

Autumn Newsletter 2017

STARS FOR THE FUTURE



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Women's Open Weightlifting Competition

Sunday 3rd September



Every year we run a female only competition for girls who are not comfortable to lift with males/big groups or want to start competing for the first time and need to gain confidence and also for our experienced girls to show off their strength and get tested in different ways of the other big competitions.

Last year we had lovely guests from Newcastle Cube Academy at Perivale Park Athletics Track. We had an outdoor warmup but the competition platform was inside our new gym. It was too hot and some kids nearly got dehydrated. This year we tried to have a little change to make this happen, but a few issues stopped us to run it at the same place and we had to move it to [Harrow School Sports Centre](#) with their warm hospitality.

On Sunday the 3rd of September, Stars for the Future held their annual women's only competition at Harrow School Sports Centre.

The team arrived prior to weigh in to set up the venue and with great team work and fast movement to complete set up; the competition was able to kick off earlier.

The competition consisted of 2 groups with various lifters from kids to masters. Our first lifters to take the stage were the Dhanda sisters, both putting in a solid performance. It was great to see Liv Dhanda (U13, -30kg) becoming more confident on the platform hitting 6/6 lifts finishing on a 7kg snatch and 11kg clean and jerk. Sessy Dhanda (U13, -35kg) was to follow, putting in a very strong performance also hitting all 6 lifts and finishing on a 23kg snatch and 30kg clean and jerk, very close to her body weight. Both performances were very inspiring and we are very excited to see their progress in the future.

The club had great pleasure to welcome Clarissa Mullem (U13, -63kg) to the competition achieving a 37kg snatch and 50kg clean and jerk. It was good to see her progression from when she last joined us at our club competition in March.

Nasrin Karimi (Master, -63kg) and Nicky Yudin (Master, -90kg) both performed well showing all their hard work at the club is paying off.

Group 2 consisted of Francesca Harrison (Youth, -75kg) achieving a 43kg snatch and 58kg PB clean and jerk, Kerensky Fernandes (Youth, 58kg) hitting a 50kg snatch and 60kg clean and jerk, Louise Blair (Senior, -69kg) snatching 40kg and a PB clean and jerk of 60kg, Evelina Dauksaite (Senior, -58kg) lifted a PB snatch of 49kg and clean and jerked 58kg and Vindhya Gobin (Senior, -63kg) finished on a 45kg snatch and 55kg clean and jerk. Despite, some of the ladies competing the previous week in Oxford, a good fight was put up to match and lift heavier than what they achieved in Oxford.

The competition was very successful and was a great opportunity for the lifters to build their confidence and showcase their strengths. Well done to everyone who took part and for all the PB's achieved.

Thank you to Harrow School Sports Centre for allowing us to host the competition at their venue.

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First Aid Course

Friday 22nd September

On Friday 22nd September seven club members attended a first aid course organised by the club and held at the SFTF gym at Perivale track. Several members had recently qualified as Level 2 coaches and needed to update their first aid qualifications and they were joined by other club members who were keen to develop their skills in first aid.

The club had not been able to find a suitable and affordable course elsewhere, so Kazem contacted the Red Cross, who provided a trainer and tailored the course to the club's needs.

The course was well structured using a good balance of videos, direct teaching, group discussion and practical activities with plenty of opportunity to ask questions.

The areas covered were: dealing with an unresponsive casualty, both breathing and not breathing, with opportunities to practice CPR and recovery position. We also learnt how to recognise and help someone who is having a heart attack, stroke, seizure, severe allergic reaction or is choking. Dealing with burns, breaks and serious bleeds were also covered and the participants all had the opportunity to practice bandaging each other!

Trainer Andrew put everyone at their ease and gave useful tips on how to remember vital information in an emergency situation. By the end of the training everybody had acquired a range of skills that will make them better prepared to help someone who is ill or injured and deal with an emergency situation calmly and confidently. It is reassuring to know that we now have more than enough qualified first aiders at the gym.



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London & South East Last Chance Competition

Saturday 23rd September

On Saturday 23rd September, the team were let loose to do their thing at the London & South East Weightlifting competition which was held at Crystal Palace National Sports Centre.

Our two club members Louise Blair (-69kg) and Vindhya Gobin (-63kg) participated in this event and were coached by Max Bedouet. With great teamwork and support for one another, the 3 club members were able to bring home an amazing result.

