

# STARS FOR THE FUTURE

APRIL—JULY 2015

**NEWSLETTER**

**BRITISH SENIOR  
CHAMPIONSHIPS**

.....  
**LONDON YOUTH  
GAMES**

.....  
**FRANCE, LILLE 20TH  
MÉMORIAL COMINES**

.....  
**BRITISH YOUTH  
CHAMPIONSHIPS**

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**EUROPEAN YOUTH  
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**BRITISH JUNIOR  
CHAMPIONSHIPS**



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# STARS FOR THE FUTURE NEWSLETTER



## British Youth Championships (2<sup>nd</sup> May)

*3 golden champions from Stars For The Future and 2 new youth GB team athletes to compete at the European youth (Sweden 5th Aug 2015 & Commonwealth youth games on 8th Sep 2015 at Samoa)*

Kian did 98kg snatch and 122kg clean & Jerk which is a personal best and he achieved 9kg more to qualify for European youth and Commonwealth Youth Games.

Alysia Ekpiken became British youth champion. She missed 67kg in snatch which could have been a British youth record for 69+. She had a PB of 73kg clean jerk.

Third gold medal for Stars for the Future went to Rosie Hardie with 65kg snatch and 77kg Clean & Jerk and also she qualified for European youth and Commonwealth Youth Games.

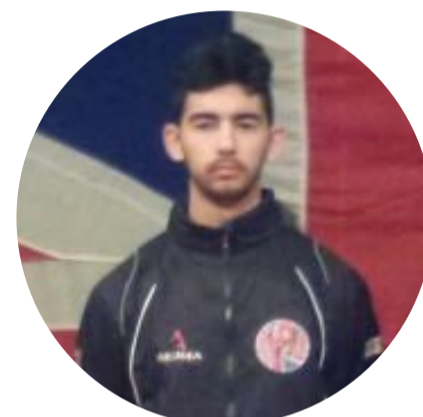
And last but not least, Kian Panjavi & Rebekah Tyler have both become the best 2015 youth lifters.

Thanks for Steve Cannon our club President for accompanying us and also thanks to British Weightlifting for running the national championships smoothly with no issues.

Unfortunately, Rosie Hardie recently decided to leave Stars For The Future after having been trained and developed into an international level weightlifter by head coach Kazem Panjavi.



Big achievement  
of this Newsletter



Kian Panjavi  
Weightlifter

Snatch: 103kg

Clean & Jerk: 122kg

Total: 225kg

Kian dominated this season in multiple ways. He set his new personal best records hitting 103kg snatch and 122kg clean and jerk. On top of that he qualified for Commonwealth Youth Games and European Youth Championships with total of 9kg more than qualifying total. Well done Kian!

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## Lille 20th Mémorial Comines (27th June)

International Tournament in France – Lille 20th Mémorial COMINES  
 Kian did 102kg snatch (personal best) + 120 kg (missed 123kg) and became 5th in his group being the youngest. Deborah in 69kg did easy 56kg and get red in 60kg! and 70kg clean and Jerk but missed 75kg jerk and missed 5th place between all the girls. She became 9th.

Adam joined the 300kg club with an easy 130 snatch and 170 clean & jerk and took 6th place between all 45 lifters.

Steve Cannon was a referee and a part of the technical group 10 countries competed and as we had only 3 lifters we become 9th. if we had our lifters who competed at British seniors at the same time, we could have taken first place. good experience for all of us and we will use it for next year.

10 countries competed and as we had only 3 lifters we become 9th. If we had our lifters who competed at British seniors at the same time, we could have taken first place. Good experience for all of us and we will use it for next year.



Adam Fedorciow



Deborah Alawode



Kian Panjavi

# STARS FOR THE FUTURE NEWSLETTER



## London Youth Games (5<sup>th</sup> July)

Here we are again with Stars for the Future coming to the London Youth Games 2015 with 4 boroughs and a much better result than last. Hillingdon and Ealing shared first place like 2013 but with different lifters.

