

# STARS FOR THE FUTURE

JANUARY - MARCH 2015

NEWSLETTER

HUGE THANKS TO  
HEATHROW  
COMMUNITY FUND



BRITISH STUDENTS  
CHAMPIONSHIPS 2015



SFTF ANNOUNCED  
DEVELOPMENT  
TEAM 2014



ENGLISH  
CHAMPIONSHIPS 2015



# C O N T E N T S

JANUARY - MARCH 2015

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## Heathrow Community Fund



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Development Team 2014



# STARS FOR THE FUTURE NEWSLETTER



**January 2015**

## London Novice Lifters competition at Crystal Palace

**(24<sup>th</sup> January 2015)**

We couldn't have seen better results from Alysia Ekpiken and Rosie Hardie at this competition. Alysia qualified for English Championships with a new personal record.

She had a very good day and showed us some great lifts with 57kg power snatch and 70kg power clean&jerk. This means 11kg personal record for Alysia, with every lift being successful!

Our new lifter at Stars for the Future, Rosie Hardie (in the picture above) also qualified for English Championships with a personal record of 6kg and won gold in girls group. She did 55kg snatch and 68kg clean & jerk with just 61kg bodyweight.



## Big achievement of this Newsletter



**Rosie Hardie**

**Weightlifter**

**Snatch: 63kg**

**Clean & Jerk: 80kg**

**Total: 143kg**

Rosie is our best improved weightlifter of spring. In the end of 2014 Rosie did 52kg snatch and 63kg clean & jerk. In 4 months she hit 63kg snatch (11kg difference) and 80kg clean&jerk (17kg difference)! This is a qualifying total for European Youth Championships and Youth Commonwealth Games. Congratulations to Rosie!

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## January 2015

### Hillingdon Sports Awards (29th January 2015)

Noorin Gulam has been awarded a prize for athlete of the year with £2000 award and a big cheque.

Gurdeep Paul and Noorin Gulam both received award for the 2014 London Youth Game Champions.

Unfortunately Nam Ahmadi still hospitalized, couldn't make it to the event there to share this wonderful moment of achievement.

Weightlifting in Hillingdon has been becoming stronger and stronger. In the past 3 months we taught weightlifting to 50 girls in Hillingdon.



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## SFTF Club Meeting and Social Event party

30th January 2015

After good training session with Stars for the Future members, we held our Club meeting. We welcomed new members of the committee, Paul, Karolina and Michal. We also welcomed our official president Steve Cannon.

After the fruitful meeting, it was the time to celebrate a successful year for Stars for the Future year 2014.

We enjoyed delicious Persian & Kurdish food, whilst listening to music, chatting and enjoying each other's company.

Thanks to Nasrin, Kazem's wife for all her hard work and her cooking to make this event happen!

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## February 2015

### West London School Competition at Green School

(6<sup>th</sup> February 2015)

Thirty lifters from ten schools competed during West London School Competition. There were 17 girls and 13 boys. Ten lifters were able to qualify for the British School Championships 2015.

In general, we saw performance from very new lifters (91% of all of them).



In the top pictures, Zoe Fletcher (left) and Simran Brar (right) of Stars For the Future. In the bottom picture, all participants of the West London Schools Competition 2015.

## Big achievement of this Newsletter



Simran Brar

Whitmore Weightlifter

Snatch: 53kg

Clean & Jerk: 70kg

Total: 123kg

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### February 2015

#### English Championship 2015 (14th—15th February 2015)

This year we had some significant success as a few of our athletes placed highly on a podium.

First of all, **Noorin Gulam** become **English Champion 2015**, claiming gold after she lifted 66kg in snatch and 84kg in clean&jerk.

**Louis Hampton** with his 110kg snatch not only broke his own personal record by 5 kg, but by 125kg clean&jerk he claimed bronze medal.

**Kian Panjavi**, did 98kg snatch and 115kg clean and jerk, qualifying both for Commonwealth Games and European Championships.

