



USAWA Survey

54 responses

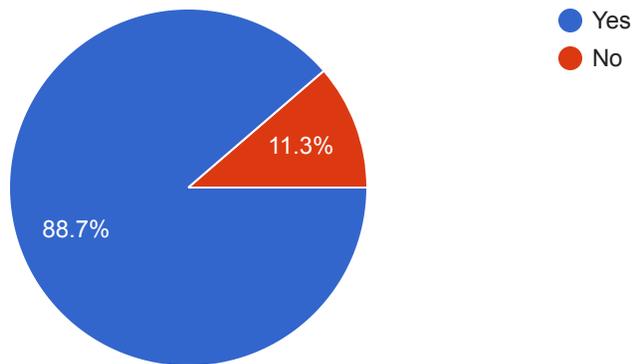
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Background Questions

Are you currently a USAWA member?

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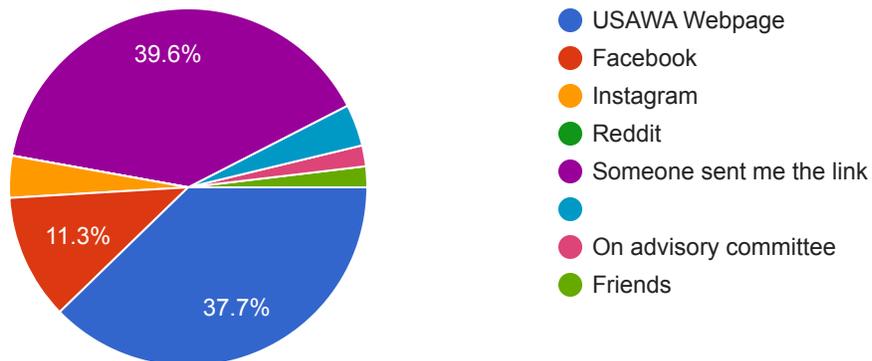
53 responses



How did you hear about this survey?

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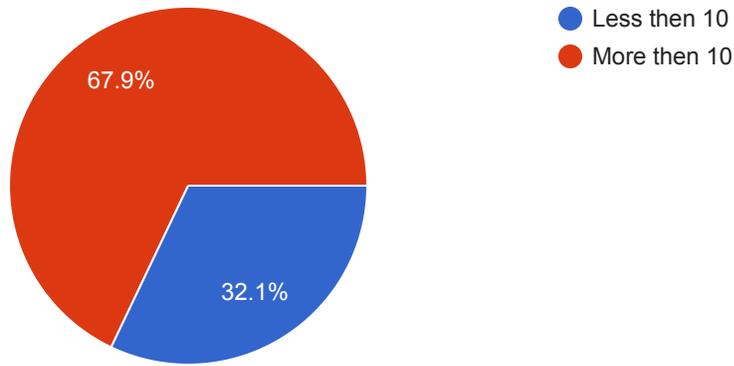
53 responses



How many years of strength sports experience do you have?

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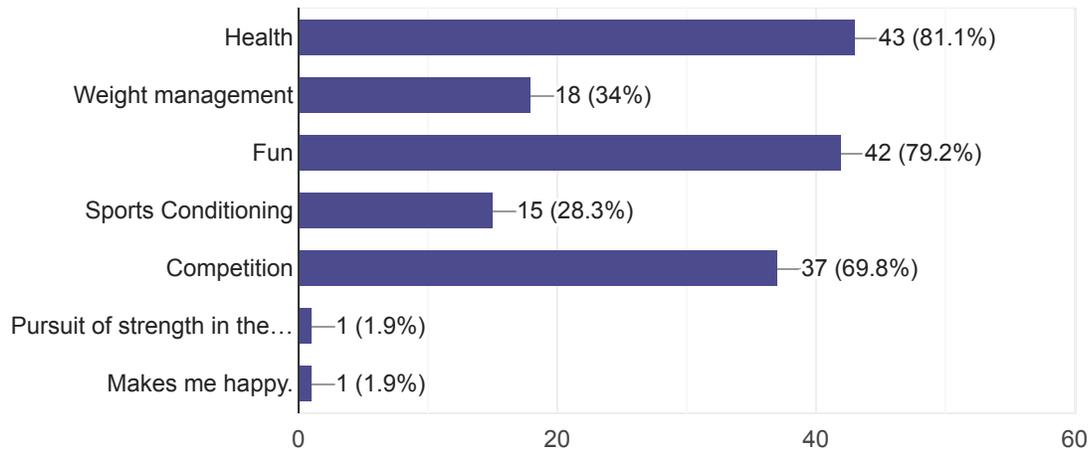
53 responses



