



Masters Weightlifting Camps

To promote Masters Weightlifting in Canada, WCHM is inviting any interested provincially-registered weightlifting club or Provincial Weightlifting Association, to consider conducting a Masters Weightlifting Camp. The expectations are as follows:

- Participants must be 30 years of age or older and members of a Provincial Weightlifting Association;
- Participants do not have to be members of Weightlifting Canada Haltérophilie Masters; however, it is expected that WCHM members will be offered a discounted registration fee;
- The fee structure is deemed reasonable by the WCHM Board of Directors;
- Revenue from participant registrations remains fully with the organizing club.

Interested weightlifting clubs or Provincial Weightlifting Associations are invited to contact the WCHM President, indicating a brief description of the following:

- Content and structure of the Camp and its relevancy to WCHM members; (example: technical movements of the lifts; training and preparation for competition; competition rules of significance to the athlete...)
- Coaching expertise of the instructor(s); (example: competitive experience; coaching experience with masters age athletes; provincial or national Coach Certification...)
- Geographical proximity to potential WCHM and Provincial Masters weightlifters. (Near a large city or manageable travelling distance to a smaller city).

The WCHM President will decide which Camps to endorse and will advertise Masters Camps' information on the WCHM Website, the WCHM Facebook page and mass emails to WCHM members.

Please submit the details of your Masters Weightlifting Camp to the WCHM President,

Masters Weightlifting Camps - Guidelines

Introduction: A brief introduction to the Camp.

Fee Structure: Provincial Association Members \$
WCHM Member \$

Content and Schedule of the Camp:

Day 1	Time	Focus/topic	Presenter/Coach
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Day 2	Time	Focus/topic	Presenter/Coach
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Note: It would be advantageous, if possible, to include some content on nutrition, antidoping education, and Masters rules. WCHM has information on doping education. [Anti-Doping/Antidopage – WCHMasters](#)

Facility: A short description of the facility, location, equipment available.

Coaches/Instructors: A biography of the Coach/Instructor(s) and their qualifications, particularly as it relates to Masters.