Last, but not least we've seen excellent performance from **Adam Fedorciow** (in the picture below), who did 126kg snatch (achieving 6kg personal record!) and 157kg clean&jerk. Adam took Silver medal.

We've also seen strong performance from the rest of the team SFTF athletes, Deborah Alawode (snatch 54kg; clean&jerk 65kg) 4th place, Rosie Hardie (snatch 58kg; clean&jerk 70kg) 7th place, Nazarhia Lomboan (snatch 47kg; clean&jerk 57kg), Sophya Rana (snatch 46kg; clean&jerk 57kg), and Melissa Langley (snatch 48 kg; missed clean&jerk 63 kg).



### Big achievement of this Newsletter



Adam Fedorciow

Harrow School Weightlifter

Snatch: 126kg

Clean & Jerk: 157kg

Total: 283kg

Adam recently took silver medal at English Championships achieving an astonishing total of 283kg. This makes him very close to 300kg total!

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## February 2015

### British Schools and Development Championships

(28th February 2015)

Twelve lifters qualified at West London Schools Competition. Eleven people registered, but two couldn't make it due to various reasons.

We once again overachieved the expectations and brought home 3 Golds, 1 Silver and 3 Bronze Medals.

#### Gold:

**Tia Gayle** (Queensmead) year 7 (45kg snatch + 53kg clean & jerk)

**Sophya Rana** (Lampton) year 11 (43kg snatch + 55kg clean & jerk)

**Se Gavin** from Whitmore easily won with 5 British records u16 and as a strongest boy with 100kg snatch and 115kg clean & jerk.

#### Silver:

**Simran Brar** (Whitmore) year 9 (55kg snatch + 67kg clean & jerk)

#### Bronze:

**Yousif Vasquez** (Cardinal) year 8 (18kg snatch + 25kg clean & jerk)

**Imani Goodison** (Green School) year 9 (23kg snatch + 29kg clean & jerk)

**Jayani Samarakoon** (Barnhill) year 9 (23kg snatch + 30kg clean & jerk)

**Hope Saunders** (Gumley) year 8 (33kg snatch + 41kg clean & jerk)



## Big achievement of this Newsletter



Se Gavin

Harrow Weightlifter

Snatch: 100kg

Clean & Jerk: 115kg

Total: 215kg

Year to date Se Gavin broke 5 British records U16. During British Schools and Development Championships 2015, Se broke another record, won gold medal and became the strongest male lifter of the competition.

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**March 2015**

## Women's competition at Crossfit Ivy (29th March 2015)

22 lifters from 12 schools, unis, clubs and crossfit clubs across London were having a good time in two groups; novice lifters and experienced groups.

In this competition we managed to gather inexperienced lifters from our Sportivate Girls Project in West London after dealing with 240 girls and bringing 11 of them to learn the rules and use the skills they have learnt and attract them to the performance side of weightlifting. Both groups became more confident in the way girls want to be seen. Thanks to Matthew Healy for letting us use this great venue to run our competition.



**BEST LIFTERS**  
**U13: Hope Saunders**  
**U17: Sophiya Rana**  
**U20: Deborah Alawode**  
**Senior: Abigail Felsenstein**



*Thanks to the big team work from our referees who were, Brian Hamil, Denise Ramsey, Jaspreet Paul, Mike Edwards and Nasrin Karimi. The MC, competition recorder and competition technical was Steve Cannon and Kian Panjavi. The coaches were Stuart Diplock, Stu Martin, Adam Chung, Sophiya Rana and Rubi Dhanda.*

*Thanks for Se Gavin, Sorcha Gavin, Mike Edwards and Hope Saunders for loading in the competition. Also big thanks to the competition manager and Head Coach, Kazem Panjavi.*

## Big achievement of this Newsletter



**Deborah Alawode**

**Weightlifter**

**Snatch: 55kg**

**Clean & Jerk: 66kg**

**Total: 121kg**

Deborah came at the 4th place during English Championships 2015, won silver medal during British Students Championships 2015 and recently she became the best female lifter U20 during Female Weightlifting Competition at Crossfit IVY hosted Stars for the Future.

