

STARS

FOR THE FUTURE

OLYMPIC WEIGHTLIFTING CLUB



SUMMER NEWSLETTER
April - August 2017



CONTENTS

- 3—British Student Championships
- 4—Alpencup, Switzerland
- 5—22nd Memorial of Edmond Decottignies (Comines, France)
- 6—London Youth Games
—British Senior Championships
- 7—Oxford Powersports Open
- 8—Level 1 Coaching Qualification
- 8-10 —Ealing Sports Awards
- 11—Lifter of the newsletter
- 12—Head coach points





BRITISH STUDENT CHAMPIONSHIPS

3 Silver medals

The British University and College Championships 2017 is the biggest weightlifting competition involving students in Britain. Over 100 lifters, coaches and spectators from 30+ universities and colleges attended this 2-day event.

Kerensky Fernandes, 18, led the team by starting her second national championship with a 55kg snatch and a 60kg clean and jerk finishing fourth overall in the 58kg division. Her combined total of 115kg saw a massive improvement from the last British U20 championship where she lifted 89kg total.

In his first national competition since suffering from a back injury in 2016, Brunel University's student, Kian Panjavi (77kg) signed his return on the national stage with an outstanding performance. He totalled 260kg, improving by 15kg overall and claiming the silver medal.



Deborah Alawode competed in the women's 75kg category, where she won the silver medal. The medical student from UCL moved up to the 75kg category specifically for the event, weighing in at 69.6kg and breaking 3 personal bests with 68kg snatch, 86kg clean and jerk, and 154kg total. With a lift missed at 93kg in the clean and jerk, she just missed out on the gold medal.

Max Bedouet competed in the 105+kg category in his first national appearance since he started weightlifting a year and half ago. Lifting with an injury in his wrist, he finished in 2nd place, totalling 253kg.

Nam Ahmadi was awarded the gold medal in the 69kg category after lifting 108kg in the snatch and 135kg in the clean and jerk. He is an ex-SFTF lifter, and is now lifting for Bournemouth University.

Overall, lifters from Stars from the future gained a lot of experience which will be beneficial in the long term for the club. A huge thank you to Lisa, Vindhya, Mariana, Eytan, Kim and Lucy from coming to support the lifters.





ALPENCUP

3 Gold medals and 2nd place team ranking

Having arrived in Zurich, Switzerland, the team drove to Rorschach for a training session in the home of Athletik Sport Rorschach (ASR). Later that day, the team headed off to the hotel in Waldkirch for a well-deserved rest, 15 miles away from the competition venue.

The competition started off on Friday 26th May for Stars for the Future's female lifters in the city of Rorschach. The venue – PHS Sporthalle – was located along the lake Konstanz under a bright sun and cloudless sky.

Group 1 kicked off with Vindhya Gobin (-63 kg), Nasrin Karimi (-69 kg) and Nicky Yudin (-75 kg) who achieve a performance of 45/55 in senior, 34/47 and 35/47 in master category respectively. Vindhya finished in 8th place with a 45kg personal best in the snatch, improving her total by 2kg. Nicky achieved 5th place after having some time off from competing.



Group 2 saw Evelina Dauksaite in the 53kg category and Kerensky Fernandes in the 58kg category. Evelina won her category with a total of 110 kg and Kerensky achieved 6th place with a total of 119kg.



On Saturday 27th, SFTF's male lifters took the stage. Group 1 began with Matthew Fan in the 62kg category. He achieved 72/85.

Kian Panjavi (-77 kg) took the gold medal in group 2. His combined total of 240 kg will help him to prepare for the European championships later this year, although he is suffering from a back injury.

Andrew Haston (-94 kg), Adam Fedorciow (-105 kg) and Max Bedouet (105+ kg) were all in the final group of the day. Andrew managed 110kg in the snatch, displaying impressive mobility skills with a step forward at the bottom position to save the lift. He finished with a 140 kg clean and jerk, giving him a total of 250kg.

Adam snatched 136 kg and successfully lifted 170kg in the clean jerk. The Alpencup was scheduled for him as a preparation for the upcoming British weightlifting championship in July, which he qualified for earlier in the year. With his 306kg total, Adam secured the gold medal.

Lastly, Max achieved a combined total of 265 kg, after lifting a 120kg snatch and a 145kg clean and jerk. He aims to progress towards a qualification for the British Championships by competing at the end of June. The club thanks the team manager, Tim Yudin, for relentlessly supporting the team throughout the weekend.





22ième MEMORIAL de EDMOND DECOTTIGNIES

1 Silver medal and 3rd place team ranking



8 members of Stars for the Future left London on a sunny Friday afternoon in June. This competition has become a yearly pilgrimage for the club as the venue offers plenty of space and quality opponents for each category. Having arrived in France on Friday evening, the team was based at the Campanile Wasquehal, a short drive away from the venue. The hotel offered cosy rooms overlooking the French countryside.

