Application Form for Selection to the BWL WCP for Para Powerlifting

Please accept my application for consideration, for selection to the BWL World Class Program. In submitting this application, I am confirming I understand the following:

* I acknowledge that I have read, understood, and agree to follow the British Weight Lifting Selection Policy for the WCP membership period 2024-2025.
* I agree that as a condition of my place on the WCP, I will be obliged to enter into the following agreements prior to my nomination for an APA
  + UKS Performance Athlete Agreement 2024-2025

# WCP APPLICATION FORM

|  |  |
| --- | --- |
| ATHLETE INFORMATION | |
| Athlete’s name |  |
| Address |  |
| Email |  |
| Mobile |  |
| Home Tel |  |
| BWL membership no. |  |
| Date of birth |  |
| Have you ever served a ban for doping infringements? Please provide dates/details |  |
| BODYWEIGHT CLASSES (The bodyweight classes you wish to be considered in) |  |
| PERSONAL COACH (The individual responsible for writing your training program) | |
| Name |  |
| Email |  |
| Mobile |  |

# QUESTIONAIRE

Please answer in the green boxes below

|  |
| --- |
| **TRAINING** |
| **New applicant** - Please describe how you wish to engage with and collaborate with the WCP?  **Returning member** - Please provide examples of how your engagement over the last year has:  a) accelerated your development more so than not being on the WCP  b) The development of staff and the WCP |
|  |
| **All applicants** - Which environments will you train training in over the next 12 months?  AND  If Loughborough, what training in at the HPC enable you to do that you cannot do at home? |
|  |
| **All applicants -** How often do you wish to train in Loughborough on a monthly basis? Please share any obstacles to attending this often.  AND  If you plan on training less than twice per month, please explain why more regular visits aren’t necessary? |
|  |
| **New applicant** - What impact would this engagement in Loughborough have on your development?  **Returning member** – What ingredient of performance do you need to improve over the next 12 months? |
|  |
| **All applicants -** How often will you see your personal coach?  AND  Please describe what good weekly communication looks like between you and your coach? |
|  |
| **All applicants** - What data (if any) do you want to use to improve decision-making and collaboration with your personal coach?  **Returning member** - What data will you use to improve decision making and collaboration with your multi-disciplinary team? |
|  |
| **All applicants -** What information would you want the WCP to provide you with in order to optimise your progress and better understand your development needs? |
|  |
| **All applicants -** What do you currently do on a weekly basis to minimise risk of injury and illness? Please provide an example of the protocol  AND,  If you have a local physiotherapy provider? Please provide contact details |
|  |

|  |
| --- |
| **Your current life situation (study, work, personal development)** |
| **All applicants -** What is your employment and or education status?  Secondly, if employed what are your current working hours and where is your job located? |
|  |
| **All applicants -** If in education where are you based, to what level and on average how many days a week are you committed to this? |
|  |
| **All applicants -** What will membership and WCP support enable you to learn or experience? Please describe what learning, qualifications or experiences you intend to pursue in the next 12 months should you be selected on to the WCP?  (Athletes receive an annual personal grant to spend on self-development) |
|  |
| **All applicants -** We expect all athlete to prepare for leaving sport throughout their membership, from the start of their membership. Please describe other current areas of interest outside of being a member of the WCP. For example, hobbies, passions or industries you see yourself working in after sport. |
|  |
| **All applicants -** We expect all athlete to develop a social impact through their own and collective interests. What causes, movements or charities and organisation are you passionate about supporting? |
|  |

|  |
| --- |
| **ATHLETE NEEDS** |
| **All applicants -** Please provide **up to** 3 priorities for you to pursue/develop/deliver in order to meet your annual goals in 2024-2025 E.g. Specific technical, physical, psychological or personal development needs |
| 1. |
| 2. |
| 3. |

**ATHLETE/PERSONAL COACH STATEMENT**

**ATHLETE**

* I wish to be considered for selection to the WCP for the memberships period April 1ST 2024 – March 31st 2025.
* I confirm I understand and agree to adhere to the WCP selection policy.
* I agree to facilitate the various procedures laid out in the BWL WCP selection policy and to provide such assistance and information as BWL shall reasonably require in connection with the selection process laid out.
  + This includes engaging with, updating and sharing an individual athlete plan (IAP).

**COACH**

* I agree and confirm that as an identified personal coach I will collaborate and engage with WCP staff and management where appropriate to align preparation towards the athlete’s personal ambitions, UK Sport/BWL WCP milestone events and contribute to the consolidation of knowledge within and sustainability of the WCP.

|  |  |
| --- | --- |
| ATHLETE | |
| SIGNED |  |
| ATHLETE NAME |  |
| DATE |  |
| **PERSONAL COACH (WHERE ACTIVE)** | |
| SIGNED |  |
| COACH NAME |  |
| DATE |  |
| PARENT/GUARDIAN (IF UNDER 18) | |
| SIGNED |  |
| PARENT/GUARDIAN NAME |  |
| DATE |  |

Completed applications must be submitted to the Paralympic Performance Director. Please send your submission by email to [tom.whittaker@britishweightlifitng.org](mailto:tom.whittaker@britishweightlifitng.org). **Applications MUST be submitted by 17:00 on the 20/02/2024 to** [tom.whittaker@britishweightlifting.org](mailto:tom.whittaker@britishweightlifting.org)