



## January:

- \* We started running a girls only sessions at Cardinal Wiseman high school in search for a female to compete for Ealing at the London Youth games.
- \* Introduced weightlifting to Chiswick high school to help run GCSE & BTEC lessons.
- \* Regional college & university competition at Woking 11/01/2014 both Adam Mattiussi and Noorin Gulam from the club won best lifters.
- \* Hampton Jones who was selected to compete for England at the international Tri-Nation in Sweden on 11/01/2014 England came first in team result. Unfortunately Nam Ahmadi should have joined the team as he had a higher Sinclair point than some of the other members of the England team but he wasn't selected.
- \* Nam, Louis, Noorin and Shila attended the regional talent squad on 8/3/2014 in Bethnal green.
- \* Louis, Nam & Noorin were selected to attend the GB talent squad at Loughborough university on the 16th-18th January.

## February:

- ◆ English championship at Warley Leisure centre on 22/02/2014 with 8 lifters.  
The team left with 2 silvers from Adam Mattiussi who also qualified for the commonwealth games and Noorin Gulam, 3rd place from Louis 4th place from Nam and Sorcha, 5th place from Stuart and 7th from Alysia. The team came 3rd place overall as one of our lifters bombed out .

## March:

- ⇒ British school championship on 1/3/2014 Stars for the future dominated this competition and took home the overall team prize with the biggest team in the whole competition. We took home 6 gold's 2 silver's 3 bronze's and 1 4th place lifter. We became British school & youth champions 2014.
- ⇒ London open series one on 29/03/2014 with 3 boys only, Shila, Sorcha and Kaline pulled out because of injury. Gurdeep left with third place in the group one with 2 kg personal best, Flavian had a bad day but Se broke 5 British records in the under 15 85+ category with 79kg snatch and 102 kg clean & jerk.





snatch by 95kg and lifted 116kg clean and jerk just missed 125kg in second and third lift he received silver. **Louis's** perfor-

**April:**

- Woking London south East series 2 on 19/4/2014. We had 9 lifters and helped Woking club to run the competition as smoothly as possible. Gurdeep left with third place in group one with 2 kg personal best, Flavian had a bad day but **Se broke 5 British records** in the under 15 in 85+ category with 79kg snatch and 102 kg clean & jerk.
- British University Championships 26/4/ 2014 at Middlesex University—We took two gold & two silver.



Nam– Silver in 67kg  
British student Championships 2014



2 Gold's & 2 Silvers in the British student

mance was good as usual with 6 good lifts and 9kg PB. His 105kg in snatch was easier than his 90kg. Very tough time to get ready for clean & jerk in only 10 mins different between last snatch and first clean & jerk. He did 115+120 & 123kg so easy. If he can lift the same at the British senior in 62kg, he can qualify for European junior.

- Stuart lifted for st Mary's and did 115 snatch and 13gkg , he missed 144kg. he took Silver medal.

Well done to Middlesex university and Dan Wagner doing things right.

- Noorin had a bad day and lost gold by lifting 55kg snatch only and missing the rest of her lifts. Some times things also happen to world champions.
- Shila had a PB by a 65 snatch and 86kg C&J. She is back with Gold medal but stronger.
- Nice battles between two close friends, **Nam & Louis** in one category higher. **Nam** had PB in

**May:**

**Selection for London Youth**

**Games 2014**



17 under 18 lifters from Ealing, Hounslow, Harrow, Hillingdon and Hammersmith competed. We have 5 teams ready for the London Youth Games now. Good job from Shila for MC & computer, Nam, Jaspreet, Kaline, Noorin, Kian & Louis for refereeing and nice coaching from Nam, Kaline and Jaspreet.

International Junior Battle will be in

- Austria and we hoped to send enough lifters to fight for the team prize (we took second place in 2012) however we didn't get any sponsors and no help , so we decided not to send the team this year.