Why do you primarily train? Select all that apply

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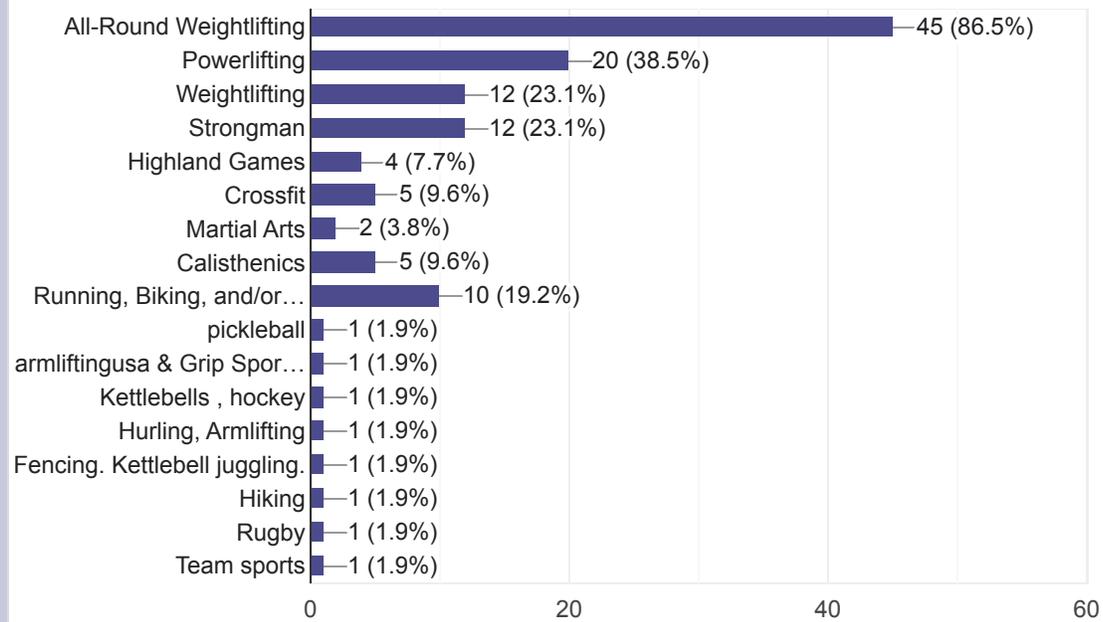
53 responses



What sports do you train/compete in? Select all that apply



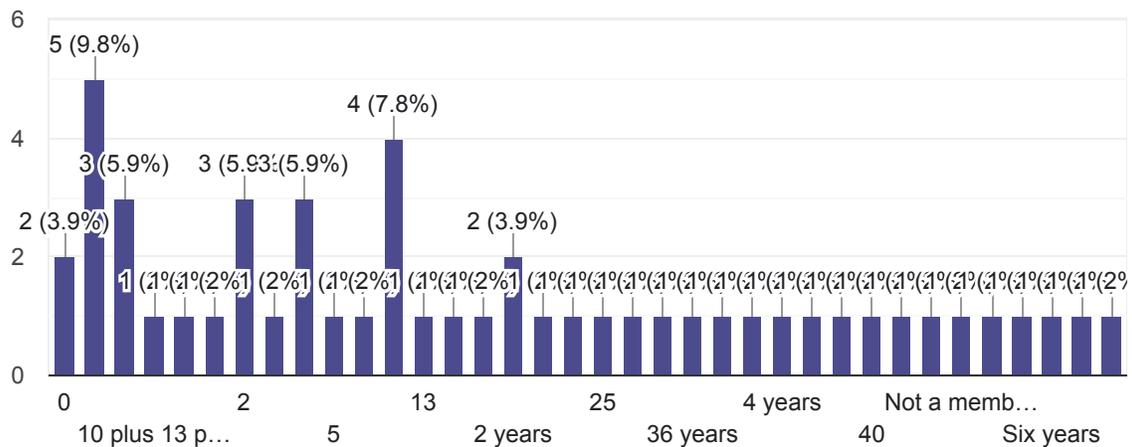
52 responses



How long have you been a member of the USAWA? (Answer in number of years)



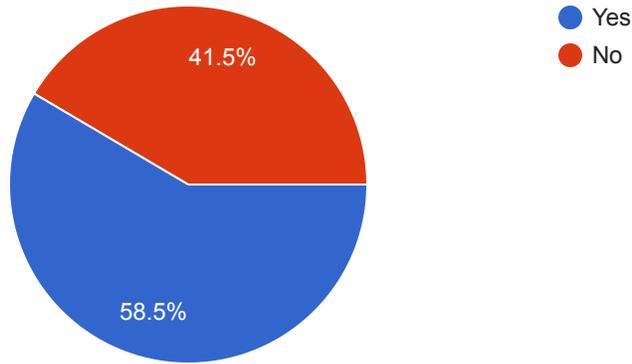
51 responses



Do you belong to a USAWA club?

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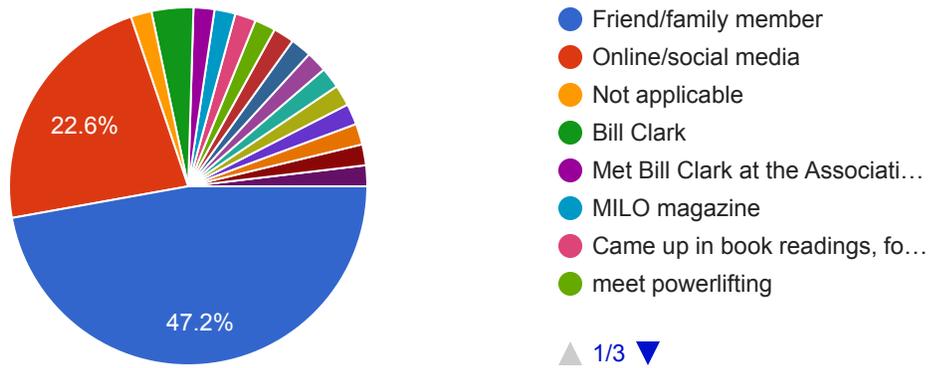
53 responses



How did you here about the USAWA?

