



USA WEIGHTLIFTING

NATIONAL TEAM PROGRAM

EFFECTIVE JAN. 1, 2025

USA NATIONAL TEAM

The National Team Program is designed to:

- (1) Support the most competitive athletes at the senior international level
- (2) Develop a strong pipeline of promising athletes for the future

Policy Key Details:

- Effective: Jan. 1, 2025
- Open to **youth, junior** and **senior** athletes
- Athletes ranked **every six months** starting Jan. 1, 2025, with **one ranking per weight class**.
- Plan **rewards continued success** on the platform while **establishing and supporting a pipeline** of the next generation of national team athletes.
- Policy provides the opportunity to receive **monthly athlete funding**, and **performance bonuses**.
- Athletes will **regularly attend National Team camps** and **receive consultations from National Team coaches and support staff** (sport psych, nutrition, biomechanic).
- Potential for **athlete personal coaches** to also receive **performance bonuses** and additional perks.



	GOLD LEVEL	SILVER LEVEL	BRONZE LEVEL	DEVELOPMENTAL LEVEL
Athlete Support Funding	\$3,500/MONTH	\$1,000/MONTH	—	—
Reimbursement for Qualified Performance Expenses	\$2,500/QUARTER	\$500/QUARTER	—	—
USAW National Team Outfitting				
Consultation with USAW Sport Performance Team	BI-WEEKLY	BI-WEEKLY	MONTHLY	MONTHLY
Access to USAW Sport Psychology & Sports Nutrition Service Providers	2 MEETINGS/MONTH	2 MEETINGS/MONTH	1 MEETING/MONTH	QUARTERLY
Biomechanics Analysis & Review	MONTHLY	MONTHLY	MONTHLY	QUARTERLY
Fully Funded to Training Camps				
NTP Banner for Club				
USAW National Event Registration Fee Waived				
International Competition Funding	FULLY FUNDED TO ALL INTERNATIONAL COMPETITIONS	FULLY FUNDED UP TO 2 IWF OR PAWF COMPETITIONS PER YEAR	FULLY FUNDED UP TO 1 IWF OR PAWF COMPETITION PER YEAR	FULLY FUNDED UP TO 1 IWF WORLD CHAMPIONSHIP PER YEAR



USA NATIONAL TEAM

GOLD LEVEL

Key Benefits:

- **\$3,500 per month** in funding
- **\$2,500 per quarter** in qualified reimbursement expenses
- Top-6 athletes ranked over the USAW “A” standard in each gender
- Bi-Weekly consultation with a National Team Coach
- Regular access to USAW Sport Psychology service provider(s); 2x per month
- Regular access to USAW Sports Nutrition service provider(s); 2x per month
- Monthly biomechanics analysis and review of the Olympic lifts
- **National Team outfitting**
- Participation in all National Team camps. **Full funding to all mandatory camps**
- Athlete and personal coach are **fully funded to all IWF and Pan-American Federation competitions**
- **Eligible to be ranked** for potential USOPC Direct Athlete Support funding



USA NATIONAL TEAM

SILVER LEVEL

Key Benefits:

- **\$1,000 per month** in funding
- **\$500 per quarter** in qualified reimbursement expenses
- Next top-6 ranked athletes in each gender either **1)** After gold level and over the USAW "A" standard, or **2)** Over USAW "B" Standard
- Bi-Weekly consultation with National Team Coaches
- Regular access to USAW Sport Psychology service provider(s); 2x per month
- Regular access to USAW Sports Nutrition service provider(s); 2x per month
- Monthly biomechanics analysis and review of the Olympic lifts
- **National Team outfitting**
- Participation in all National Team camps. **Full funding to all mandatory camps**
- Athlete is **fully funded to two total IWF or Pan-American Federation competitions**



USA NATIONAL TEAM

BRONZE LEVEL

Key Benefits:

- The **two highest ranked U23 lifters** in each gender outside of the gold and silver levels who hit USAW “A” or “B” standards
- Monthly consultation with National Team Coaches
- Monthly access to USAW Sport Psychology service provider(s); 1x per month
- Monthly access to USAW Sports Nutrition service provider(s); 1x per month
- Monthly biomechanics analysis and review of the Olympic lifts
- **National Team outfitting**
- **Priority invitation to age-group National Team camps.** Full funding to all mandatory camps
- Athlete is **fully funded** to **one** total IWF or Pan-American Federation competition