⇒ We have two new level 2 coaches, we were able to find a grant for Noorin from Hillingdon to help the Hillingdon club base in Hayes Cricket Club and another grant for Jaspreet Paul from Hammersmith & Fulham to coach for this borough very soon. This means that we now have : Adam Mattussi (Hounslow club at Cross fit IVY) Shila Panjavi (Coach of Gurnell community club for Ealing), Nam Ahmadi (coach of Hillingdon base in Hayes cricket club), Louis Hampton.

We are British Senior 2014 champions with the youngest team ever that has achieved this title.

One gold, one silver, 2 bronze , two 4th place, one 5th and one 7th place and one 9th place.

**Group 5**

- Noorin Gulam** (Barnhill Community High) is the 53kg British Senior champion. She is back with a great performance and 5 good lifts ending with 58 snatch and 70 clean and jerk.
- Sorcha** Gavin ( Whitmore high school in Harrow) obtained 4th place in the 53kg category at the age of 16 but she dropped 50 snatch and 66 clean and jerk, so she lost her bronze medal.

In group 2, we had three 62 lifters.

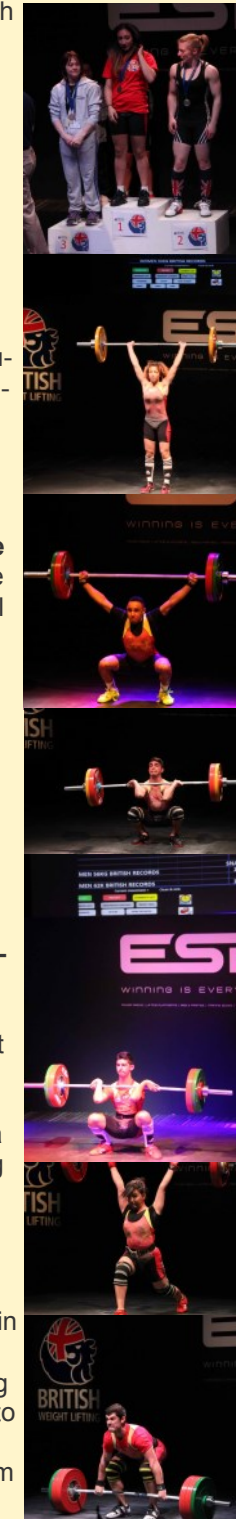
- Louis Hampton** (Barnhill Community High) achieved a bronze medal and in the clean and jerk he made a new British record for under 18 with 120kg clean and jerk and he snatched 97.
- Nam Ahmadi (Uxbridge college – Hillingdon)** was injured and he just lifted for the team but was still able to get fourth place.
- 15 year old **Kian Panjavi** (Brentside -Ealing) lost more weight than he needed to but still managed to snatch 83 and clean and jerk 96 kg and missed 100 clean and he was able to get fifth place in the 62kg category.

In group 3 we had:

- Shila Panjavi (Kingston University – Ealing)** she came second with a snatch of 62 kg and clean and jerk of 83 kg but only 3 out of 6 lifts. In the student championships she done 65 and 86 which could have bought her a gold medal but because of the big stage it's hard to put yourself together sometimes.

Group 4

- Stuart Diplock** (Hounslow) lifted in the 85kg category and after a snatch of 111kg, he missed 117kg and in the clean & jerk managed to have 140kg and missed 147kg twice which could have helped him take 5th place. He came 7th.



- Adam Mattiussi** (Hounslow weightlifting coach) looked very sharp in the tough 77kg group and he lifted with Jack Oliver and Shaun Clegg. 126kg snatch and very easily missed 131kg and 133kg which he did in training before. Shaun ended up with 131kg and Jack 140kg. In C/J Adam started 155kg & 160kg which gave him a bronze medal, and to win silver & qualify for the European u23, he needed 166kg. He cleaned 166kg for the first time ever, but didn't try the jerk as he got dizzy.



