



South African Weightlifting Federation

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Technical Committee Report 2023

International Weightlifting Coaching Course 2023

At the WFA Congress we were presented with the WFA Development Plan for 2023/2024.

A Region 3 Course was planned for June 2023. The technical committee submitted a proposal to host the Course at the Birchwood Hotel & OR Tambo Conference Centre

Unfortunately this course was postponed by the WFA, as the WFA was awaiting further instructions by the IWF which would only materialize after the congress in September 2023.

The course was upgraded to a Coaching Licence Course which will be held in Johannesburg from the 5th to 7th November 2023.

Technical Officials National to Category II Course and Testing 2023

It was planned that the SAWF would host a Technical Officials course in October 2023 from the 24th to 26th October 2023, a week before national Championships so we could offer in-competition testing.

The unexpected announcement of the Africa Youth and Junior Championships to be held in Cairo Egypt from the 24th October 2023 to 1st November 2023 forced the SAWF to cancel this course and Hopefully host it next year at the Provincial Championships in Johannesburg.

South African Weightlifting Federation Executive Members [Dated 2023/07/20]

President: Caroline Wolf; General Secretary: Antoinette Kriel; Treasurer: Darryn Anthony; Technical: Rodney Anthony;
Development: George Piet; Human Resources: Stan Bosch; Media & Marketing: Yolandi Donovan;
Medical: Dr Nikki Allorto; Athlete Rep: Ruben Burger; Coach Rep: Andre Gadney;
Provincial Chairpersons: Martin Venter (KwaZulu-Natal); Nicolas Gindre (Gauteng); Pieter Du Plessis (Free State);
George Piet (Eastern Cape); Kevin du Plooy (Western Cape); Koos Henning (Limpopo); Lafras Dunn (North West)



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Technical Officials Provincial to National Testing 2023

The first competition was the U14, Youth and Junior Championships 2023, in Cape Town.

Mrs Danelene Morris and Mr Clive Vandeeper were nominated by the Western Cape Weightlifting Association to be tested.

Unfortunately since Mr Clive Vandeeper. was unable to attend the competition and Mrs Danelene Morris. has not completed the test within the given time frame we were unable to promote any Technical Officials at this competition.

The Second competition will be the SA Senior Championships where we have selected Mrs Dudu Mr Curvon Jacobs to be the nominated Examiners for this competition as all our Cat I TO's will be in Egypt for the African Youth and Junior Championships 2023.

The exam will be an online exam for the first time and we are happy to announce the release of an online club level TO course and exam which will be made available to all provinces on a trial basis after SA Senior Championships. We will continue to improve the online course and exam as we receive feedback from participants. The aim is to make provincial and national courses and exams available online as well but these will have to be coordinated with provincial and national competitions so as to accommodate the practical testing component.

We will continue to organise Courses and Technical Official Promotions as best as we can with the time and funding we are allowed.

Regards,

Technical Committee

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