The schedule of the competition ran smoothly with the girls weighing in from 8-9am and having the opportunity to watch other participants lift before they were due to take the stage in the afternoon. Both girls lifted in group 4 and on completion of stretching, it was now down to Max to use all his knowledge on the scoreboard passed on by head coach Kazem Panjavi to get the girls warmed up in time for each lift and he succeeded.

The girls took to the platform with everything they have been taught and achieved a number of PB's. Louise snatched 47kg which was a 4kg PB and lifted 61kg in the clean and jerk which was a 1kg PB giving her an overall PB total. Vindhya snatched 50kg, a 2kg PB and lifted 58kg in the clean and jerk receiving a bronze medal.

Overall, a fantastic performance by the girls and well done to Max on his first job as a coach.



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British Junior/U23 Championship

Saturday 30th September & Sunday 1st October

GOLD, SILVER AND BRONZE MEDALS

Full set at the British Junior- U20 championship 2017.

Very good result, the competition was tough for these young lifters.

Kerensky Fernandes with a bronze medal in 58kg category with 59kg snatch and 66kg clean & Jerk

Matt Fan with a silver medal in 62kg category with 76kg snatch and 85kg clean & Jerk

Deborah Alowade with a Gold medal in 75kg category with 70kg Snatch and 90kg clean & Jerk. Bought a full set of medals to our club.

Head coach Kazem Panjavi put in a lot of hours into driving as well as coaching and preparing the team.

Sadly, Kian Panjavi was not able to compete due to a very severe back injury, he could have got an easy gold medal by 105kg snatch and 123kg clean and jerk.

Thank you to Middlesex Weightlifting Club coaches Shyam and Mike for coaching Deborah and supporting her all day.



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Maidstone Competition

Saturday 18th November

Competition at Maidstone Competition

On Saturday 18th December, six 'Stars for the Future' junior lifters travelled to Pegasus Gymnastic Club in Maidstone, Kent for their first competition. The youngsters, who only started lifting in September, were accompanied by their parents and Kerensky, their coach. Vindhya and Nicky also went to support the group and had the opportunity to put the skills learnt on a recent referee course into use as they refereed the whole competition!

The competition was judged on technical points with a maximum of 6 points to be awarded for each snatch and each part of the clean and jerk – a maximum of 54 points overall.

Well done to all six youngsters – Aman, Baljit, Deandre, Jamel, Jarnial and Ilza- for the way in which they performed in the competition. Every one of them tried their best and will have learnt a lot from the experience of competing in an informal and friendly competition.

There were sixteen lifters in all including some very talented lifters who clearly had been lifting for a lot longer than our group, so we were particularly proud that Jarnial came first in his group and Ilza and Baljit came third in their respective groups.

A big thank you to Kerensky for doing a brilliant job coaching the youngsters in her first competition as a coach. We look forward to seeing the progress of these youngsters in the future!

Lifters :

- 1- Baljit
- 2- Jarnial
- 3- DeAnder
- 4- Jemel
- 5- Arman
- 6- Lize

Coach: Kerensky

Team leader: Nicky

Referees: Vindhya and Nicky

First steps and good result for all of this lovely people to become and Lifter, Coach and Referee.



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Southern Masters

Saturday 4th November

Southern Master at Bethnal Green weightlifting club 4/11/2017

The club had a successful day at the Southern Masters competition, achieving 2 golds (Nicky and Warren) and 2 qualified lifters for British Masters in March 2018 (Nasrin and Nicky). Good result and great day,

Nasrin narrowly missed a medal by dropping 49kg C&J in Master group F45, in category 63kg but qualified for British Masters in March 2018. She did 33+46 and had a nice nap after competing!

Nicky managed a 35kg Snatch and 43kg C&J in Master group F60, category 90kg she got first place and qualified for British Masters in March 2018.

Warren Margolin, in his first Olympic weightlifting competition achieved first place in M40 Master group, category 77kg (57kg+68kg)



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3rd International Phoenix Invitation Only Competition



Sunday 10th December

On Sunday 10th December Stars for the Future Weightlifting Club held the 3rd International Phoenix weightlifting competition at Harrow School Sports Centre. The competition is the only international competition currently held in the UK and attracts teams from across Europe as well as teams closer to home.

This year Stars For The Future welcomed teams internationally from Sweden, France and Holland and from southern England teams from Brunel University, Bethnal Green Weightlifting Club, North London Weightlifting Club and Harrow School. SFTF fielded 3 teams – Phoenix, SFTF and Dragon. Each team had a mixture of male and female lifters in the youth, junior and senior categories, with different levels of competition experience from new comers to competitive lifters. This year the competition also gave the opportunity for under 13's to participate, in order to gain competition experience.