**This competition was supported**

**by:**

**Sportivate**



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## March 2015

### British Students Championships (21st March 2015)

With ten registered lifters, we went home with 4 golds and 2 silvers.

#### GOLD:

- Alysia Ekipken with 58kg snatch and 71kg clean & jerk
- Kian Panjavi with 98 snatch and 116 clean & jerk, and he qualified for the European Youths in August after a long recovery from his illness after the English Championships
- Jaspreet Paul with 70kg snatch and 85kg clean & jerk
- Noorin Gulam with 65kg snatch and 80kg clean & jerk

#### SILVER:

- Deborah Alawode with 55kg snatch and 66kg clean & jerk
- Rosie Hardie with 59kg snatch and 70kg clean & jerk



## Big achievement of this Newsletter



**Kian Panjavi**

**Ealing Weightlifter**

**Snatch: 98kg**

**Clean & Jerk: 116kg**

**Total: 214kg**

This year, during British Students Championships Kian qualified for the European Youth and Commonwealth Games!

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## ANNOUNCEMENT

### Huge thanks to the Heathrow Community Fund!

On April 2013, during the PRO-ACTIVE London Sport and Physical Activity Awards Nomination, Kazem met Mr. Chris Bunting, the Assistant Leisure Director for the London Borough of Ealing, who was happy to see him as the top 3 coaches nominated by West London Pro-Active.

Mr. Bunting showed his interest to help our club to find a permanent home. Since then we have been through a lot of meetings, emails and phone calls in the past two years. After changing a few plans, he managed to setup our new place at Perivale Athletics Track. (at which we already have 2 sessions per week for two and a half hours minimum each session).

This plan wouldn't have worked without the great support from Heathrow Community Fund. On February 2014 we applied for a grant to build up our new and permanent home for the ONLY youth weightlifting club in London. We also plan extend our club to have more sessions for adults and juniors along with women's only session and sessions for people with disabilities.

**Heathrow Community Fund** approved £25000 through its **Communities for Tomorrow** grants programme, encouraged by all of our good result at the schools, London, regional, national & international level. Trustees of HCF were also impressed by how we help the youngest in West London to achieve lot of big goals as champions and at the same time become more disciplined, confident, out of the streets and making their family proud. We are only allowed to use this money to build up the new club gym.

We are so grateful for this support. By changing and making a difference to the weightlifting sport for Ealing, Harrow, Hounslow and Hillingdon and more residents in 2016 we will prove to Ealing council, West London sports and **Heathrow Communities Fund** that we are the right club to invest this support and fund. Our new base will be in the Centre of these four boroughs.

Heathrow Community Fund is an independent grant making charity set up by the owners of Heathrow Airport.

Heathrow Community Fund



everyone  
ACTIVE

PRO-ACTIVE  
WEST LONDON

Perivale Park Athletics Track  
home to

 **Ealing**  
[www.ealing.gov.uk](http://www.ealing.gov.uk)

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## NOORIN GULAM

In January, Noorin has been selected for the Olympic Development squad by BWL and was sent to Barcelona for a training camp with the other top female athletes in the UK.

On 16 th April it was announced that Noorin along with 7 other athletes had been chosen for the next phase of the Golden Chance. Golden Chance is a programme that supports the Olympic Development squad for Tokyo 2020, which guarantees full support in preparation to become a professional full-time athlete.



**Recently you've competed at English Championships and British Students Championships and claimed gold medals at both. This asks for a round of applause. Do you feel proud of yourself? How does it feel to be a double champion?**

Thank you very much! Yes I am quite proud of myself, I have never won a gold medal at either of those competitions before. I am especially proud about winning the English championships as I was up against some tough competition.

