



WEIGHTLIFTING IRELAND

Youth/Junior & U23 Development Squad Session

- Selection Process -

The purpose of these squad sessions is to assess athlete fitness to determine the potential selection for the European Youth (U17) Championships and the European Junior & U23 Championships. They will also be used to create a safe and encouraging environment where they can develop as an athlete with the help of the Weightlifting Ireland coaching team, with aspirations of competing at the highest level in the sport.

Below are the minimum standards set out by Weightlifting Ireland for Irish athletes who wish to be considered for selection:

For an athlete to be considered for selection they must:

1. Hold a valid Irish passport and have been deemed eligible to represent Ireland based on approval by the Board of Weightlifting Ireland.
 - In the case of multiple citizenship, the athlete must **NOT** have represented any other country at a competition or competitions organised by the IWF or any of its continental federations, within a twelve-month period.
2. Be a current member of Weightlifting Ireland and be in good standing with Weightlifting Ireland and/or its affiliated bodies or partners.
3. Be compliant with the Weightlifting Ireland & Sport Ireland anti-doping procedures.
4. Be actively training/competing so you are on the Weightlifting Ireland Rankings list in the relevant age categories. The top 5-10 will be considered for selection.





5. Be within 15kg-20kg of the qualification standards set out by Weightlifting Ireland for the European Youth U17 Championships (found [here](#)) and/or the European Junior & U23 Championships (found [here](#)); whichever applies to you based on relevant age categories.
6. Selection for any development squad session is at the discretion of the Weightlifting Ireland Board and, in exceptional circumstances, the Board reserves the right to select/invite athletes who have not met all the above criteria, if it is deemed to be in the best interest of Weightlifting Ireland and its members.
7. Athletes, if selected/invited, must be willing to assist at Weightlifting Ireland competitions and events during the competition calendar year. For further information contact: secretary@weightliftingireland.com

Weightlifting Ireland is committed to running regular squad sessions for our Youth, Junior & U23 athletes with multiple sessions throughout the year, held around the country.

COVID-19 Update:

At all times during this pandemic, the health, safety and wellbeing of all our athletes, coaches & volunteers is our main priority; so we will be proceeding with absolute caution in this regard and will increase participation numbers ONLY when it is safe to do so.

Due to the Government's physical distancing guidelines it is not possible for us to include all Youth, Junior or U23 athletes who might meet the above criteria in these sessions at the moment, but if you believe that your progress over the last 4-6 months warrants inclusion in this squad, then please ask your coach to forward details of this to development@weightliftingireland.com and we will certainly take this into account.

