

TAMÁS FEHÉR

Experience

- 2014: Head Coach of the Azerbaijan Male and Female National Team, Baku, AZE
- 2008-2014: Head Coach of the British Weight Lifting, Leeds, GBR
- 2008-2012: Member of Technical and Scientific Committee of the European Weightlifting Federation (EWF)
- 2005-2008: President of the Hungarian Weightlifting Federation (MSSZ), Budapest, HUN
- 2005-2008: Member of the Hungarian Olympic Committee (MOB), Budapest, HUN
- 2002 - 2004: Head Coach of Norwegian Male and Female National Team, Oslo, NOR
- 1998-2000: Head Coach of El Salvador National Female Weightlifting Team, San Salvador, ESA
- 1992-1994: Head Coach, El Salvador National Male and Female Team, San Salvador, ESA
- 1992: General Secretary (Chief Executive) in charge of Hungarian Weightlifting Federation, Budapest, HUN
- 1990-1991: Secretary of Hungarian Weightlifting Federation, Budapest, HUN
- 1990-1991: Assistant coach of Hungarian National Junior Team, Budapest, HUN
- 1989: Head Coach of Honduran National Weightlifting Team, Tegucigalpa, HON
- 1985-1990: Head Coach, Husos Sport Club, Budapest, HUN
- 1980-1984: Weightlifting coach, Csepel Sport Club, Budapest, HUN



Education

- 1988-1992: Masters Degree in Sport Sciences with emphasis of coaching Olympic Weightlifting, University of Physical Education, Budapest, Hungary.
- 1981-1983: Bachelor's Degree, major in Physical Education with emphasis on Olympic Weightlifting, University of Physical Education, Budapest.
- 1984-to date: Several international coaching courses, seminars, workshops about physical education, Olympic Weightlifting, Strength & Conditioning, etc.
- 1974-1978: High School, 1st Istvan, Budapest. Major in Economic Science.

Main international publications

- *This is Weightlifting*, Double DVD, Leeds, UK, 2013 (English)
- *The Weightlifting Book*, 340-page E-Book, Leeds, UK, 2013 (English)
- *To Plan or Not to Plan, Is That the Question?* 120-page E-Book, Leeds, UK, 2012 (English)
- *Weightlifting training in Puberty Age*, CD released by the European Weightlifting Federation (EWF), Limassol, Cyprus, 2010 (English)
- *Role of the Coach*, CD released by the European Weightlifting Federation (EWF), Verona, Italy, 2009 (English)
- *Tamás Fehér's Olympic Weightlifting*, 324-page paperwork, Budapest, Hungary, 2006 (English)
- *Training Methods in Olympic Weightlifting*, CD released by the, International Weightlifting Federation (IWF), Rome, Italy, 2007 (English)
- *Technical Teaching & Training Planning*, 60-page paperwork, Yangon, Myanmar (Burmese), 2007
- *Olympic Weightlifting*, interactive CD, Budapest, Hungary, 2005 (Hungarian)
- *Technical Teaching & Training Planning* 60-page paperwork, Riyadh, Saudi Arabia (Arabic), 2006
- *Female Weightlifting & Technical Teaching*, Norges Vektlofterforbund Magazine, Oslo, Norway, 2003 (Norwegian)
- *Talent Identification & Training Planning*, Norges Vektlofterforbund Magazine, Oslo, Norway, 2002 (Norwegian)
- *Basics of Weightlifting Training III*. 90-page paperwork San Juan, Puerto Rico, 1994 (Spanish)
- *Olympic Weightlifting Basics*, 270-page paperwork, University of Physical Education, Budapest, Hungary, 1994, (Hungarian)
- *Basics of Weightlifting Training II*. 85-page paperwork San Salvador, El Salvador, 1992 (Spanish)
- *Basics of Weightlifting Training I*. 70-page paperwork, San José, Costa Rica, 1991 (Spanish)
- Other articles in magazines, newspapers, books, etc. in English, Spanish and Hungarian (1990-to date).

Coaching courses and seminars taught

Year	Place	Requested by	Sports
1989	Tegucigalpa, Honduras	Honduran Olympic Committee	Weightlifting
1990	San José, Costa Rica	Costa Rican Olympic Committee	Weightlifting
1990	Panama City, Panama	Panama Weightlifting Federation	Weightlifting
1991	San Salvador, El Salvador	Salvadoran Olympic Committee	Weightlifting
1991	Tegucigalpa, Honduras	Honduran Weightlifting Federation	Weightlifting
1992	San José, Costa Rica	Costa Rican Olympic Committee	Weightlifting, Track & Field, Boxing, Basketball
1995	San Juan, Puerto Rico	Puerto Rico Weightlifting Federation	Weightlifting
1997	San Salvador, El Salvador	Salvadoran Olympic Committee	Weightlifting
1997	San Juan, Puerto Rico	Puerto Rico Weightlifting Federation	Weightlifting
1998	Cebu City, Philippines	Philippine Olympic Committee	Weightlifting
2000	Santo Domingo, Dominican R.	Dominican Olympic Committee	Weightlifting
2001	Lusaka, Zambia	Zambian Olympic Committee	Weightlifting, Powerlifting, Body Building
2002	Oslo, Norway	Norwegian Weightlifting Federation	Weightlifting
2002	Caguas, Puerto Rico	Puerto Rico Weightlifting Federation	Weightlifting
2003	Oslo, Norway	Norwegian Weightlifting Federation	Weightlifting
2004	Riyadh, Saudi Arabia	Saudi Arabia Olympic Committee	Weightlifting, Power Lifting, Body Building, Strength & C.
2004	Lima, Peru	Peruvian Olympic Committee	Weightlifting
2005	Guayaquil, Ecuador	Ecuador Olympic Committee	Weightlifting
2006	Colorado Springs, USA	Team USA Weightlifting	Weightlifting
2006	Glasgow, Scotland	Scottish Weightlifting Federation	Weightlifting
2007	Kosice, Slovakia	Slovakian Weightlifting Federation	Weightlifting, Strength & Cond.
2007	Tel Aviv, Israel	Israeli Weightlifting Federation	Weightlifting
2007	Rome, Italy	International Weightlifting Feder.	Weightlifting
2008	Yangon, Myanmar	Myanmar Olympic Committee	Weightlifting, Power Lifting
2008	Sana'a, Yemen	Yemeni Olympic Committee	Weightlifting, Power Lifting
2008	Sheffield, Great Britain	Sheffield United Football Club	Soccer, Strength & Cond.
2009	Sheffield, Great Britain	Sheffield United Football Club	Soccer, Strength & Cond.
2009	Leeds, Great Britain	English Rugby Union	Rugby, Strength & Cond.
2010	Leeds, Great Britain	UK Sport TASS	Strength & Conditioning
2010	Limassol, Cyprus	European Weightlifting Federation	Weightlifting
2010	Verona, Italy	European Weightlifting Federation	Weightlifting
2012	Rhode Island, USA	Poliquin Institute and Eleiko Barbell	Weightlifting
2009-2015	Great Britain	Crossfit Gyms, Sport Clubs, other sport organizations	Crossfit, Strength & Cond. Weightlifting, Power Lifting
2015	Malta	Malta Weightlifting Federation	Weightlifting

