

STARS FOR THE FUTURE



NEWSLETTER: *May-July 2016*



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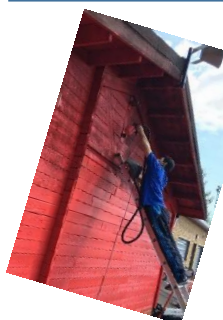
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The Development and Opening of the Gym

After 2 years of meetings, application forms, dealing with funding, reports, council planning and building regulations, designing, equipment, painting and decorating, we finally got our place in Perivale Park Athletics Track. None of this would have been possible without the help of Heathrow Community Fund, the Ealing council, Ealing facility manager, Everyone Active, Eleiko, our lifters and very close friends.



We hired a contractor to change the layout of the gym, which took 8 weeks. In the first week of the construction our contractor dug up the floor to replace the concrete with industrial standard, which is able to resist the heavy weights dropped during our sessions. The next step was to dig up the floor on the outside of the door to be able to make the whole gym surrounded evenly by four walls. In the second week the concrete was filled in the floor and excess wood from the inside thrown away.

The third week was when our helpful club members helped to paint the outside of the gym. During the fourth week the insulation was fitted in order to accommodate winter training session, whilst the fifth week involved fitting the platforms into the floor and painting the interior. The interior woodwork was carried out in the sixth week, and some equipment (e.g. the Swedish Bar) was fitted into the gym during the seventh week.



We carried out all of the finishing touches in the final week of construction, ranging from installing the televisions and the kitchen area to completing all the other small jobs, which ended up being harder than the main project itself! Finally, the weights were brought in and the temporary cameras were set up for our future smart platform. The grand opening of the gym was 3rd June 2016, where the Everyone Active managers, London Weightlifting Association and all of the members of the club came along. The opening was also attended by Cllr. M Tariq and Cllr. Bassam Mahfouz, the Ealing councillors, and Chris Bunting, the main supporter from Ealing who has been helping us since 2014. The rope was cut and the gym was officially declared open.



Perivale Park Athletics Track

Without the financial support from our founder "Heathrow community fund", Perivale councillors and the support of Ealing Council and our MP, we wouldn't have been able to build the new gym.



We are very grateful for the time and effort they all put in, and hopefully all of our supporters will be able to meet our young lifters and celebrate the launch of our new Weightlifting Centre of Excellence for West London, based in Ealing.



Heathrow Community Fund



British Senior Championships

SFTF was very successful at the British Senior Championships on 11th-12th June 2016, with us winning 2 gold medals. In the 105kg category, Adam Fedorciow hit 138kg in the snatch and 174kg in the clean and jerk. Unfortunately, he missed 140kg in the snatch and 180kg clean and jerk. The fight between him and Jacob Fast from Crystal Palace was extremely close, however Adam's performance was enough to win him the gold medal. Shila Panjavi achieved a gold medal in the 58kg category. She hit 74kg in the snatch and 101kg in the clean and jerk. Despite her missing 79kg in the snatch.

We should congratulate to Louis Hampton for gold medal in 69kg, Silver in 53kg for Noorin Gulam and Nam Ahmadi's Bronze medal. They are competing for their universities now.



Tenerife Women's Grand Prix

In the woman only competition in Tenerife on 19th June 2016, Nicky lifted in the masters group, and considering this was her second ever weightlifting competition, she did a fantastic job. She hit 35kg in the snatch and 50kg in the clean and jerk. Shila managed a 72kg snatch and 101kg clean and jerk at the Grand Prix. She won 1st place in the 58kg category and she came 5th overall out of all the girls. She missed 3rd place overall as she missed 75kg snatch and 103kg clean and jerk. A huge thank you goes to Andrew for supporting and coaching the girls. Lucy also hit a PB at the training venue and supported throughout the competition



Lille Memorial Tournament

Although we had a long drive from London to Lille, we still had time to stretch and do some very light lifts at the competition venue the night before the competition, which took place on 25th June 2016. This was our third trip to Memorial Edmond Decottignies, this time with Adam (Group 5 with 13 lifters), Deborah (Group 3 girls with 17 lifters) and Andrew (Group 4 with 12 lifters). Deborah definitely surprised the coach with her performance. At the Harrow competition in October 2015 she injured her wrist however she maintained her strength by only doing squat and deadlift every session. Her A-level exams finished the day before we set off for France, so she was invited to join the team and replace Shila's space. She did 59kg snatch and 74kg clean and jerk. She cleaned 79kg but missed the jerk. Brave girl! Adam hit 138kg in the snatch and 174kg in the clean and jerk. He came 4th out of all the boys in the competition. Andy did 99kg in the snatch and 129kg in the clean and jerk.



