

Game Changers.

SPORTS LEADERSHIP & VOLUNTEERING

University of Bristol Lifting Club Game Changers and Personal Development

What is Game Changers?

Game Changers is a scheme run by the University of Bristol to improve personal development, especially within a sports club or society.

There are two routes:

the **Qualification Pathway** (in the club's case, this would be becoming a referee or taking a coaching course) or the **Workshop Pathway** (this could be something like attending a free graphic design to support the club's socials for example).

For the Qualification Pathway, Game Changers covers 75% of the cost of any course undertaken up to £200. In order to receive the money back, you must undertake 10 hours of volunteering. In the club's case this could be volunteering at a competition or offering to help others at Coombe Dingle sessions.

NOTE: Currently, you must be a British Powerlifting member for two years before undertaking referee training. The same does not apply for British Weightlifting, but you must have some experience of the sport and competition.

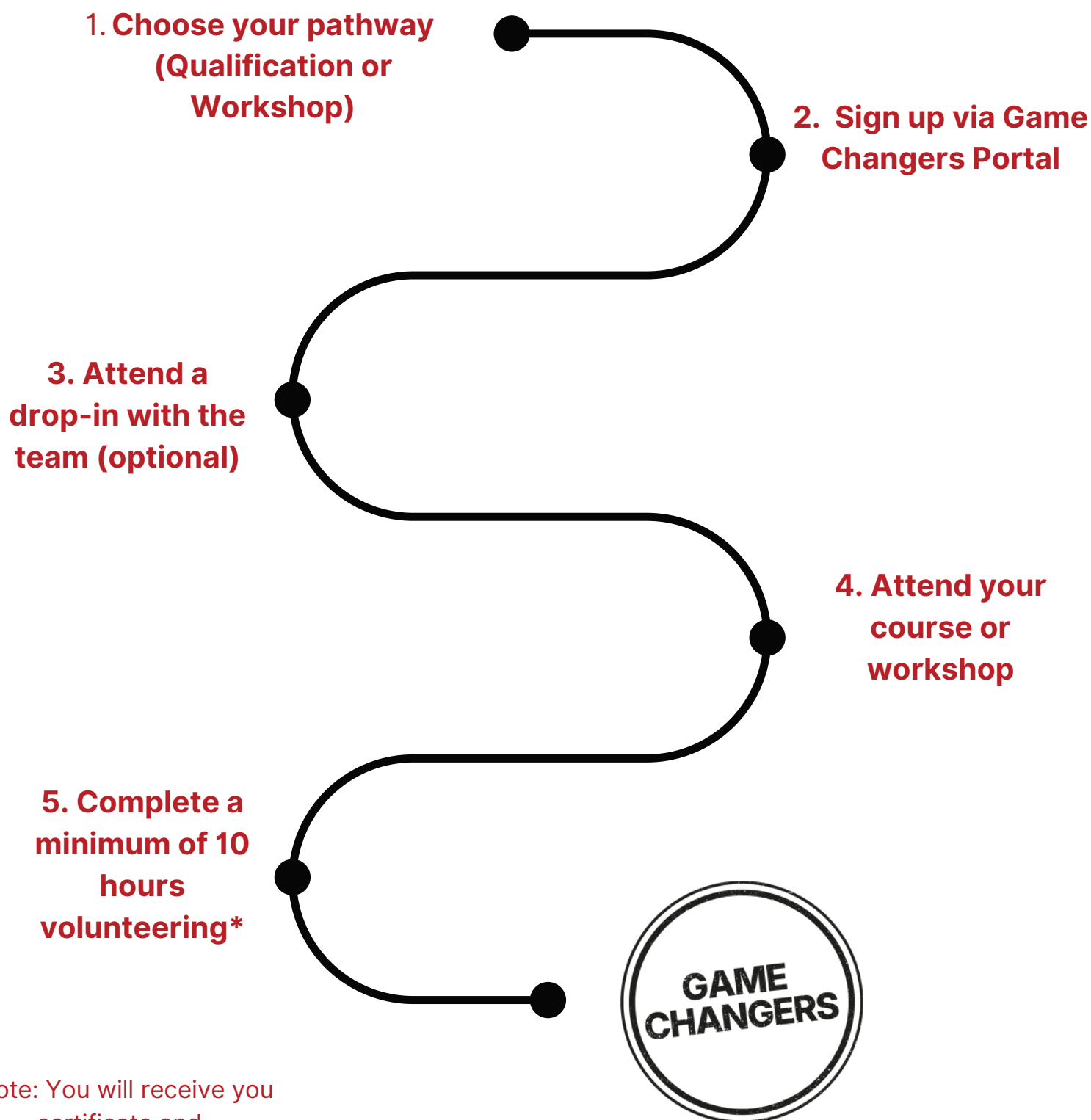
Why you should take part

Volunteering at competitions as a referee is an integral part to sport – competitions would not happen without the referees. Furthermore, volunteering is a great way to network and meet new people in the community. In terms of the club, it would be great to have some in-house referees as we host more competitions like Varsity in the future. Having a coaching course adds a new element to the sport. Furthermore it demonstrates skills like leadership and teaching.

