



TEAM ARIZONA WEIGHTLIFTING



Supporting Arizona's Elite Youth & Junior Weightlifters

The Arizona High School Weightlifting Association (AZHSWA) will reward the top youth lifters each year through the support of "Team Arizona" – an "All-Star" Team comprised of the highest-ranked, qualified athletes to represent their High Schools and the State of Arizona at the USAW Junior & Youth National Championships.

The "Team Arizona" concept is not new, and has been highly successful in the past. In 2005, Arizona Weightlifters and their Coaches from various schools and clubs joined together as "Team Arizona" to win the USAW Junior National Men's Team Championship.

Team Arizona – 2005 Junior National Championship Team:

Alex Lee (62kg, 9 th)	Danny Schlag (85kg, 5 th)
John Alvarado (69kg, 3 rd)	Cody Lacy (94kg, 4 th)
Adam Drummond (69kg, 9 th)	Andrew Feitzinger (105kg, 3 rd)
Cory Lacey (77kg, 4 th)	Josh Embree (105+kg, 6 th)

While no individual from that Team won an individual National Championship that year, their combined efforts lead to becoming National Champions as a Team! That is a rare privilege and honor to be part of a great experience like that, and the AZHSWA would like to provide this opportunity for future Arizona athletes to do the same. It is time to build on that legacy!

Other states have also successfully pooled together multiple high school teams and clubs to field top teams. In Florida, where weightlifting is a school sport, athletes from top programs formed Team Florida which put together a string a National Team Titles. Recently, Team Minnesota has used its growth in High School Weightlifting to win the last two Junior National Team Titles (2015 & 2016).

By bringing together the top talent in our State each year, "Team Arizona" will create a rewarding experience for Team Members, while also offering support, funding, and other athlete benefits.

BENEFITS OF "TEAM ARIZONA"

- ★ Opportunity to compete as part of Team Arizona for the National Championship Team Title
- ★ Build comradery and friendships with other Arizona Athletes, be a part of something bigger!
- ★ Receive Team Arizona Gear (Warm-up Sweats, T-Shirt, etc.)
- ★ Receive Funding/Financial Assistance in the form of Reimbursement for a portion of the Travel expenses, Entry Fees, or other Competition expenses.
- ★ Have a support system of multiple coaches, parents, and helpers, at the National event, benefit from a positive Team Environment where coaches & athletes help each other.
- ★ A Team Meal to be held during the weekend of the National Championship event.
- ★ Other gifts, items, or perks as provided by AZHSWA & Team Arizona Sponsors (will vary).
- ★ Team Competition Fee paid for by the AZHSWA.
- ★ The Athlete's personal Coach, if also traveling to the National event with their athlete, will also receive Team Arizona Gear and some limited financial assistance as well.

TEAM ARIZONA - CHAMPIONSHIP EVENT PRIORITIES

Team Arizona will field and support both Boys & Girls Weightlifting Teams for the following events, provided sufficient athletes qualify to justify funding a team, listed in order of Events Priority:

1. **Junior Nationals (Age 15-20)** – The most competitive annual event for Youth & Junior athletes, usually held in late February/ early March each year.
2. **Youth Nationals (Age 16-17)** – The Top Age Group at Youth Nationals typically held in June.
3. **Youth Nationals (Age 14-15)** – The next, developmental Age Group at Youth Nationals
4. **Youth Nationals (Age 13 & Under)** – There are no current plans for Team Arizona to provide specific support for this youngest age group, as the AZHSWA aims to follow new Long-Term Athlete Development (LTAD) charters emphasizing technique development more than competition at younger ages.

Team Arizona will support teams for the above events, based on funding availability each year from the AZHSWA. The AZHSWA is a Non-Profit Organization, which gets its funding primarily from a portion of entry fees at AZHSWA Events, with potential limited additional funding from donations and/or sponsors. Support for the AZHSWA events by Schools, Coaches, Athletes, and Parents is critical in order to provide these opportunities for the athletes. Help and volunteers will be needed at AZHSWA events, and assistance in finding sponsors, or collecting donations, will help strengthen this program for years to come. Your help and assistance is greatly needed and appreciated!

TEAM ARIZONA - ELIGIBILITY

Athletes may receive support and/or reimbursement costs incurred by competing on Team Arizona at USAW Junior or Youth National Championships if one of the following criteria is met:

- (1) The Athlete is a current High School/Middle School student, and has competed in at least (1) one AZHSWA Meet during the qualification period for the National Meet (Youth/Juniors) as designated by USAW.
- (2) The Athlete previously competed in an AZHSW Meet during their High School lifting career.
- (3) The Athlete or their coach can petition the AZHSW Board through the AZHSW President. The athlete may be granted reimbursement upon unanimous decision from the Board.

