

Stars For The Future Newsletter



August 2014

6th Annual Club Summer Competition (9th August 2014)

It was a registered BWL competition, which was made official as of the 7th by the BWL competition officer.

In summary, 13 male and 12 female lifters competed.

The biggest achievement of the competition was **Adam Mattiussi's** (Hounslow coach) total score of 291, consisting of successful 130kg snatch and 161kg clean and jerk. That qualified Adam for the European U23 Championships. On top of that, he became the best male U23 lifter of that competition.

Louis Hampton (Ealing) broke another 3 British records in both snatch and clean and jerk, with 100kg snatch and 121kg clean and jerk. At that time Louis came back from his time off due to an injury. He also became the best male U18 lifter.

Se Gavin (Harrow) snatched 86kg and established another U15 British record.

Simran Brar did 45kg snatch and 55kg clean and jerk, and became the best male lifter under 13.

Shila Panjavi (Ealing coach) snatched 65kg and clean and jerked 90kg, achieving her new PB in 58kg. She became the best female U23 lifter.

Shonagh Woodburn-Hall (Hounslow) also achieved good result after 10 months of absence. She broke her personal record by 5kg, with 54kg snatch and 70kg clean and jerk.

Tia Gayle (Ealing), only 11 years old, had another personal best with the best technique. She lifted 40kg in snatch and 50kg clean and jerk. In addition, she became the best female lifter U13.

The organization of the competition

As always SFTF has shown their community spirit and joined forces to organize this event by themselves. Steve Cannon and Shila helped with running the competition as the MCs and referees. Steve also took care of the records. Gurdeep Paul took up an important role of a Marshal due to his back injury. Kian and Dean as IT stuff took care of the software and organization of the results recordings. Nam, Adam, Luis, Jaspreet and Stuart not only took up refereeing but also coached other competitors.

The event could take place due to the Street Games and Feltham Community college, which provided SFTF with a discount for the venue at which competition took place.



Big achievement of this Newsletter



Adam Mattiussi

Hounslow Coach

Snatch: 130kg

Clean & Jerk: 161kg

Total: 291

Qualified for the European U23 Championships

Stars For The Future Newsletter



August 2014

London & South East squad at st Mary's university (31st August 2014)



September 2014

7th Girls Only Club Competition (27th September 2014)

On this sunny day, 18 female lifters from 5 boroughs of London competed at Gurnell community centre. The best lifters of the competition were: Tia Gayle (4th place), Sophiya Rana (3rd place), Sorcha Gavin (2nd place) and Shonagh Woodburn-Hall (1st place) with the highest Sinclair points.

Thanks to the Sportivate funding the beginner lifters who participated in the competition could get trained. Ealing Councillor Lynne Murray and Councillor David Rodgers supported lifters by presenting the awards.

14 lifters invited and 8 lifters are from SFTF (57%)



Record Holders of this Newsletter



Se Gavin

Snatch: 95kg

Clean & Jerk: 115kg

Total: 210kg

New British record holder for U15 & U16

Stars For The Future Newsletter



British U18 Championships 2014

Stars for the Future became British U18 Champions for the third time in a row, following the successes from 2012 (with 9 lifters) and 2013 (with 9 lifters). This time 10 lifters competed and took back 4 gold, 4 silver and 2 bronze medals!

Dean Bakasa in 62kg group won Gold medal and became British U18 champion with 73kg snatch and 95kg clean and jerk.

Louis Hampton-Jones in 69kg group also won Gold medal and became British champion with 101kg snatch and 120kg clean and jerk.

Kian Panjavi also in 69kg group, took Silver medal after he snatched 90kg and clean and jerked 110kg.

Se Gavin in 94kg group saved his Silver medal with 85kg snatch and 115kg clean and jerk. He also became the British U18 Champion.

Sorcha Gavin in 53kg group, won her Gold medal.

Sophiya Rana in 63kg group, won Bronze medal with her 40kg snatch and 58 clean and jerk.

Shonagh Woodburn-Hall in 63kg group, became a new British U15 champion with 56kg snatch and 67kg clean and jerk.

