



Weightlifting Ireland - Women in Sport Coaching Scholarship

Weightlifting Ireland (WI) unite with Sport Ireland's vision for women in sport; one where women have an equal opportunity to achieve their full potential, while enjoying a lifelong involvement in sport.

Weightlifting Ireland endeavours to support Sport Ireland's commitment to increase women's sustained involvement in sport as coaches, volunteers, club members, athletes, officials, leaders, and participants from grassroots to the podium.

The aim of the WIS Coaching Scholarship is to provide an opportunity for learning and to provide a support system around the female coach to develop and reach their coaching potential. Furthermore, the programme aims to increase the number of, and visibility of female coaches within the Weightlifting Ireland community, create female role models and to inspire other female members to progress into coaching.

Weightlifting Ireland's commitment to the programme:

- Provide a place on a 2023 Level 1 Coaching Course for a female trainee from each Province (4 in total).
- Support the trainee coach with travel and accommodation costs associated with the participation at the Level 1 Course.
- Cover the costs to fulfil the coaching licence requirements (Safeguarding and First Aid training).
- Provide mentoring through an affiliated Club and/or Coach Mentor.

Trainee coach expected commitments:

- Be a current member of Weightlifting Ireland for 2023.
- Attend all three days of the selected Level 1 Course and complete all requirements in relation to obtaining the coaching licence (Garda Vetting/Safeguarding/First Aid).
- Support/volunteer at future WIS and/or Weightlifting Ireland events.

Members can nominate themselves for the WIS Coaching Scholarship, by submitting an email to [wis@weightliftingireland.com] by EOD on 21st March 2023.

The email should include details regarding:

- Why you would like to undertake the programme
- Your background/experience in weightlifting
- If you have any coaching experience (in any sport)
- Your short and long term goals in weightlifting and coaching