Hosting an international competition is a 'big deal' for a small club like SFTF. However, with the vision and experience of head coach and former Olympian Kazem Panjavi, it is possible, with good organisation and strong teamwork.

After a lot of hard work on Saturday, club members left Harrow School Sports Centre in the evening confident that everything was in place for the next day. However, they had not anticipated the snow storm that greeted them on Sunday morning! Fortunately the international teams had arrived on Saturday however, with terminated bus and train routes and restricted access to Harrow School, all the competitors and officials from across southern England battled through the challenging conditions and still managed to arrive mainly on time.

With everything in place, it was time for the first lifter to take the stage on our newly built platform with a beautifully designed Phoenix back drop. The venue was set up in a professional manner with 5 platforms in the warm up area and a waiting room for lifters to remain in before they were due to take their lift. Various screens were set up to ensure the competition ran



smoothly and coaches and lifters had all the information they required. The competition also enabled us to try our new scoreboard software designed by head coach Kazem Panjavi. The event was broadcasted live via the SFTF facebook page allowing supporters who were unable to attend to watch the competition and to share the competition with the weightlifting community. The club also organised catering for the competition to ensure everyone could enjoy a hot buffet on a cold day and to restore the energy levels of the lifters.

Despite the challenging conditions, the competition was a resounding success with some exceptional lifting performances, new personal records and great competitive spirit. It was great to see so many club members participating in the competition as lifters, loaders, coaches and

referees and how much everyone supported and looked after one another.

All the competitors and officials received various prizes in a Phoenix goody bag designed especially for the competition which were on sale at the venue. The club also designed T-shirts for the competition which was available to buy. The top 3 lifters in each group received a trophy along with Eleiko merchandise.

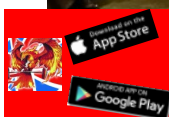
Following the competition, everything was packed away quickly and everyone made their way to the banquet which was held at the Rising Sun Hotel in Sudbury giving everybody a chance to relax and socialise. During the evening the awards were presented as follows:

Team placing: 1st Rosendael France, 2nd Phoenix, 3rd Landskrona Sweden, 4th Brunel University, 5th SFTF and 6th CHDC France. All 6 teams received a trophy along with either an Eleiko banner and belt for best lifter.

Nathan Buyschaert from CHDC France won best male lifter with 347.2873 Sinclair points and Deborah Alawode from Phoenix won best female lifter with 207.2488 Sinclair points both receiving nice trophies and belts for their outstanding performance.

The success of the competition would not have been possible without the support of the following sponsors: Harrow School, Eleiko, Kazoly Lifting and Battle Oats. Need to mansion and thanks to Louise Blair for all her beautiful design for the new competition logo, t-shirt and the goody bags.

We are very proud of hosting the competition and thankful to everyone who helped and supported the event. We look forward to hosting the 4th Phoenix International weightlifting competition with more teams and for the event to be an even bigger success.



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3 New Official Referees for club-November



The club has three new referees!

On the 5th of November, Nicky Yudin and Vindhya Gobin attended the Level 2 Award for BWL Technical Officials held at Crystal Palace National Sports Centre. The two ladies were accompanied by current club referee, Nasrin Karimi who attended the course to gain a refresher of the rules and regulations.

The course delivered by Keith Morgan covered the following key principles:

- An explanation of the different age groups and weight categories
- A description of the two lifts – The Snatch and Clean & Jerk
- The rules for both lifts
- Identifying correct and incorrect movements for both lifts with demonstrations
- How to display a good or a no lift e.g. referee lights, hand signals
- The competition venue, equipment and documents
- A lifters outfit including the rules for accessories that may be worn e.g. belts, bandages, tape.
- The competition structure e.g. the different tiers, acceptance of the TCRR, competition entry, qualification totals
- What to expect during a competition e.g. weigh in, withdrawals, presentation of lifters, the performance aspect, breaks, records, victory ceremony
- The different technical official roles and how they are expected to dress.

After acquiring all the knowledge on the rules and regulations required to become a referee, the attendees concluded the course by completing and submitting a workbook that covered all the course content.

The club was delighted to hear weeks later that they now have 2 newly qualified and one re-freshed referee. The ladies are excited to gain more experience refereeing in the competition field in the near future and we would like to thank Keith Morgan for delivering an excellent course.



