



Oceania Regional Coaching Workshop

Sigatoka • Fiji
19 – 25 October 2003

Weightlifting

WORKSHOP REPORT

After the successful South Pacific Games held in Suva, I was asked by the General Secretary of ONOC, Dr. Robin Mitchell to organize and run a coaching weightlifting workshop. This workshop was for leading weightlifting coaches of this region, targeting mainly the Pacific Island nations.

This workshop was not intended to upgrade coaches to any particular level. Instead it was to share my 35 years of coaching at national and international level. At the same time the idea was to exchange methods of coaching, programs, ideas and experiences with other leading coaches of the region.

Most of the coaches who attended this workshop were specifically selected due to their coaching involvement in their respective countries and obviously producing some of the best lifters in the region.

PARTICIPANTS

◆ Albert Mailo	American Samoa
◆ Andrew Forrest	Australia
◆ Apollos Saeg	Solomon Islands
◆ Della Vakuruivalu	Fiji
◆ Henry Elder	Fiji
◆ Hetututama Speedo	Niue
◆ Javan Waller	Australia
◆ Jeffrey Robby	Papua New Guinea
◆ Jose Demeterio	Guam
◆ Kemp Detenamo	Nauru
◆ Matthew Curtain	Australia
◆ Mike Tererue	Cook Islands
◆ Quincy Detenamo	Nauru
◆ Robi Beaut	Marshall Islands
◆ Rokete Tokanang	Kiribati
◆ Steve Patris	Palau
◆ Tevita Tautakitaki	Tonga
◆ Toare Toaneti	Kiribati
◆ Uluaio Lauti	Tuvalu
◆ Vanston Wakuk	FSM

PROGRAM

The program for the week covered the areas:

- Introduction – background of each participant coach.
- Paul Coffa's methods of coaching.
- Why do you coach?
- Problems facing coaches.
- Monitoring the lifters.
- Recruiting.

- Physical conditions of lifters.
- Preparation for major events.
- Planning programs for junior, senior, and elite lifters.
- Planning programs for novices.
- Sports psychology.
- Injury prevention.
- Image of lifters.
- Planning competitions.
- Government / Institution assistance.
- Bio mechanics. (benefits of V scope and force platform)
- Presentation of training programs by coaches.
- General discussion on OWF coaching plan and grading scales.

TRAINING

- Monday, 20th October - 5.00pm to 8.00pm Observation of training session at the Oceania Weightlifting Institute of leading athletes in residence.
- Tuesday, 21st October - 5.00pm to 8.00pm Observation of training session at the Oceania Weightlifting Institute of leading athletes in residence.
- Wednesday, 22nd October - 10.30am to 12 noon. Observation of morning training session at the Oceania Weightlifting Institute of leading athletes in residence.
- Wednesday, 22nd October - 5.00pm to 8.00pm Observation of training session at the Oceania Weightlifting Institute of leading athletes in residence.
- Friday, 24th October - 5.00pm to 8.00pm Attending of heavy test training session at the Oceania Weightlifting Institute of leading athletes in residence.

VISIT TO SUVA

A visit was made to Suva on Thursday, 23rd October, to visit Oceania Sports Information Centre and its Director, Mr. Albert Miller. This visit was of great interest to many of the coaches as they found out the benefits of using OSIC services.

The group also visited the Oceania National Olympic Committee office and had lunch with the General Secretary of ONOC, Dr. Robin Mitchell, Mr. Dennis Miller ONOC Programs Manager and Talei Burness the ONOC Administrative Executive. Whilst at the ONOC office Mr. Miller explained to all participants the work and importance of ONOC, especially the Olympic Solidarity program in the Oceania region.

The group also visited the weightlifting set up at the Rabuka Gym, FASANOC headquarters, and also the new multi-purpose sports stadium and swimming stadium which were both used during the South Pacific Games.

ACCOMMODATION

All participants were accommodated at the Crows Nest Resort in Sigatoka. The workshop was also conducted at the Crows Nest Resort making it easy and comfortable for the participants. Two mini buses and one car were at the disposal of the participants for traveling to Oceania Weightlifting Institute.

RECOMMENDATIONS

It was unanimously agreed that the Oceania Weightlifting Federation sets up an *OWF Coaching Diploma* for coaches who are already producing athletes and recognized by the OWF as leading coaches in their own countries. This recommendation will be put forward at the next OWF Congress which will be held in May 2004, in Apia, Samoa.

It was also agreed unanimously that the OWF looks at the possibility of incorporating relevant units such as sports nutrition, drugs in sports, sports safety to compliment the OWF Coaching Diploma for those coaches who may need it.

Another recommendation was to implement an OWF Grading Scale for athletes in order for this to be used as a guideline for the selection of athletes who apply for scholarships to Institutes and for other athlete grants when deemed necessary.

CONCLUSION

This Regional Weightlifting Coaching Workshop was an outstanding success especially given the tremendous interaction between the coaches from different countries. The consensus was that this type of workshop should take place every two years to continue the sharing of information and ideas amongst the Oceania coaches. (as many as possible)

We wish to thank Dr. Robin Mitchell, the ONOC General Secretary for his initiative and funding of this workshop. Mr. Dennis Miller, ONOC Programs Manager, for his valuable and continued assistance. And a special acknowledgement to the ONOC staff members.

We would also like to acknowledge the assistance of Mr. Albert Miller during our visit to the Oceania Sports Information Centre.

Also our gratitude to Ratu Sakiusa Makutu for giving us his valuable time to officially declare the workshop open.

Paul Coffa MBE
GENERAL SECRETARY
OCEANIA WEIGHTLIFTING FEDERATION