- Unfortunately he didn't get selected for the Games as he lifted more than the qualifying records, 9 lifters did hit the qualifying record and in 77kg Jack Oliver is the only lifter. Adam lifted above the standard and two other lifters, they hit the exact qualifying record. In fair decision Adam should have been selected. He achieved all his successes since Oct 2010. He is the real talented one.

**In 2013 Senior Championship we took third place, this year we worked harder than ever as we knew no one wanted to missed out the qualifying chance to be selected for the commonwealth games, but as we promised last year we took the biggest trophy ever without it being announced in the BWL website & any newsletters. If you want to know why? See the last page & last words from**





11th International Women's Weightlifting Grand Prix Womeh

May 2014- Germany/ Speyer

One Silver- Two Bronze- One 4th



This tournament is usually run at Austria and we are a regular team attending this competition. This year Kaz decide it to take one u13, one u17 ( Sorcha, who didn't come because of exams) one under 20 , one u23 and one in the Master group, to show the strength of our club in all categories and how we are developing our team in all boroughs.

- **Kian Panjavi** was taken with the team as an assistant coach to gain his first experience coaching in an international competition as an assistant coach and he has also coached in the British school championships in the club competition. Kian was able to prove that coaching in an international competition isn't a hard job if you give a chance.
- **Nam Ahmadi**, our level two coach and national technical official has helped BWL in all of the national competitions since he was 17 and at the age of 19 he had the chance to referee in his first international competition, day 1 he was the right referee and time keeper and in day 2 he was the centre referee. With the admission of the organisation manager he said that he done a great job.

The competition was between 77 lifters, 15 countries from 19 different clubs.

- **Tia Gayle**, 11 from Ealing and our best technical lifter, confidently improved 5kg from her personal bests in training with 34/45=79KG . She missed 49 in her third attempt to lose her bronze medal between her 7 lifters.
- **Nasrin Karimi** in the masters level from group 3 obtained a bronze medal and couldn't lifters much she had done previously because she wasn't feeling well. This was her third competition that she has ever competed in.
- **Noorin Gulam**, our British senior champion could have obtained a gold medal if she repeated her total she done in the British seniors 2 weeks ago but she dropped 71kg jerk and passed the gold medal onto the Irish lifter because she was lighter and they lifted the same weights but the 71kg would have brought her to first place.
- **Shila Panjavi** competed her 5th time in an international competition and moved up to the 63kg due to coaching tactics to have an easy bronze medal in a category higher. She did well with 64/84=148kg and she tried to make a personal best with 66 and 87 but it was not successful. This time we drove through France, Belgium and Germany to have a relaxed trip by enjoying the sights from the 3 countries of which everyone enjoyed and had a great time as we used our car without waiting for a minibus or service to take us to the competition venue or the sports centre for the sauna. This is how we stay close together as a team, friends and family.



PS, a big congratulation to Phil Nourse's Breeze for break-record with her 94kg duck snatch.



congratulation team for ob-team for Sut-and congratu-Michaela ing a British amaz-walking



## WE NEED YOUR HELP!

In order for us to send our team to international competitions we need your help, if you could sponsor us we would be most grateful. Many of our lifters are from deprived areas of London and cannot afford to pay the full cost of the trip. If you can support us no matter what amount, we would be so grateful. So tell a friend and tell that friend to tell a friend and help send our young lifters to the internationals. So if you are passionate about weightlifting or even sports, please show your support to our lifters who train so hard to compete.

If you are willing to help us contact our head coach Kazem Panjavi. Details below

### 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 work with



Stay in touch..