**Going back to the roots, what made you decide to start olympic weightlifting?**

Back then it was only for my GCSE P.E, I was introduced to the sport through my school Barnhill Community High. In a sense I was quite fortunate that it was not very popular amongst the students, which meant that I could get some 1 on 1 coaching and develop in my technique quicker. The passion for the sport however, started after my first competition at the Empire in Bristol.

**Is there anything in particular that you like about olympic weightlifting? Do you draw inspiration from your sport for other areas of your life?**

It is an individual sport therefore you cannot blame anyone else if you fail, the same way that you are also the only one accountable for your success. (If we put aside the hard work coaches put in) That is one of the things I like

most about the sport of Olympic weightlifting. In some aspects yes, I work very hard to be the best that I can in this sport and it motivates me to put the same effort in everything else that I decide to do.

**What motivates you to keep training and achieving the results? Is there any specific method you use to motivate yourself, like positive self-talk?**

I love competing and the thought of one day being able to be on an international stage is what motivates me to keep pushing to achieve. In regards to specific motivational methods there aren't many that I use really, yeah there's the occasional 'come on, lets do this!' But other than that I don't do very much.

**Who are your top stars of olympic weightlifting that you look up to?**

I've got to say if there any lifter I look up to it would be Zulfiya Chinshanlo (KAZ)- She is an incredible lifter, best 53kg in the world.

**Before the English Championships, you had to make a massive cut to get into the -53kg class. That is usually a hard task for a weightlifter. How did that impact your training and general wellbeing?**

It was my fault really! I didn't have a competition for a while so I decided to turn a blind eye on the scales and not log after I was way heavier than I was meant to be.

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So cutting the weight was more of a lifestyle change, I learnt how to fuel my body to ensure I'm getting the most out of my training as well as being able to get on top of my weight.

**You're a part of an Olympic development squad for Tokyo 2020. This obviously brings a lot of work with it.**

**What is your current weekly training plan like?**

Before the English championships I was training 7 sessions a week, on 2 of the days I would have double sessions then allow myself 2 days off. Before the British student championships I had more time to train so I did 11 sessions a week breaking down my sessions to focus on the individual tasks more.

**What are your other plans for competitions in the near future, apart from Olympics 2020?**

My plans for the future would be to compete at the European Junior championships in October, after that it would be to get on every possible international stage before the 2020 Tokyo Olympics.

**Do you still have time to do other things apart from weightlifting? Any hobbies/interests?**

When I'm training 11 sessions a week there isn't much time or energy left to be doing anything else. So I would take pride in my cooking trying to create healthy tasty meals.

**How would you encourage a person who would like to try Olympic Weightlifting, but is not sure?**

I would tell them to give it a try but watch out because they might just get hooked. The key is to trust yourself and your coach, if they are allowing you to attempt a weight the chances are you are more than capable of lifting it. The overall priority however, is to make sure that you are enjoying yourself!



Noorin in 2011.



Noorin in 2015 in the middle of 88kg clean & jerk.

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## We are 2014 Development Team!

Congratulations to Crystal palace who win the team of the year for 2014. We've received a new award (which didn't exist before) as the Development Club of the Year from BWL. This is mainly because we work closely with a lot of schools, provide many sessions for young and new people as well as teach weightlifting or at least the understanding of this sport to 245 girls, who are new to this sport!



Last year we won the club of the year as we competed in all national competitions and won u17/u18/u23 third in English and run 3 competitions in 2013.

However, in 2014 we also won again u17/u18/ school and senior championship with the youngest team ever. We sent 4 of our girls to Women only International Tournament in Germany, sent 4 of our boys to France International, run 5 competitions for girls, youth, beginners, open club competition at Middlesex University with a very good result and professional look.

9 lifters are in the regional squad, 3 in the national squad as well. But we didn't get the team of the year.