### Ealing

Kian Panjavi from Ealing came out with 103kg snatch which was the heaviest successful snatch and 120kg clean and jerk which is a personal best in snatch and total and became the best lifter of the competition as same as in the British Youth Championships. He took the gold medal in the boy's category.

Deborah Alawode also from Ealing came with a 7kg personal best with 62kg in the snatch and 77kg in the clean and jerk. She lifted 13kg more than she did last Saturday in the competition in France which is a great result in a week's time. She took a bronze medal in the girl's category.

We had a reserve for Ealing with Yousef and Beatrice but they watched and helped out in the competition while sharing the Gold medal glory with the Ealing team.

### Hillingdon

Sorcha Gavin from Hillingdon was able to take second place in the girls group with a great performance with training only twice a month. She almost lifted her body weight snatch and 52kg and clean and jerked 64kg.

Her younger brother Se Gavin also from Hillingdon did 100kg in the Snatch and in the clean and jerk had a strong performance and had the last lift of the whole competition with 135kg which made him the strongest lifter and unofficially broke the under 16 British Record as London Youth Games competition does not get registered with BWL.

Jayani Samarakoon (14 years old) as a reserve had a personal best with 25kg in the Snatch and 35kg in the clean and jerk.

Big achievement of  
this Newsletter



Se Gavin

Ealing Weightlifter

Snatch: 102kg

Clean & Jerk: 141kg

Total: 243kg

During British Junior Championships Se broke another U16 British record and set another personal best with his 141kg clean and jerk, which is 6kg more than during previous competition at London Youth Games. Se also broke his personal best with a total of 243kg, which is plus 16kg.

Congratulations Se!



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## London Youth Games (5<sup>th</sup> July)

### Harrow

The female lifter for Harrow didn't turn up so Simran Brar had to compete without a partner and took 8<sup>th</sup> place out of all the boys with his personal best of 57kg in the Snatch and 75kg in the clean and jerk. He has just turned 14 years old.

### Hounslow

Matt Fan our new lifter with only 4 sessions of training achieved his personal bests of 60kg Snatch and 75kg clean and jerk and took 10<sup>th</sup> place out of all the boys. Unluckily he lost 4<sup>th</sup> place for the Hounslow team as his partner Alysia Ekpiken bombed out on 70kg clean and jerk.

Alysia could have taken 6<sup>th</sup> place out of all of the girls if she added 70kg clean and jerk to her 60kg Snatch.

Zoe Fletcher, (14 years old) the reserve lifter for Hounslow showed her great potential as a future representative for Hounslow in the London Youth Games 2016 with a very nice technique. She lifted 30kg snatch and 35kg clean.

Zoe and Matt both from Hounslow out of the 9 people from Stars for the Future that competed had 6/6 successful lifts.



## Big achievement of this Newsletter



Deborah Alawode

Ealing Weightlifter

Snatch: 62kg

Clean & Jerk: 77kg

Total: 139kg

During London Youth Games Debbie achieved 7kg personal best with 62kg in the snatch and 77kg in the clean and jerk. She lifted 13kg more than she did the previous week at the competition in France, which is a fantastic result in a week's time!!

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## British Senior Championships (10<sup>th</sup> July)

Complete set of medals for Stars For The Future at Coventry  
British Senior Championships 2015.



### Shila Panjavi - Gold Medal

New British Champion 2015, from the Panjavi family again. Shila with a new PB, 67+89 and missed 92 clean and jerk she become second on 2013 & 2014 but tis time she completed her golds from U13 up to the Senior level.



### Noorin Gulam - Silver medal

Joe got revenge against Noorin, she did 65 and unluckily dropped 69, managed to do 80 clean and jerk with an injured knee. Noorin took gold medal at last year senior a d this year English championship



### Louis Hampton - Bronze medal

Great performance from Louis and received a bronze medal with 67kg body weight. He did 110kg snatch and missed 112 kg. He then broke a clean and jerk PB of 135kg, which led him to qualify for the European Juniors!



