

MANITOBA WEIGHTLIFTING ASSOCIATION

PROVINCIAL TRAINING TEAM

MANUAL AND AGREEMENT

2007 - 2008

The primary goal of the Manitoba Weightlifting Association ("MWA") Provincial Training Team (PTT) is to develop elite weightlifters by providing extra training opportunities and sport specific workshops so they can excel on the national and international stage. The secondary goal of the PTT is to create a team atmosphere within the MWA. Nomination to the Provincial Training Team is a reward for commitment to the sport with financial subsidizes rates at out of town events.

This manual and agreement provides information to athletes and parents to make them aware of the expectations associated with becoming a team member. Please read all the information carefully. It is the responsibility of the athletes and the parents to be familiar with all aspects of this manual and agreement to avoid any possible misunderstandings about any aspect of the program and team member requirements.

The requirements of this document change yearly so please read carefully each year!

The Manitoba Weightlifting Association Provincial Training Team Agreement ("Agreement") must be signed and membership fees paid to be a member of the training team.

If you have any questions please call the Manitoba Weightlifting Association office at (204) 925-5689.

1. MWA Provincial Training Team Eligibility

The MWA Provincial Training Team is a group of committed athletes dedicated to the sport of Weightlifting working towards excellence in Weightlifting in and out of competition. He/she will act as a role model and support other members in Weightlifting. Team members should be or are training to be competitive at the National Level.

Requirements for Training Team Eligibility

Athletes:

1. Must be a competitive member, in good standing, of the MWA with all fees paid in full.
2. Must be a member of a registered club with the MWA and train under a certified personal coach.
3. Must compete for the MWA or a club registered with the MWA at all competitions entered.
4. Must sign the Agreement.
5. Shall be in good physical and mental condition.
6. Shall attend all training camps and workshops as outlined in the manual of that year (Section 2, part b.). Prior written notice is required if an athlete is unable to attend due to illness or injury.
7. Shall be required to fulfill the competition requirements outlined in the manual of that particular year (Section 2, part c.).
8. Are responsible for confirming their attendance and forwarding payment to the MWA by any given due dates with respect to fees, payments, or any other outstanding amounts (example: competition registration, MWA membership, out of province travel).
9. Are expected to follow the Code of Ethics as outlined by this manual (Section 3, part b.).
10. Shall fulfill the bingo requirements as outlined in this manual (Section 3, part d.).
11. Are expected to comply with the doping control policy as outlined in this manual (Section 3, part c.).
12. Shall meet the requirements of the program manual for each year to remain on the Provincial Training Team.

2. MWA Provincial Training Team Criteria

This criteria is subject to change on an annual basis. Any changes will be communicated to all Provincial Training Team members and their coaches as well

as all athletes and coaches currently registered with the MWA.

a. Selection:

The Provincial Training Team is selected once per year. Applications must be submitted by October 1st. However, applications will be accepted and considered throughout the year.

The current senior marker system will be utilized for selection.

Athlete must have a minimum senior marker of 44% or better to be accepted onto the Provincial Training Team.

The highest total for the previous year will be used for determining one's marker.

b. Training & Training Camps:

Athletes are expected to participate to 100% of their ability and show commitment to the sport.

Athletes are expected to train at least three times per week with their personal coach.

Athletes shall participate in the following training camps:

- December Provincial Team Training Camp #1 (3 sessions over one weekend)
- June Provincial Team Training Camp #2 (3 sessions over one weekend)
- July Provincial Team Training Camp #3 (3 sessions over one weekend)

A guest coach will administer these three training camps and the athletes will be notified of the dates of the training camps once they are arranged.

Athletes shall provide the MWA with prior written reasons stating why he/she is unable to attend a training camp.

Athletes shall participate in all PTT workshops.

Athletes should be a role model to others, both in and out of the gym.

c. Competitions:

Athletes shall compete in at least 3 of the following 7 competitions of their choice:

- i. Twin City Open
- ii. Manitoba Open
- iii. Manitoba Junior/Senior Provincials
- iv. Junior Nationals
- v. La Coupe du Voyageur
- vi. Western Canadian Championships
- vii. Senior Nationals

Competition and/or team standards will have to be met for participation in selected competitions.

Athletes are responsible to have their entries into the MWA Office by their respective due dates.

Athlete shall wear appropriate dress at competitions.

d. MWA Will Provide:

Additional funding for out-of-province competitions (100% of hotel room costs, 100 % of competition registration fee, 50% of travel costs).

Access to training facilities, and equipment for training purposes.

Access to competitions for practice and development of the Team Members.

Social events, training camps, and sport specific workshops.

A Team Track Suit and a lifting suit at the initial nomination, MWA will pay 50% of the costs. The remaining cost to be paid by the athlete.

e. Athlete Responsibilities:

Athletes will respond promptly, where required, to all communications from the MWA.