### Stars For The Future

07958685884

kazem@starsforthefuture.com

www.starsforthefuture.com

Twitter & Instagram:

@starsforthefutu





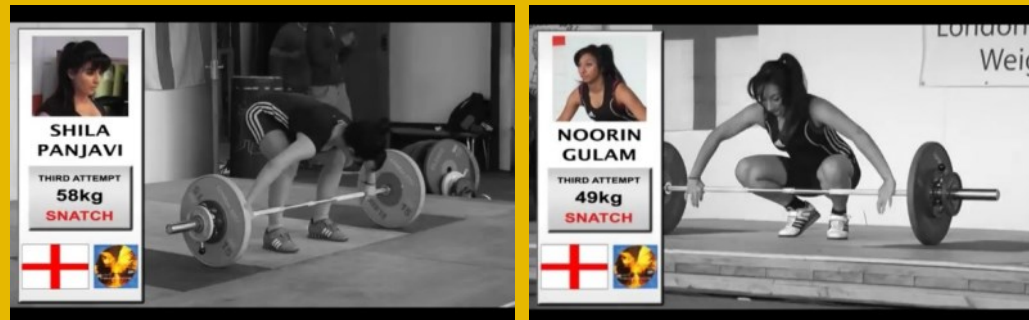
## Feminine' women and weightlifting

How come they can do it without becoming too muscle-bound, that sort of thing:

Women do not have enough testosterone to become too muscle-bound. With there being many misconceptions of weight related exercises, women have come to the conclusion that if they do any weight related exercise they will become masculine, but little do they know it is very difficult for that to happen and what will only happen is that they will become leaner and more toned. Doing light weights and high volume is something bodybuilders do. Weightlifters on the other hand work out over 85% of their best weight and build on strength.

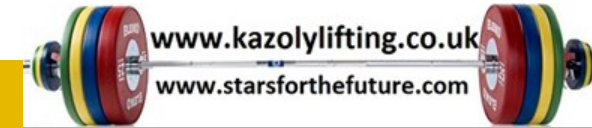


Parents who are worried about their kids (especially daughters) taking up weightlifting need not to worry because weightlifting is one of the safest sport, provided it is coached by someone who is qualified and knows the correct technique which needs to be taught. Until technique is not perfected, weights do not get increased. Weightlifting is another form of gymnastics as it requires flexibility, strength and technique.



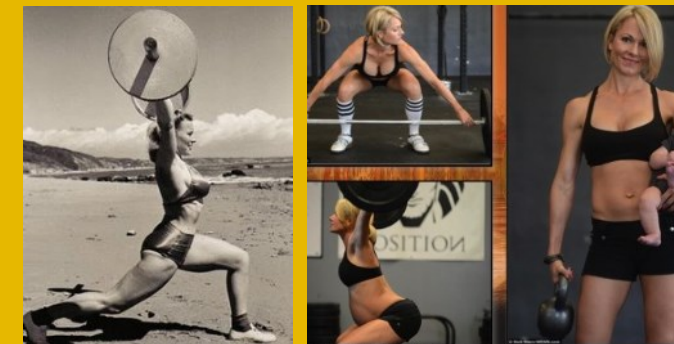
Why is weightlifting good for you? What are the normal exercise routines that go with the sport?

Weightlifting is very good for an individual as it is a multi-joint exercise, when completing one complete movement numerous times it can also be another form of cardio when mixed with Crossfit exercises. Weightlifting requires a lot of muscles to be used in one go so it will help strengthen more body parts in one go. It is also beneficial for other sports as makes you faster, more explosive and stronger in all muscle areas. You can be more dynamic in your own sport.



## How much does an elite athlete lift per day, or how much should they lift to improve?

It depends to the individual and how many years they have been lifting/training and also depends on their goals. Someone who wants to go to the Olympics needs to train a minimum 5-7 years training 6 days a week with around 9 sessions a week. That is a lot of kgs just looking at how many sessions they would do a week. But people who want to use it for their sport or fun or fitness, they may have very different exercises to each other.



## Can people like Sarah Davies, Zoe Smith, Emily Goodly etc change the image of weightlifting?

They could change the image 100%. Brining more feminine and "girly" weightlifters on the scene will help with this image, especially when they can be the faces of weightlifters in beauty contest's media and advertisement like Evelyn with ArgosTV.



