



**Goa University
Sports Section
Presents**

WEIGHT LIFTING & WEIGHT TRAINING ZONE

HEALTH & SKILL RELATED FITNESS

SUMMER COACHING

CAMP CUM WORKSHOP



Online Registration Link:

<https://forms.gle/nFrrjy66cZXmRGCE9>

SCREENING CUM SELECTION Date: 09/05/2024

Time :3.00 PM

VENUE : Silver Jubilee Hall, Goa University

**Camp Fees:
RS. 300/-**

(TO BE PAID ONES SELECTION LIST IS PUBLISHED)

**CAMP DATES:
13/05/2024
TO
08/06/2024**



**Contact No. : 8669609018/75
Email:sports@unigoa.ac.in**

Goa University

Weight Training And Health & Skill Related Fitness Summer Coaching Camp Cum Workshop

Introduction

Weightlifting generally refers to physical exercises and sports in which people lift weights, often in the form of dumbbells or barbells. People engage in weightlifting for a variety of different reasons. These can include: developing physical strength; promoting health and fitness; competing in weightlifting sports; and developing a muscular and aesthetic physique. Olympic Weightlifting exercises are reported to be a common component in the strength and conditioning programmes of many high school and professional athletes. This is primarily due to their biomechanical similarities to many sporting movements, and their manifestation of large force and power qualities in comparison to other exercises. Strength training (Weight training) can be the key to unlocking the full potential of athletes looking to take their performance to the next level. Strength training not only helps athletes increase their power and speed, but also helps them reduce injury risk and increase overall physical and mental health. Strength training is essential for athletes of all levels looking to improve their performance. Not only does strength training increase muscle mass, strength, and power, it also improves balance, agility, and coordination. These benefits can help athletes become more competitive by improving their overall performance in their respective sport. Weight lifting, strength training and their variations are an effective method for enhancing athletic performance. Sports that require high-load speed strength such as football, volleyball, basketball, and track and field, have all been suggested to benefit from the use of Olympic Weightlifting and Weight training workouts because of their biomechanical characteristics of high force and power output.

Benefits of coaching camp

- Talent identification and grooming the new athlete's in Olympic weightlifting as well as other sports.
- Scientific guidance to add weight training programme in training regime to enhance fitness.
- Helping new students to start sporting career.

Target Population and Intake limit

- Only to bonafied students, Sports players of colleges affiliated to Goa University.
- Students passing out from Class XII standard and will be taking admission in affiliated colleges or On Campus program of Goa University.
- Intake Limit will be 50 students on selection/Merit basis (25 Men, 25 Women) – {Men Women quota will be decided upon the response for the camp}
- Selection will be done based on the talent and performance abilities of the students

Sessions Timings per day: Morning 10.00 am. to 12.00 pm and Evening 3.00pm to 5.00pm

Nature of Camp : Non-Residential

Registration Fees : 300/- through SBI collect under head GYM fees (Payment to be done after the selection)

Refreshment : Will be served in between session.

Venue : Silver Jubilee Hall, Goa University

Certificate : **Participation certificate for attending the camp will be provided to the athletes.**

Organising Committee:

Coaching by: Mr. Avidh A. Morajkar- Assistant Sports Officer- II, Goa University

Qualification: M.P. Ed and Certified Weight Lifting Coach from SAI's NSNIS, Patiala

Co-ordinator: Mr. Prathamesh M. Salgaonkar- Assistant Sports Officer- III, Goa University

Organising Secretary: Mr. Balachandra B. Jadar-Asst. Director of Physical Education and Sports, Goa University