# Weightlifting Federation of Africa (WFA)



# **2017 Annual Report of Activities**



# Weightlifting Federation of Africa (WFA) 2017 Annual Report of Activities

#### **Dear Friends and Colleagues,**

On behalf of my fellow Members of the WFA Executive Board I am pleased to submit you herein the 2017 WFA annual report of activities, to keep all of us updated and this to sustain our aim to the development of our beloved sport in our great continent AFRICA.

- I would like to take this occasion to extend and convey our sincere thankful to the IWF for their continuous assistance and support to the Weightlifting Federation of African.
- The IWF has carrying the yearly financial support towards implementation of several development programs by organizing several education training courses and seminars (Anti-Doping, referees, coaches and administrative), and also by financial support submitted to the National Federations/Associations as well as by providing outfit and equipment.

This year we focused on increasing the participating countries in continental sporting events through direct communication to give the development benefit to all. Lesotho and Democratic Republic of the Congo participated for the first time in the 2017 African Senior Weightlifting Championships, and Republic of Congo participated after two years of absence also Rwanda participated for the first time in the 2017 African Youth and Junior Weightlifting Championships.

#### Dear Sir/Madam,

We would like to draw your attention to the fact that the WFA will continue its hard efforts to develop our beloved sport entire our great continent and we call all the National Federations/Associations to cooperate with us to achieve our aim.

Finally, in this time of submitting of the 2017 WFA annual report of activities, we must pay tribute to the efforts made by elected and appointed WFA Executive Board Members, Chairpersons and Members of the WFA Committees and the WFA Secretariat for the success of our works during this year, and we wish the success and progress to all WFA MFs, the entire IWF and the other Continental Federations.

## February – 2017

# a)The Annual Meeting of WFA Congress, Algiers – Algeria (28<sup>th</sup> February 2017):-

The Congress of the Weightlifting Federation of Africa held its annual ordinary meeting for the year 2017 in Algiers, Algeria, on 28<sup>th</sup> February 2017, one day prior of conducting the WFA Electoral Congress with attendance of the following sports leaders:-

The President of the International Weightlifting Federation (IWF) Dr. Tamas Ajan, Mr. Mustapha Berraf the President of the Algerian Olympic Committee and 1<sup>st</sup> Vice President of Association of National Olympic Committees of Africa (ANOCA), Maj. Gen. Ahmed Nasser President of Association of African Sports Confederations (AASC), Maj. Gen. Intarat Yodbangtoey IWF 1<sup>st</sup> Vice President, Mr. Mohamed Jaloud Executive Board Member of IWF, Dr. Fathi Masmoudi IWF Executive Board Member, Mr. Attila Adamfi IWF General Director and Ms. Timea Horvath IWF Development & Education Manager and IWF & WFA Coordinator and with participation of 14 WFA Member Federations/Associations are Algeria, Cameroon, Egypt, Ghana, Libya, Madagascar, Mauritius, Morocco, Nigeria, Seychelles, South Africa, Swaziland, Tunisia and Uganda.

The attendees have adopted the Minutes of the WFA Congress meeting for the past year 2016, the WFA 2016 financial statements, the WFA 2017 estimated budget, the 2016 WFA Annual Report and allocation of the 2017 Senior Weightlifting Championships and 2018 African Youth, Junior Weightlifting Qualification Championships to 2018 Buenos Aires Youth Olympic Games.

The attendees were also informed by the IWF General Director Mr. Attila Adamfi and Ms. Timea Horvath the IWF Development & Education Manager, with the IWF amended Technical and Competition Rules & Regulations, the Qualification System to Buenos Aires Youth Olympic Games, the Special Anti-doing Regulations and the IWF Organization Structure.