Athletes shall declare a weight class upon acceptance onto the Provincial Training Team. Should an athlete wish to change their weight class, the athlete shall provide written notice to the MWA office, at least (1) month before the next competition they will be competing in, so adjustments to their marker percentage can be made. Their weight class change will need to be approved by the executive committee in a timely manner.

When representing the MWA, athletes shall wear appropriate dress, including team uniforms when provided, as well as lifting suits in competition.

Provincial Training Team Members shall assist in promoting the sport when requested to do so. (For example: demonstrations and workshops)

Athletes shall attend the following 2 informational meetings per year:

- Provincial Training Team Educational Meeting (October)
- MWA AGM (June)

3. MWA Provincial Training Team Rules And Regulations

a. Training Team Agreement

Two copies of the 2007 - 2008 Provincial Team Training Agreement are enclosed. Athletes are to complete and sign one copy and return said copy to the MWA office for nomination to the team by October 1st, 2007.

Please read through the Agreement and the manual carefully as you are responsible for understanding what is expected of you as a member of the MWA Provincial Training Team.

This Agreement is signed annually and shall be returned to the MWA Office by October 1st of that year. The contact information for the MWA office is set out below

Manitoba Weightlifting Association
200 Main Street
Winnipeg, Manitoba
R3C 4M2

Phone Number: (204) 925-5689

Fax Number: (204) 925-5703

E-Mail: weight@sport.mb.ca

Applications will be accepted throughout the year at the discretion of the MWA Provincial Training Team Selection Committee (the "Committee").

If athlete is under the age of 18, the Agreement shall also be signed by a parent/guardian.

b. Code Of Ethics

Athletes is expected to follow the MWA Code of Ethics. Please read and become familiar with the MWA Code of Ethics.

Failure to comply with the stated terms of the Code of Ethics may result in reprimand from the MWA, which may include suspension from the Training Team.

The Code of Ethics will apply to Provincial Training Team Members any time they represent the MWA, both in and out of competition.

c. Doping

Athletes are expected to adhere to the Canadian Doping Control Policy. Please read the Canadian Doping Control Policy to become familiar with the expectations.

Failure to comply with the Canadian Doping Control Policy will result in penalties in accordance with the International Weightlifting Federation and the Canadian Centre for Ethics in Sport.

d. Bingo Policy

Athletes are expected to comply with the MWA Bingo Policy.

Athletes on the Provincial Training Team are required to work two (2) bingos each year. Failure to work these bingos will result in a reprimand from the MWA, which may include being deselected from a traveling team.

Athletes will receive a \$60 credit to their MWA account to be used towards weightlifting expenses for their participation in a bingo. See attached list of suggested weightlifting expenses that credit can be used for.

e. Emergency Medical Information

Each Provincial Training Team member shall submit their Medical Information.

This information will be kept confidential in the MWA office and only released to necessary medical practitioners.

f. Liabilities/Disciplinary Action

It is understood and agreed that the Association accepts no liability or responsibility for any injury or accident to any Provincial Training Team member while he/she is engaged in normal duties, training or competition.

Any Provincial Training Team member who fails to meet the requirements of this Agreement may be subject to penalties as determined by the MWA.

Please fill out and return with Agreement

**MANITOBA WEIGHTLIFTING ASSOCIATION
PROVINCIAL TRAINING TEAM AGREEMENT
2007 - 2008**

I, _____, (*print name*) understand and agree to the stated terms and conditions as set out by the Manitoba Weightlifting Association.

As a member of the Provincial Training Team, it is my intention to represent my club, the Manitoba Weightlifting Association and the Province of Manitoba with dignity and with a positive image. I understand and will conform to the guidelines of the Provincial Training Team Manual and Agreement.

Infractions of the athletes Manual and Agreement may result in the team coaches, manager or sport executives taking any one or more of the following, or other actions:

- A written or verbal warning;
- Suspension from the Provincial Training Team;
- Full loss of additional Provincial Training Team funding for out-of-province competitions.

The Manitoba Weightlifting Association accepts no liability or responsibility for breach of custom or other laws or for injury or accident to the Provincial Training Team member who hereby acknowledges same and agrees to indemnify the Manitoba Weightlifting Association from any claim or demand whatsoever arising there from. Further, the Training Team member waives and releases any and all right and claim for damages that he/she or designate may have against the Manitoba Weightlifting Association, its officers, employees, volunteers, and coaches, for any and all injuries suffered by him/her.

This Agreement shall be in effect as long as I am a member in good standing of the Manitoba Weightlifting Association Provincial Training Team for the period from:

October 1, 2007 to September 30, 2008

By signing below I agree to all the above terms and all the conditions as stated in this Manual and Agreement.

Athlete's Signature: _____ **Date:** _____

Parent/Guardian Signature (if under 18): _____
Date: _____