



Youth/Junior Development Plan 2019

Made possible with funding from the Queensland Government.

Requirements

- Present and teach weightlifting to 1,000 Youth/Junior aged school students in at least 15 locations throughout Queensland

Objective

- Develop pathways for Youth/Junior athletes to go from
 - Attending Weightlifting presentations - (School based, School groups, Come and Try)
 - Participating in Strong Kidz Programs
 - Joining a weightlifting club
 - Entering their first competition
 - Competing at the Qld All Schools Championships
 - Representing Queensland in a State Youth/Junior Team
 - Representing Australia in a National Youth/Junior Team

Weightlifting Presentations

- Seek Expressions of Interest from QWA Affiliated Clubs to be part of this project - with a division of the 1,000-student quota amongst successful applicants best placed to ensure widespread delivery of the program.
- Document an agreement between the QWA and the Affiliated QWA Club regarding quota and conditions
- Presentation delivery timeframe April-September 2019
- Successful Clubs will individually negotiate a quota and be paid \$10 for each student they teach Weightlifting to. Example: a club agrees to a quota of 50 students. They then teach Weightlifting to 50 students and return all information necessary to the QWA along with an invoice made out to the QWA for \$500. The Target Club can pay a person to run the program utilizing these funds, or if they have the resources can use volunteers. The minimum qualification of a person delivering this program is a current AWF Level 1 Coaching accreditation, and current Blue Card linked to the QWA.
- At the end of September 2019, the number of quotas filled will be reviewed by the QWA and remaining numbers redistributed taking into consideration demand, and fulfilment of program objectives. Those Clubs that have already completed a 75-student block at one location would be eligible to negotiate to do another student block (numbers to be negotiated with the QWA prior to completing the activity) as long as it is conducted at a different location eg. Another school, a Come and Try event.

- Access to QWA developed resources – QWA Promo video, PowerPoint presentation, data capture sheets and templates and information for brochures.

Strong Kidz Program- Dedicated 4-week trial for Youth/Juniors

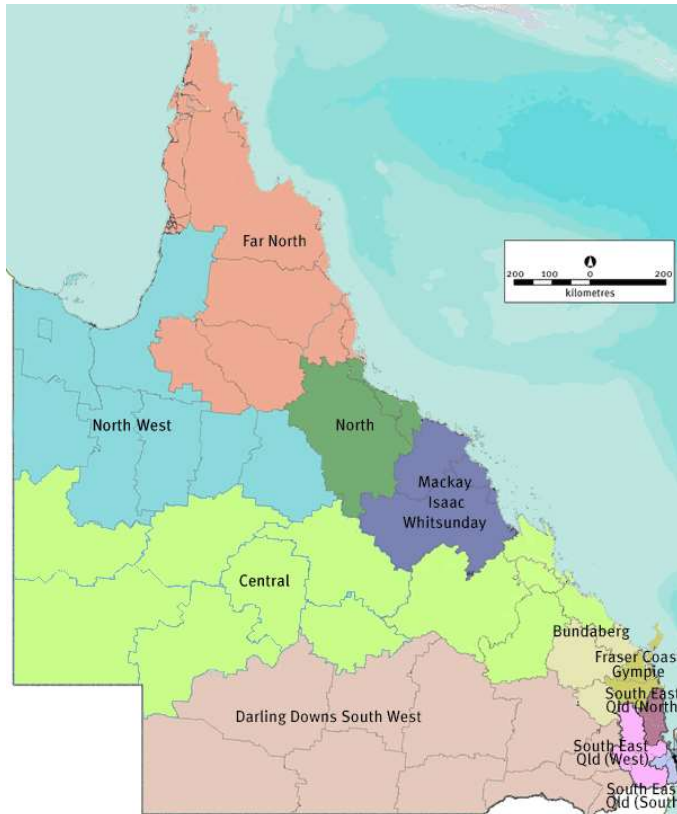
- QWA to fund Targeted Clubs to run a Strong Kidz Program
- Requires a minimum AWF Level 1 coach to run the program with current Blue Card linked to the QWA
- Students from presentations (School based or Come and Try) will be invited to attend the Strong Kidz program
- Clubs may also advertise the program for other new Youth/Junior lifters to join
- Program consists of 2 x 1 hours sessions per week for a 4 week period
- These sessions are to be specifically for new youth/junior lifters only
- Clubs will be paid \$50/hour (\$400 in total) to run the program
- At the end of the 4 week program athletes are then encouraged to join the weightlifting club
- **Any athlete that joins the weightlifting club from the Strong Kidz Program will receive free QWA membership up to a maximum of 5 per program** (on submission of an application form)
- QWA to assist with program structure including facilitating links with Clubs who have previous experience in running the program.
- Successful clubs may negotiate to run this program in a different format, for example weekly for 8 weeks instead of over 4 week, if this better suits their needs.

Youth Incentive Program

- **Each affiliated QWA club will be entitled to 4 free QWA memberships for new Youth/Junior lifters**
- These will be in addition to those free memberships already approved for those going through the Strong Kidz Program

Qld All School Travel Vouchers

- The top male and female, using Sinclair formula, from regional Queensland (outside of South East Queensland) will be awarded a \$200 travel voucher to assist their travel costs to the Qld All Schools Championships – on submission of expense receipts



- The best lifters will be decided from results in competition from 1 January 2019 to 30 September 2019 Purpose: Encourage competition and excellence amongst youth/junior lifters and assist those from outside South-East Queensland to compete at the 2019 Qld All Schools Championships
- The regional areas for 2018 will be
 - Far North Queensland
 - North Queensland
 - North West Queensland
 - Mackay and Whitsunday
 - Central Queensland
 - Western Downs
 - Wide Bay Burnett
- If any regions are not represented the remaining places may be reallocated to additional applicants from the above regions, with Sinclair, gender and QWA budget objectives being the deciding factors for this process.

QLD Team Squad Training

- Conduct one team squad training activity in SE Queensland and one team squad training in regional Queensland in 2019 for the National Youth & U15 team age group: 1 week before National Championships
- All members of the Qld team are invited to attend, not compulsory
- Opportunity for coaches and athletes to meet and finalise preparations
- SE Queensland - Qld Youth & U/15 team on Saturday 21st September. Venue: TBA
- Regional Queensland - Qld Youth & U/15 team; dates and location to be confirmed.

Strong Kidz Website (TBC)

- Dedicated page on QWA website about the program
- Direct all students participating through Presentations/Come & Try's to this page
- Page content
 - Kids based FAQ
 - Factsheets for parents
 - Interview with Youth/Junior lifters on competing and training
 - Upcoming Strong Kidz Programs availability at QWA Clubs
 - Promote Qld All Schools - Free Entry!

Development Flowchart