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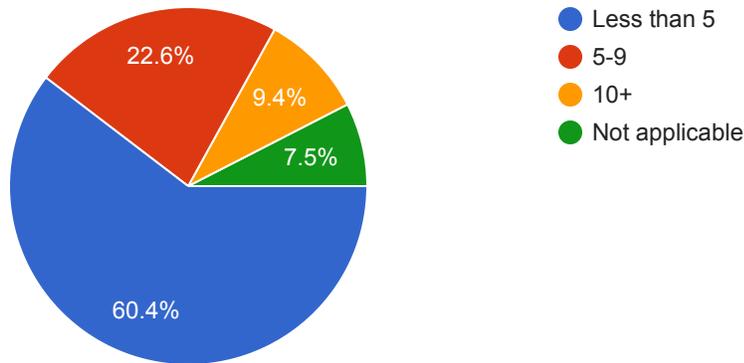
53 responses



How often do you compete in person in USAWA meets annually?

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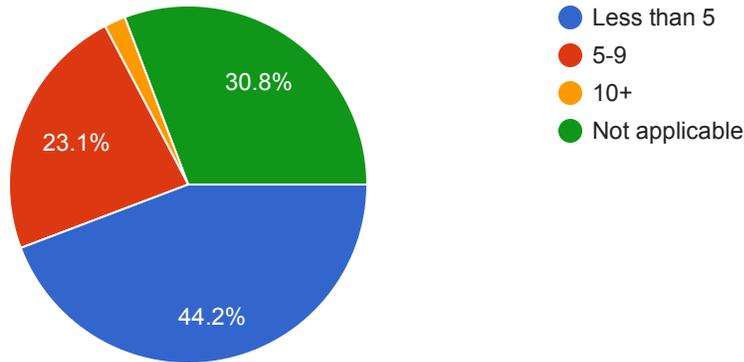
53 responses



How often do you compete remotely in USAWA meets annually?

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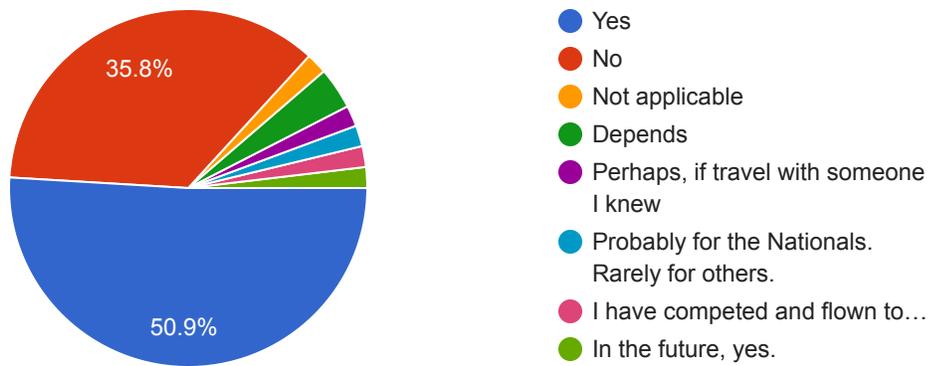
52 responses



Do you/would you travel for events beyond 5 hours of driving from your house?

 Copy

53 responses



Would anything make it easier for you to compete?

29 responses

Not really

Depends on the lifts, whether I feel comfortable with them. I feel some are dangerous and won't risk getting injured.

The ability to wear leggings/yoga pants especially during the cold months.

N/A

Venues close to major airports

Closer to a major airport and a nice hotel

I live in an area with no judges, so I have to travel to compete.

More events near me

A newsletter to find out about competition either near me or on line.

Competition in Pacific Northwest

I don't think so.

I am the only certified judge in my area (UT). I am at a disadvantage because unless I travel, I cannot contest any records. I would love it if, as a judge, I could compete in the Postals by submitting my virtual lifts to another judge (or two) I could contest lifts and participate fully without the cost of long distance and time away from home and work.

For meets during occur in more accessible locations that are near airports.

Additional events in Dufferin-Wellington County

The remote meets make it easier to still stay involved with the all-rounds.

Enjoying traveling. (I.e., I don't usually enjoy traveling)

Yes having competition in South Carolina .

No



Local Meets. I'm in metro NYC - there should be enough people.

More competitions closer to where I live.

Nothing

No, my reasons for not competing are usually personal.

My own issues, either health or financial

Knowing the events at least six months in advance

Not really.

More competitions in florida

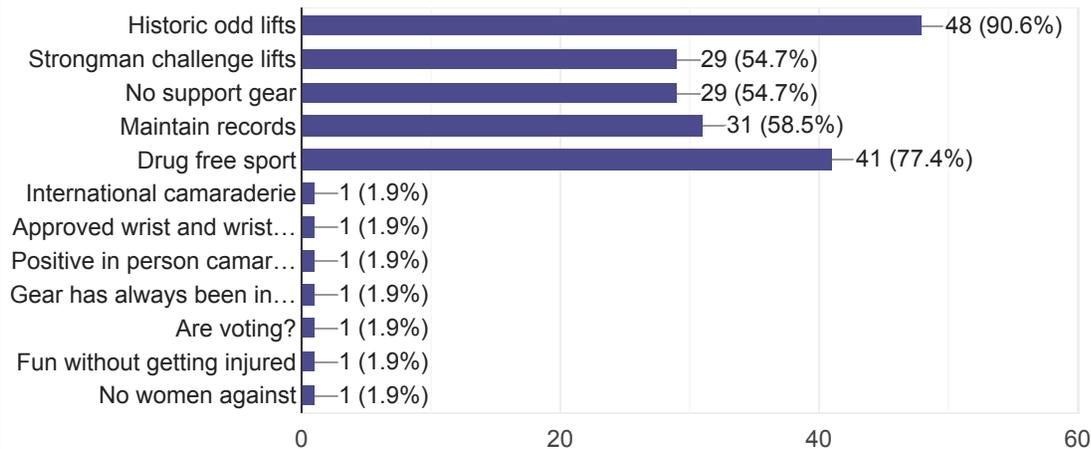
A body that was 20 years old again!

