

NEWSLETTER

STARS FOR THE FUTURE

December 2016 - March 2017



STARS FOR THE FUTURE

★ OLYMPIC WEIGHTLIFTING CLUB ★

- Learn from an Olympian
- Multiple British Records Broken
- Training for all levels
- Olympic Weightlifting
- Technique Development
- Strength & Conditioning

West London's Elite Olympic Weightlifting Club

NEXT COMPETITIONS FOR SFTF IN 2017

France Competition

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British Student and University Championships

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10th International Alp Cup, Switzerland

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2ND PHOENIX
INTERNATIONAL

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DECEMBER

The Phoenix International took place in December 2016. The competition brought together over 50 lifters across Europe. Hear from Stars for the Future Head Coach, Kazem Panjavi about the event:

The 2nd Phoenix cup competition was a success. I am happy to say that everyone enjoyed it. We had many good results and positive comments. The three months before the competition were busy to say the least. I put my heart, time and a lot of effort into the organisation of this competition to make it more special than last year. My team and my family helped me along the way to put a lot of love energy and time into this event. Boosting the profile of Weightlifting in this country is a must in order for this sport to grow nationally. This year we used Facebook Live to help engage more people who weren't able to be here in person, had a professional photographer come and take photos of the lifters and also have local journalists come to cover the competition. We hope these extra efforts to publicise will not only help grow the sport of weightlifting nationally but also in our borough.

Right so let's get to the juicy bits. Here are some of the highlights of the competition:

- We had 50 lifters participate from France, Sweden, four Universities and four clubs from the United Kingdom. Male and female competed in youth, junior and senior categories, making the competition inclusive for a range of athletes.
- The competition was a great successes with 3 months of preparations, hours of phone calls, negotiations, paperwork not to forget the lifters who trusted my programme and follow it with no questions ask.
- Sponsorship deals with special thanks to Eleiko for the fantastic prizes (knee sleeves, t-shirts, supportive belts and waterproof rain jackets), and for Harrow School providing the venue, minibus, pack lunches and trophies.



- Special thanks must go to Brunel University for letting us use their winner's podium which made the prize giving more special.
- Teams from Iran, Kazakhstan, Tunisia, Turkey, Uganda and Nigeria were due to attend, but unfortunately couldn't due to visa complications.
- It was the kind of competition were everyone supported one another other regardless of club or country every single lifter was cheered and encouraged with lots of clapping and cheering after each lift, a venue that made new friends and contacts reinforcing weightlifting culture in UK and the world.
- France won the best team award beating us from our title last year but only because Adam Fedorciow was injured and couldn't perform to his best but still did what he could to get the team points.



- Sweden brought a very young team and one of them got best technical lifter award FOR THE FUTURE and another received silver medal.
 - Our lifter Sessy Dhanda won the best technical female lifter too.
 - Lucy Barrett from Phoenix team and Sony Faretie from France both won best lifter title from the competition.
- The goody bag's where extra special this year as each lifter received:
- Icon nutrition protein bars.
 - Whittled of Chelsea
 - Waterproof liquid, toothpastes from Farbod Sarvandi
 - Sweets & Nourishment drinks from Kazolyifting
 - Harrow School Guide Book and book mark.
 - DJ Kim Provide music to the competition.

Being the only internationally recognized competition this year in UK a fantastic feat which not many clubs and coaches could pull off in such a short space of time.

The venue being in Harrow school with amazing scenery fantastic facilities including readymade professional gym with platforms which made warming up to competing a smooth transition making the competition more prestigious and professional.

Even after the competition finished there was a instant unity between everyone we only had 30 minutes to clear up the venue including dismantling the platforms carry all the weights back to the cars. Every single person helped and did so willingly. This is what stars for the future weightlifting club stands for and hopes to encourage in future competitions. We hope we have inspired many lifters from this year's competition and endeavour to make next years even more exciting and include many more nations from across the planet.



JANUARY

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In January team Stars for the Future headed to Milton Keynes to compete in the 2017 English Weightlifting Championships. We had a very early start to the day, with Lucy (53kg) weighing in at 6am and competing from 8am. Lucy began the competition well with a very easy 50kg snatch. Unfortunately, she pressed out her first 70kg clean and jerk attempt, and didn't manage to get another one safely on the board. Despite the setback, Lucy is determined to learn from this experience and come back even stronger. With Deborah (69kg B-group) not competing until 5pm, we had a very long wait. Throughout this time, watched incredible athletes compete, and witnessed numerous British records being broken. Deborah snatched 64kg, and narrowly missed 66kg, giving her a 4kg lead into the second half of the competition. The clean and jerks didn't go as well for her though, with Debbie only getting her opener of 79kg. However, she managed to place 2nd in the B-group and joint 8th overall. A huge thank you goes to Kazem for his continued hard work, and Kerensky, Nicky, Andy and Evelina for coming to Milton Keynes to support the lifters.