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4 new level 2 coach for club at Brunel uni-September

Four Stars For The Future lifters: Kerensky Fernandes, Louise Blair, Kian Panjavi and Allistair attended the Level 2 British weightlifting course held at Brunel University. Ross Roberts a tutor from Beaches and Barbells delivered the course.

All 3 days of this course included a theory and practical coaching which included assessments and the members were also provided with feedback after every assessment.

After obtaining all the knowledge required to complete this course and to be a qualified Level 2 coaches, we had to plan the last session, which was to be assessed.

The attendees concluded the course by completing and submitting a workbook that covered the entire course content.

The club is proud to announce that we now have 4 qualified level 2 weightlifting coaches. Our new coaches are very excited to gain more experience in the field of coaching in the near future. Congratulations to Kerensky Fernandes, Louise Blair, Kian Panjavi and Allistair Arendse. Our club would like to thank Ross Roberts and Kristian McPhee for delivering an excellent course.

Kerensky is now coaching SFTF under 16 lifters and Allistair is dealing with SFTF master lifters.



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SFTF Winter Newsletter Lifter of the Newsletter – Deborah Alawode

How did you start?

In May 2013, Kaz came to my school to do a 6-week taster course in Weightlifting. Following this, he asked me to continue training at the club with him regularly. But at the time I had a lot of commitments, so I decided not to continue. A year later, I received an email from Kaz asking if I'd be able to compete at London Youth Games (LYG), as he was a female lifter short for Team Ealing. Since I had finished my GCSE exams, and I missed competing in LYG (I competed for Team Ealing in Netball from 2010-2012), I decided to accept Kaz's offer. Despite being thrown in at the deep end having not touched a bar for 1 year, I really enjoyed the experience. I've been training regular ever since.

What are your other activities and achievements?

Outside of weightlifting, I regularly do ballet, and play the violin. I've been doing ballet since I was 6 years old, and violin since I was 7, so I can't imagine stopping either! Throughout my time in school, I competed regularly in athletics, my main events being 100m, 4x100m relay and shot putt. From Year 7-11, I was borough champion in shot putt and my team won the borough women's 4x100m relay a number of times. I also played in every female sports team my school offered, as well as playing in every orchestra and ensemble I could as a violinist.

What are you doing now?

At the moment, I am in the 2nd year of my Medical degree at UCL. I train 3-4 mornings per week before my lectures start (they usually start at 9am and finish at 5pm!). Having achieved my Level 1 Certificate in Coaching Weightlifting, I have been coaching regular weightlifting sessions for the UCL Barbell club with Louise since the beginning of this academic year.

What are your plans and dreams for the future?

Weightlifting-wise, I hope to become British Universities and Colleges Champion. I came a very close 2nd last year, but I've still got another 4.5 years left of uni so I'm not short of opportunities to achieve the Gold! In addition, I hope to win the British U23s Championships this year, following my Gold in the U20s Championships in September, and I aim to complete my Level 2 certificate in Coaching Weightlifting at some point during the Summer holidays. As I progress through my time at uni, I hope to have the opportunity to compete for Great Britain at the World University Games, and eventually medal at the British Seniors Championships.



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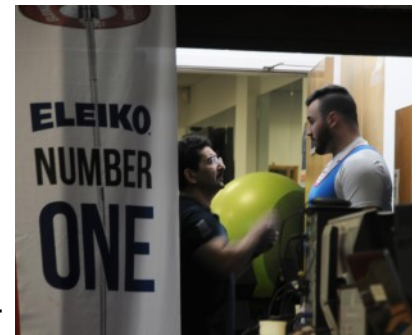
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Coaching Points

What we did last year...



Another year has gone by, but I believe 2017 has been our best year since we started the club.