meets in Lexington or Winchester, Ky

What would you consider to be USAWA guiding principles? **Select all that apply.**



53 responses



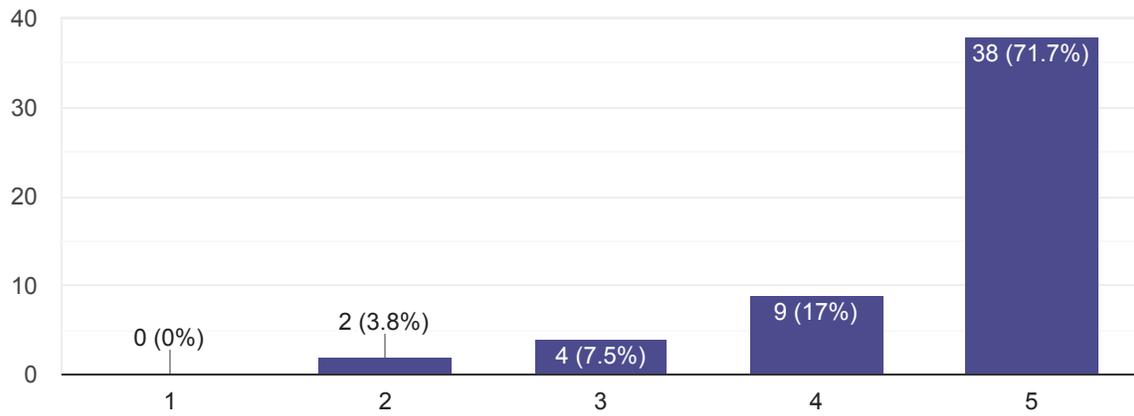
How do you feel about the following statements?



The USAWA is a welcoming, friendly, and inclusive organization.



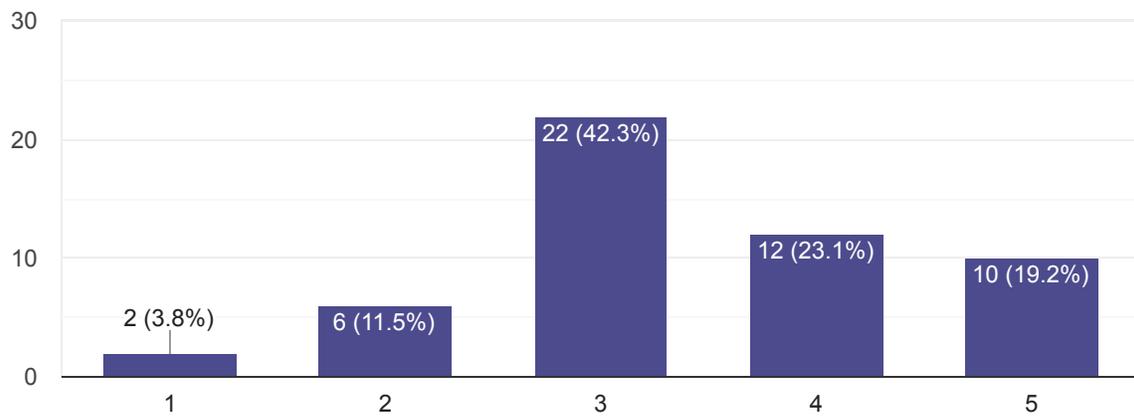
53 responses



The USAWA is going in the right direction.



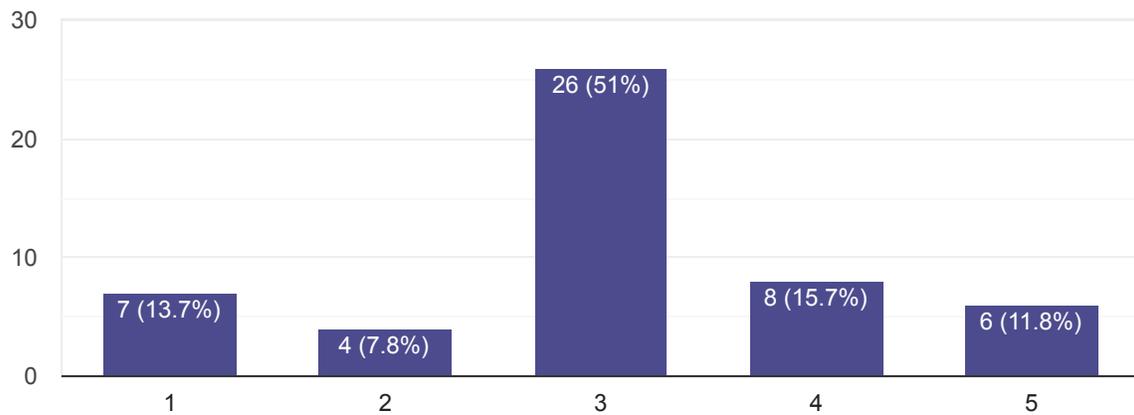
52 responses



I have a voice in how the organization is run.



