

FAQs regarding the ETSU OTS Weightlifting program

- 1) *Q: Do I have to be a student of ETSU to join the team?*
A: No. However, because our program is set up within a university department, the majority of our financial support to our weightlifters is in the form of scholarship. In other words, you need to be a student of ETSU to receive most of the financial support from our program.
- 2) *Q: Do I have to be an undergraduate student to receive scholarship?*
A: No. Master's students are also eligible for scholarship. However, PhD students are not.
- 3) *Q: What does an athlete need to join our team? What is the minimal total an athlete needs to join our program? How much weightlifting experience do I need to join our team?*
A: We do not have a clear-cut answer for these questions because we look for potential to be an Olympic gold medalist in an athlete. For example, we have recruited an athlete who has very little experience in Weightlifting.
- 4) *Q: I'm a college student and considering transferring. I have some advanced placement credit hours from high school. Can these classes be transferred to ETSU?*
A: Generally, yes. However, this depends on a major as well as department. Please inquire the ETSU admission office for this (<http://admissions.etsu.edu/>).
- 5) *Q: What age group do we primarily recruit from?*
A: While an age group is not something we focus on, because our mission is to develop an Olympic gold medalist, we tend to recruit high school seniors who are more likely to have a greater window of development compared to older more experienced lifters. However, this does not mean that we do not recruit older more experience lifters.
- 6) *Q: What scholarship does our program offer?*
A: we have multiple levels of scholarship. Below is a table of examples of levels of scholarship we offer.

Scholarship Levels:

Award	Tuition	Fees	Room	Board	Books
<i>Full Ride</i>	Yes	Yes	Yes	Yes	Yes
<i>Full Tuition + Room</i>	Yes	No	Yes	No	Yes
<i>Full Tuition</i>	Yes	No	No	No	Yes
<i>Partial Tuition*</i>	Yes	No	No	No	Yes
<i>Books</i>	No	No	No	No	Yes

*We will provide the out-of-state costs so the athlete is paying in-state rates.

**Actual amounts are dependent on course hours and dormitories.

**All awards are subject to change.

- 7) *Q: What services does our program offer?*
A: We offer a sport science service for performance monitoring, sport nutrition service, and full access to an athletic training room.
- 8) *Q: What is expected once I join the team?*
A: there are many expectations. However, you are expected to comply 100% with our program including club affiliation and training program and schedule.
- 9) *Q: What does a typical year look like for the lifters on the team?*
A: All lifters on the team are expected to train the majority of a year at our training site. They are typically allowed to spend time outside our training site after American Open until the first or second week of January and after Sr. Nationals until first or second week of August.