Thanks to Stu Martin for helping and coaching Shila a Noorin.

Fantastic job!!!

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## European Youth Championships (6<sup>th</sup> August)

Kian Panjavi as the only representative of Stars for the Future came out 15th in 77kg category, U17. He fought bravely, but missed snatch of 100kg twice and 121kg clean and jerk to leave him with a total of 213kg. He ended up doing 95kg snatch and 118kg clean and jerk.

We all know this is below Kian's potential and wish him all the best during the Commonwealth Games later this year!





## STARS FOR THE FUTURE NEWSLETTER



### British Junior Championships (15<sup>th</sup> August)

British junior and u23 championship at Crystal palace with 70 lifters.

Out of 7 registered lifters, 4 made it to the platform.

Noorin Gulam (53kg junior) lifted 65kg snatch + 82kg clean and jerk and missed the European junior qualifying total by dropping 68kg snatch and 87kg clean and jerk, but she still got an easy first place.

Louis Hampton Jones (69kg junior) got a PB snatch of 111kg snatch and lifted 130kg clean and jerk, awarding him the gold medal, but missing 140kg clean and jerk twice caused him to lose his ticket to go to European juniors.

We moved Deborah Alawode to 75kg category after a 3 week long holiday without training, but she came in weighing 68.2kg. Despite the lack of training, she got an easy gold by lifting an easy 60kg snatch and 65kg in clean and jerk, and missing 75 kg jerk.

Se Gavin gave a great fight in the 105kg category with Joshua, but unfortunately the gold medal slipped through his fingers by only 1 kg. Se broke the BRITISH national record for u16 seven times. He lifted 102 snatch + 110 clean and jerk, and dropped 112kg in the snatch, which is 10kg more than his best at London Youth Games, and in the clean and jerk he lifted 130+136+141 with another 6 kg PB in clean and jerk and 16kg PB total.

Kian Panjavi was sick just before the competition started so was withdrawn.

Sorcha was ill and couldn't make it and Alysia didn't turn up. Consequently we lost the British junior title for 2015.

*Let's hope next year we have enough fighters in our team to claim the title again.*



# KIAN PANJAVI

Kian Panjavi has been training Olympic Weightlifting since he was a child. He's been trained by Kazem Panjavi, world-class weightlifter, his coach and his father. This year Kian is finally showing his true potential.

At 2015 British Youth Championships Kian qualified for both Commonwealth Youth Games and European Youth Championships.



Recently you have competed at British Youth Championships, International competition in Lille, France and London Youth Games. That's a lot of hard work put into training. How does your body compromise with that? Is there anything special you do during such intensive periods of training?

My body to be honest does not cope well in training but in competition my mind is always prepared and am always in shape to compete well in competitions. In training it is very difficult as training is really intense so my rate of production decreases and so caused my session to be lacking.

Ways to overcome this problem is for my dad/coach to give me a

massage which hurts a lot but does work to allow me to train better in upcoming sessions.

You've been lifting since you were a child. What is your favourite aspect of Olympic Weightlifting that makes you so passionate about the sport?

My favourite aspect of weightlifting that makes me passionate about this sport is going to competitions and showing off how I do and show my technique which has taken 10 years to perfect but it is all worth it and now I am the best youth lifter of the whole of Great Britain 2015.

Are there any other sports or physical activities that you admire or enjoy doing?

# KIAN PANJAVI

To be honest I hardly have time for even studying so I definitely cannot bring another sport in but it is really encouraged to be doing a second sport with weightlifting. I used to gymnastics, karate, taekwondo and judo when I was younger but time management is a problem.

You've recently broke another personal best with your 103kg snatch. How does it feel to break another major record? Also, what do you think will be your next PB?