### b)<u>The WFA Electoral Congress (Algiers – Algeria / 28<sup>th</sup> February 2017):-</u>

The WFA electoral congress hosted by Algerian Weightlifting Federation on 28 March 2017 in AZ Hotel Zeralda/ Algiers, Algeria, with attendance of the following sports leaders:-

The president of the IWF Dr. Tamas Ajan, Mr. Mustapha Berraf the President of the Algerian Olympic Committee and 1<sup>st</sup> Vice President of ANOCA, Maj. Gen. Ahmed Nasser President of AASC, Maj. Gen. Intarat Yodbangtoey IWF 1<sup>st</sup> Vice President, Mr. Mohamed Jaloud Executive Board Member of IWF, Dr. Fathi Masmoudi IWF Executive Board Member, Mr. Attila Adamfi IWF General Director and Ms. Timea Horvath IWF Development & Education Manager and IWF & WFA Coordinator and the Presidents and representatives of thirteen

African National Weightlifting Federations/Associations of Algeria, Cameroon, Egypt, Ghana, Libya, Madagascar, Mauritius, Morocco, Nigeria, Seychelles, South Africa, Tunisia and Uganda.

According to the WFA Constitution, the Members of WFA Congress appointed three Members as an Election Commission, those Members are:

Maj. Gen. Intarat Yodbangtoey, Mr. Mohamed Jaloud and Mr. Attila Adamfi.

The elections of all executive board positions and committees were conducted in a transparency and democratic atmosphere.

The WFA MFs had elected the Following persons:

## 1) The position of WFA President:

Mr. Khaled Mhalhel (LBA) was re-elected as the President of WFA for a new term.

## 2) The position of WFA Secretary General:

Mr. Manareddin Eshelli (LBA) was re-elected as the Secretary General of WFA.

## 3) Election of Vice President:

Mr. Salim Musoke (UGA) – 1<sup>st</sup> Vise President

Dr. Kevin du Plooy (RSA)

Mr. Mahmoud Mahgoub (EGY)

Mr. Abdellaziz Brahimi (ALG)

Mr. Mustapha Chaouachi (TUN)

#### 4) Election of Executive Board:

Mr. Chimdi Ejiogu (NGR)

Mr. Ahmed Chahnaoui (MAR)

Mr. Alex Randriamanarivo (MAD)

#### 5) Election of WFA Technical Committee:

Mr. Horst Sayler (SWZ)

Mr. Abdulbasset Salem Alheddad (LBA)

Mr. Akram Hamzar Ssempasa (UGA)

#### 6) Election of WFA Medical Committee:

Dr. Mohamed Eraky (EGY)

Dr. Christopher Adomakoh (GHA)

Dr. Mohamed Elias Latrech (TUN)

# 7) Election of WFA Coaching and Research Committee

Mr. Ravi Bhollah (MRI)

Mr. Constantin Enama (CMR)

Mr. Armand Pambou (CGO)



# c) <u>The 1<sup>st</sup> Annual Meeting of Elected and Appointed WFA Executive Board, Algiers - Algeria</u> (01<sup>st</sup> March 2017):-

The new elected Executive Board of the Weightlifting Federation of Africa held its 1st annual meeting for the year 2017 in Algiers, Algeria, on March 01<sup>st</sup>, 2017, with attendance of the following sports leaders:-

The president of the IWF Dr. Tamas Ajan, Mr. Mohamed Jaloud Executive Board Member of IWF, Dr. Fathi Masmoudi IWF Executive Board Member, Mr. Attila Adamfi IWF General Director and Ms. Timea Horvath IWF Development Education Manager and IWF & WFA Coordinator.

According to the WFA Constitution the following persons appointed by the WFA EB Members as following:

#### 1) The position of WFA Deputy Secretary General:

Mr. Almois Ben Esmaiel (LBA)

#### 2) Appointed Members to the WFA Executive Board:

a) With voting power:

Mr. Pius Ochieng (KEN)

Mr. Ben Nunoo Mensah (GHA)

#### b) Without voting power:

Mr. Robert Rose (SEY)

Mr. Poorun Bhollah (MRI)

#### 3) The Chairpersons of WFA Committees:

a) Technical Committee:

Mr. Mahmoud Mahgoub (EGY)

#### b) Medical Committee:

Dr. Kevin du Plooy (RSA)

#### c) Coaching and Research Committee:

Mr. Salim Musoke (UGA)

#### 4) The WFA Financial Director:

Mr. Abdulmoneim Riad Sufeljin (LBA)

Regarding the WFA development plan for this year 2017, its decided to give three weeks to the WFA MFs to send their proposals to WFA Secretariat.