Deborah, unexpectedly had to be moved to 75kg group. Therefore, she took Silver medal after she snatched 42kg and clean and jerked 52kg. Alysia and Rosie had another battle and this time Alysia won by 50kg snatch and 60kg clean and jerk to receive Silver medal. Rosie took Bronze medal



October 2014

ZKC Email International Club Tournament 2014

Between 64 international clubs, Stars For The Future representing Great Britain won the 2nd place in Female category and the 4th place in Male category. The results of the clubs were counted from June 2013 up to February (British Championships) 2014. Among 115 female lifters and 367 male lifters, Noorin Gulam and Adam Mattiussi both took Bronze medals.



Record Holders of this Newsletter



Louis Hampton-Jones

Snatch: 100kg

Clean & Jerk: 121kg

Total: 221kg

Broke 3 British Records
Best Male U18 Lifter
At Annual Club Summer
Competition

Stars For The Future Newsletter



November 2014

Woking Regional Competition

In total, 8 lifters of Stars for the Future competed. Nam Ahmadi became the best lifter with 100 snatch and 133 clean and jerk. Stuart with his 117kg snatch and 137 clean and jerk became the second best lifter. Kian respectively took third place with 95kg snatch and 116 clean and jerk, which qualified him for the European Youth and Commonwealth Youth Championships with just 800g extra weight. Ladies also did great job with Noorin (62 snatch and 77 C&J), Sophiya (45kg snatch and 57 C&J), Deborah (45kg snatch and 57kg C&J), Melissa (43 snatch and 55kg C&J), Naz (42kg snatch and her new PB in C&J 60kg).



We've joined forces with Harrow Strength and Conditioning!

We are now partnering with conditioning/rehab team that will help our lifters to become better and stronger, not only in case of injuries. With professional advice and programmes on conditioning and nutrition from the Harrow team, we will be even better!

Huge thanks to Adam Fedorciow, Robert Walsh and Andrew Haston (All pictured in the photo below).



Decemeber 2014

The 2014 Best male & female lifters for SFTF.

Noorin Gulam with 5 national & international medals.

Louis Hampton with 4 national medals and 5 new British record u18 in 2014 and 5 for u17 at 2013.

And both are part of the Olympic development squad.



Stars For The Future Newsletter

December 2014

Phoenix Open Competition

Overall, 35 lifters from 7 different teams lifted at Middlesex University. It was one of the most beautiful events we have ever seen to let us show our talent and teamwork, passion, loyalty and sport personality.

We started at 8am with the weigh-in and started 10 o'clock sharp with the first group Under 23 B which had 10 lifters. At 12 o'clock was group 2 was all of the girls U23 and U17 with 12 lifters and 2 missing girls. At 2 o'clock was group 3, the youth boys and the last group, Males Under 23 A with 9 lifters and we finished at 5 pm sharp, right on schedule.

One of the best results we can get off this competition is 9 British Under 16 records being broken by Se Gavin (90+95 snatch, 115 clean and jerk and 210 total) in the 94+ and Kian Panjavi in 69kg category with 97+99 snatch, 121 clean and jerk and 211+220 total which helped him to hit the qualifying total for the European Youth and Commonwealth Youth Games.

In the girls group, Noorin Gulam she showed her best improvement of the year with 63 snatch and 84 clean and jerk which lead her to the Olympic Development Squad for 2015 and also became the best Female Lifter of the competition. Naz, Melissa and Adam Federciow also qualified for the English Championships in February.



We have two team from now on to compete at the future competitions.

Stars for the future team who are in the U23 national level or below and Phoenix team who are qualifying for Seniors, International level, national record holders



and best technical lifters. Phoenix team become first, Middlesex university second, Stars for the future team third, Brunel 4th, Bournemouth 5th



Thanks for our sponsors, who helped us to run this competitions as almost as perfect as international level.



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Former Olympian & National Record Holder
Head coach of Stars For The Future
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Stars For The Future Newsletter



2014 ACHIEVEMENTS

In 2013 we become best team of the year because :

- we were competed at all 2013 national competitions.
- Run competitions (beginners, women, and regular club competitions)
- Few national records.