It feels great to be breaking my PB as it shows that I am progressing well in my training. Hopefully my next PB will be in the European Youth Championships where I will go for 105kg snatch and that would be a lifetime PB and to break it at such a big competition would be great.

Lastly, you qualified for the Commonwealth Youth Games and European Youth Championships. What place do you predict to take at those competitions?

To be honest, competition is tough in Europe as there are so many high class lifters that are miles ahead of me 223kg. such as the youth Latvian weightlifter who is 69kg and has a total of more than 290kg where as mine is only 223kg.

I guess that as I will be competing in the 77kg category I would get 13th place which is not good but at least I have an experiment of the biggest competition I would be in before the Commonwealth Youth Games. In this competition I will be competing in the 69kg category and hopefully if the competition isn't too tough and my training goes well over the next couple of weeks I just might be able to be a medallist.

What advice would you give to beginners to Olympic Weightlifting? Could you outline the most important things for successful training?

Advice that I would give to beginners in Olympic Weightlifting is that you must show dedication to the sport and not fool about in sessions. Whatever the coach tells you to do is for your own benefit and does not help him at all so if you don't listen to him then you are only cheating yourself. Do not over train as that could possibly lead to injury which is something you definitely do not want if you are at a very high level. The most important thing for successful training is to follow your programme and listen to the coach.

January - March 2015



# Training Camp with Kazakhstan National Team

To prepare Kian for Commonwealth Youth Games, find training partner for Adam and provide more experience with elite lifters, we set up a camp with a Kazakhstan national team from 19th to 27th August.

Kian and Adam are training with some of the best lifters all over the world, including for example Maiya Maneza, 63kg category 2012 Olympic gold medalist and record holder.





# COACH'S COMMENTARY

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**The period between May and July has been busy with much success for Stars for the Future**

## **Competitions**

**British Youth** Kian Panjavi, Rosie Hardie and Alysia Ekpiken all won gold medals in their respective bodyweight categories. Kian and Rosie qualified for the European Youth Championships and Commonwealth Youth Games.

**LYG Qual** The Club held a competition at Harrow School in order to select the weightlifting team for the Boroughs of Ealing, Hillingdon, Hounslow and Harrow.

**Lille, France** Stars for the Future took a three member team to the Lille 20th Memorial Comines 2015. The team Deborah Alawode, Kian Panjavi and Adam Fedorciow set new personal records during the competition.

**British Seniors** Shila Panjavi won gold, Noorin won silver and Louis Hampton Jones won bronze in their respective categories.

**London Youth Games** Stars for the Future represented four boroughs. The winning teams were Ealing and Hillingdon. Kian Panjavi was the best male lifter, whilst Deborah Alawode won second place in the women's category.

**European U17** Kian Panjavi competed below par with a total of 213 and gained 15th place.

**British Juniors** Noorin Gulam, Louis Hampton Jones and Deborah Alawode all won gold medals. Se Gavin won silver in a close fought battle and set 7 new British U16 records.

**Kazakhstan camp** To prepare Kian for Commonwealth Youth Games, find training partner for Adam and provide more experience with elite lifters, we set up a camp with a Kazakhstan national team from 19th to 27th August. Kazem will take the team.

## **Perivale Athletic Track**

Over the last several months the Club Management Committee has been seeking new premises for Stars for the Future. With the assistance of Ealing Borough Council, a venue at the Perivale Athletic Track has been identified and your key officers have been hold negotiations with Ealing Council and Everyone Active (the operating company at the site) in order to occupy the new premises and start the modifications. This will be a great opportunity for the club with its own premises to build on its success with its current team of lifters and attract new members. We appreciate the assistance of London Heathrow who provided a club with a grant to assist the development of its new premises.

## **A New Approach**

With the new premises at Perivale, it is time to develop a strategy for the club. Many businesses and particularly sports clubs (in our case) have road map which describe what we do and why we do it. It allows members to focus on their sport to gain success at their level.



