



# WEIGHTLIFTING AOTEAROA

To lead, strengthen, support, and promote weightlifting in New Zealand



## **STRENGTH AND POWER coach development course** **Weightlifting principles for sport**

A Practical and interactive two-day course

May 30th & 31st 2026

**EARLY BIRD PRICING AVAILABLE UNTIL THE END OF MARCH**

Course delivery by:

Weightlifting New Zealand: Two-time Olympic Coach Simon Kent and Olympian Megan Signal

Course Content:

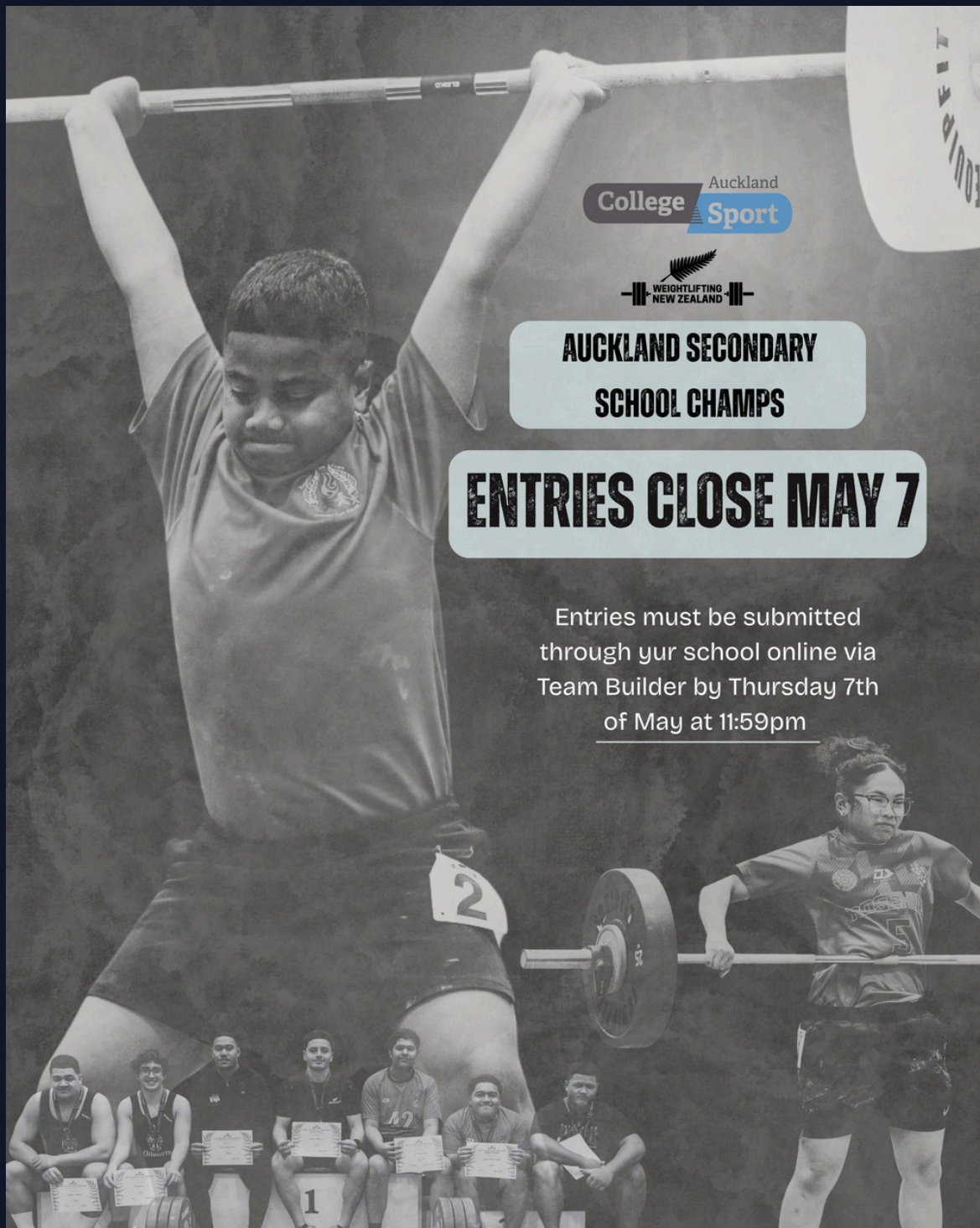
- Coaching philosophy and principles.
- Fundamental lifting techniques.
- Programming principles for strength and power development.
- The competition lifts.
- Coaching considerations for male and female athletes.

