation



Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,  
Commonwealth Weightlifting Federation and Indian Olympic Association  
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India

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## 'URGENT'

*All affiliated States / Units  
and Executive Members  
of Indian Weightlifting Federation*

**Sub.: Invitation for Level 1 Coach Certification Introductory Course to Olympic Lifting to be held at Sports Authority of India, Netaji Subhash National Institute of Sports, Patiala w.e.f. 12<sup>th</sup> to 29<sup>th</sup> August 2022.**

Dear All,

All State Associations and Departmental Boards are hereby informed that Indian Weightlifting Federation is conducting Level 1 Coach Certification Introductory Course to Olympic Lifting to be held at Sports Authority of India, Netaji Subhash National Institute of Sports, Patiala w.e.f. 12<sup>th</sup> to 29<sup>th</sup> August 2022.

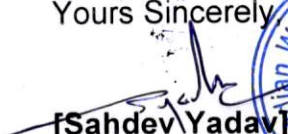
The registration and payment link will be available on website of Indian Weightlifting Federation under Coach Courses on the homepage.

Detailed information sheet of the Course is enclosed for your kind reference. No boarding & lodging, transportation, TA/DA or any other incidental expenses will be borne by Indian Weightlifting Federation.

The last date of registration will be **31<sup>st</sup> July 2022**. All interested participants will register themselves on the website portal.

There is no pre-requisite qualification required for enrolment in this Course. Kindly take a note of it and widely publicize the circular amongst your gyms / weightlifting training centres and district associations of your State(s).

Yours Sincerely

  
[Sahdev Yadav]  
PRESIDENT



Encl. as above.



**Indian Weightlifting Federation**  
**Level 1 Coach Certification**  
**Introductory Course to Olympic Lifting**

**About the Course:** The Indian Weightlifting Federation (IWLFF) is pleased to announce the conduct of Level 1 Coach Certification in association with Mr. Aveenash Pandoo, High Performance Director, Indian Weightlifting. IWLFF Level 1 Coach Certification is an introductory course to Olympic lifting and is aimed at all coaches and strength & conditioning experts looking to learn and enhance their knowledge of Olympic lifting.

**Benefits of the Course:** The course is part of the new Coach Certification Framework being brought forth by the Federation to strengthen the coach education system in India for Weightlifting. The Coach Certification Framework shall include:

**Level 1** - Introductory Course; **Level 2** - Intermediate Course; **Level 3** - Advanced Course

Level 1 shall henceforth be mandatory for all coaches working at State level or below, including grassroots. The Level 1 Course is aimed to impart foundational knowledge of Olympic lifting and therefore is open to all and does not have any entry qualification barrier. The course level 1 is also aligned with the International Weightlifting Federation Program (IWF). Certification will be available after the course and upon completion of the course and test.

**About Indian Weightlifting Federation:** The Indian Weightlifting Federation (IWLFF) is the National Sports Federation for the sport of Weightlifting in India, recognised by the Department of Sports, Ministry of Youth Affairs & Sports, Government of India, and International Weightlifting Federation (IWF) and





affiliated to Indian Olympic Association.

**About the Lecturer:** Mr. Aveenash Pandoo from South Africa was earlier this year appointed as the High Performance Director for Indian Weightlifting. In his current role, his main objectives are to revolutionise the Coach Education and Coach Development system in India for Weightlifting. In addition, he is also in charge of the Junior and Youth teams training at the Sports Authority of India National Centre of Excellence. Mr. Aveenash Pandoo was formerly working with the Indonesian National Team, where he has produced several Olympic medalists. He is also a member of the International Weightlifting Federation (IWF) Coaching and Research Committee. He is also an accredited lecturer and presenter of the IWF Education Program Level 1 and level 2. (Currently the 2 levels available at the International Weightlifting Federation)

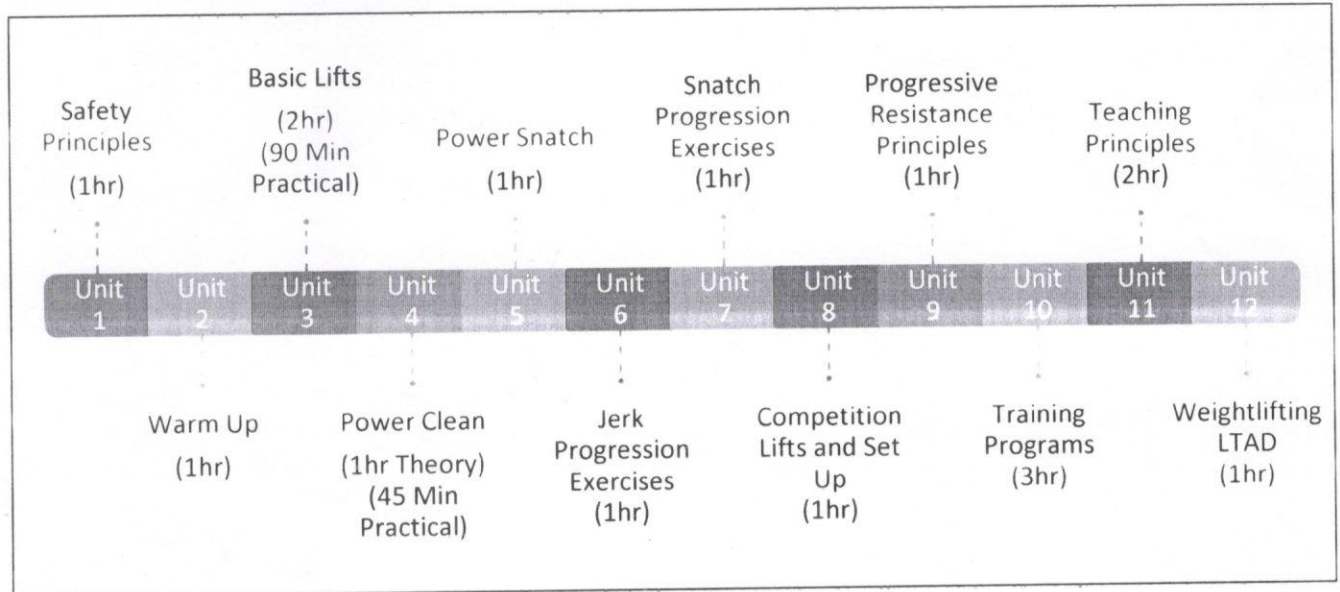
**Date & Place:** The first edition of the Level 1 Course shall be conducted in North India at **SAI NSNIS Patiala between 12<sup>th</sup> to 29<sup>th</sup> August 2022**. The Course is a 15-day course with 1 day each reserved for arrival and departure of candidates.

**Fees:** The Level 1 Course fee is INR 15,000. Travel and accommodation to be borne by the candidate.





**Course Structure:** The entire course is divided into 12 units or modules covering the following topics:



**Registration:** Interested candidates can register for the course by visiting the IWLF website or clicking on the Link – Application Form.