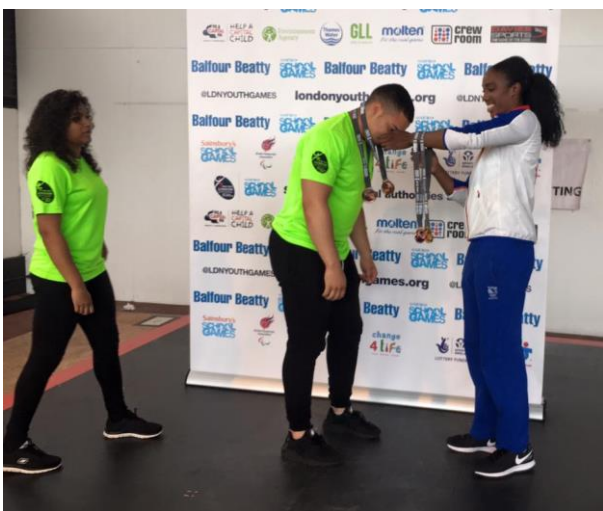


London Youth Games



Ealing

Ealing as a team achieved a gold medal as they have done for the past 5 years. Deborah snatched 57kg and clean and jerked 73kg. She came fourth out of all the girls, however if she hadn't missed her 62kg snatch and 81kg jerk she would have won a silver medal. Kian had a personal best in his snatch with 112kg and in the clean and jerk he did 133kg. He cleaned 140kg but unfortunately missed the jerk. If Kian had competed at the British Senior Championships and had lifted the same numbers, he would have won a gold or silver medal. Despite his broken arm, Matt came to watch and support the team



Hillingdon

Hillingdon's gold medal from last year changed to bronze this year. In spite of his injured wrist, Se lifted enough to get third place easily with 110kg power snatch and 130 kg power clean and jerk. He tried to obtain a silver medal by trying 156kg but it was too early to happen. Kerensky, one of our newest lifters got 6/6 with her incredible technique. She hit 38kg snatch and 45kg clean and jerk which is an 8kg personal best.





Hounslow

Hounslow came 5th this year, although they have received 2 gold medals in previous years. Sophiya hit a 42kg snatch and 51kg clean and jerk, taking 5th place out of all the girls. Oliver did 89kg snatch and 111kg clean and jerk, taking 4th place out of all the boys and achieving a 5kg personal best. Hounslow should have come second overall and Hillingdon and Bexley should have shared third place, however the scoring system they used this year was different to the system that has been used for the past 20 years



Harrow

Just like last year, Harrow only had one lifter. Simran achieved personal bests, with 66kg in the snatch and 86kg in the clean and jerk, and took 8th place out of the boys. His total was 20kg more than last year's London Youth Games. If we can find a female lifter to partner with Simran, we hope he can win his first Youth Games medal in 2017.

A huge thank you goes to our wonderful coaches. Shila did a great job coaching the Ealing team and looking after Se at the same time. Her expertise gave Kazem an easy job so he could look after all of his lifters at the same time. Kaline, our new level 2 coach, was able to gain a good experience and understand the rules and how to deal with the competition system. She coached the Harrow borough with the help of Allistair, our club chairman.





SFTF Women Only Competition



Every year we run a women only competition. This year's competition was relatively small as the London weightlifting competition was moved to the same date as our competition and 3 of our lifters were on holiday.

What a hot day we had trying to set up the venue. The original plan was to run the competition outdoors, but our plan changed an hour before the competition was due to commence. Seese's father suggested that the competition platform should be moved inside and girls should warm up outside, rather than the other way around. If Sport England hadn't rejected our application to extend the gym, we wouldn't have had to do this. The girls would have had space to both warm up and compete inside the gym



We had 6 young lifters come from Newcastle Cube Fit Weightlifting club with the support of their families. Thanks to Hamid who drove 5 hours from Newcastle to give his lifters the chance to gain experience.

In total, there were 4 under 11, 2 master, 2 youth, 1 junior and 4 senior lifters. It was a small competition but it was run professionally.

Thanks to Phil Nourse for being the referee, Evelyn Stevenson for time keeping and recording the lifters, Adam Chung for being the IT technician, Alistair observing the event, Max and Abdur for the loading and Shila being the MC.





Adam Fedorciow

105kg British Seniors Champion 2016

HOW DID YOU START WEIGHTLIFTING?

I started weightlifting when I was playing professional rugby. However this only consisted of power variations.

