

Canadian Powerlifting Union Coaching Committee

Team Canada Coach for all World Championships, North American Championships, Commonwealth Championship

Coaches are an integral part to an athlete's success. For the Championships outlined in the CPU policies and procedures, the CPU Coaching Committee will appoint coaches for each Championship. Any questions should be directed to the coaching committee.

Team Canada Head Coach Job Description

- Be present at the entire championship, from technical meeting to banquet
- Attend the Technical Meeting as the representative of the Team Canada, or if unable to attend due to extenuating circumstances, appoint a designate to attend
- Coach all Team Canada athletes and manage all Team Canada assigned coaching staff including but not limited to Assistant Coaches, personal coaches, medical staff, etc.
 - The Head Coach or designate has the final say as to lifter's attempts, the lifters may make suggestions only
- Determine which athletes will have a Personal Coach available and which Personal Coaches will be allowed in the warm up room prior to leaving for the Championship. Should there be decisions needed, consult with the Coaching Committee to determine which Personal Coaches will be allowed in the warm up room.
- Ensure all athletes wear their entire Team Canada tracksuit and follow other IPF guidelines (ie: no hats, no flags, etc) while participating in the medal ceremonies
- If a team award should be won, ensure someone accepts the award at the banquet. The team award will be kept by the Head Coach or given to the best Canadian lifter by GL points. Ensure all award winners get their awards if they are not present at the banquet.
- Ensure all athletes know where to find the Certificate of Participation once the competition is concluded
- Must wear the entire Team Canada tracksuit for the opening ceremonies.
- Head coach must wear appropriate coaching attire during all official duties as prescribed by the IPF (Team Canada track suit OR sport shorts and Team Canada t-shirt or polo AND running shoes - no sandals, dress shoes, etc). Hats shall not be worn while coaching in the warm up room or at the main platform. The CPU Coaching Committee will provide 1-2 (one to two) t-shirts or polos to wear while coaching.
- Coaches are not to be filming or recording lifts from the coaching box. This is for coaching, not for filming. Athletes can arrange for someone to record their lifts from the audience if they so choose.
- Prior to leaving for the World Championship, the head coach has several responsibilities:
 - Introduce themselves to all Canadian athletes by appropriate means as soon as the team is named
 - Communicate with athletes around items including but not limited to:
 - Pre-competition training or injuries
 - Flight itineraries, hotel arrangements, transportation, etc
 - CPU expectations and requirements (purchasing a track suit, staying in meet hotel, appropriate behaviour, etc)
 - remind all athletes of the negotiated contracts and expectations of the CPU negotiated sponsorships. Should an athlete fail to follow the contract, the coach shall report this to the CPU Coaching Committee who will report this to the CPU President

- How communication will happen in emergent situations and during the competition
 - Athlete competition expectations and goals
 - Creation of an athlete meet day plan (weight cut plan if needed, warm up plan, thoughts on openers, etc)
- Obtain the Emergency Contact information for all athletes from the CPU Championship Secretary
- Report to the CPU Disciplinary Committee any issues with athletes that arise that require further investigation
- Report to the CPU Coaching Committee any issues with coaches (assistant or personal) that arise that require further investigation
- Report to the CPU Officiating Chair any issues with officials that arise that require further investigation
- Provide to the Coaching Committee a written report outlining:
 - Reflection of the overall team performance at the championship
 - Reflection of the coaching strategies and decisions that were made during the competition and any recommendations for improvement
 - Reflection of any conflict or errors made during the championship
 - Reflection on other named coaches abilities during the championship

Team Canada Assistant Coach Job Description

- Be present at the entire championship, from technical meeting to banquet
- May attend the Technical Meeting as the representative of the Team Canada
- Coach all Team Canada athletes as assigned by the Head Coach and manage all Team Canada personal coaches, medical staff, etc.
 - The Head Coach or designate has the final say as to lifter's attempts, the lifters may make suggestions only
- Ensure all athletes have handling support during their lifting
- Ensure all athletes wear their entire Team Canada tracksuit and follow other IPF guidelines (ie: no hats, no flags, etc) while participating in the medal ceremonies
- Wear the entire Team Canada tracksuit for the opening ceremonies.
- Wear appropriate coaching attire during all official duties as prescribed by the IPF (Team Canada track suit OR sport shorts and Team Canada t-shirt or polo AND running shoes - no sandals, dress shoes, etc). Hats shall not be worn while coaching in the warm up room or at the main platform. The CPU Coaching Committee will provide 1-2 (one to two) t-shirts or polos to wear while coaching.
- Coaches are not to be filming or recording lifts from the coaching box. This is for coaching, not for filming. Athletes can arrange for someone to record their lifts from the audience if they so choose.
- Prior to leaving for the World Championship, the assistant coach supports the Head Coach with communication and gathering required information.
- Report to the CPU Coaching Committee any issues with coaches (head or personal) that arise that require further investigation
- Provide to the Coaching Committee a written report outlining:
- An Assistant Coach will be named at the discretion of the CPU Coaching Committee
- Work with the Head Coach on the pre-competition preparation and be involved in athlete communication