## May 2017

# IWF Elections (Bangkok – Thailand / 29<sup>th</sup> – 30<sup>th</sup> May 2017):-

The International Weightlifting Federation elections were conducted in Bangkok – Thailand, in the period from 29<sup>th</sup> – 30<sup>th</sup> May 2017 with participating of 22 African National Federations/Associations, were Dr. Tamas Ajan re-elected as the IWF President for a fifth Olympic Cycle, Mr. Mohamed Jaloud elected as the IWF Secretary General for first time and Mr. Mahmoud Mahgoub from Egypt was elected as Member of the IWF Executive Board, also Mr. Jean Alex Randriamanarivo from Madagascar was elected as Member of the IWF Technical Committee and Mr. Aveenash Pandoo from Mauritius was elected as Member of the IWF Coaching and Research Committee.

We would like also to congratulate Mr. Mahmoud Mahgoub from Egypt for appointed him as the chairman of IWF Coaching and Research Committee and Dr. Fathi Masmoudi from Tunisia as Member of the IWF Medical Committee, during the meeting of IWF Executive Board held in Tokyo, Japan on 13-14 June 2017.



#### • July 2017

# a) <u>African Senior (M & W) Weightlifting Championships, Vacoas – Mauritius (10<sup>th</sup> – 18<sup>th</sup> July 2017):-</u>

This Continental Championships organized in Vacoas, Mauritius during the period 10 - 18/07/2017, the numbers of the participating athletes were (52) weightlifters men from (14) countries and (27) weightlifters women from also (8) countries.

- The participant countries are:
- a) For men: Algeria, Botswana, Republic of Congo, Republic Democratic of Congo, Egypt, Lesotho, Libya, Madagascar, Mauritius, Morocco, Seychelles, South Africa, Tunisia and Uganda.
- **b)** For women: Algeria, Egypt, Madagascar, Mauritius, Morocco, Seychelles, South Africa and Tunisia.
- Number of participant ITOs was (18) International referees.
- Final classification of the participant countries:
- a) Men:- Algeria, Morocco, Tunisia, Mauritius, Egypt, Madagascar, Seychelles, South Africa, Botswana, Lesotho, Libya, Republic of Congo, Republic Democratic of Congo, and Uganda.
- **b) Women:-** Mauritius, Tunisia, Madagascar, Algeria, Egypt, Seychelles, Morocco and South Africa.

#### • New African records:

Ms. Nouha Landolsi from Tunisia achieved two new African records in snatch of the 53 Kg category for Junior and Senior women.

#### • Best lifters:

- a) Men: Mr. Karem Ben Hnia from Tunisia awarded the best athlete of the men championships.
- **b) Women:** Ms. Nouha Landolsi from Tunisia awarded the best athlete of the women championships.



#### b) WFA Education Seminars:-

In sidelines of the 2017 African Senior Weightlifting Championships held In Vacoas, Mauritius the WFA had organised under the supervision of International Weightlifting Federation three education seminars has been held at the Palms Hotel.

These education seminars as following;

#### • WFA Anti-Doping Education Seminar

This seminar conducted at 10:30 a.m. on Wednesday July 12, 2017 and presented by **Dr. Zakia Bartagi** the IWF Anti-Doping Commission Member.

In total (51) persons attended the seminar among them athletes, coaches, administrators and technical officials from (13) different countries.

