



## USA Weightlifting Weekly Report: March 30- April 5, 2009

**2009 National Collegiate Championships Start List-** The 2009 National Collegiate Start List is now available online on USA Weightlifting's website. Please visit the following link for more information: <http://weightlifting.teamusa.org/news/article/9525> . If you or your agent cannot be at the Verification of Final Entries meeting, you may submit weight class changes to the National Office **in writing before the meeting**. Fax them to 719-866-4741 or email them to [usaw@usaweighting.org](mailto:usaw@usaweighting.org). **Please contact the National Office to confirm we received your changes.**

**2009 National School Age Championship Entry Form-** The 2009 National School Age Championship entry is now available online. Please follow the link for the complete entry form: <http://weightlifting.teamusa.org/news/article/10784>. The entry deadline is **Wednesday, May 27, 2009**. **No late entries will be accepted.** For more information on the 2009 National School Age Championships, please visit Team Georgia's website at: <http://usawschoolage09.com/default.aspx>

**2009 Elite Athlete Health Insurance Info-** The 2009 Elite Athlete Health Insurance information is now posted on USA Weightlifting's website. This document was approved on January 22, 2009 by USA Weightlifting and the USOC. Please follow the link for more information: <http://weightlifting.teamusa.org/content/index/2608>

**Board of Directors Meeting Highlights** – For the *Highlights* from Colorado Springs, March 27-29, click here: <http://weightlifting.teamusa.org/content/index/2527> .

**NOTICE : 2010 Bid Information-** The 2010 Bid Information for USA Weightlifting's national events is now posted online. We are accepting bids for these 2010 National Events: National Junior Championships, National Collegiate Championships, National Championships, National School Age Championships, American Open Championships. For more information, please visit the following link: <http://weightlifting.teamusa.org/news/article/10944>. **Please be aware of the BID DEADLINES when submitting bids for these events!**

**Lindenwood University Weightlifting Program-** This is a new program that has been made possible by Derrick Johnson and he will be the coach of this program. Athletes interested in applying to the weightlifting program at Lindenwood University will be fully outfitted and their expenses to competitions will be paid for including meals, hotels, and travel costs. The athletes accepted into Lindenwood weightlifting program will have the option of staying in dorms or on-campus housing, and will receive three meals a day. Lindenwood University will be accepting undergraduates, graduates, transfer students, and international students. Lindenwood is located in St. Charles, MO, which is 25 minutes from downtown St. Louis. For more information on Lindenwood University, please visit the following link: <http://www.lindenwood.edu/>

For more information on the weightlifting program at Lindenwood University, please contact Derrick Johnson at: [DJohnson2@Lindenwood.edu](mailto:DJohnson2@Lindenwood.edu) OR [Weightlifting@lindenwood.edu](mailto:Weightlifting@lindenwood.edu)

**2009 Rankings Updated-** Please follow the link provided for the most recent updates on the 2009 Junior World Championship team, the 2009 Pan Am Championships and the 2009 World Youth Championships: <http://weightlifting.usoc.org/content/index/1345>. The ranking page on USA Weightlifting's website can be found at the bottom of the homepage under "rankings".

**2009 National Junior Championships Report-** The 2009 National Junior Championships in Foster City, California was a great success! A big thanks goes out to Dave Corbin, Robert Earwicker and Dana Le for organizing this event. For a report on the event from Mike Gattone, USA Weightlifting's High

Performance Coaching and Education Director, please visit the following link:  
<http://weightlifting.teamusa.org/news/article/10648>

**2009 Junior World Championships Coaches-** USA Weightlifting would like to congratulate Glenn Pendlay and Thomas Bennett as both the head men's coach and head women's coach respectively. Good luck in Bucharest, Romania in June!

**IWF Electoral Congress-** USA Weightlifting congratulates Mr. Dragomir Cioroslan, Dr. Richard Herrick and Dr. Kyle Pierce for being re-elected to IWF positions. Dragomir Cioroslan was elected as VP and Executive Board member, Dr. Richard Herrick was elected to the Medical Committee and Dr. Kyle Pierce was elected for the Research and Coaching Committee. For more information on the IWF Electoral Congress please visit the IWF website's main page at the following link: <http://www.iwf.net/>

**Board Minutes Posted-** The Board of Directors minutes from the February 24, 2009 Conference call are now posted online. Please follow the link for more information:  
[http://assets.teamusa.org/assets/documents/attached\\_file/filename/10131/USAW\\_Board\\_of\\_Directors\\_2-24\\_Conference\\_Call\\_-\\_3\\_2\\_.doc](http://assets.teamusa.org/assets/documents/attached_file/filename/10131/USAW_Board_of_Directors_2-24_Conference_Call_-_3_2_.doc)

**Haworth Sets Sights on London Olympics-** For the complete article and video, please visit the following link under the NEWS section: <http://www.iwf.net/>

**United States Olympic Committee Begins Reducing 2009 Operating Budget-** For the complete article, please visit the following link: <http://teamusa.org/news/article/10598>

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***"The Mission of USA Weightlifting shall be to enable United States athletes to achieve sustained competitive excellence in Olympic competition and to promote and grow the sport of weightlifting in the United States".***