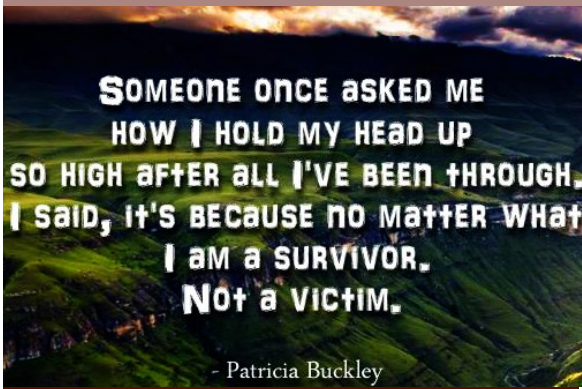




Stars For The Future





- Patricia Buckley

Big well to our British record holders

Nam Ahmadi



Louis Hampton



Se Gavin



We have had both a summer and a winter club competition this year with outstanding numbers from a club run by only one person.

In our winter competition we had 44 lifters , 18 schools & universities and produced 7 national records as well as many personal bests. 90% of the lifters made personal bests.

WE ARE NOT SECOND BEST and never will be!

Thanks to everyone's specialties from Steve cannon, Brian Hamil, Phil Price, Phil Nourse, Anna Hopcroft, Adam, Evelyn Stevenson and Crossfit IVY who hosted our club competition.

We hope that our work and what we do with young people and elite lifters is seen by people who should have seen it. Stars for the Future club is honored by BWL as the best club of 2013, we need to add that we have done all of this without having our own place and had to use different locations for the past 3 years.

44 lifters registered to compete in Crossfit IVY on Sunday the 15th

We had 5 groups:

Group 1) Under 13 & beginners girls / 9 lifters Group

Group 2) U15 & U17 beginners boys / 11 lifters Group

Group 3) Advanced girls and seniors / 10 lifters Group

Group 4) Male 62kg / 7 lifters Group (higher quality of competing between whole G.B national competitions in 2013)

Group 5) Male 69 and over / 7 lifters

In our summer competition we had 37 lifters from 19 different schools and university's around 6 boroughs of London.

Unfortunately our head coach; the one who comes up with all the plans for the way we expand our club has lost his position as the Regional (London and South East) coach so he has decided to stop developing anymore weightlifting in West London boroughs and only work with our elite lifters.

In our club AGM on the 10th of January we now have new strategies and also a new committee to deal with the way our club is going to run in 2014.

2013 Achievements

- British U18 in Lilleshall - SFTF ad the biggest team, we had to hire our own minibus. Nam Ahmadi also broke a U18 British record. With the big result of 5 Golds, 2 Silvers, 1 Bronze and 4th place, we get the a little team trophy for being British Champions of 2013
- One of our lifters Nam Ahmadi was chosen to compete in an international competition in France representing London team where he broke the British record for clean and jerk in the u18 (62kg cat).
- British senior championships in Bangor - we took a team of 6 lifters 3 male and 3 female of which we brought home 2 Gold 1 silver and 2 Bronze medals. Overall we took **third place** in the British senior championships with 102 points without Nam and Shonaghs points which means we lost 48 points
- Our head coach Kazem Panjavi managed to bring up 5 teams for the London Youth Games in Crystal Palace. London youth games nominated Stars for the Future as one of the 3 top clubs throughout the London boroughs. Ealing & Hillingdon shared the first place trophy and Hounslow lost Bronze because one of their lifters bombed, Hammersmith took 4th place and young Harrow team achieved 7th however are looking very promising to bring home medals next year.
- 2 of our lifters had qualified and were selected to represent Britain in the European Youth Championships, unfortunately Louis couldn't go due to an injury however Poi resulted in becoming 10th in the 58kg class and despite not being chosen to coach, our head coach Kazem made the trip over to Lithuania to support Poi by his own expenses.
- We now have 5 new Level 2 coaches within our club to help spread the club further. Adam Mattiussi (coach of Hounslow), Shila Panjavi, (coach of Ealing) Nam Ahmadi (coach of Hillingdon), Louis Hampton and Edi Tahsin (Coach of Harrow). We are going to send Jaspreet Paul and Noorin Glulam to Liverpool to do the level 2 BWL coach so they can look after Hammer-smith & Fulham borough. All of them have completed their first aid and safe guarding course.
- British Youth Championships - SFTF took 10 lifters to Crystal palace and 8 medals home Louis was the best male lifter of the competition as well as qualify for the European youth championships in Lithuania. We should have had 13 lifters, but we still had more than 1/3 of the lifters in the competition. We are British youth champions again, same as last year in Holvehead, but we didn't get the team award, and it was very disappointing to our hard team work and we saw no support from BWL to give credit to the club and the winner team. total gold : 4 – silver 1 – Bronze 3 in National championship
- British Universities and college championships - Sheffield, Kazem coached over 38 students from 3 colleges and 3 universities including the winning team St Mary's.
- Women's International grand prix - Austria Vienna, Noorin and Shila both competed, Noorin came 4th in the 53kg category, also given the title of 3rd best U20 lifter and Shila came 2nd in the 58kg category
- British U23 and Junior Championship - we took 9 lifters all the way to Scotland and came back with 3 gold's, 3 silvers and 2 bronze medals. Louis broke yet another 2 records for U17 c&j as well as total in the 62kg category. Poi qualified for the European youth championships. We became British champions of 2013.
- Our head coach became top 3 coaches with London between all sports, British weightlifting also nominated him for the Unsung BBC hero award.

Plans for 2014

- Louis is going to represent England in the tri-nations in Norway.
- Nam and Noorin have Joined the BWL development talented squad along with Louis and Adam.
- English Championships - Adam, Noorin and Shila are trying to get closer to the games total for qualification. We hope to have 9 qualified lifters to participate and fight for the team award.
- We hope to take home the British Senior Championships title this year.
- Fulda international and Women's international Grand prix, we are aiming to send a full team of ladies to the Czech Republic and leave with the best team trophy.
- European Youths, Junior and U23 championships, many of our lifters are aspiring to qualify for these competitions.

Who are we..

Stars for the future is a weightlifting club that focuses on developing young enthusiastic kids into future elite athletes. As well as promoting fitness through the sport of Olympic weightlifting. We have many bases spread throughout the whole of West London, as well as working with Schools and Universities.



Stars For The Future

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Twitter & Instagram:
@starsforthefutu

Our Bases

Ealing central excellent: Perivale Park Athletics Track, Perivale Park, Stockdove Way, GREENFORD, UB6 8TJ

Thursday 4:30pm

Sunday: nam

Ealing: Gurnell community centre. Gurnell Grove- West Ealing-w13

Saturday: 1:30pm

Hillingdon: Hayes, Greater London UB3 2RW

Friday: 4:30pm

Hounslow: Crossfit IVY ,Unit 12, St Lawrence Business Centre, Feltham, TW13 7LT

Wednesday: 4:30pm

Harrow: Whitmore High School, Porlock Avenue, Harrow, HA2 0AD

Hammersmith & Fulham:

Hammersmith collage- Gliddon Road, Barons Court, London, W14 9BL

Monday: 3:30pm