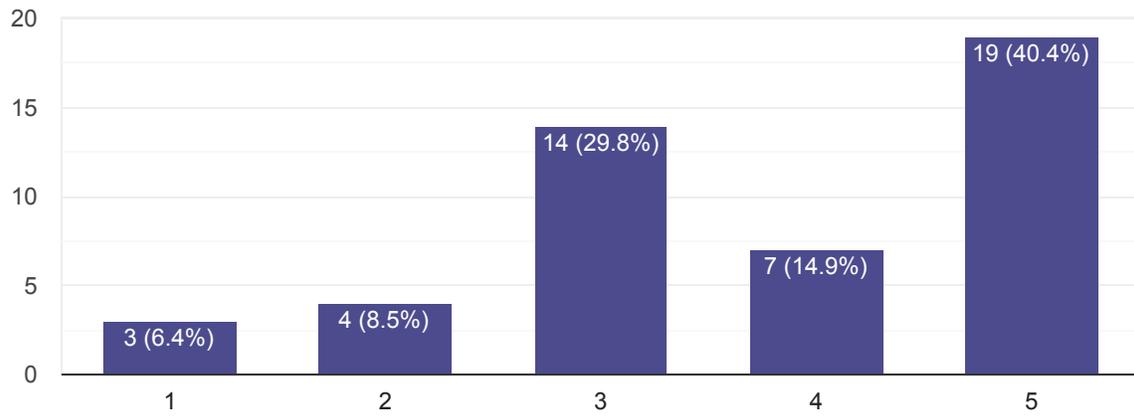
51 responses



The executive board acts in the best interest of the organization.



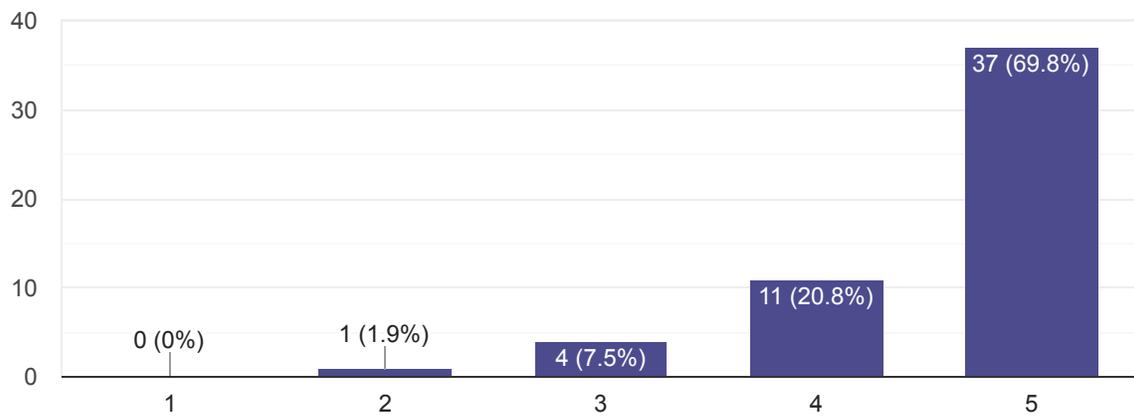
47 responses



I like being able to set records.



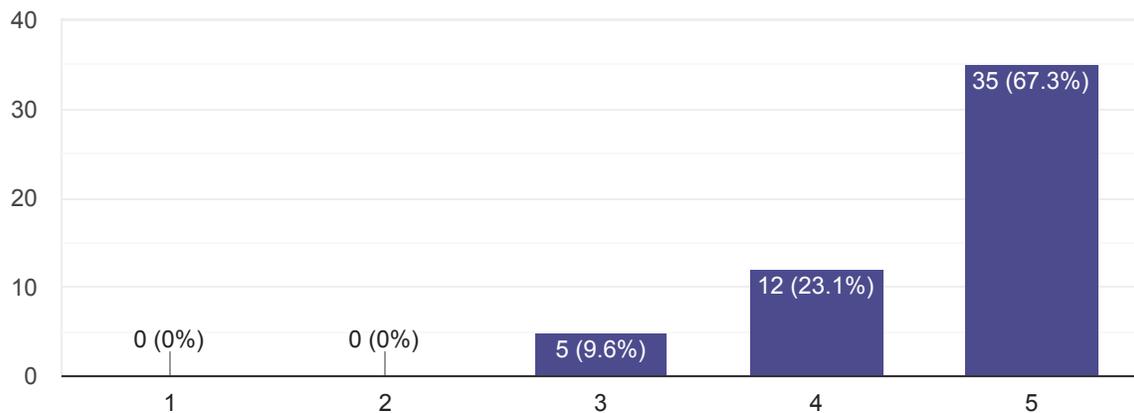
53 responses



I like competing on the platform in live competitions.



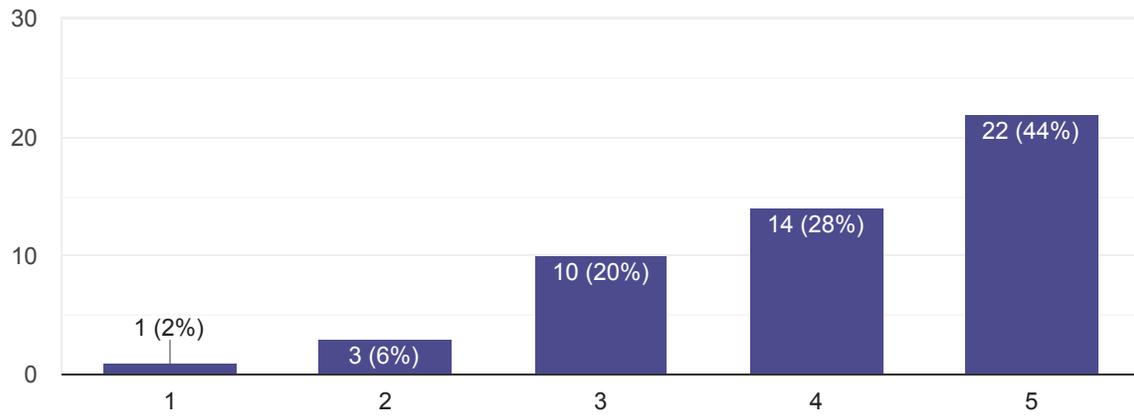
52 responses



I enjoy the content on the USAWA website.