On Saturday 11th March, Stars For The Future held a women's weightlifting session and a demonstration in Ealing Broadway Shopping Centre from 12:00 to 14:00. Afterwards the team also provided a free trial for the public. It was a very successful event due to the organisation of the coach, Kazem Panjavi, teamwork, support from the public and the beautiful, sunny weather. The display especially sparked the interest of the young children who were keen to participate with the help from the team members. Moreover, Cllr Tariq Mahmood made an appearance and showed his enthusiasm for Olympic weightlifting. The event was set up to encourage young women to take part in the sport, whether simply to strengthen themselves physically and mentally or to compete as an athlete. Overall, Stars For The Future hopes to improve support and interest for weightlifting across West London and this was definitely a step in the right direction.



28th Jan 2017 NOTTINGHAM OPEN WEIGHTLIFTING COMPETITION

Another success to the start of the year for SFTF at Nottingham Open Weightlifting Championships, 2017 with every lifter taking home five gold medals all with PB:

- 1-Francesca in youth 69kg did 40+50
- 2- Kerensky in junior 58kg did 49kg and 58kg
- 3- Vindhya in Senior 63kg did 40+53kg, first competition
- 4- Matt in Junior 62kg did 70kg+ 85kg
- 5- Max in Senior 105kg did 118kg+ 145kg.

It was a very early freezing start to the day with a long drive to Nottingham that coach Kazem managed with ease, once we arrived to Rushcliffe leisure centre it was freezing with a limited number of heaters. The club supported the competition with Kazem Panjavi judging groups 1 and 2 and by supplying the equipment for the kid's groups. The competition also gave the lifters a great team bonding activity as youth and junior were helping Senior during warm up and vice versa.

<https://youtu.be/IkOLhK-qdJQ>



March



Stars for the Future held a club competition at the end of March, which was a classic example of Amateur Olympic weightlifting local competition at its best. The competition was perfect for people to execute personal bests or for beginners to understand what competing in weightlifting is all about.

The competition was broken up into 3 groups, under 18 male, female, (under 13, 18, 23, seniors and masters) and under 23 and senior males.

Group 1 was an interesting challenge between Matt from Ealing and Milo from Harrow school, same age, same body weight and same experience, but Milo won by 1kg on the Clean & Jerk. All made totals and good demonstrating with fantastic technique and hard working ethic to attaining personal bests and medals. Group 2 started with the under 13s. Sisters, aged 5 and 8 bravely lifted in front of a crowd maintaining excellent technique under pressure. The under 18s followed, with fantastic technique, personal bests and medals all around. Lastly, the seniors fought hard, with evenly matched lifting you could see this was just not about who was physically or technically the best but who was psychologically the most determined to win.

The last group to follow was the senior men. With tight battles and hard fought lifts, every lifter was going for it, fearlessly dropping under the bar. It was a tense but competitive atmosphere with personal bests being broken.

We had 20 lifters which two of them from Bournemouth Uni and under 13 female lifter from Woking. Thanks to Harrow school for the use of their fantastic weightlifting gym and Nam Ahmadi, Kristin Mcphee and Max Change to give their weekend to help referee and MC.

Awards was a nice medal with 2012 Olympic ribbon to remind us about the legacy of London Olympics.



Matt's Story:

Life throws many challenges at you, some are easier than others to overcome. Sometimes it can lead to a mental breakdown; depression, anxiety, eating disorder, suicidal thought and attempt. When the medication does not even help and the only thing you can block it out is really sport. But you try too hard, you become greedy then suddenly, snap.

I broke my arm on 17th May 2016 it was a very severe break, both the ulna and radius snapped completely in half. They placed it back in place the night I broke it, immediately my motivation kicked in but also my wondering thoughts too, if I was going to be able to lift again? A few days later I began going back to the gym doing simple leg exercises on the weight machines, a few days after I bought myself a safety squat bar so I could actually mimic weightlifting training.

During a routine check up whilst still in the cast, the doctors realised the ulna was not in place, a serious surgery was needed the next day.

A plate was placed on my radius and a K-Wire connecting both bones, it was more painful than the break. After following a Russian squat program during nearly every day since my injury and surgeries I managed to lose 20kg.

Finally the k was removed in early September, I could only lift the 5kg bar at first as I lost all arm strength and mobility but after training vigorously everyday Kazem Panjavi my weightlifting coach said "you're not ready but you train harder than everyone else and I want you to compete at the phoenix competition."

I did well for the short space of time but it was not good enough for me. Since then I had and was eager to improve, day by day my strength increased and another competition arrived. This time I was in good condition, a medal finally.