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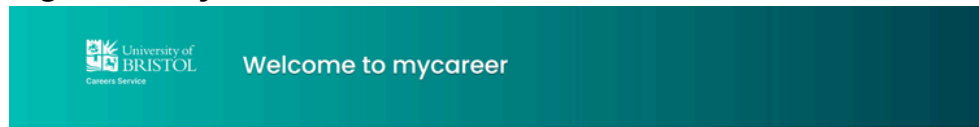
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How to sign up

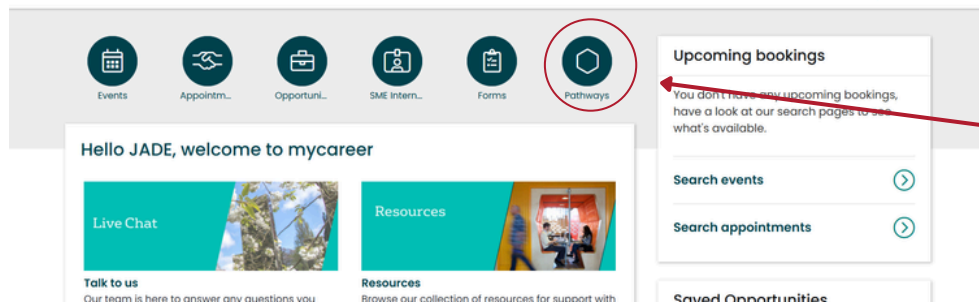


*Note: You will receive your certificate and reimbursement after you've logged your volunteering hours

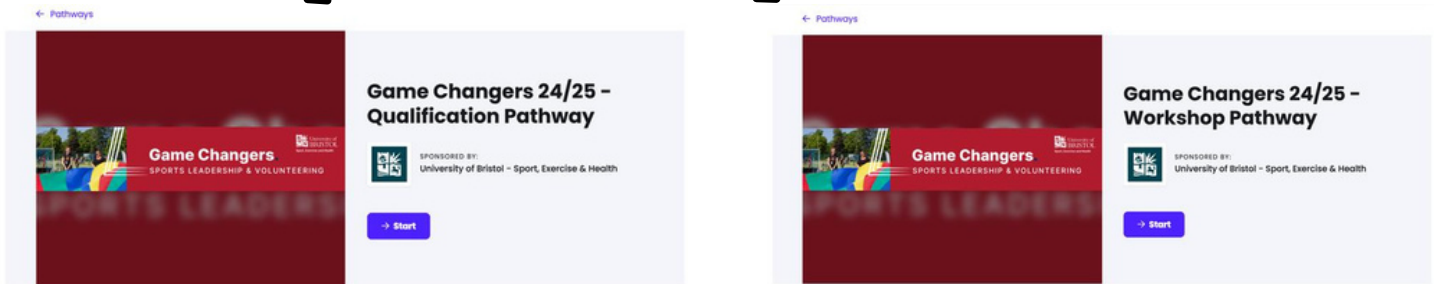
Sign in to 'mycareer'



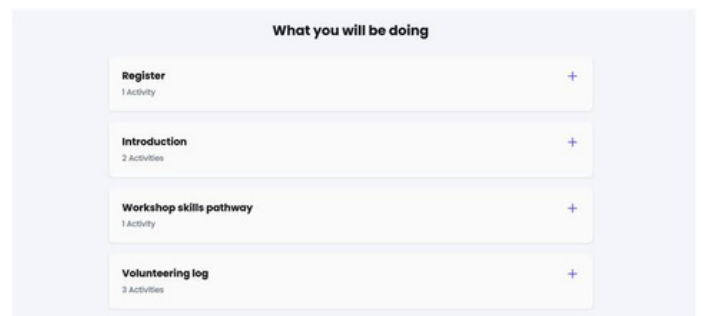
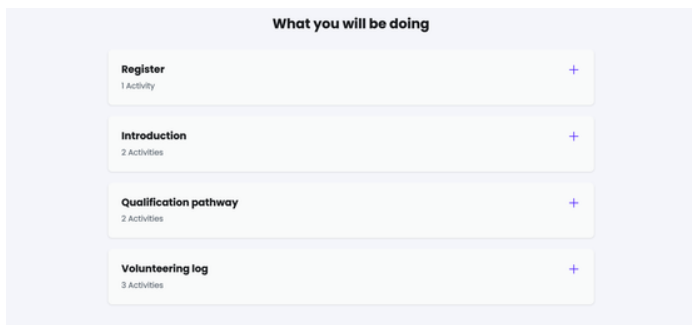
Click 'Pathways'



Choose your pathway



Work through tasks and complete volunteering





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Suggested Courses

Powerlifting

British Powerlifting offer refereeing and coaching courses (Levels 1 and 2). Level 1 costs £250 and takes place over two days. The link above will take you to the British Powerlifting website where you can find out more about the syllabus, applying and the calendar.

Weightlifting

British Weightlifting offer a whole host of courses in Olympic Weightlifting coaching. They also offer courses in officiating. There are also scholarships released by British Weightlifting in August/September which means you can access select courses for free.

NOTE: These courses tend to be quite expensive compared to British Powerlifting and some of them are also online.

Bodybuilding

There are some posing courses which can be found here.