Additional the following criteria must be met:

- (4) The Athlete **MUST** Compete as part of Team Arizona (as designated on USAW Membership Profile) in order to receive Team Arizona Gear or any Reimbursement.

NOTE TO COACHES: *In order for Team Arizona to be successful, Coaches need to fully support Team Arizona, and realize that it is in the best interest of your Athlete(s) to compete as part of Team Arizona if qualified and selected. Your Athletes will remain your Athletes, and you will remain as their Personal Coach, and receive "credit" for your Athletes. Athletes simply switch their Team/Club designation to "Team Arizona" for the National Event only, then after the event they will revert back to their original Team/Club, if any. Competing for Team Arizona is completely optional - Athletes can compete as part of their original Team/Club, or as Unattached. However, if an Athlete wants to compete for a National Team Title, and receive Team Gear, potential funding, and other perks, they should be encouraged to participate for Team Arizona. This is a rare opportunity for both Coaches & Athletes to join a "bigger effort", and we invite you to be part of Team Arizona's success at USAW National Events!*

TEAM ARIZONA - QUALIFICATION

Any Athlete that Qualifies for Junior Nationals, or Youth Nationals in their respective age group, will automatically be nominated to “Team Arizona”. If the qualified athlete commits to participating in the National Event, and elects to compete as part of “Team Arizona” (by officially designating Team Arizona as their Club Affiliation for the Event), they will receive a TEAM ARIZONA GEAR PACKAGE.

In addition, the Top (8) athletes that will make up the Scoring Team at the National Event will also receive limited TEAM ARIZONA ATHLETE SUPPORT.

In the event more the (8) eight athletes qualify for Team Arizona, a selection procedure will be followed to determine which (8) eight athletes will be selected for the Scoring Team. In addition to the (8) eight Scoring Team Members, there will be (2) two Alternates named to each Team.

TEAM ARIZONA - SELECTION PROCEDURE

Athletes considered for Team Arizona will be ranked and selected based on the following criteria:

- a. Coaches’ nomination of their athletes that are most likely to score points for Team Arizona at Youth or Junior Nationals. The Coaches nomination will include an endorsement of the Athlete’s conduct. Athlete’s need to be qualified for and registered/committed to attend the National event for the nomination to be considered.
- b. Athlete’s National Ranking based on NCS % (used for USAW International Team Ranking)
- c. Athlete’s Projected Placing based on 5-Year average results at Youth and/or Junior Nationals. The 5-Year averages will be posted on the AZHSWA website, updated each year.
- d. If a consensus is not reached on the Team Roster, the AZHSWA President will be solicited to make the final decision.

TEAM ARIZONA SUPPORT & BENEFITS SUMMARY

BENEFIT	QUALIFICATION
TEAM ARIZONA GEAR PACKAGE (Approx. \$120-\$200+ Value): <ul style="list-style-type: none"> - Team Arizona Warm-ups (Jacket & Pants) - Team Arizona T-Shirt - Possible Singlet, Bag, and other items, depending in Funding Availability 	<ul style="list-style-type: none"> ✓ Meet Team Arizona Eligibility Requirements ✓ Qualify for the USAW National Event ✓ Register for Event as part of “Team Arizona” ✓ Commit to attend & Participate
TEAM ARIZONA ATHLETE SUPPORT Limited Reimbursement of Competition Costs including Entry Fees, Travel, etc. <ul style="list-style-type: none"> - Goal is \$100 Minimum per Athlete - Maximum Benefit per athlete (Cap) is not to exceed \$300 per athlete. - Based on Funding Availability 	<ul style="list-style-type: none"> ✓ Meet Above Qualifications ✓ Be Selected to “Team Arizona” Top (8) Eight ✓ Participate in Event as Scoring Team Member (Alternates that are used will Qualify)
TEAM ARIZONA COACH SUPPORT Team Arizona Coaches Gear: <ul style="list-style-type: none"> - Team Arizona Warm-up Jacket - Team Arizona Coaches Shirt Limited Reimbursement of Expenses: <ul style="list-style-type: none"> - Goal is \$50 Minimum per Athlete - Maximum Benefit per athlete (Cap) is not to exceed \$100 per athlete. - Based on Funding Availability 	<ul style="list-style-type: none"> ✓ Listed as Athlete’s “Event Coach” ✓ Athlete participates for “Team Arizona” ✓ Must Attend & Coach Athlete at Event NOTE: <ul style="list-style-type: none"> - Reimbursement is “Per Athlete”, so benefit is cumulative based on number of Athletes - Athlete’s Personal Coach can designate a different coach to be the Event Coach and Receive Benefit