#### The following topics were covered:

- The importance of doping education;
- New IWF Anti-Doping rules;
- New Anti-Doping rule violations;
- Whereabouts;
- Guidelines for whereabouts submission;
- New methods for analysis;
- What is Doping;
- Prohibited list;
- Prohibited methods;
- Monitoring programme 2015;
- New prohibited substance;
- TUE;
- Submission of a TUE application;
- Dangers of doping (young boys, men and women);
- Fair play;

- What is doping control;
- Responsibilities of athletes;
- Rights of athletes;
- Who can be tested;
- Testing programme;
- Analysis;
- Result management;
- Weightlifting specialties;
- Coach's liability.







#### o WFA Weightlifting Injuries Education Seminar

At 10:00 a.m on Thursday July 13, 2017 the WFA held this seminar and presented by **Dr. Dogan Atlihan** the IWF Medical Committee Member.

In total (58) persons attended the seminar among them athletes, coaches, administrators and technical officials from (13) different countries.

The main topic presented by Dr. Dogan in this seminar is the Weightlifters Muscle & Common Injuries in Weightlifting and he has been focused during this seminar in the following topics:

- The Muscle Fibers and its types;
- The ratio of Fiber types in Quadriceps Muscle;
- Sports Injury;
- Injuries in Weightlifting;
- Treatment;
- Injury rates;
- Missed training days;
- Non-Surgical Treatment;
- Surgical Treatment;
- Non surgical;
- Surgical;
- Treatment.







#### **O** WFA Coaches Education Seminar

**Mr. Maged Salama** the IWF technical expert had been presented this seminar at 09:00 a.m on Friday July 14, 2017.

This seminar was well attended by coaches, referees, athletes, as well as administrators. In total (71) persons attended the seminar from (14) countries.

The Main topic of this seminar is focused on the working muscles in weightlifting and how to develop it.

The expert was Explained to the attendances how to work with this muscles and strengthen and get also flexibility to benefit of this strength and how to make balance of this muscles group to get the best result in the main target Snatch and jerk.





## • August 2017

#### The WFA Coaches Training Education Course, Cairo – Egypt (21<sup>st</sup> – 27<sup>th</sup> August 2017):-

Within the framework of the WFA Development Program of this year and in conjunction with the IWF, the Weightlifting Federation of Africa organized the coaches training education course in Cairo, Egypt for the WFA MFs located in the north zone of Africa from 21<sup>st</sup> to 27<sup>th</sup> August 2017.

The course was conducted by **Mr. Maged Salama** the IWF technical expert and also by four presenters from Egypt and altogether 25 coaches from four countries attended, these countries are Egypt, Libya, Morocco and Tunisia.

The presentations covered a lot of topics as following:

#### a)<u>Theoretical and practical technical lectures:</u>

During four consecutive days (22-25/8/2017) Mr. Maged Salama has worked very hard to cover the following topics:-

- Physical Fitness Elements in weightlifting and the main elements in the training load;
- The main muscles working in weightlifting and how to develop it;
- Exercises to strengthen the weak muscles for the athletes;
- Introducing Weightlifting Training (Classic EX. & Assistant EX) and the relation between it;
- Flexibility EX as special case for every individual athlete;
- The time of rest between the training sessions and the night time to get recovery of athlete in the competition;

- The training program all the year;
- How to discover the weakness points by athlete and correct the athletes faults to avoid injury & to reach to the ideal correct snatch and clean & jerk;
- The right time to do the warming up during the competitions.







#### b) Anti-Doping lecture:

- Dr. Ali Ramadan presented his lecture on 22/8/2017 and he covered the following topics:-
- ADAMS;
- Doping control processes and procedures;
- Prohibited list;
- Physical and health consequences of doping;
- Supplements and its impact on the athletes.





#### c) Nutrition lecture:

**Dr. Wael El Aasar** the feeding expert presented his lecture on 23/8/2017 and he explained how to use the useful nutrition materials for the athletes before training and during and after championships.





#### d) Injuries in Weightlifting Sport:

During two hours **Dr. Mohamed Eraky** the Member of WFA Medical Committee presented his lecture on 24/8/2017 and he explained how to avoid injury during training sessions with correcting the athlete situation to avoid injuries.