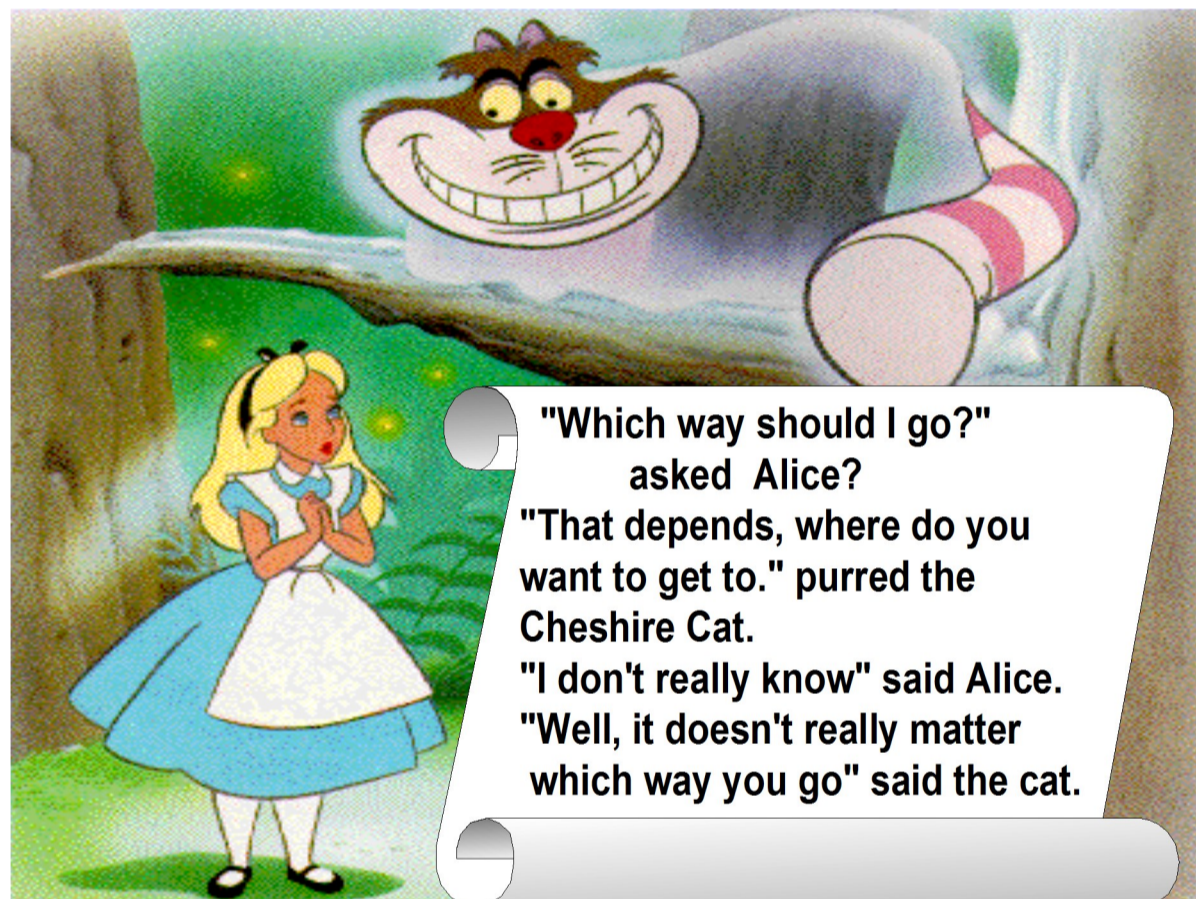
## Stars for the Future Mission Statement

*"We aim equally to foster competitive achievement in lifting and to promote the opportunity for all to enjoy the wider benefits of using weights, in a drug-free environment.*

*We seek to support all lifters in their competitive ambitions, in age, gender, disability or other groups, and to maximize success in international competitions.*

*We seek to support all who wish to use weights for fitness, strength and sports performance, through promoting safe weight training practices and standards."*

Why do we need a Mission Statement? Well consider the picture below which is capture from the Walt Disney film "Alice in Wonderland".