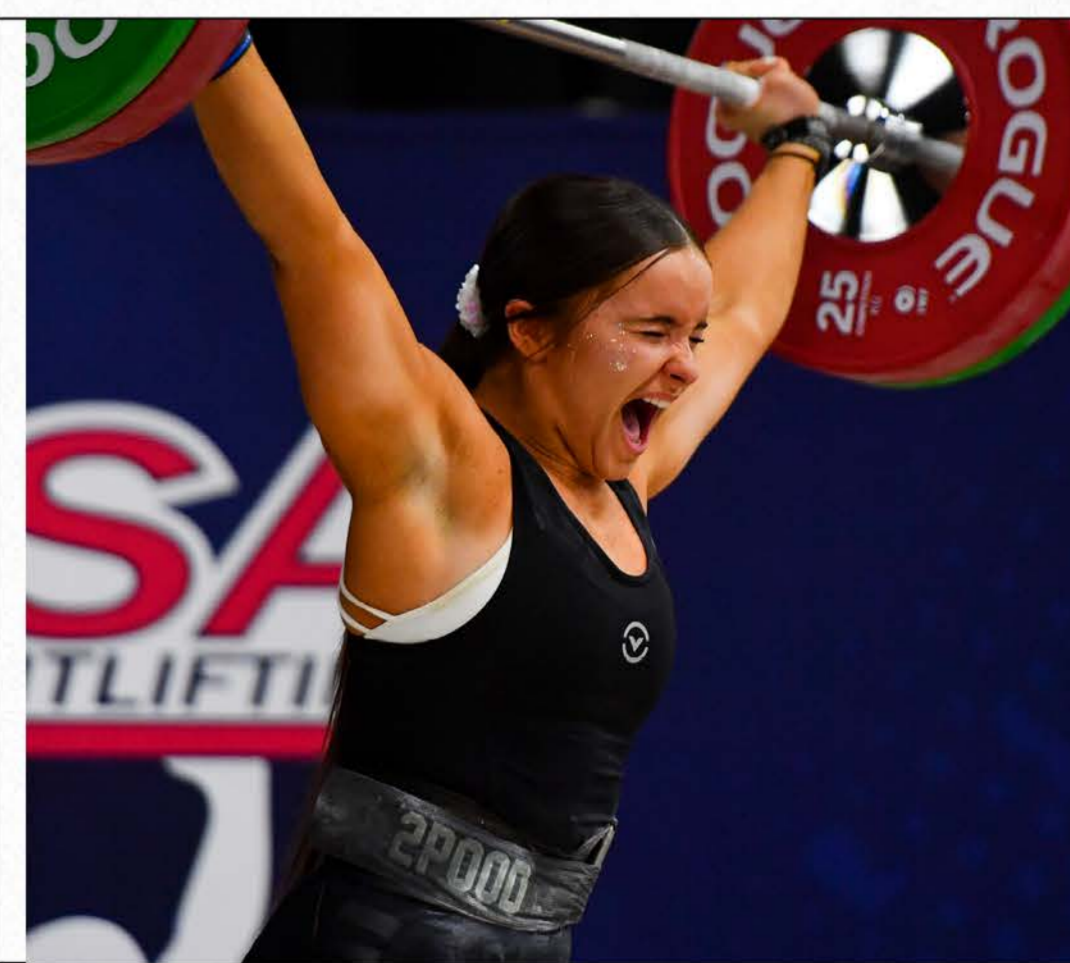


USA NATIONAL TEAM

DEVELOPMENTAL LEVEL

Key Benefits:

- **Top-25 youth and junior athletes** who aren't gold, silver or bronze level but who achieve the USAW "A" or "B" standards. **No less than five athletes per gender** will be included at this level
- Monthly consultation with National Team Coaches
- Quarterly access to USAW Sport Psychology virtual or live seminars
- Quarterly access to USAW Sport Nutrition virtual or live seminars
- Quarterly biomechanics analysis and review of the Olympic lifts
- **National Team outfitting**
- **Priority invitation to age group National Team camps.** Full funding to all mandatory camps
- **Athlete is fully funded to one total IWF World Championship**



NTP PERIOD	QUALIFYING PERIOD	APPLICABLE STANDARD
January 1, 2025 to June 30, 2025	January 1, 2024 to December 31, 2024	2024 A/B
July 1, 2025 to December 31, 2025	July 1, 2024 to June 30, 2025	2025 A/B
January 1, 2026 to June 30, 2026	January 1, 2025 to December 31, 2025	2025 A/B
July 1, 2026 to December 31, 2026	July 1, 2025 to June 30, 2026	2026 A/B
January 1, 2027 to June 30, 2027	January 1, 2026 to December 31, 2026	2026 A/B
July 1, 2027 to December 31, 2027	July 1, 2026 to June 30, 2027	2027 A/B
January 1, 2028 to June 30, 2028	January 1, 2027 to December 31, 2027	2027 A/B
July 1, 2028 to December 31, 2028	July 1, 2027 to June 30, 2028	2028 A/B



ATHLETE BONUS PAYMENTS

IWF World Records			
	Youth	Junior	Senior
Snatch	\$800	\$1,600	\$4,000
Clean & Jerk	\$800	\$1,600	\$4,000
Total	\$800	\$1,600	\$4,000
Medal Bonuses			
	Gold	Silver	Bronze
Olympic Games	<i>To be announced</i>	<i>To be announced</i>	<i>To be announced</i>
IWF World Championships (Senior)	\$8,000	\$6,000	\$4,000
IWF Junior World Championships	\$1,200	\$800	\$400
IWF Youth World Championships	\$800	\$400	\$200
Senior Pan Am Games	\$1,600	\$1,200	\$800
Senior Pan Am Championships	\$1,600	\$1,200	\$800



PERSONAL COACH BONUS PAYMENTS

IWF World Records			
	Youth	Junior	Senior
Snatch	\$200	\$400	\$1,000
Clean & Jerk	\$200	\$400	\$1,000
Total	\$200	\$400	\$1,000
Medal Bonuses			
	Gold	Silver	Bronze
Olympic Games	<i>To be announced</i>	<i>To be announced</i>	<i>To be announced</i>
IWF World Championships (Senior)	\$2,000	\$1,500	\$1,000
IWF Junior World Championships	\$300	\$200	\$100
IWF Youth World Championships	\$200	\$100	\$50
Senior Pan Am Games	\$400	\$300	\$200
Senior Pan Am Championships	\$400	\$300	\$200

