



BWL News



IPC Powerlifting news from British Weight Lifting

A great 2013 for IPC Powerlifting!

There have been huge highlights for the World Class Program this year with senior medals being picked up by Ali Jawad and Natalie Blake at the European Championships which took place in Russia this May.

Ali was able to follow this up on November the 4th with a world record breaking performance, taking gold at the Asian Open Championships in Kuala Lumpur

securing the number 1 world ranking.

Micky Yule has continued his phenomenal progress into the world top 10 with repeat PB performance throughout the entire year at back to back competitions with a wonderful performance in Kuala Lumpur executing 3 good lifts and hitting all his targets for



2013. He has shown that consistently training smart and working on the small things week in week out add up to significant gains in competition.

A Positive Change to High Performance Training Camps

IPC Powerlifting moved its high performance camp program to Tedworth House in 2013, consolidating and utilising the fantastic and mutually

beneficial relationship with Battle Back. Working closely with Jonpaul Nevin who heads up the Strength and Conditioning and Rehabilitation for injured service men two athletes have taken up the sport and work closely with Jonpaul and BWL staff weekly and throughout training camps.

The facilities offer state of the art training facilities and equipment, recovery suits and social areas all day every day which is excellent to step up the level of training and recovery athletes can engage with prior to competitions and within intensive training periods.

At the last camp Will Greenwood, former England Rugby Union international and World Cup winner, gave an

inspirational talk about positive team culture and what a winning training environment looks like from an athlete's perspective. It was an energising start to a fantastic week at Tedworth House in Wiltshire.





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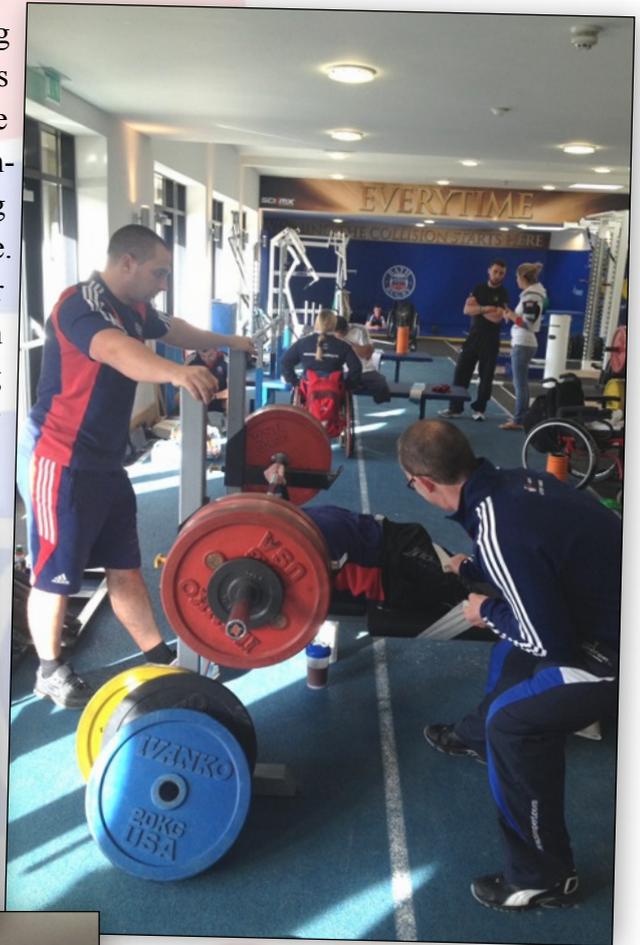
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Partnerships Bring New Training Environments

Having a stimulating training environment is vital for productive training sessions and therefore British Weight Lifting, in partnership with third party organisations, have looked to take IPC Powerlifting on the road. This year for example we spent the day at Bath Rugby showing the players there how high the level of IPC Powerlifting is in this country.

The day was spent meeting the professional rugby players at Bath Rugby, enjoying the world class facilities, watching them train and training hard ourselves for all to see. It was an inspiring day for both parties and proved again that investing in stimulating training environments is key for productive training.





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The Future's Bright: The Future is Talent ID!