The main personal Weightlifting accomplishments

- 1998: First Place, World Masters Games
- 1996-1997: Established three world records in World Masters Championships
- 1997: First Place, World Masters Championships
- 1996: Second Place, World Masters Championships
- 1999. Second place, Ibero-American Championships
- 1990: First place, South American Games, established South American records
- 1988: First place, South American Championships, established South American records
- 1979-1980: Member, Hungarian National Junior Team, established Junior national records
- Personal best: Snatch 155 kg, Clean & Jerk 180 kg, category 94 kg.

International Coaching

Olympic Games

- 2000 Sydney, AUS
- 2008 Beijing, CHN
- 2012 London, GBR

Regional Games

- 1990 Central American Games, Tegucigalpa, HON
- 1993 Central American and Caribbean Games, Ponce, PUR
- 1994 Central American Games, San Salvador, ESA
- 1999 Pan American Games, Winnipeg, CAN
- 1990 South American Games, Arequipa, PER
- 1998 South American Games, Cuenca, ECU
- 2010 Commonwealth Games, Delhi, IND

World Championships

- 1990 Budapest, HUN (S)
- 1992 Varna, BUL (S)
- 1999 Athens, GRE (S)
- 1999 Savannah, USA (J)
- 2001 Antalya, TUR (S)
- 2001 Thessaloniki, GRE (J)
- 2002 Warsaw, POL (S)
- 2006 Santo Domingo, DOM (S)
- 2006 Hangzhou, CHN (J)
- 2007 Prague, CZE (J)
- 2008 Cali, COL (J)
- 2009 Goyang City, KOR (S)
- 2009 Bucharest, ROM (J)
- 2009 Chiang Mai, THA (Y)
- 2009 Chiang Mai, THA (Y)
- 2010 Antalya, TUR (S)
- 2011 Paris, FRA (S)
- 2011 Lima, PER (Y)
- 2013 Lima, PER (J)
- 2013 Wroclaw, POL (S)
- 2014 Almati, KAZ (S)

European Championships

- 1992 Szekszárd, HUN (S)
- 1993 Sofia, BUL (S)
- 2001 Thessaloniki, GRE (S)
- 2002 Antalya, TUR (S)
- 2003 Loutraki, GRE (S)
- 2006 Wladislawowo, POL (S)
- 2007 Strasbourg, FRA (S)
- 2008 Lignano Sabbiadoro, ITA (S)
- 2009 Bucharest, ROM (S)
- 2009 Bucharest, ROM (J)
- 2009 Wladislawowo, POL (U23)
- 2009 Landskrona, SWE (J)
- 2009 Eilat, ISR (Y)
- 2010 Minsk, BLR (S)
- 2010 Limassol, CYP (J+U23)
- 2010 Valencia, ESP (Y)
- 2011 Bucharest, ROM (J+U23)
- 2011 Kazan, RUS (S)
- 2012 Eilat, ISR (J+U23)
- 2012 Limassol, CYP (J+U23)
- 2012 Antalya, TUR (S)
- 2013 Tallin, EST (J+U23)
- 2014 Chiechanow, POL (Y)
- 2014 Tel Aviv, ISR (S)

Other

- 1984 Friendship Games, Varna (BUL)
- 1998 World Masters Games, Portland, USA
- 1999 Ibero-American Championships, Guatemala City, GUA
- 2000 Olympic Test Event, Sydney, AUS
- 2000 University World Championships, Chiba, JAP
- 2002 World Cup, Doha, QAT
- 2008 Olympic Test Event, Beijing, CHN
- 2008 Commonwealth Championships (S), Limassol, CYP
- 2009 Commonwealth Championships (J), Penang, MAL
- 2011 Olympic Test Event, London, GBR
- 2011 Commonwealth Championships (S), Cape Town, RSA
- 2011 Summer Universiade, Shenzhen, CHN
- 2013 Australian Youth Olympic Festival, Sydney, AUS
- Other international events in Habana CUB, Esteli NIC, Wien AUT, Klaipeda LTU, Naustdal NOR, Tel Aviv ISR, Alborg DEN, etc.