Team Canada Personal Coach Job Description

- A Personal Coach may be included on the nominations for each Championship at the discretion of the Team Canada Head Coach, in consultation with the CPU Coaching Committee
 - Athletes may name 1 (one) personal coach to support them in the warm up room, however this will be dependent on the number of athletes and coaches in each session.
- Personal coaches are those coaches who may be coaching one single athlete or a few athletes or be present to help handle a lifter during a session. Personal coaches may be required to support other Team Canada athletes at the Head Coaches discretion
- Personal coaches will default to the head coach in a decision on attempt selection
- Personal coaches will only be allowed to support in the warm up room, unless otherwise directed by the Head Coach
- Wear appropriate coaching attire during all official duties as prescribed by the IPF (Team Canada track suit OR sport shorts and Team Canada t-shirt AND running shoes - no sandals, dress shoes, etc). Hats shall not be worn while coaching in the warm up room or at the main platform.
- Coaches are not to be filming or recording lifts from the coaching box. This is for coaching, not for filming. Athletes can get someone to record their lifts from the audience if they so choose.
- A personal coach must apply, through the athlete they wish to support, to the Head Coach for approval

Eligibility

Head Coach

- Successful completion of the following NCCP courses
 - Coach Initiation in Sport
 - Making Ethical Decisions
 - Making Head Way in Sport
 - Understanding the Rule of Two
- Must have coaching experience at a minimum of 2 (two) CPU National Championships
 - Experience including calling all numbers for an athlete, coaching against other lifters, etc
- Must have current CCES Powerlifting Anti-doping course completed (can not be untracked) or ADEL course

Assistant Coach

- Successful completion of the following NCCP courses
 - Making Ethical Decisions
 - Making Head Way in Sport
 - Understanding the Rule of Two
- Must have coaching experience at a minimum of 1 (one) CPU National Championships
 - Experience includes calling all numbers for an athlete, coaching against other lifters, etc
- Must have current CCES Powerlifting Anti-doping course completed (can not be untracked) or ADEL course

Personal Coach

- Successful completion of the following NCCP courses
 - Making Ethical Decisions

- Making Head Way in Sport
- Must have coaching experience at a minimum of 1 (one) CPU National Championship or 1 (one) CPU Regional Championship
 - Experience includes calling all numbers for an athlete, coaching against other lifters, etc
- Must have current CCES Powerlifting Anti-doping course completed (can not be untracked) or ADEL course

Application and Approval Process

1. Complete and submit to the Coaching Committee a completed Coaching Application Form. A coaching resume (CV) will also accompany the application.
https://docs.google.com/forms/d/e/1FAIpQLSe-tS9Cf2t8eHJerMdxoOgX1uCT5cAbb_o_8979pAIwYopzug/viewform
2. All coaching applications must be submitted to the CPU Coaching Committee within the same deadline as any athlete applying to be on the National Championship team through the Coaching Application Form. The coaching committee reserves the right to appoint a head coach if no suitable candidates apply OR not appoint a head coach for an International Championship if no suitable candidates apply or it is unnecessary to appoint a Head Coach to certain teams.
3. Coaching committee determines who the head coach will be for each International Championship.
4. Selected coaches are offered the positions. All team athletes are informed of decisions by the CPU President or designate.
5. Following the championship, the head coach must submit a written report on the championship (see requirements of written report below) to the coaching committee within 1 week following the end of the championship.
 - a. Summary of all athletes lifting
 - b. Highlights of the contest
 - c. Any problems or issues that arose at the contest
 - d. Any other information
6. One week following the end of the championship, stipends will be issued to coaches

Invitational Championship Coaches (ie: World Games, Sheffield, Arnold, etc)

Head Coach - applications will be accepted the same as all other championships. All requirements apply for the Head Coach of the Invitational Championship team as apply to all international teams. The coach selected will be the most appropriate for the invited athlete(s).

Assistant Coach - athletes who are invited to attend any Invitational Championship will each nominate an Assistant Coach to the Coaching Committee, and the Coaching Committee will make the final determination if the Assistant Coach is named to the team. All requirements apply for the Assistant Coach(es) of the Invitational Championship team as apply to all international teams.

In the event of only a single coach being allowed to attend, then the Coaching Committee will consult with the athlete to choose the most appropriate candidate.

Stipends will be determined by the Coaching Committee from the Coaching Budget.