## Is weightlifting dangerous for your joints?

It is not!

Weightlifting is one of the safest sports to compete in. And one of the healthiest. The highest quality of coaching and supervision is always provided by fully qualified coaches.

Weight never increases until technique is perfected.

Also, weightlifting has proven to improve bone strength and density, making you stronger and better prepared for any other form of training and sport



**Kaz Olympic Lifting**  
Former Olympian &  
National Record Holder  
Head coach of Stars For The Future  
Private Tuition  
Seminars & Courses  
0795868588



### **What sort of weight can be good for under 13 years old, what age do they start at, what age does competition start?**

They all start with very light weights until they learn the technique. Once they learn the technique they will get a simple light and easy programme to follow which includes 5 reps of 5 sets in snatch, clean and jerk, squats and pulls but not with heavy weights. The important thing is to ensure that the training session is fun and enjoyable.



### **What sort of build make a good weightlifter?**

Usually, a shorter individual makes a better weightlifter (less distance for the bar to travel) flexibility, strong back and thighs. Beginners do not need to be strong. If they are fast, explosive and flexible then strength can be developed in the future.

### **How to get involved?**

Come along to a training sessions and see how you like it!

We have been invited to coach in 28 schools across 5 different boroughs since 2011.

We have coached more than 1,200 young people from complete beginners in primary schools to some of the countries elite lifters.

We have about 110 students actively training with us, and about 65 of these have competed over the past year.

Over 40% of our team are female. Every female lifter has competed for us in one of our girls-only competitions.

## **From Kazem the club head coach: A little thought**

### **for many things around our sport**

**Why are we here right now?**

I mean with our sport and in the place we want to be. Why are we doing this? What is our real reason for being?

**What is our connection to weightlifting** – love? Passion? Money? Status? Experience? Joy? Have you found yourself not being able to sleep because of a heavy session of clean and jerk during the day? Do you drive around the country to watch competitions or travel to other countries to see international competitions?

**How many people do you know who are trying to turn family members or friends into some sort of a zombie lifter?**

**Would you marry for love? Or would you marry for money?**

**Would you assume respect is more likely to come from your family first and then from your neighbours? What if it were the other way round?**

**Do you still want to sacrifice yourself for your family?**

**What do you do as a coach and club owner when you see all your hard work and time is not recognised?**

All that unpaid hard work is ignored in favour of those who have done nowhere near as much and with very little actual experience.

**Who can be the judge of this? How does one determine the quality of such decisions?**

**What if one's parents give more attention to one child more than the other? Where can the neglected child go?**

When a soldier fights for his country, takes a bullet, his valour is honoured with a medal, with acknowledgement of his sacrifice.

In the field of sport is it not the same? A football manager takes his team to the top of the league – he is recognised, rewarded.

**Why is this not so in weightlifting?**

**What of Hiroshima and London?** The first was completely destroyed the other needed rebuilding in parts. What is better? To completely restore or to mix the old with the new?

I left Iran because of favouritism. My city directors chose a man with very little personal experience in sport and in even less so in general. He had a qualification, but it was minimal. He had a strong connection with the governor – They were both Turkish and neighbours, I was Kurdish and knew no one in the city.

I tried, worked hard to show my ability, used my sporting background to turn things round, make a difference – but the politics, the grubby politics of it all.

I complained to the sports minister but to no avail. So I took my medals, coaching experience and seven years of lifting for the Iranian national team and left my family and the Kurdish people that I love and emigrated to this country. A place where I believed freedom and protection against discrimination have meaning!

Here, too, I tried to fit into the system, learn the new language, adapt to the culture, and bring my family over. I have trained harder as a senior lifter so I could compete against younger lifters. At 40, I managed to lift 126kg in the snatch and 160kg in the clean and jerk, which enabled me to be the best lifter at



the world masters 2005. But I had sacrificed my left knee (I have a full knee replacement) - I am not sorry for that.

