**Indian Weightlifting Federation**

**Level 1 Coach Certification**

**Introductory Course to Olympic Lifting**

**About the Course:** The Indian Weightlifting Federation (IWLF) is pleased to announce the conduct of Level 1 Coach Certification in association with Mr. Aveenash Pandoo, High Performance Director, Indian Weightlifting. IWLF 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 (IWLF) 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 12th to 29th 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.