

USA WEIGHTLIFTING COLLEGIATE PROGRAMS



Where Olympic Journeys Begin



A STEP-BY-STEP GUIDE



GETTING STARTED

DISCLAIMER

The information provided in this guide is meant to serve as a guideline and resource to students who are interested in starting a weightlifting team on campus. This guide can be adjusted or altered based on the needs of the students and their university.

USA Weightlifting coaches who are interested in starting a team would be best served reaching out to the recreation department to attend on campus events to promote the sport and then work with active students on campus to start a club.

You must be affiliated with the university to start a college team on campus.



STARTING A CLUB

01 CONTACT YOUR REGIONAL REPRESENTATIVE

Reach out to your USAW Regional Representative to get connected with weightlifting in your area. This introduction will help clear up any questions regarding competitions and sanctions.

02 CREATE A STUDENT ORGANIZATION

Recruit friends and like-minded students who would like to train in weightlifting at your school. To become a registered organization at your school, you'll likely need 5-20 people. After some time as a school organization, your school allows you to apply for sport club status.

03 APPLY FOR CLUB STATUS

Visit your student services website or office to apply for club or recreational sport status

04 FIND A COACH

Reach out to local clubs to find a coach willing to sponsor your team

OR

Register for a USAW level 1 course and serve as the coach yourself

Course Cost: \$499

05 FIND A FACILITY

Reach out to local clubs to find a facility willing to sponsor or rent out a few platforms 2-3 times a week for weightlifting specific training

AND/OR

Use your local student weight room for your non weightlifting specific training days. Clear a scheduled training period with the recreation department to ensure your team has access.



YEAR 1

07 MEMBER DUES

Once you have finalized your monthly costs it is time to decide what your member dues will be and what they will cover.

A good place to start is about \$30/month but can be adjusted depending on your clubs needs.

08 EQUIPMENT

If your schools facility does not have equipment needed to start a club try to start off small.

Basic weightlifting clubs need a bar, 190 kg worth of bumper plates, a squat rack, and if there is space in your facility a platform built from wood at your local hardware store.

09 FUNDRAISING

Classic fundraising ideas will only get you so far so you will need to think out of the box.

- Restaurant fundraising nights
- Discount cards
- Club sport funding from the school
- Work the concession at a school sporting event
- Host a USAW level 1 or 2 course (\$70 rebate to hosting club with a minimum number of 10 participants)
- Host a USAW Sanctioned meet (registration fees start as low as \$25 and up to \$175 depending on the level of competition provided)

Many universities have official fundraising channels for official university clubs. Check with your university to see if there are semester fundraisers to help pay for local meet entries.



YEAR 1

10 GOVERNANCE

As a school club you will need to have governance in place this includes writing club by-laws, electing a president, treasurer, and secretary to oversee the club.

Additional roles include competition secretary and marketing chair.

11 USAW AFFILIATION

Once you become a club sport it is also a good idea to apply for club status with USA Weightlifting. Clubs, members, and coaches can all take advantage of the insurance benefits provided by USA Weightlifting.

Clubs can also host coaching courses and events to help with fundraising.

12 RECRUITING

- Attend recreational and club baseball, soccer, volleyball etc.

- Sports science majors

- Market in student publications

- Attend off-season practices for track and field or football

- Set up a facebook and instagram page for your club and promote to your peers by tagging your university in posts



YEAR 1

13 VARSITY STATUS

Reach out to your Athletic Director and find out what steps your club needs to take to become a varsity sport.

Reach out to USA Weightlifting for support at usaw@usaweightlifting.org

14 TRAIN AND COMPETE

Whether your team is training for a local competition or trying to win a University Nationals title remember to have fun and appreciate all of the hard work it took to get your club started.

GOOD LUCK!