The Talent ID program was launched in April 2013 as relationships with Battle Back and the Front Line to Start Line Program following the Paralympic Potential Talent Identification initiatives were born.

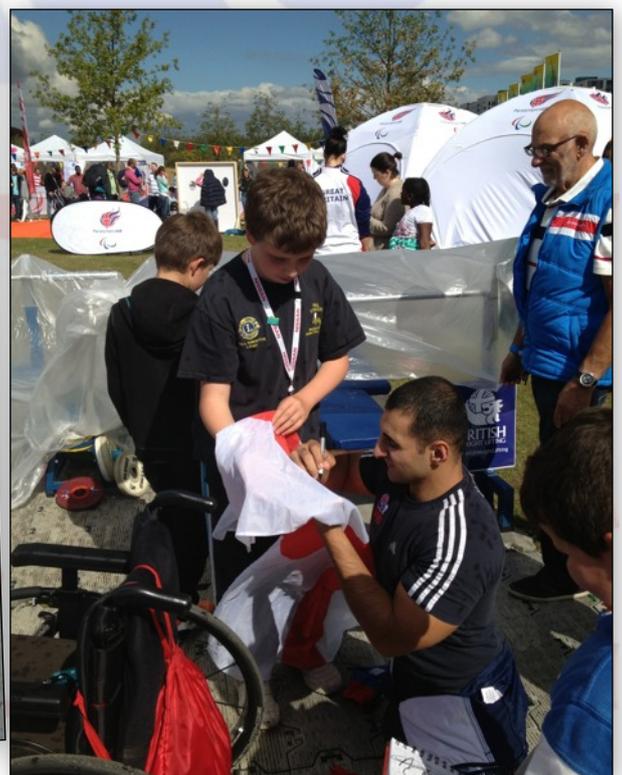
The relationship with Battle Back and the new Performance Camp Program has engaged two lifters who have hit Talent Confirmation Totals or displayed positive explosive strength qualities. Jim Wilson and Michael Swain will look to start competing in the new year and show the good work and development taking place with Jonpaul Nevin at Tedworth House.

Pani Mamuneas was identified in Sheffield earlier this year at a BPA Sports Fest in Sheffield. After lifting Talent Confirmation loads and moving lighter loads explosively he now trains several times a week out of the Loughborough University Powerbase with EIS Strength and Conditioning Coach James Whitfield.

This is an example of the Talent Program identifying potential and committing to creating an environment where it can now be reached. Pani is now looking forward to getting classified and securing a world ranking in 2013.

Talent Intro Days

BWL have started the first of what we hope will be many Talent Intro days to come. The second took place in Leeds this August where athletes were invited along to be tested and immersed in the sport while training alongside High Performance athletes. These days help ensure there is a growing supply of lifters within Great Britain and provide an opportunity to identify those that have what it take to go all the way and achieve world class level performances in Paralympic Games to come.





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IPC Powerlifters on the Road!

British Weight Lifting have been at all the British Paralympic Association's SportsFest this year.

The events, which provide opportunities for all the Paralympic sports to come together, share learning and offer up opportunities for talented athletes to come and try the sports.

The breakthrough this year was identifying Pani Manuneas in Sheffield who has been training hard now for 6 months in the lead up to competing for the second time on November the 30th in Stoke Mandeville.

National Paralympic Day

National Paralympic Day (pictured) took place this September at the Paralympic Park in London. The day was a huge success with BWL being able to access over 200 young athletes and provide them with information about the sport. The day was held in celebration of the Paralympic Games that had taken place exactly 1 year prior and we were there to engage with the swarming crowds that attended the event. Paralympians and



World Class Program athletes Ali Jawad, Natalie Blake and Micky Yule all attended to provide insight to potential new athletes and demonstrate their own prowess.

Objectivity and Bar Monitoring

The program is looking to consistently monitor bar path and barbell characteristics for all talent and podium potential athletes to help track and identify positive changes to athletes physical abilities.

Using the GymAware Power Tool System means that BWL can identify future athletes by measuring levels of power and barbell velocity at lighter loads prior to the development of peak force.

Untrained beginners showing the ability to move light loads quickly is a fantastic indicator of potential without having to lift a heavy 1 repetition maximum.