That makes us to think is there any sense in sending a big team to all national competitions? Maybe it's better just focus on the people who can get medals and have chances to qualify for world class schemes and international levels? There is no point in dealing with a big hassle and headache of arranging mini bus, hotel, parents' permission, school permission and taking our family time to go out and travel across the UK.

It seems that from now one we will send a few lifters and small team to school and development 2015 & 3 youth lifters to the British youth and 2 lifters to senior only.

Of course we will send a full team to France International in June, the British u20 & u23 at Crystal palace in August as it is the most convenient time for our lifters. We are not sure about the team award as it has been stopped at the British Schools and at the English championship. We will hold the Phoenix International to the next club committee to see what we should do.

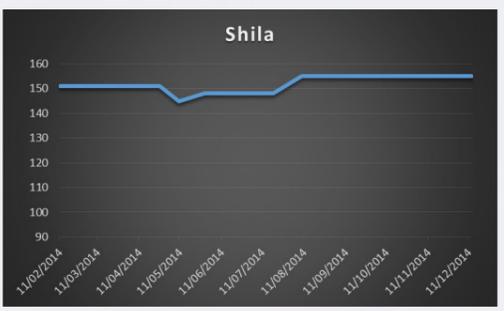
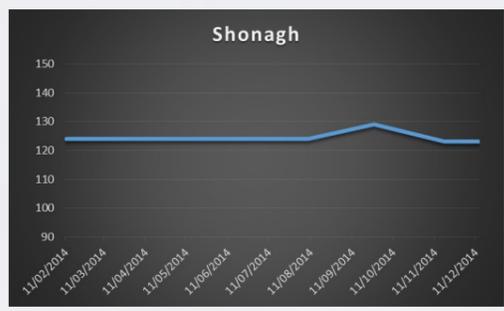
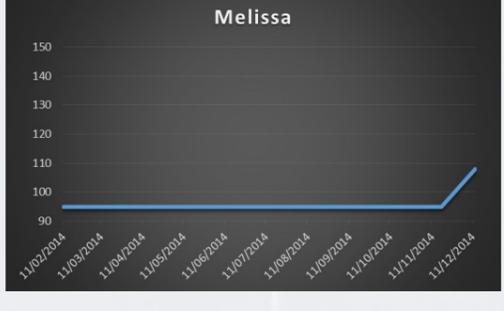
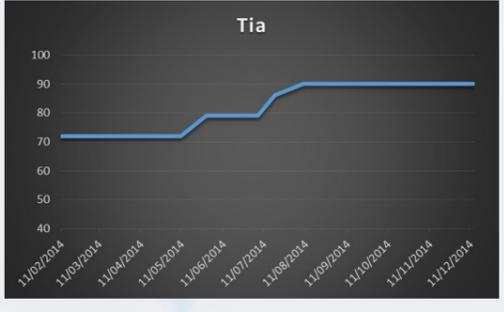
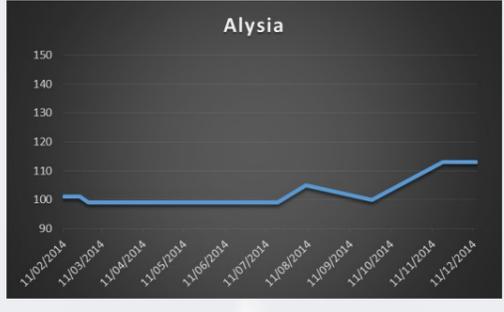
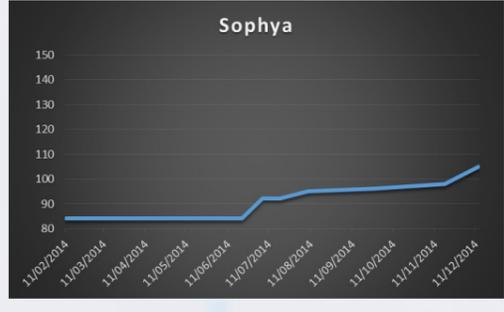
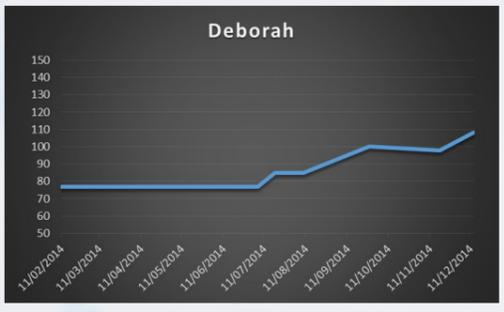
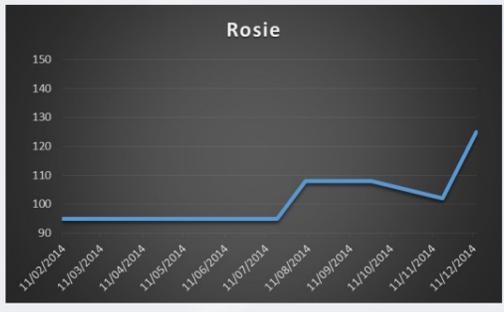
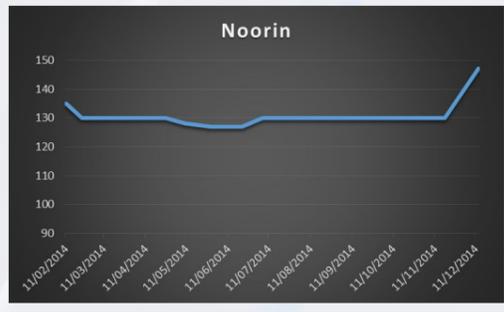
Next competitions for us to compete at will be the LYG selection for Hounslow, Ealing, Hillingdon and Harrow at Harrow School on 10th of May; France International in June and London Youth Games in July and British u23 in August.