All this would not have been achieved with Kazem and his gym and my fellow team members, I thank you all very much for being there for me when I needed you guys





KERENSKY'S STORY

Kerensky Fernandes writes:

I always loved sports and wanted to do bodybuilding. Until I was spotted by my Coach Kazem Panjavi and introduced to Weightlifting. And when I understood the difference between bodybuilding and weightlifting I proudly say that weightlifting now means my world to me.

I have been training for over 9 months under the sheer guidance of Kazem Panjavi and I would like to share my step by step progress. My first national competition was the London Youth games where I was fortunate enough to win Bronze for Hillingdon.

To go a step further I took part in the British U20 2016. It was a great experience. And then I got a chance to be a part of the International Phoenix weightlifting competition 2016. Where I won the 3rd place in my weight category. It was a good learning experience as I had to compete with lifters from other countries who flew down to London especially for the competition. Having to compete with international lifters was exciting and the platform was very competitive.

Amongst all the competitions I strongly feel that Phoenix gave the lifters something more to remember.

Unlike other competitions The International Phoenix Weightlifting competition had a personal touch and each lifter was given equal importance.

The warm up area was very comfortable and weights were easily accessible. As a new lifter I felt I was given the extra boost I needed. Every lifter was given a goody bag which on its own said that everyone is a winner.

The prizes and gift hampers for the Phoenix International Weightlifting competition were very different from any other competition I have been a part of.

My future plans revolve around being the best lifter in the UK and to be internationally acclaimed. Setting records and breaking them myself. When I am not Weightlifting I am a student studying BTech Level 2 in Sports. I wish to someday be the best coach just like my coach Kazem Panjavi without whom nothing would have been possible.



**WEIGHTLIFTING
2016**

**Mérida
México**

**FISU World University
Championship**



LIFTER OF THE NEWSLETTER

Name: Nam Ahmadi

Sport: Olympic weightlifting

Competition: World Universities 2016

Introduction: A Couple years back, Nam Ahmadi was considering of hanging is lifting shoes and stepping away from the sporting environment due to injury. Now, Here at Bournemouth university, Nam has just returned from competing at the world university weightlifting championships in Mexico as a representative of Great Britain.

Main body: After taking a year out of competing to recover from injury Nam represented GB in Mexico on November. Nam started the year of 2016 with competing at senior championships and achieved great result "best result in my sporting career". He was very excited for his first international competition and have learnt and gain experience from his first international.
Nam Finished 8th at Mexico and is willing to do one better this year.

He said: I train around 25 hours a week which is 100 hours a month
I want to try to hit commonwealth qualification.
And I lifted 104 and 130

HEAD COACH POINTS

Fundraising is one of the hardest parts of running a club in the UK. Many clubs have their own team to look after this area and spend a lot of time dealing with the forms, unfortunately in my case, it doesn't work like this!

The club has 4 platforms and the maximum capacity is 10-12 people in one session. We don't have many sessions like this and the only way to grow in the future is to have an extension. Ealing council agreed to the extension by providing land and a blueprint/plan and Everyone Active is supporting us massively for the phase two plan. A lot of time was spent on the applications to Sport England and the London Marathon Fund and we waited over 4 months for the outcome then BANG! Rejection letter! It is hard, after all the planning, when you feel that they have not taken you seriously. They don't seem to recognise that we are the only Olympic weightlifting club in west London dealing with young people, and don't take into consideration that we want work with schools and we want to build the next generation. Furthermore we want to support youth in this area by helping them to get stronger and giving them a home to spend their free time, keep out of trouble, stay away from mobile and computer games, drugs, gangs- stay healthy and become strong.

I supplied 4 letters from local schools that shows that they are interested in working with the club, but one of the reasons for the rejection was we don't show that we want to help young people. I have sent them the club financial accounting, and they have denied receiving it. But the last and hardest part is we need to have a 25 years lease to have a chance for the application go to the second round. Why can't they see that if I build this club, it will stay with council and I cannot take it with me anywhere!

Why can't they see the success and results we have had in the past without a permanent place and how we have supported so many kids and understand that we could do much more in the future. The reality is we need to stay alive and survive with minimum support. It is up to the club members to help the club to stay open or close now.



Our next plan is:

To have special sessions: guns club, booty camp, and killer abs. I am asking club members to encourage family and friends to come to these sessions.

- To have a new price plan for competitor lifters.
- To compete in the British student championship with 5 lifters : Kian Panjavi, Debora Alawode, Max Bedouet, Kerensky Fernandes, and Bethan Godwin at St Marys University on 1st and 2nd April.
- To send a team to the Alpcup with 10 lifters in May.
- To send a team to French competition in Lille with 6 lifters in June
- To send a team to Germany for women competition, with 5 lifters in June
- Compete in the British Senior championship with 3 lifters.
- Compete in the London Youth Games in July
- Hold a Women's competition in July

I would like to ask for help and advice with marketing and I don't mind paying, but we have a limited budget at the moment as we have very little income

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