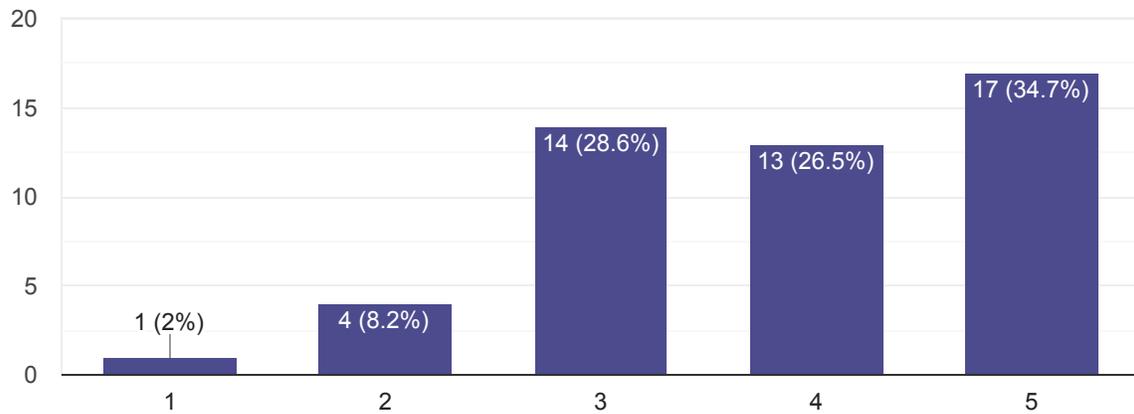
50 responses



I enjoy the content of USAWA social media.



49 responses



Personal responses



Please list your top (3) challenges the USAWA faces.

39 responses

Lifts that are not mainstream that most people can do. Too many lifts, whereas you could narrow it down significantly and still cover the fundamentals of each category of lifts. Not a well known organization to strength athletes.

Money, recruiting new members, and the snails pace at which things can be changed and or addressed, once a year is not enough in this Internet age.

1.) Deviation from tradition and founding principles

Geographic distance between athletes; Competition calendar dominated by 2-3 meet directors and not coordinated; Much easier to compete in other sports like Highland Games and Powerlifting (don't need equipment and every state has several events in those sports)

To stay true to the values that the organization started with .[drug free, no support equipment]

growth. locations to compete. geography

Publicizing USAWA to lifters in other disciplines and to general gym-goers. Small membership base.

Growth and Expansion

Modernizing to current strength world

Having more people with experience outside the USAWA

Publicity; Need for growth (specifically we should have a clear direction for how we want to grow); Education resources for All-Round Lifters (Outside of our rule book, what is the definitive book on All-round Lifting? What's the starter resource for a new lifter?)

1. Recruitment of new members

2. Maintaining the original idea of raw lifting without wraps , sleeves and equipment except as presently allowed

3. Adding additional content to the website pertaining to training, history, etc.

Growth, finances, new leadership

#1) Attracting new members. #2) Retaining members. #3) Deciding what types of knee/elbow sleeves to allow or disallow, etc.

good judging, growth, recruiting younger lifters

Being drug free because I have found so much drug use.



I am not sure, I have only two years of experience.

Recruiting

lack of promoters, lack of athletes, risk of losing its identity for the sake of growing to grow like adding support gear

Allowing people who live a great distances a chance to complete and contest records. Keeping these old time/historical lifts alive. Remaining drug-free and equipment minimal. Keeping the judging and the record lifts pure and accurate.

Gaining more members, marketing the organization, encouraging young people to join

Attracting new competitors, international competitions (increase Canadian opportunities)

Growing awareness & expanding

Expense of traveling. Keeping a drug-free organization. Attracting new lifters.

Billions of record days seem a bit excessive.

Maintain the integrity of the organization.

Being a small, niche organization is okay.

Remember where we came from! Stay 100% drug free! Have all members vote on major decisions!

Increasing acrimonious divisiveness. Members (attracting new and keeping old). Finding agreement (compromise?) regarding goals for the USAWA.

Having competition in more states . Attracting new lifters. Respect from lifters outside the org.

Keeping with the tradition of the usawa.

Keeping negative factions at bay.

1. Public awareness 2. Very few or none: women, teenagers and youth lifters 3. Organization remains modest in size with a consistent but limited membership each year.

1) Current Leadership

2) Getting new members

3) Membership retention

Lack of exposure, Almost too many lifts and lack of meets

Lack of growth, poor online presence, clubs feel disconnected



Bringing in new members

I'm not sure

I don't know

A records list that has a way to search records like under certain lifts, women, men, age and weight groups would make it more user friendly. I have no idea how to make that a thing it's just a suggestion. 2) distance from life competitions but how do you fix that?