#### e) Lecture on the IWF Technical and Competition Rules & Regulations:

**Mr. Mahmoud Mahgoub** the Chairman of IWF Coaching and Research Committee and Chairperson of WFA Technical Committee presented his lecture on 26/8/2017 on the IWF Technical and Competition Rules and Regulations and the common mistakes in which the coach and the athletes falling in during the competitions.

All the coaches who participated confirmed that the knowledge they gained was useful.



#### • September 2017

# <u>The WFA Coaches Training Education Course, Cape Town – South Africa (12<sup>th</sup> – 17<sup>th</sup> September 2017):-</u>

In the framework of the WFA Development Program of this year and in conjunction with the IWF, the Weightlifting Federation of Africa organized the coaches training education course in Cape Town, South Africa for the WFA MFs located in the south zone of Africa from 12<sup>th</sup> to 17<sup>th</sup> September 2017 with total number of eleven participants from five countries are (South Africa, Lesotho, Botswana, Mauritius and Swaziland).

The course was effectively run form 13-16 September 2017. The presenter of the course was the appointed IWF technical expert Mr. Tamas Fehér from Hungary and he was very efficient in both the theoretical and practical sessions.

Discussions were done on the basic principles of weightlifting, terminology and training of beginners.

The following topics were presented for all attendees:

- Basic training methodology;
- Technical teaching of beginner weightlifters (theoretical and practical);
- Main exercises of weightlifting training (theoretical and practical);
- Training principles of the weightlifting training;
- Weightlifter's main conditional abilities;
- Strength development in weightlifting;
- Training planning in weightlifting;
- Preparation of an advanced athlete.

Each country was provided with a textbook on Weightlifting authored by Mr. Fehér.

The coaches have received a lot of information which may serve as a base to them for coaching their athletes.

After the very informative and educational course the participants received certificates at the end of the course.





WEIGHTLIFTING FEDERATION OF AFRICA Coaching Training Education Course 12° to 17° September 2017 CAPE TOWN - SOUTH AFRICA









# • <u>October 2017</u>

# a) <u>African Youth and Junior (M & W) Weightlifting Championships, Entebbe, Uganda (07<sup>th</sup> – 14<sup>th</sup> October 2017):-</u>

This Championships organized in Entebbe, Uganda during the period 07 to 14 October 2017, the number of the participating athletes was (74) men and women lifters from (11) countries are:

Algeria, Botswana, Ghana, Kenya, Libya, Mauritius, Nigeria, Rwanda, South Africa, Tunisia and Uganda.

Number of ITOs participants was (20) International referees.





#### b) The 2<sup>nd</sup> WFA Executive Board Meeting, Entebbe, – Uganda (08<sup>th</sup> October 2017):-

The Executive Board of the Weightlifting Federation of Africa held its 2nd ordinary meeting for the year 2017 in Entebbe, Uganda, on October 08<sup>th</sup>, 2017, and has discussed several important topics for this year and as well for the next year 2018, during this meeting several decision has been taken as follows: -

- a) Adoption of the minutes of the meeting of the 1st WFA Executive Board for the year 2017.
- b) Creation of a new Marketing Commission The WFA Executive Board unanimously accepted to appoint the following four delegates to serve on this commission:
- Mr. Ben Nunoo Mensah (GHA)(Chairman)
- Mr. Chimdi Ejiogu (NGR)
- Mr. Sami Boussarsar (TUN)
- Mr. Almois Ben Esmaiel (LBA)

It is recommended also that every NF should propose at least one name or the president forward to serve on this commission.

c) Adoption of the WFA midyear activity report until 27.08.2017.

- d) Allocation of the 2018 African Senior Championships in July in Madagascar as plan (A) or in Mauritius as plan (B).
- e) Send the decentralization suggestion and Anti-Doping strategic plan which provided by Dr. Kevin du Plooy to all National Federations/Association and Each country should provide their suggestions at the next executive board meeting in Egypt.
- **f)** The EB of WFA unanimously agreed to exempt Zambia from the accumulated annual fees and they approved to give them permission to pay the annual fee from this year.
- g) The WFA gave Rwanda and Burundi permission to attend the coaches course.
- **h)** The WFA EB agreed unanimously to pay an amount of 12000\$ per annum to the WFA General Secretary from the IWF CF annually Administrative Support for doing his administrative work.