Learning Outcomes:

- Develop a strong understanding of how to effectively coach foundational power training and weightlifting movements.
- Gain clarity in developing and articulating your own coaching philosophy.
- Acquire the skills to design training programmes that are appropriate and relevant to an athlete's age, experience, and performance level.

Link to video content:

[https://youtube.com/shorts/aoEICCOh\\_mo?feature=share](https://youtube.com/shorts/aoEICCOh_mo?feature=share)



College Sport Auckland



**AUCKLAND SECONDARY  
SCHOOL CHAMPS**

**ENTRIES CLOSE MAY 7**

Entries must be submitted  
through yur school online via  
Team Builder by Thursday 7th  
of May at 11:59pm

**Come and celebrate  
Auckland's future  
16<sup>th</sup> May 2026  
Arena West Weightlifting**



## IMPORTANT INFORMATION ON NEW BODYWEIGHT CLASSES AND QUALIFICATION STANDARDS

All members have been sent a newsletter explaining information of new body weight classes and qualification standards

If you have NOT received this - [click here](#)

### Victory Barbell Club

CONGRATULATIONS to Victory Barbell who held its first ever comp at Victory HQ. Our intention was to have a small comp to test out the venue and give some new referees a taste of the future. We had 4 registered Women and 10 registered Men compete on Sunday 12/04/2026 with a mix of new and experienced lifters. It was good to see all lifters managed to total and many achieved to PB's. There was a mix of Christchurch gyms attending, most of who used the comp as a build-up for the South Islands. It was decided that we have 2 sessions to ease numbers using the warmup area as Victory HQ isn't the biggest venue. The comp has shown the team of a few small upgrades that need to be seen to before our next event but overall, the venue is capable of hosting more competitions.



# SOUTH ISLAND WEIGHTLIFTING CHAMPS 2026 27-28 JUNE 2026 WHAKATŪ NELSON



THE HUB, HOME OF NELSON WEIGHTLIFTING CLUB

89 VANGUARD ST WHAKATŪ / NELSON

REGISTER: [HTTPS://WEIGHTLIFTING.NZ/CALENDAR/EVENT/2347/HOST/SI](https://weightlifting.nz/calendar/event/2347/host/si)

CONTACT: NELSONWEIGHTLIFTING@GMAIL.COM FOR INFO

# Technical Officials Corner

Thanks to Matt Dyson for the withdrawing inspiration and screenshots

## Scenario

You are Technical Controller (TC) at a regional competition. One of the athletes got a good lift (50kg) on her first attempt and her 2 minute clock has started for her second attempt at 52kg (the coach declared that weight). Her coach yells out to stop the competition (ie, the coach wants the clock stopped) because the athlete is out of breath and needs extra time to recover.

### Question 1: What do you do as the TC?

You get the timekeeper to stop the clock immediately, as this is serious.

You tell the coach to write the next weight they will take as it is almost 30 seconds and they will miss their chance, and that can give the athlete some extra time to breathe (there are 2 other athletes at 53 kg).

You tell the coach you cannot stop the clock according to the rules as the clock had started already.

Question 2: The athlete ends up not taking the attempt, and the clock runs out, what do the refs do?

Give the athlete another attempt as this was a medical situation.

Reset and restart the clock for 2 minutes as the clock should have been stopped earlier.

Give their decision as "Red" as this is a "No Lift" due to the time running out.

Question 3: In the situation from before, if the athlete ended up taking her second attempt and missing it, getting a "No Lift", and tells her coach she doesn't want to take the next attempt, and the coach agrees, the coach approaches the Marshall's table and says they want to withdraw their athlete. What does the Marshall do?

Tell the coach to let the clock go on the automatic increment and the athlete will get a "No lift" anyway.

Get the coach to write and sign that their athlete is withdrawing from their last clean and jerk (and the competition) on the athlete's card.