1-People wanting radical change at the expense of the organization's foundations 2-expanding the org without the expand at all cost mindset

Could be a power struggle in the future with different groups.

Membership expansion; using existing technology to allow all meets to be officated via zoom and/or video;; using e-mail to conduct business with the membershipo and making ALL issues known to the membership and all decisions by the board be available for review at all times and not just at annual meetings that have limited attendance. It is vitally important that all members be involved in every decision other than petty cash and housekeeping duties. No decisions involving the membership should be made by the board without knowledge and consent of the membership. Follow your own rules that allow non-by-law decisions to be reversed by a majority of one and all by-law decisions reversed by 2/3 majority.

1. Limited meets in multiple cities in Kentucky. 2. Limited meets in the USA 3. Lack of pro division



Please list your top (3) opportunities the USAWA should take advantage of.

38 responses

The number of strength athletes worldwide provides a good base of people to market to. Younger people with new, up to date ideas adding input. The flexibility of allowing remote meets provides ample opportunity, but also some inconsistencies in that everyone is not judged by the same referees.

Quarterly zoom meetings for the executive board, the membership should get to vote more on things, more remote meets.

Tap into the experience of member lifters to share training articles, tips, on the website, something everyone would enjoy reading.

Much easier to research weightlifting/strongman history, could be fun to have a historical director; Strongman and CrossFit have huge participant base, could be nice to co-sanction events or allow discounted dues for members of Strongman Corporation, USA Weightlifting, others); All-Round lifts require core strength, balance and grit, USAWA should promote the lifts as part of overall health & wellness

Social media,

remote competitions to help grow. Increase # of officials. promotion of drug free competition

CrossFit popularity. Tie-in to strongman broadcasts.

Making the referee exam online.

The uniqueness of the lifts in the USAWA

Adding Knee Sleeves to attract modern strength athletes from other sports

1) We have some seasoned lifters with a wealth of knowledge - we should look for ways to pass that on to younger generations; 2) We should publicize what happens in competitions consistently [photos, videos, as well as statistics]; 3) We could use USAWA to help the community in general (maybe a meet where the entry fee goes to a charitable cause like Special Olympics).

Growth in Canada

Go to shows and exhibitions like the Arnolds. More remote competitions.

the big national type weightlifting events that USAWA can participate in are great

Promote health benefits for ageing people.



Exposure

back in the late 90s and early 00s there would be demo between lifts in powerlifting meets. try to include cross fit community/strongman folks

The USAWA needs to make more use of social media such as Instagram and TikTok to encourage participation from younger people; Make an obvious distinction from Olympic lifts or Strongman competitions.

Exploring Canadian opportunities

Social media, sponsors, & online viewership

New clubs around the country and more enthusiastic promoters and meet directors.

I don't want to write 3 things.

Respect our Master lifters, respect the pioneers and history of this sport which has been around since 1986! Respect full awards as deserved!

Welcomes lifters of all levels, ages, etc. The large variety of lifts (Fun. Challenging. Everyone can find lifts that they "enjoy"). A really nice group of people to hang out with and do (often) usual things with weights.

Spread throughout the country . Strongman events old time strongman . Add a equipped division on the powerlifts

I believe that the usawa will continue to grow, given the recent influx.

1. Marketing to a diverse audience of younger athletes, including women. 2. A very large selection of lifts for people to choose from (no other strength organization can say the same). 3. Build a powerful brand with a robust website (weekly videos, tips, membership engagement etc).

1) Competitive records that are not part of the dominant strength sports.
2) Records anyone can specialize in and achieve a stand-out record. Ie, you may not be a great overall lifter, but you can set records which even good lifters must train to beat. This makes competition approachable and fun for people who can't bench press 400 pounds or who are giant human beings.
3) Online presence is huge. There are individuals online who are quite skilled at oddlifts and at building a following. Speaking to, or just learning from the individuals could be a good opportunity. And if they're interested, they may even support the USAWA.

Better use of social media



Yonger lifters and social media

Remote lifting, online lifting

Again I'm not sure

I don't know

Searchable data base.

Biggest opportunity is stay true to roots. We are not a powerlifting or push/pull org. Secondly is expand into new territories. We can do this without bastardizing the org into something it is not

1) more active on social media 2) more competitions in different states 3) more remote competitions

1)More qualified judges 2)More discussion about the lifts 3) More participation from youth

Seek joint membership opportunities that use our rules- such as crossfit and learn from them how to determine national champions via video. Also - use this time to make official the status of national championships for separate male and female athletes like every other successful sport in the world from the Olympics down and give teen-agers a championship of their own and not a part of an adult competition. You grow these divisions quickly when each has its own value and not compared to other ages and/or genders. And go back to the original rules of the IAWA which allowed no supports except for a four-inch waist belt - and no wraps except for the wrist when backhand was used in swings. It was one of the rules that made the IAWA unique.

1. Utilize live Facebook at meets. 2. Utilize live YouTube at meets. 3. USAWA magazine.



We value your opinion. Please share your thoughts.

Is there any additional information you would like to share to help the USAWA better understand your responses or provide insight into other areas you feel are important?

29 responses

No

To make the meets more legitimate, there should be consistency between all the lifters so some people are not given advantage because their buddy/training partner is judging them and no accountability of the lifting to anyone else because of remote lifting. Maybe make all remote meets videoed to share with the other referees who are judging remotely for consistency and fairness to all lifters.

Yoga/ leggings pants for women, you'd get more women to participate, it's what we workout in, it does not provide support like sleeves and braces do.

