



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

UPCOMING EVENTS

Physical Impact Barbell Club Competition
07 March 2026
Entries closed

Otago Weightlifting Championships
07 March 2026
Entries Closed

Auckland Championships
07 March 2026
Entries Closed

Turanga Strong Weightlifting Club Competition
07 March 2026
Entries never close - lol

Waikato BOP Championship
21 March 2026
Entries closing midnight 8th March 2026
VOE closing midnight 15th March 2026

Central Regional Championships
27 March 2026
Entries closing midnight 12th March 2026
VOE closes midnight 21st March 2026

Technical Officials Course

Kapiti Olympic Weightlifting 7 March 2026

TECHNICAL OFFICIALS WORKSHOP+EXAM



SATURDAY 7 MARCH
10.00-13.00



KAPITI OLYMPIC LIFTING
12B IHAKARA ST,
PARAPARAUMU



PLEASE CONTACT MATT
DYSON FOR DETAILS



Important Messages

2026 FISU World University Championships

Athletes studying at university who wish to compete at this event should:

- 1/ Read the 2026 Selection Policy for International Events - on the WNZ website
- 2/ Complete the PER for this event - (include the Per link if you can otherwise) - in the PER information on the WNZ website. Deadline is by 10 May 2026.
- 3/ Be aware that the Qualifying Period for this event ends on 30 June 2026.
- 4/ Athletes must achieve A Grade within the qualifying period at the events stated in the Selection Policy.
- 5/ Be compliant in ADAMS by 31 May 2026. This is BEFORE the end of the Qualifying Period.

Therefore all athletes who have already qualified or who anticipate qualifying at North/South Island Champs MUST SUBMIT A PER, in order to be included in the Preliminary Entries for this event.

sMASTERS please make sure you check Masters Face Book page for continuing updates !!!!!EPlpleasRSheding



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Technical Official Corner

Technical Officials Corner

Let's talk about the athlete's outfit for competitions. Test your knowledge with rapid fire questions.

Q1. What two compulsory items form part of the athlete's uniform?

Q2. True or False, palm guards are prohibited during competition.

Q3. True or False, an athlete cannot wear jewelry in competition.

Q4. True or False, an athlete can wear a watch during competition.

Q5. Please select the items that are not permitted with the athlete's costume (weightlifting suit):

- 1. Two-piece costume.**
- 2. Costume with short sleeves.**
- 3. Costume with collar.**
- 4. Costume covering the belt.**
- 5. All of the above.**

Q6. The only rule concerning the unitard (long top and/or bottom) is that it must be tight fitting. True or False.

Q7. Can an athlete wear a knee brace reinforced with plastic or wire?

Q8. Can an athlete wear gloves that cover more than the first knuckles?

Later in the newsletter

consecutive lifts, because the clock had started on Athlete A, Athlete B does not get 2 minutes.

Add a little bit of body text

Base Olympic Weightlifting club Competition

15th February 2026

Base Olympic Weightlifting held its first club competition for the year on the 15th Feb- Great turnout with 18 lifters
12 female and 6 male

The female session was a most exciting, well supported session with some phenomenal lifters lifting for the very first time. Followed by some extremely strong men....A great environment to hold a club comp...

Everyone attempting to qualify for something later on in the year....

Michaela is the owner of Base Olympic Weightlifting, proudly supported by none other than by Karen Lloyd. These two ladies do a great job so if you are looking for a lovely, friendly well supported gym - call them !



TECHNICAL OFFICIALS CORNER ANSWERS

Answers:

A1. The costume (or weightlifting suit) and sport footwear.

A2. False, you may wear palm guards.

A3. False. An athlete can wear jewelry.

A4. True. An athlete CAN wear a watch during competition. But please note that an athlete cannot wear a watch during weigh-in.

A5. A, C and D.

A.6 False. The unitard also must be one colour only, with no patterns, amongst other rules. This is to allow the officials to see the elbows properly.

A7. No it is not allowed.

A8. No, it is not allowed. Cycling style gloves are allowed for example.

For all the details on the athlete's uniform, please see the TCRRs Section 4.1 to 4.9 [IWF-TCRR-2025-as-of-05-November-2025.pdf](#) , also this [IWF TC PPT \(Athletes' Outfit\)](#) and this [IWF TC PPT \(Clarification of Athletes' Outfit\)](#)

Weightlifting New Zealand

Thanks the following for their continued support