I had proved that by being the best I could achieve much. I had a small

but very able team and so BWL let me coach the u17's, u23's and the senior team between 2003 to 2006. I believed I did a good job for BWL. At the end of 2010, I had the full support of BWL. I was giving kids equipment. I moved around schools and brought weightlifting to those areas which are hard to access. I managed to reach 28 schools, 3 universities. I targeted my talented lifters, encouraged them and supported them. I helped them get grants, different places to train, recognised in schools, family, friends, by using newspapers, website, Facebook & ... I have been a part of the 2012 Olympics, developed better lifters, good coaches and good referees. We loved each other as a family and were good team players. I have established six weightlifting clubs in five boroughs to ensure that no one has to travel too far as I had to when I lifted and had to train at Crystal Palace, which involved 4 hours travel time.

I have changed my car to a seven-seater to transport my lifters and move equipment around. Since 2011, every day I jumping in my car to visit my clubs to ensure my coaches are doing their best and now I have a British champion 2014 team & Best team of the 2013.

Remind me, isn't it the job of a coach to identify talent and bring about sporting development?

I have sent 11 lifters to the regional, England and GB talent squads, which is more than most coaches in this country (all this had been done in less than 3 years) - and in return I lost my job as a regional & England squad coach and I didn't get interviewed for the 2014 commonwealth games which I was part of and did not get the East London development job either, so I resigned from my tutor job (I had one of the highest feedback for BWL)

A book judged by its cover perhaps and not by its contents. I am still confused as to how in the interviews, you don't get any points about what have you done in the past, your results and your professional experience.

When I had 2 lifters in the past I was coaching the national squad & the National team, but now with 9 lifters in the squad and more than 30 national champions, I am not good enough - my interviewed 'didn't go well'.

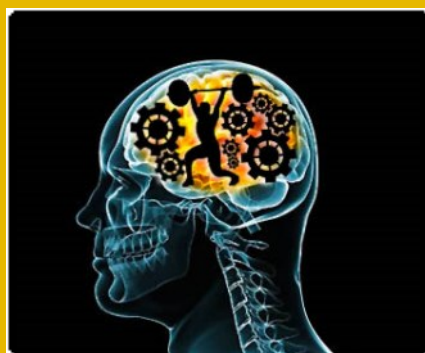
Just a little research into the successful teams around the world and in Europe will show what makes them so successful. To truly know what a lifter or even a champion goes through, one needs to experience what they go through - first-hand: the sacrificing of time in one's social life, one's family life; the self-financing; and perhaps even compromising on one's job. These are the sort of things one does to be the best lifter one can.

How does one give the respect deserved to such athletes when one has very little in the way of experience in this particular field? How should we look after our lifters, coaches and officials in the best way? Or just look for the big names and building up a better business is the main priority and not the lifters? If we choose to be part of a weightlifting family, that should mean we help those weightlifters first and then the coaches & clubs.

I am sure every single coach and lifter knows how hard is to become an individual champion, and the hardest part is to create a young team to become a senior champion with 19 years average age. But it seems it is too easy to forget to mention it anywhere about being British school & youth champions or the third club in the UK that has achieved a Clubmark.

So, why are we here?

Regards Kaz



London sport-active selected me as the top 3 best coach between all sports in London, because I coached 1200 lifters, opened 5 new clubs, ran competitions, and developed a lot of lifters, coaches and referees in West London but for free, but my own NGB didn't think that what I did was good enough to have the Coach of the Year award.

Now our club has the 2014 British Senior, British Schools & British Youth champions trophy in my house .

Why?



London & SE Regional squad at Bethnal Green Weightlifting Club - 08/06/2014

Nam, Louis, Noorin, Gurdeep & kian turned up but Shila had job interview, Stuart had wrist injury and Daniel just disappear again. 12 people were invited and 4 of them just pulled out in the night before. It's not fare to the other talented lifters who been waiting to take a part at the regional squad.