This year (2014) we made sure to can keep this title again:

- 1 We competed at **17 competitions**, our head coach walked out 960 times to platform to bring 160 lifters to performs and achieved 50 medals total.
- 2 Achieved **club mark** (second club at London).
- 3 Become **British champion school & youth**
- 4 Become **British champion u18**
- 5 **British senior champion** with very young team.
- 6 **Won gold and silver at London youth games.**
- 7 Sent our girls to the **Women grand prix to Germany.**
- 8 Sent our boys to the **France international tournament**
- 9 Run **competitions for girls, novice, students, club** and tried to have open international competitions.
10. Developed a **new website, active Facebook and twitter**, covering every news to **local newspapers**, making **video clips** for every single competition
- 11 Brought **Olympic Weightlifting sport to 10 schools** and have been teaching **245 new students** , girls at west London again.
- 12 Sent **9 lifters to the regional squad, national squad and international competitions** which we believed we have the most talented lifters at the national level to be part of talent squad.



Stars For The Future Newsletter



Last words from Head Coach

Last year I informed everyone that I will stop coaching at schools. These days, I have been asked a lot "How come you are still coaching at schools when in the newspapers you said you were quitting?" So, here is the reason why. Last year when I applied for female Sportivate funding I had 9 level 2 and level 1 coaches, who were a part of the plan to deliver this project (without myself included). Noorin and Nam for Hillingdon, Shila, Jaspreet and Louis for Ealing, Adam Mattiussi and Stuart for Hounslow and Edi and Kaline for Harrow. That's why I applied for 15 blocks (each block 8 sessions) in 3 different boroughs. This was approved last summer by London Sport.

However, the plan didn't work to what we expected to. Noorin, Louis and Jaspreet moved to universities outside of London; Edi, Kaline, Adam and Shila didn't want to continue coaching. Nam became busy with his studies and the only option left was me and Stuart, so as my personality is, I didn't take no for an answer. I decided to take the challenge and prove to some people who were waiting for my failure that they are wrong again.

I had to change my decision temporarily to finish this Sportivate project. Make a new plan and approach a lot of schools by letters, emails, phone calls and meetings. That took a lot of hard work to convince these schools to let weightlifting to be taught to girls. One of the hardest challenges for coaches in this country is to make weightlifting an acceptable form of sport activity in the schools. For an unknown reason schools like to hold back weightlifting to come to their schools.

However, we did it. We involved 10 schools with 15 blocks in 3 boroughs. 245 students were involved in the weightlifting sport again. That has been my hardest challenge in my whole career – to make this project happen. With the help of Stuart it's a big development, talent identification, and professional work with a good result, getting 10% to 15% from all of these children to compete in the club competition. From the people in the competition 4 help them to qualified for the British Championships.

It might look simple but just to run this simple competition, to bring these students under one roof, it took a lot of effort from my team and from my family to make it almost perfect. With this help we encourage these young kids to perform and shine on the first platform they have lifted on. They learn the rules, gain experience and become confident people for their new challenge.

This project will be finished in the middle of March and I will put to an end of working with schools. I'd like wait to see who will do the next big delivery of bringing weightlifting to schools after what we achieved. We still need to do a lot of reports for the Sportivate online panel and report to schools and accounting, which is extra work. Despite all this, I am a proud yet tired coach who proved to himself that he can do anything if he puts his mind into it.

This is the part of coach in beginners, but in regional level I provide 9 lifters to the regional squad; 50 national level medals in 2014 and I walked to the regional & national competition 990 times to see the success of my lifters personally, not for BWL or L&SE.

I care about this sport more then some get paid people because it is not only MY SPORT, but it is MY Love which I spend 30 years of my life to be the person that I am.

I have few questions in my head which can not find any reasonable answers:

Why BWL didn't run any interview panel for new national coaches?

Why team results, coaching experiences and producing talented lifters is not counting to select the new national coaches?

Regards,

Kazem Panjavi



Kazem Panjavi

Head Coach

Stars For The Future

Olympian

National Coach