Get the coach to write a very high number to get the other coaches and athletes to panic, because why not have a little fun.

Answers later on in the news letter

# The Integrity Code Discussion

## Evening

**Integrity Code Discussion Evening – Have Your Say Thursday 14<sup>th</sup>  
May 2026**

Weightlifting New Zealand will soon be hosting another Integrity Code Discussion Evening, giving members the opportunity to talk through the WNZ Prohibited Behaviour Policy and Integrity Code in an open and supportive environment.

These sessions are designed to help everyone better understand what the Integrity Code means in practice across our sport – from athletes and coaches to officials, volunteers, and club administrators. They also provide a valuable opportunity to ask questions, discuss real-world scenarios, and ensure everyone feels confident about the expectations and standards within our community.

To make sure the session is as useful as possible, we are inviting participants to submit questions or topics in advance. This will allow us to prepare discussion points and ensure we cover the areas that matter most to our members.

Topics might include:

- Understanding the Prohibited Behaviour Policy
- How the Integrity Code applies within clubs
- Reporting processes and support systems
- Expectations for athletes, coaches, and officials
- Practical examples or scenarios people would like clarified
- 

No question is too small – if something is unclear, it is likely others are wondering the same thing.

We encourage everyone attending to send through any questions, concerns, or topics they would like discussed ahead of the evening. This will help ensure the conversation is relevant, informative, and valuable for all involved.

Further details on the date and how to join the session will be shared shortly.

Together, these discussions help strengthen the culture of respect, safety, and integrity within Weightlifting New Zealand.

**Microsoft Teams meeting**

**Join:**

**<https://teams.microsoft.com/meet/4103775464794?>**

**[p=LfwFg8ZdMy4iW3736g](#)**

**Meeting ID: 410 377 546 479 4**

**Passcode: y28V7KY6**

## TECHNICAL OFFICIAL - Answers

C. This is correct. The clock can only be stopped if the weight increases for this athlete or another one. A medical situation is not a reason to stop a clock which has already started.

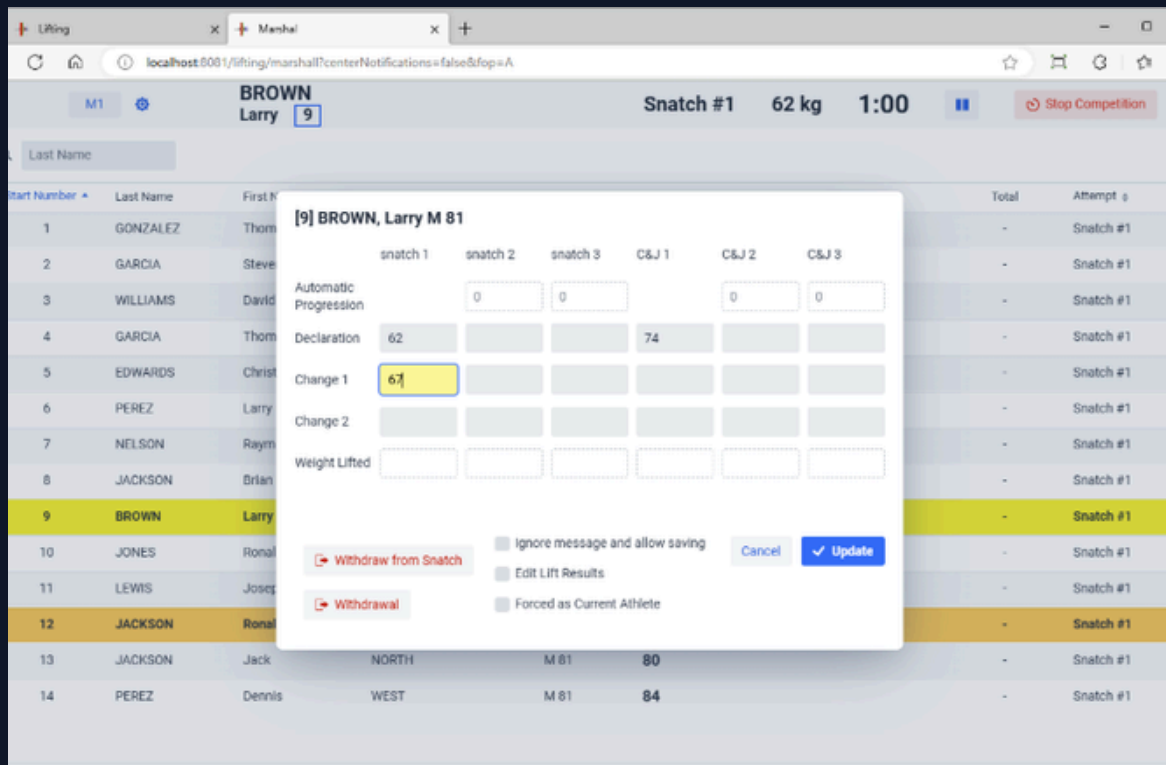
C. It is still an attempt if the clock started on an athlete, so a decision must be made.

