



To all EWF Member Federations

## **INVITATION FOR EWF TECHNICAL OFFICIAL SEMINAR AND WORKSHOP**

The European Weightlifting Federation, in conjunction with the Nordic Weightlifting Federation and The Faroe Islands Weightlifting Federation, invites all Member Federations of the European Weightlifting Federation to an ITO Seminar and Workshop in The Faroe Islands.

- Each EWF Member Federation can nominate one ITO (Cat. 2 or 1), to stay free of charge. **Please send the nomination to [tc@ewf.sport](mailto:tc@ewf.sport)** as soon as possible, but **no later than 30 September 2024**.
- The Nordic Weightlifting Federation, fully sponsored by the EWF, will cover accommodation and meals for 16 ITOs.
- Member Federations can nominate additional ITOs, however this is not free of charge.

If the number of ITO entries exceeds 16 persons, there will be a selection.

There will also be a selection process to ensure a balanced representation of male and female ITOs.

Examinations for Cat. 1 will be possible.

The Seminar will be organized in conjunction with the Nordic Senior Weightlifting Championships in The Faroe Islands from Thursday, October 17<sup>th</sup>. - Sunday 20<sup>th</sup>. of October.

**Schedule:**

<b>Thursday, 17<sup>th</sup>.</b>	<b>9 AM - 8 PM</b>	<b>Arrival</b>
Thursday, 17 <sup>th</sup> .	8 PM - 10 PM	Seminar starts
Friday, 18 <sup>th</sup> .	9 AM - 3 PM	Seminar
Friday, 18 <sup>th</sup> .	3 PM	All ITOs take part in the Nordic championships
Saturday, 19 <sup>th</sup> .		All ITOs take part in the Nordic championships
<b>Sunday, 20<sup>th</sup>.</b>		<b>Departure</b>

During the seminar, the theoretical rules, regarding all ITO positions, will be among the lectures.

During the practical part, on Friday afternoon and Saturday, the ITOs will rotate through all of the different positions, with coaching/feedback/discussions scheduled after each group.