Weightlifting was always a part of the programs and professional clubs expected you to be competent at the lifts. So I gradually started to get more coaching and I began to enjoy the sport more and more.

After finishing my rugby career, I started to do more weightlifting as I was attracted to the technical challenge of the sport in comparison to powerlifting. Since then I haven't looked back.



WHAT DO YOU DO OUTSIDE OF WEIGHTLIFTING?

Outside of weightlifting, I am the Director of Performance at Harrow School looking after the health and wellbeing of all the boys there.

In addition, I am a personal trainer and I run a website focusing on injury rehabilitation for performance athletes - adamfedorciow.com

WHEN DID YOU START TAKING THE SPORT SERIOUSLY?

Two years ago when I met Kazem Panjavi. Before I was training mostly on my own doing bits of weightlifting, powerlifting and bodybuilding. Didn't know what I wanted.

Since meeting him, he inspired me to take up this sport seriously as he saw I could have a bright future.



WHAT ARE YOUR BIGGEST ASPIRATIONS IN THE SPORT?

To break the senior British records in the Snatch, Clean & Jerk.

WHO DO YOU LOOK UP TO WITHIN THE SPORT?

Dmitry Klokov and Ilya Ilyin.



Head Coach Points

New small gym: tick
Make gym bigger: Will tick in 6 months
New team: tick (but small)
Make team bigger: Will tick in 6 months

Being the head coach of a team, surrounded by talented young athletes and people of all ages that are active in sports is a beautiful and fulfilling job. Being an athlete myself helps me understand more the needs and demands of my athletes. Weightlifting is an amazing sport, it has been the greatest and most important part of my life and it will always take priority in my life. To be able to continue my job, help my athletes to the fullest and engage more young people with this sport I cannot do it by myself, I need more support.

We are the only weightlifting club in West London that is focused in the youth and the juniors, which covers four boroughs in the London youth games, and yet we do not have enough support from the

national governing bodies of sport or from Sport England. I would have thought that a club that produces so many young champions that compete in national and international competitions, champions that are the future of this country, would have more support, would actually be a priority for Sport England. As it seems our club is not a priority, thus, you can see my disappointment.

As many of my athletes and club members know, I have spent the last three months mostly on paper work, emails, phone calls, meetings, filling application forms etc in order to get funding to extend our facility so we can extend our club members and the chances of having more champions for the future. The outcome of all my efforts was nothing more than a rejected application from Sport England, as according to them our case was not strong enough, our club was not a priority. For me all this headache and effort was a waste of my time that I will never get back.

However, I owe to my athletes and to myself to not give up and apply again and again and again until we get the support we deserve. I will extend our club and make it larger and bigger and I will make sure everyone can use it fairly and when we run competition, my lifters do not get dehydrated in the hot summer (like the women competition on the 23/7/2016) or catch a cold in the winter.

Plan for new team:

I have sent many invitations to Brentside, Cardinal Wiseman, Drayton manor (Ealing) Barnhill community high (Hillingdon), Whitmore high school (Harrow), Brentford School for girls, Heathland high (Hounslow) Lyon Park primary (Barnet will be new borough for 2017 LYG). They can bring their talented students during school hours as part of PE class to do the strength and condition training by learning weightlifting. We plan to run cross-fit sessions soon to create some income in order to pay the rent of the facility and running cost of the club. I will coach these kids for free (same as coaching other member of my club for free in the past) under a few conditions:

- 1- Selfish and disrespectful behaviour, is not tolerated
- 2- Club rules should be followed to full extent, otherwise not accepted
- 3- Loyalty and gratitude towards their coaches is the first rule of every athlete
- 4- Influence from outside the club coaches will not be tolerated, if the lifters decide to change coach & club, have to pay all free sessions they have received in the past by signing contract from their parents if they are under 18.
- 5- New coaches who are supervised by myself, are expected to give something back to the club as a gesture of gratitude
- 6- People who help without asking, should be in priority of the good lifters who do nothing.
- 7- The club committee members should be more active and deal with the club's needs, not just have their name on the AGM's.
- 8- Voluntaries who help receiving credit/recognition/ special place in the club.
- 9- Lifters who pay as competitor lifters are expected to follow their coach's program, plan, events and show full support to the club as they are receiving free coaching program and have longer sessions compare to other members and also they pay half price.
- 10- All lifters show respect to all coaches at the club, not only head coach.

Next big target of club: Second international Phoenix tournament at Harrow school on **December 4th 2016**.

We welcome anyone who wishes to sponsor us and support us with our expenses (i.e. Hotel, food, trophy, prize, goody bags and transport).

Loyalty is rare.
If you find it,
keep it.

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