

AUSTRALIAN WEIGHTLIFTING FEDERATION INC
GOLD MEDAL INCENTIVE PROGRAM

The Australian Weightlifting Federation's High Performance Program (HPP) is an Australian Sports Commission (ASC), Australian Commonwealth Games Association (ACGA) and Australian Olympic Committee (AOC) funded scheme that is proudly athlete centred but coach driven.

The program is designed to identify high performing male and female Australian lifters and prepare them for success at targeted international weightlifting competitions taking place between 1 August 2008 and 30 June 2009.

In order to achieve success, lifters need to make sacrifices and as such the AWF aims to provide lifters with financial support via the **Gold Medal Incentive Program (GMIP)**.

The GMIP comprises three distinct squads:

- Super Squad
- Games Squad
- Youth Development Squad.

In order for lifters to graduate from youth through to senior ranks and to achieve high performance goals they need access to the best possible training environment, top class coaching, support services and competition opportunities.

It is envisaged that access to these vital elements will deliver medal winning performances at the 2010 Delhi Commonwealth Games, achieve higher representation at the 2012 London Olympic Games and have at least one lifter standing on the victory podium at the 2016 Olympic Games.

Entry to these Squads is based purely on performance. Lifters who gain entry into the respective Squad will receive financial reward in the form of a stipend and cash bonuses for improvement and success at targeted competitions.

The Squads will be formed initially from the results achieved at sanctioned AWF events between 1 July, 2007 and 30 June 2008.

Benefits will be processed quarterly to all Squad lifters who have attained the entry standard and have returned a signed Athlete Shadow Team Agreement for the following nominated international events;

- 2008 Commonwealth Junior/Senior Championships
- 2008 New Zealand vs Australia Junior International Tournament
- 2009 New Caledonia World Cup Event
- 2009 Oceania Junior/Senior Championships & Arafura Games
- 2009 World Junior Championships.



Lifters will be added to these Squads when they have attained the totals listed in the following tables in any sanctioned AWF, OWF or IWF competition.

- Squad membership will be reviewed every six (6) months [December 2008 and June 2009]
- Maximum squad sizes are:
 - **Super Squad**
Top eight ranked (8) males and top seven (7) ranked females using Senior Elite International Standards.
 - **The Games Squad**
Two entry categories, one for senior male/female lifters and the other for Junior male/female lifters born during or after 1989. The maximum squad sizes are top six (6) seniors (3 male and 3 female) and top six (6) juniors (3 male and 3 female) ranked using the Senior International and Junior International standards.
 - **Youth Development Squad**
Will consist of youth lifters born during or after 1991 with a maximum of 20 athletes at any one time.

Athletes will be ranked using the current Youth National Standard.

- **Bumping** will be used to maintain maximum squad sizes. Example the Super Squad has a maximum of eight men who have achieved the Squad Entry Standard. Only the top eight (8) male lifters holding the highest eight percentage scores will remain within the Super Squad. Accordingly, the eighth ranked lifter's score would need to be surpassed within the review period by a new lifter to be removed from the Super Squad – it is envisaged this clause will lead to continual improvement.
- All squad reviews and modifications will take place every 6 months at which time squads will be modified according to lifter performances.

Super Squad

To become a member of the **Super Squad** lifters will have to attain the following Entry Standards in a sanctioned AWF, OWF or IWF competition. These totals are as follows:

Women	Total	Men	Total
48 kg	156 kg	56 kg	230 kg
53 kg	167 kg	62 kg	248 kg
58 kg	179 kg	69 kg	272 kg
63 kg	187 kg	77 kg	300 kg
69 kg	194 kg	85 kg	323 kg
75 kg	201 kg	94 kg	339 kg
+75 kg	225 kg	105 kg	340 kg
		+105 kg	363 kg



Note: These totals are based on the AWF Senior Elite Standard and will be modified after each World Weightlifting Championships to reflect current standards in line with AWF policy.

Games Squad

To become a member of the **Games Squad** a lifter will have to attain the following Entry Standards in a sanctioned AWF, OWF or IWF competition. These totals are as follows:

Women	Sen Int Standard	Jun Int Standard	Men	Sen Int Standard	Jun Int Standard
48 kg	151kg	129 k	56 kg	223 kg	207 kg
53 kg	161 kg	147 kg	62 kg	239 kg	221 kg
58 kg	173 kg	158 kg	69 kg	263 kg	241 kg
63 kg	181 kg	166 kg	77 kg	290 kg	257 kg
69 kg	187 kg	170 kg	85 kg	312 kg	274 kg
75 kg	194 kg	178 kg	94 kg	328 kg	283 kg
+75 kg	218 kg	196 kg	105 kg	329 kg	290 kg
			+105 kg	351 kg	291 kg

Note: These totals will be modified after each World Weightlifting Championships to reflect current standards in line with AWF policy.

Youth Development Squad

To become a member of the **Youth Development Squad** a lifter will have to attain the following Entry Standard in a sanctioned AWF, OWF or IWF competition. These totals are as follows:

Women's	Total	Men's	Total
40 kg	70 kg	47 kg	120 kg
44 kg	77 kg	51 kg	127 kg
48 kg	84 kg	56 kg	134 kg
53 kg	96 kg	62 kg	144 kg
58 kg	103 kg	69 kg	157 kg
63 kg	108 kg	77 kg	167 kg
69 kg	111kg	85 kg	178 kg
75 kg	116 kg	94 kg	184 kg
+75 kg	127 kg	105 kg	189 kg
		+105 kg	190 kg



GMIP FUNDING ALLOCATION SUMMARY

Squad	Size	Monthly Rate	Individual Yearly Payment	Annual Cost	%
Youth Development	20	\$60	\$720	\$14,400	12%
Games	12	\$110	\$1320	\$15,840	15%
Super	15	\$440 + \$1280 to Top Ranked Male & Female	\$5280	\$79,200 \$2560	73%

DAS Fixed Expenditure \$112,000

Super and Games Squad members will be able to earn additional bonus funding as a result of achieving Personal Best (PB) performances at the targeted competitions listed.

Example, in the Super Squad a new PB Snatch or Clean & Jerk will receive a \$200 prize and a new PB Total a prize of \$400 providing the lifter with a total reward of \$800 for all new PB's.

Squad	Snatch	Cn & Jk	Total	Total Cost	%
Youth Development	\$0	\$0	\$0	\$0	0%
Games	16 @ \$100 \$1600	16 @ \$100 \$1600	16 @ 200 \$3200	\$6,400	32
Super	17 @ \$200 \$3400	17 @ \$200 \$3400	17 @ \$400 \$6800	\$13,600	68

DAS Bonus Expenditure \$20,000

Members of **Super Squad** will receive a \$440 monthly stipend.

Financial bonuses will be rewarded in accordance with performance at the following events.

- **2008 Olympic Games**
- **2008 National Championships**
- **2008 Commonwealth Championships**
- **2009 World Cup (New Caledonia)**
- **2009 Oceania Championships / Arafura Games**



Members of the **Games Squad's** will receive a monthly stipend of \$110
Financial bonuses will be rewarded in accordance with PB performances at the following events.

- **2008 National Championships**
- **2008 Commonwealth Championships**
- **2008 New Zealand vs Australia Junior International**
- **2009 Oceania Championships / Arafura Games**
- **2009 World Junior Championships**

Should you require further information regarding this program please contact the High Performance Manager via email mkeelan@awf.com.au or telephone 07 3245 6461.