The USAWA is quite possibly one of the last organizations that can provide opportunities for drug free and non assisted lifting in the tradition of the oldetime strongmen, weightlifter, powerlifters, etc.. Efforts to increase membership at the expense of traditional training values should be avoided at all costs.

I am pretty new to USAWA and despite following the website and social media, I feel like I don't really know many athletes. I have met about 20 different athletes at live competition and most rarely leave their home area, while a few travel all over the country. I think All-Round has a nice little thing going and while we should let more people know about us, we should not change our values, rules or history to accommodate new athletes. It may be time to divide the organization so the folks that want a lot of change can do their thing and folks that like the old timey lifts and international cooperation can continue to do their thing. Powerlifting (tested and untested), grip sport and now even functional fitness have multiple governing bodies and that has been good for those sports.

We MUST maintain our commitment to being drug free. That should lead the organization

I've only been with the USAWA a short while but I want it to be known that I am very happy with my experience here. I have enjoyed the competitions and it really has focused my workouts and fitness goals. I will chime in on a topic that has come up in USAWA frequently: Number of lifts. I like the large number of lifts available, but some of the rarer ones should be put in competition more. The use of variations will mix it up for the better.

no

Beoaden publicity.

While USAWA could be considered a niche sport, it also has some similar (more well-known at the moment) sports, such as powerlifting, crossfit, olympic lifting to 'compete' with. The



athletic cross-over is there but the interest from those sports doesn't seem to be.

i honestly enjoy the organization the way it is and fear it will change and lose what makes it unique.

I would like to see the organization provide more virtual competing opportunities (postals) for folks like me who live far away from organizational hubs to compete and have their records count. I have put in the time, effort, and money to become a certified judge but with no other judges around what good is it? I believe that myself and others, as certified judges, have the integrity to virtually contest lifts and have them signed off by other certified judges (even at a fee or cost) especially postals. I love (and would love to attend more) the in person meets (nationals, worlds, etc.) and I don't believe those should ever go away. Those who would like to compete in these should and must travel. This keeps a comradery and community alive and well. I would love to be more involved and I believe myself and others would be if we had the chance to participate more fully. Honestly, I cannot participate fully (being able to contest and really compete) like I'd to. I cannot travel three or four times a year. I'd love to but its not feasible. I have loved my interactions with Eric Todd. He has been so welcoming and helpful. His attitude, passion, and desire to uphold the integrity and tradition of the organization has been a big draw for me to want to be a part of it.

Is Canada part of the USAWA? Or are they are an international member? If not, consider Canada as part of a North American All Around Weightlifting Association - why just the U.S.?

At 78 last year, the amazing, awesome support for me was inspiring. Witnessing the crowd and judges cheering and supporting all of the competitors was wonderful. Having clarification of the rules before and during the competition was essential.

Don't want the USAWA to lose sight of its original purpose and beginnings.

Go back to the Class A competitions and Banquets! They were first class championships which brought comradeship through out the United States and the World!

Regarding the direction the USAWA is going. The board and the advisory committee are trying to figure out what may be "best" in a relatively organized manner. My impression is that this is new for the USAWA. There are clearly differences in opinion about what is best. Hopefully, this survey will help.

Regarding the Executive Board having the USAWA's best interests in mind. Based on my interactions with the individual boards members I believe the board does have the organizations "best interests" in mind. But it's clear that different people in the USAWA (and on the board) have different opinions about what's best. All those that I have heard express their opinions clearly care about the USAWA and all round weightlifting. Despite their differences I hope those involved can be respectful and work together for common goals rather than being painfully adversarial.

I like the website and believe that it is an important part of the organization. The website was by far the best when Al Myers (and others, e.g. John McKean) was writing regular outstanding



(!) articles. The huge amount of time and commitment that Al put into the website, the articles, and the organization is difficult for me to imagine. (I believe that without his efforts the USAWA would not currently exist)

I have considered writing articles for the website. But..... I have felt intimidated by the high quality of the articles, such as those written by Al M and John M. And some of Dan Wagman's articles, notably regarding the bench press rule revision, has caused me not to want to be a participant. (Everybody's a volunteer doing the best they can. Let's work together. If that sort of behavior is welcome I'll go elsewhere. I prefer a family friendly organization.)

I find the forum useful. But in the past it has been more active.

Social media: I don't currently do social media.

Hope this helps.

The niche of the usawa is rooted in tradition and needs to remain as such.

It feels like there is a clique or inner club which sets the narrative for the USAWA. Being on the outside of that club, I am constantly reevaluating whether I want to be part of the USAWA.

Nope

It's 2025, there needs to be a better way for clubs to connect and compete despite distances between; it's become too expensive to travel across country to compete.

Great organization, have had a lot of fun in USAWA, would love to see it stick around for years.

N/A

Keep men and women's scores separate.

I am interested in doing competitions and trying all the odd/ historic lifts out I would love a competition in south Florida but would also be willing to try remote competitions

My concern is the old veterans of the sport are being pushed aside for a change in the sport that may have negative results.

Restore the hor categoryt forthe Hall of Fame. Ghe biard took the category our of the by-laws 2-3 years agoi without approval of the membership. Resturn it toi mits proper place and make entry to anyone whoi receives 60 per cent of the votes cast. Homnor allows those to be considered who were funders, were sidelined by injury, have been valuable contriburoes - and has noithing to do with points being earned as lifters. TYhe deeleation of the hinircategory was a rebuke by the board without a vote of the membership and must be overturned.

Please note that where I have answered 3 it is because I am neutral about the question



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