- We ran many club competitions such as the under 18's, our annual club competition in spring, the women's competition and the 3rd International Phoenix better than ever. I need to express my profound gratitude to my lovely students who came to help, support and setup the venue to a professional standard. I also want to say a big thank you to Harrow School for allowing us to use their venue and to Eleiko for sponsoring this event.
- We sent our team to 2 international competitions. Firstly to Switzerland (with 12 people and we finished 2nd overall between 12 teams) and secondly to France (with 10 people and the team finished 3rd overall between 14 teams).
- We sent a team to the British Student Championship (with 3 silvers), the British juniors (with one gold, one silver and one bronze), LYG with one silver, my big team competed at Oxford Power Sport (5 gold, 2 bronze and 1 silver medals), the Southern Masters with 3 Master lifters (one gold and one bronze medal) and Maidstone Youth Competition with 6 kids and under 15 lifters.
- We ran a first Aid course and BWL level 1 coaching course at our club and we now have 7 qualified first aiders and 7 new level 1 coaches. At the beginning of October, we sent 4 level 1 coaches to Brunel University for the official level 2 coaching course and we are proud to announce that we now have 4 qualified level 2 coaches (Kerensky coaching SFTF Kids and Alistair coaching SFTF Masters, Louise coaching at UCL University and Kian coaching at Brunel University). Three of our female lifters attended the Technical Officials course at Crystal palace and are we now have 3 qualified referees in our club. This will help us to run the Phoenix cup nice and smoothly without relying on outside help which is very hard to get since 2014. Overall, we now have our own referees, coaches and qualified first aiders with safeguarding certificates.
- I think we have covered every corner of what a club/ regional organiser and NGB needs to do for their people:
 1. Coaching and training kids, youths, juniors, seniors and masters.
 2. Organise and run courses that will help to develop our members into new coaches and officials.
 3. Run competitions for all ages and send teams to local club, regional, and international competitions.
- I have also created my own CPD official Weightlifting Competition course with the help of Kristian and Evelina and would like to say a big thank you to them here. The reason I designed this course was for our new coaches to learn coaching easily instead of reading books and using online education because they do not have the chance to learn how to prepare their lifters to compete and that's the missing link. I hope I can have better support from the weightlifting family in London and BWL to show how helpful this course can be.
- I was honoured to win the coach of the year award at the Ealing Sports Awards.

We are continuously improving our service year by year. In October 2017, we created our SFTF app in iOS and google app. Now our members can book, register and contact us through this application. Also we developed our own scoreboard which work on the 6 screens to duplicate 3 different screens. Thanks to Andy Rodziewicz for give his 3 months time.

Also thanks to Louise Blare for new stage banner, t-shirts & bags design, great job

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I believe the deadline for any British championship is usually one month before that competition.

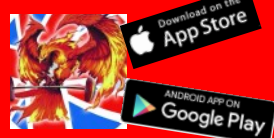
The English championship is on the 20th & 21st of January and the deadline was moved to 8th December. This was 2 weeks earlier than the normal deadline and exactly before the Phoenix cup on the 10th Dec, what a coincidence! Due to uncertainty of whether the Phoenix competition was a qualifying competition, one university who has supported this competition since 2015 pulled out. I just want to clear up that I have registered Phoenix with UKAD through the BWL competition officer and I informed them 3 months before to make sure I run official competition. Unfortunately, we did not receive a response from the BWL office to confirm this matter which resulted in competitors losing the opportunity to participate in this competition. This year we will be taking the necessary precaution to prevent this.

And my last point is regarding schools; in my opinion schools should be the most important target for any NGB. My success from 2012-2014 was because I have travelled to 28 schools and after teaching more than 1300 kids, I found 55 people who were physically the best for this sport (but some not mentally). My team became British youth, U18, university, junior and senior champions for 3 years, but after BWL stopped supporting me, I stopped going to schools, developing coaches and teaching kids.

Now we run a kid's session at our club but what is the point if BWL do not have any plans and competitions for U13 in 2018!! This is a great shame.

Plan for this year

Competition	Dates	Comments
British Masters Championships	3-4/03/2018	Nasrin and Nicky will be competing.
Club competition	31 st of March	Harrow school or Punjabi community centre
British University & College Championships	21-22/04/2018	Louise, Max B, Debbie, Kerensky and Kian to compete.
London Series 2	28/04/2018	Crystal palace
15 th International Women Weightlifting Grand Pix	10-13/05/2018	Kerensky, Nasrin, Nicky, Vindhya, Evelyn and Seesy.
Competition in France	TBC	Men only comp.
London Youth Games	01/07/2018	3 members from SFTF and Harrow School to compete.
British Weightlifting Championships	7-8/07/2018	To be confirmed who will compete.
London Series 4	04/08/2018	Crystal Palace
British Junior (U23/U20) Championships	15-16/09/2018	To be confirmed who will compete.
4 th Phoenix International Competition	21 st October	Competition to be moved to Oct.
Xmas Bash	11/12/2018	Crystal Palace



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