



LONG TERM ATHLETE DEVELOPMENT: Stage 7 – Fit for Life – Masters Weightlifting

Chronological and Training Age: Males and Females thirty-five years and older for international events; thirty years and older for Canadian Masters Weightlifting Championships; provincial age requirements determined by each provincial weightlifting association.

OVERVIEW

Lift for Life includes participants over thirty years of age who enjoy Olympic Weightlifting in a non-competitive setting, or recreational lifters who enjoy competing for fun. It includes athletes competing in Masters events at the Provincial, National or International level. Involvement with the Canadian Masters provides weightlifting athletes with a positive experience in the sport as they transition to other roles after they leave the competitive stream (coach, official, volunteer, or sport leader).

Technical, Tactical and Physical Objectives

- Maintain physical abilities and skills while having fun.
- Member of True Sport and supportive of WCHM-CCES approved Anti-doping Policy and the CADP

Psychological Objectives

- Lifelong enjoyment of Olympic Weightlifting.
- Respect for themselves, others and the sport of Olympic Weightlifting.

Competition Objectives

- Move from high-performance competition to lifelong competitive sport through age group competitions such as World Masters, Pan Am Masters, World Cup.
- 2 – 3 Competitions.
- Opportunities to set Provincial and Canadian Masters Weightlifting Records, as well as International records.

Other Sports

Active participation in Olympic Weightlifting and other sports.

Training Volume According to the goals and interests of the individual.

Where

Clubs registered with Provincial weightlifting associations and affiliated with WCH

Who

Coaches certified or in training with WCH and focused on coaching of Masters Weightlifters.
Technical Officials (members of WCHM).