# c) The 2<sup>nd</sup> WFA Congress Meeting, Entebbe – Uganda (09<sup>th</sup> October 2017):-

The Congress of the Weightlifting Federation of Africa held its 2nd annual meeting for the year 2017 in Entebbe, Uganda, on October 09<sup>th</sup>, 2017 on the sidelines of organising the African Youth and Junior Weightlifting Championships and have adopted the Minutes of the 1<sup>st</sup> meeting for the year 2017 held in Algeria on 28.02.2017 as well as the ratification of all decisions taken by the Executive Board of the Weightlifting Federation of Africa in the 2nd meeting for the year 2017 as well as accepted unanimously Burundi as new affiliated Member with the WFA.



d) <u>The WFA Coaches Training Education Course, Nairobi – Kenya (15<sup>th</sup> – 21<sup>st</sup> October 2017):-</u> In the framework of the WFA Development Program of this year and in conjunction with the IWF, the Weightlifting Federation of Africa organized the coaches training education course in Nairobi, Kenya for the WFA MFs located in the east and central zone of Africa from 15<sup>th</sup> to 21<sup>st</sup> October 2017 with total number of ten participants from five countries are (Burundi, Ethiopia, Kenya, Rwanda and Uganda).

The course was effectively run form 16-20 October 2017. The presenter of the course was the appointed IWF technical expert Mr. Maged Salama from Austria.

The following topics were presented:

- Weightlifting knowledge and experience.
- Physical fitness elements, strength, exercises, speed strength support and skill.
- Explain and clarify the main muscles that worked in weightlifting and developed.
- Explain how youth choose to practice weightlifting and then how to teach them the correct motor skill.
- Snatch, clean and jerk techniques.
- Explain the ways of working the training loads in a simple way for the athletes as well as the appropriate nutrition to compensate the effort and the physical load.

The course was done on a daily basis with two lectures, the first theoretical and the second practical during the study days.

According to the administrative report of the Kenya Amateur Weightlifting Association, Mr. Maged Salama, the IWF technical expert was very resourceful, in terms of experience and knowledge of the sport. All the participants confessed that, they learned a lot from him and are looking forward to sharing a classroom with again in the near future.



# • <u>November 2017</u>

# WFA Sports Management Course, Hammamet – Tunisia (10<sup>th</sup> – 16<sup>th</sup> November 2017):-

The Sport Management Course was part of Weightlifting Federation of Africa (WFA) developmental program through the Continental Contribution of the International Weightlifting Federation (IWF) held in Hammamet, Tunisia from  $10^{th} - 16^{th}$  November 2017.

The Course targeted General Secretaries, administrators of the national weightlifting federations in Africa. ten representatives from seven countries took part: Republic of Congo, Ghana, Libya, Mauritius, South Africa, Tunisia and Zambia.

The following are the core topics covered in the course:

# **1. INTRODUCTION TO SPORT MANAGEMENT**

- 1.1. Contemporary sport and sport management in XVIII Century
- 1.2. Contemporary sport and sport management in XIX Century
- 1.3. Contemporary sport and sport management in XX Century
- 1.4. Contemporary sport and sport management in XXI Century

#### 2. SPORTS NETWORK

2.1. Organizational scheme of sport, on an international, continental and national level

2.2. Organizational scheme of weightlifting, on an international, continental and national level

#### 3. INTERNATIONAL WEIGHTLIFTING FEDERATION (IWF)

3.1. Founding and development

3.2. IWF Bodies

4. BASIC DATABASES OF WEIGHTLIFTING NATIONAL FEDERATION (WNF)

- 4.1. Clubs
- 4.2. Athletes
- 4.3. Coaches
- 4.4. Technical Officials

4.5. Sport Results

4.6. National Records

- 4.6. Additional Registers of WNF:
- 4.6.1. Register of equipment manufacturers
- 4.6.2. Register of media
- 4.6.3. Register of supplements manufacturer
- 4.6.4. Register of other business partners

