

Centre of Excellence for Weightlifting (CoE)

Gram Vikas Campus, Mohuda, Berhampur, 760002, Odisha



Gram
Vikas 

www.prosportdev.in



Vision & Mission



“Nurture well-rounded athletes, with a focus on underprivileged and tribal youth, to achieve success at the highest levels of their sporting discipline, while fostering a holistic approach to their careers by supporting their professional and personal development, providing them the opportunity to pursue a profession in their chosen field, in particular the sports sector.”

- To ensure the sporting development of the athletes by providing high-quality coaching, infrastructure and equipment, based on modern sport science principles
- To ensure the personal development and grooming of the athletes to equip them with the confidence and leadership to succeed in sport and beyond
- To provide assistance in the professional development of the athletes to ensure the advancement of their careers

Coaching & Equipment

Coaching

- Cormac Whelan - Head Coach
 - Internationally qualified and experienced coach of Olympic Weightlifting and strength & conditioning
 - Produced national level weightlifters
- Ramesh Chandra Padhi - Weightlifting Coordinator
 - Over 30 years experience as a competitor, coach and referee
 - Produced one Olympic and numerous National level weightlifters

Equipment

- The facility is specifically designed for Olympic Weightlifting. The CoE is equipped with four lifting platforms, IWF certified barbell sets and a power gym containing squat racks, benches and dumbbells. In addition the CoE has a physiotherapy room and an onsite physiotherapist.
- The CoE has played host to the Odisha State Weightlifting Championship 2014-15 for Youth, Junior and Senior Categories in November, 2014.

Physiotherapy, Nutrition & Sport Science Support



To create an elite athlete you need more than just coaching. The CoE provides it's athletes with the full package.

Physiotherapy

- Full-time physiotherapist
- Injury prehabilitation and rehabilitation sessions

Nutrition

- Individualised nutrition plan
- Individualised supplementation plan

Sport Science Support

- Video analysis
- Strength & Conditioning

Athlete can continue their studies whilst training at one of our partner institutes. Training schedules will accommodate the study needs of individual athletes. Furthermore, an onsite tutor takes two study periods per day.

Education Partners

- Gram Vikas Residential School, Kankia
- Berhampur University
- Chikiti College

Additional Course

- English
- Computer Studies

Career Development



Athletes are encouraged to consider and prepare for their future, whether in sport or any other profession they choose. PSD assists the athletes in the following:

- Career consultation session
- Developing resumes
- Research & applications for universities, scholarships and job applications
- Taking coaching courses at regular intervals
- Opportunity to gain coaching and teaching experience
- Facilitate exchange programs to other sports training programs/institutes in India and abroad

Current Athletes



From Left to Right: Beidehi Majhi, Aruna Santa, Sitamani Hembram, Pinki Nayak, Prasanta Badamundi, Archana Pradhan, Tukuni Badamundi, Sanatana Mallick

Combined medal haul since joining the Khel Vikas Weightlifting program in 2012.

	State	National
Gold	12	1
Silver	12	2
Bronze	3	8

Further Information



To find out more about Pro Sport Development and our programs, please visit our website www.prosportdev.in or email us at info@prosportdev.in