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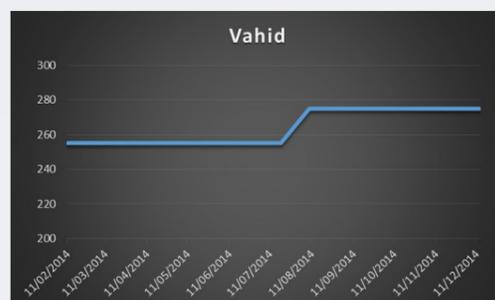
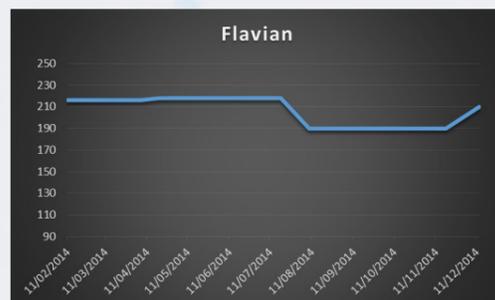
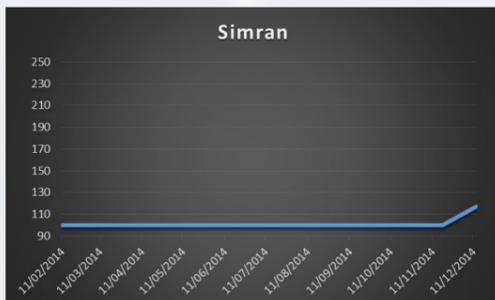
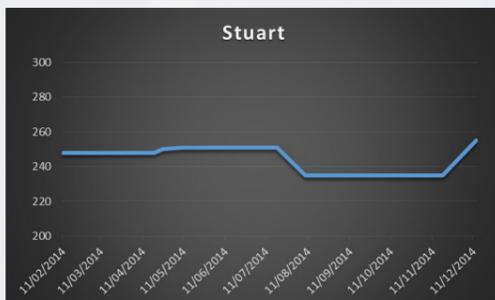
## Improvements in 2014—Women of Stars For The Future



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## Improvements in 2014—Men of Stars For The Future



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## LETTER FROM THE HEAD COACH