# 5. BASIC DOCUMENTS NECESSARY FOR THE WORK OF THE WEIGHTLIFTING NATIONAL FEDERATION

5.1. IWF documents

- 5.1.1. IWF Technical and Competition Rules & Regulations
- 5.1.2. IWF Constitution & By-Laws

5.1.3. Anti-Doping Policy

5.2. WADA documents

- 5.2.1. The World Anti-Doping Code
- 5.2.2. 2018 Prohibited List
- 5.2.3. WADA Monitoring Program
- 5.2.4. ADAMS

5.2.5. International Standard for the Protection of Privacy and Personal Information (ISPPPI)

- 5.3. Continental federation documents
- 5.3.1. Continental federation Constitution
- 5.4. National federation documents

5.4.1. Decision on entry into the register of the Commercial Register Agency / Ministry

- 5.4.2. WNF Constitution
- 5.4.3. Regulation on the work of the WNF Congress
- 5.4.4. Regulation on the work of the WNF Execute Board
- 5.4.5. WNF Competition Rule
- 5.4.6. WNF Registration Rule
- 5.4.7. WNF Disciplinary Rule
- 5.4.8. WNF Rule on Medical Protection

5.4.9. WNF Rule on the Prevention of Negative Phenomenon's (Betting, Doping, Racism ...)

5.4.10.WNF Regulation on Professional Work in WNF

5.4.11.Convert Kilograms to Pounds; Pounds to Kilograms

5.5. NOC documents

5.5.1. NOC Constitution

5.5.2. National Sports Classification Policy. Criteria and Categorization

5.6. NADO documents

5.6.1. NADO Constitution

5.6.2. TUE

5.6.3. National Test Group

# 6. EVENT CALENDAR

6.1. Contemporary sport events

6.2. Sport event planning and preparation

6.3. IWF Calendar policy

6.4. National Calendar policy

6.5. Regulations for Competition

# 7. WEIGHTLIFTING COMPETITION

7.1. Competition flow

7.2. Check list (pre-event, event, post-event)

## 8. RISK MANAGEMENT IN WEIGHTLIFTING

## 9. PUBLIC RELATIONS AND SOCIAL MEDIA IN SPORT

## **10. ORGANIZATION OF MEETINGS**

10.1. Basic principles of organizing a meeting

## **11. DECISION MAKING AND CONFLICT IN SPORT ORGANIZATIONS**

11.1. Planning Your Organizations Work

11.2. Controlling Deviations

# **12. IWF DEVELOPMENT PROGRAMS**

12.1. Application

12.2. Report

All participants attended all classes and were very active. There were lectures, as well as discussions how to organize administrative activities of national weightlifting federations with different levels of development.

Special gratitude to International Weightlifting Federation for supporting this event.



# December 2017

**4<sup>th</sup> Afro-Asian Weightlifting Championships, Cairo – Egypt (18<sup>th</sup> – 23<sup>rd</sup> December 2017):-**The Egyptian Weightlifting Federation in cooperation with the Asian and African Weightlifting Federations had Hosted the fourth Afro-Asian (M & W) weightlifting Championship, the championship was held in the Egyptian capital Cairo from 18-23/12/2017 with (32) women and (61) men participated in the competitions from(4) African and (7) Asian countries as follows:-

# \* From Africa Continent:-

Algeria, Egypt, Libya and Morocco.

## \* From Asia Continent:-

Bahrain, Bangladesh, Jordan, Oman, Saudi Arabia, Syria and United Arab Emirates.

The competition was organised in accordance to the IWF Technical and Competition Rules & Regulations.





Thank you for your kind consideration and concern.

Eng. Khaled MEHALHEL WFA President

Eng. Manareddin ESHELLI WFA Secretary General