As mentioned at the start of this newsletter, the club has had considerable success so far this year. This has been achievable by members who are focussed and were determined to train hard and win medals for themselves and the club. Each lifter followed a training programme based on goal setting, and periodization using a scientific approach. Going forward we shall identify our most important competitions and prioritise. We shall then help and assist those lifers who are committed to success to prepare for these competition. It will not be easy. The journey to success is never simple and progressive, it is often undulating with good performances and not so good or poor performances. Kian Panjavi had a bad day at the European Youth Championships, and we have reviewed the performances to understand the cause of the result and will endeavour to put it right for the next competitions in the future.



## Club Rules

I understand that you do not like rules, but rules are needed to ensure we follow the road map and success. Rules are also necessary to create fair play and develop harmony within the club. The Chairman and myself have developed a set of rules which will be expanded when the Club meets in its new premises. Rules are not just for lifters, there are rules in place for Club Officials, Technical Officials and Coaches.

## Volunteers

As I mentioned before, small clubs cannot make any money from weightlifting, but still they have a lot of volunteers who help them with the coaching, referees, officials who help run the competitions.

These people give their heart to this sport because they love it and don't do it for the money. But if we think for one minute, what do they get in the end of it? After a year of successful competitions, teaching more and more people weightlifting, creating good publicity inside schools and get more schools involved and participating in weightlifting. They get nothing. The best example is myself. I don't want to go to any more schools. I know we are going to have less youth involved in the sport in 2016, but who cares?

It didn't help me at any point with some bad experiences in the British school championships 2014/2015. What's the point in bringing a big team when there is no team awards? Or giving the coach some credit for bringing talent numbers to the competition. Creating talented lifters for the talent squads and regional squads. Creating lots of British champions for all the levels and feed the GB team every year in the youth and junior level. But I didn't even get a chance to apply for the 2015 commonwealth youth coach, when 2/4 of the lifters who qualified are trained by me, but no one cares about the 100's hours of coaching that been put into these lifters by their coaches. Coaches that have taught them the best technique and best behaviour.

Last month I closed three out of my five clubs (Crossfit Ivy, Hayes cricket club and Gurnell grove community centre) just because I don't see any point in travelling every day between clubs and spending lots of Time encouraging kids to take part.

What about the people who don't get paid but spend and work even more than other people who do get paid?



## Business in the sport

Sports like football, rugby, tennis and golf clubs can make a lot of money when they become part of the top league tournaments, regional and national level. They get the opportunity to be on TV, newspapers and get a lot of support from the NGB. And all of this brings good publicity for the sport, for the people who help the clubs, development of athletes, coaches, referees and competitions.

But poor weightlifting community. Lots of old clubs in London have closed, lots of good knowledge and brain in this sport has left, given up or stopped caring.

Business has become priority now for most clubs. By mixing Crossfit within the weightlifting clubs, running expensive courses without any supervision from regional and NGBs. Now the name and marketing has become more important than quality.

The strong male lifters in in this country have no chance for any funding. But lot of money is spent on unnecessary squads and extra people who don't need to be there. But our female lifters still have to pay for their own travel expenses to go to the squads. They invite young people to the squads and don't even help them for their travel or food. But those who help run the camps get paid for their time, travel and food. I'm not saying they shouldn't get paid. But what I'm asking what is the main reason for these camps?

The weightlifters?!

Business is the number one priority now for our NGB and clubs are in the bottom of this list.

Lifters who want take up this sport but have no place to go as more and more clubs are taking on Crossfit style sessions and charge them the same amount as Crossfit clubs, which is not right especially for these young people. Good publicity is about doing good work for the community.

*Remember: Being a champion is easy but without a humble heart and a sense of humor nobody will remember you after you retire.*



# SPONSOR OUR ATHLETES

If you would like to sponsor our athletes please contact

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