The last few months have been busy delivering weightlifting to schools in West London. It was a big challenge to deliver 15 blocks (8 sessions per block) for 8 schools

in 3 boroughs and teaching 245 girls weightlifting. Although successful, there was one drawback and that was Hayes Cricket Club. Nam was sick and could not make it to his sessions as a coach at Hayes and lost two months of his study, there was not enough time to look after Hayes cricket club which is the Hillingdon weightlifting club. It is hoped that we can re-open this club in the future, once we have developed a coaching workforce. This club was used by Nam, Louis, Jaspreet, Noorin and some of students from Barnhill School when I was coaching at Barnhill and I encouraged them to train, but since my little champions grew up and moved to universities outside of London, this club has become more empty and others have lost interest to train at this club.

After 4 years of working with 29 schools and coaching more than 1500 students, I have noticed a few points:

1) It is very hard to keep motivating kids under the age of 13 to continue and encourage them to stay with this sport for more than 6 months, the only exceptions were Simran and Tia. Because of this I don't want to spend time with kids in year 8 and below. The best age in this country is for children to start training are 14 to 15 years old and I have my best result in this age and if I can make them stay until 17, I can tell that I have a future GB team and the best proof is: **Louis Hampton** (broke British 17 records and is a member of the National squad and competed at Norway in the Tri-nations international competition), **Nam Ahmadi** (broke 3 British record u18 and is a member of the regional squad, competed at Lille, France for the L&SE team), **Noorin Gulam** (a member of the Olympic development team and English & British Senior champion), **Se Gavin** set British U15 records at his young age, **Poi Fakcha** attended the European Youth in 2013, **Kamran Panjavi** participated in the 2004 Olympic Games and Commonwealth Games 2006, 7) **Kai Jones** U14 British record holder, **Y Khorramfar** member of GB youth team at European youth 2003 and at the end, **Rosie Hardie** and **Kian Panjavi** both achieved qualifying records for the Commonwealth Youth Games 2015. They all started at ages of 14/15 years old and of course in the right hands.

2) Run a simple, friendly competition with good awards, which will help these young kids to stay as long in the sport, as no more than 3 weeks gap between their last session and the competition.

3) Schools are the best place to find your talented lifters, in the UK system, kids become very distracted to choose and see what their real talent is and also to find the **right** person to lead them to their future sport, so I tried many times to hunt these talented kids and encourage them, I don't believe that we should stay at our

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## LETTER FROM THE HEAD COACH—continued



All my work and our club helpers have introduced weightlifting to the young kids, find talented lifters, train them, give them my best to learn the best technique, then I make them stronger after they learn the right moves and all the exercises, make them disciplined, polite, hard workers and in the end they can become a part of the GB team and the best idea is that they can break British records which means they are the best in the country. I am sure that every coach and club has the same role model and I'm certain that every National governing body will do their best to keep these national record holders, encourage them and help them to move to higher stages, and not discourage them and let them down.

Here is one of my sad story: We run one of our big competition called the Phoenix Open, which should be an international but as we had a lot of distraction to send the invitation, we could not get anyone outside UK. We used the best technology, best venue and best team work to run this competition and I think I would be wrong if I said we did it better than some British Championship. We introduced two teams, Team One with the lifters from Stars for the Future come from the lifters who qualified for U20 and below and Team Two, the Phoenix team who were lifters from Senior national level and they won the team titles.

During this competition, Se Gavin broke 5 British U16 national records in 94+ and Kian also broke 4 national record for 69kg in under 16 and achieved the qualifying total for the European Youth Championships and Commonwealth Youth Games. But unfortunately BWL did not accept these records! But accepted several applications from lifters to compete at English Championship in February 2015. After the club's complained we have been informed that we didn't register this competition with BWL, and therefore no records would be accepted, even though we used three National referees for this competition.



# SPONSOR OUR ATHLETES

If you would like to sponsor our athletes please contact

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