B. Make sure the TC knows so the Speaker can be notified and the announcement can be done.

*See TCRR 6.6.14 The Team Official / athlete must sign the Athlete's Card if they wish to withdraw from the Snatch or the Clean & Jerk portions of the competition, or both. It must be noted and signed on the Athlete's Card that they are withdrawing from the respective lift(s).*

*Once the Athlete's Card has been signed the withdrawal is official and the athlete cannot re-enter the competition in that respective lift. The Speaker then announces the withdrawal.*

**For the OWLCMS here how the screen will appear (tabulators and Marshall should know this)**



**In this case select the Withdraw from Snatch if the Athlete wishes to abandon this lift or Withdraw if they are abandoning the contest.**

**If the lift is Clean and Jerk then that will be the option shown.**

Here is a snip from the Micheal Noonan program and his instructions for the Tabulator (and Marshall should know too)

MEN 77kg						
7	BROWN James	m	1998	TAS	76.20	75
8	FREDERICK Frank	m	1997	NT	76.10	70



Current movement = Clean & Jerk

GOOD LIFT
NO LIFT
CURRENT LIFT

ABANDON LIFT
ABANDON CONTEST
RESET CELL

MAXIMISE
SETUP
NEW SESSION

PRINT
SAVE
SORT

- If an athlete abandons remaining attempts on this lift click on the cell from where attempts are to be abandoned (unless it is the current athlete, who will already be selected) and press the “ABANDON LIFT” button.

- If an athlete abandons all remaining attempts in the contest click on the cell from where attempts are to be abandoned (unless it is the current athlete, who will already be selected) and press the “ABANDON CONTEST” button.

Add a little bit of body text

Of note on medical situations, what happens when there is an injury on the platform, and not in between attempts? In that case, the TC directs the loaders to put up the sheet in front of the platform to protect the privacy of the athlete. The clock keeps running and the refs must give their decision (Red for a "No Lift") once the clock runs out. The Medical Doctor/First Aid person decides when the athlete is taken out of the platform, and whether the athlete needs to be taken off on a stretcher or not. No coach or other athletes are allowed on the platform, and the TC must enforce this. The exception is if for religious reasons, the athlete cannot be carried by someone other than a family member (this happened at World Championship level). If there is a Competition Doctor, they would decide if the athlete can take another attempt if they don't need further medical care. If no Competition Doctor, it is up to the athlete and/or coach, but safety should always be considered.

safety should always be considered. Add a little bit of body text

# Up Coming Events

**26 April through to May 2026 - Oceania Universal Cup, Commonwealth and Oceania Cup - a full report in next months newsletter! Huge team of 26 athletes participating for a spot in the Commonwealth Games team**

**9th May 2026 41 Degree Weightlifting Club Competition**

**9th May 2026 Nelson Weightlifting club Competition**

**9th May 2026 Otago Weightlifting Club Competition**

**10th May 2026 CCW Club Competition**

**16th May 2026 Auckland Secondary Schools Championships (Arena West Auckland)**

**16th May 2026 Waikato Weightlifting Club Competition**

**23rd May 2026 Kotahi Barbell Club Competition**

**30th May 2026 North Sport Olympic Weightlifting Club Competition**

**AWeightlifting New Zealand  
Gives thanks to the support of the companies below**