The competition day in Comines saw an early start for Eytan Benson and Matthew Fan – both in the -62 kg category – as they had to reach the venue by 7am. Despite this, they managed 68/92 and 75/90 respectively. Eytan, the former British champion in the 56 kg category did not perform as he expected but like his coach, believes he has more potential. Matthew’s total of 165kg gave him a well-deserved PB total.

Kerensky Fernandes and Deborah Alawode were leading the women’s group as a 58 kg and 69 kg lifter respectively. Kerensky finished 7th overall with 57 kg in the snatch event and 70 kg clean and jerk, giving her 3 personal bests in the snatch, clean and jerk, and total. Deborah finished in 5th place overall combined total of 153 kg. Alawode will be competing in the British championship held at the end of July as a guest, whilst Fernandes is expected to contend for a medal at the London Youth Games 2017 at the beginning of July.

Out of all the males who competed in the competition, Adam Fedorciow (-105 kg) was awarded with the silver medal, Kian Panjavi (-77kg) with 10th place and Max Bedouet (+105 kg) with fifteenth place. While Adam lifted 143kg in the snatch and 178kg in the clean and jerk, Kian did 110kg in the snatch and 135 kg in the clean and jerk, and Max finished with a total of 274kg—a huge big PB. It was his best performance so far since he joined this club.

The team finished 3rd overall between 14 teams and would like to thank Nicky Yudin for supporting all the athletes. Stars for the Future certainly will be back next year with a greater appetite for medals.

The head coach, Kazem Panjavi, and team manager Tim Yudin, were both pleased after that incredible performance from the team





LONDON YOUTH GAMES

1 Silver medal

LYG 2017 wasn't as successful for the club as it has been for the past few years, due to us having fewer lifters than ever. Nevertheless, our 2 lifters, Kerensky Fernandes for Ealing and Bruce Hill for Harrow, both performed phenomenally. Kerensky achieved 58kg in snatch (PB) and 68kg in clean and jerk, leading her to a silver medal. She missed gold by dropping 70kg in her 3rd attempt, the weight she achieved in France 2 weeks ago.



Bruce, 15 years old, showed his incredible strength, speed and power, by achieving a 71kg power snatch and a 91kg power clean and jerk, despite competing with a shoulder injury. He came 6th out of all the boys at the games. However I am sure that next year he will be fight for gold!



BRITISH SENIOR CHAMPIONSHIPS

1 Bronze medal

Adam Fedorciow won the bronze medal at the British Senior Championship 2017 with a 140kg snatch and a 176kg clean and jerk. This was 4kg more than his gold medal-winning result from last year.

This year his silver medal turned to the bronze medal because of 2 very harsh decisions from the referees, who gave him 2 red lights and one white light twice – one for dropping 182kg early, despite Adam being given the down signal from the centre referee, and the second for moving his elbow during his jerk recovery.

Deborah Alawode competed in the 69kg category as a guest, which meant her points wouldn't count towards our club. This was her first British Senior Championship, and she was the youngest lifter in her group. She got 2 personal bests – 90kg in the clean and jerk, and a 155kg total. She snatch 70kg, which would have also been a personal best. However she was given a no lift due to a slight press out in her left elbow.





OXFORD POWERSPORTS OPEN

5 Gold, 1 Silver and 2 Bronze medals

A team of 9 Stars For The Future lifters set off to the home of Powersports in Oxford on Saturday 26th August. SFTF sent a mixture of new and experienced athletes to the event. The gym consisted of two squash courts converted into one dedicated to the warm-up area and the other for the main platform. Outside, the building is located on the Oxford RFC premises, offering a green landscape to our Londoners.



At 10am, the men's 56-77kg category started off with Eytan (-62 kg, senior), Matt (-62 kg, U20) and Mustafa (-69 kg, U23). Eytan successfully lifted with 68kg in the snatch, whilst Matt managed 73kg. Despite this being Mustafa's first competition, he went 3/3 in the snatch, finishing with a PB of 75kg. The clean and jerk saw Eytan working up to 97kg, winning him the Gold medal with a combined total of 165kg. Matt won Silver in his category with a 160kg total. This qualified him for the upcoming British U20 Championships at the end of September. Mustafa took the bronze and totalled 162 kg, missing out on the qualification for the British U23 Championship by 3kg. Not bad for an athlete coming from boxing!

The next session saw Kerensky Fernandes (-58 kg, U20), who lifted 59 kg (PB) in the snatch and 66kg in the clean and jerk. With a combined total of 125kg Kerensky won the gold medal in women's -58kg division.

The super heavyweights division started along with the -85kg weight class. Max (+105 kg) won the gold after a combined total of 273kg (118+155). He managed a PB in the clean and jerk event and narrowly missed 157kg.

Louise Blair scooped the Bronze medal (-69 kg) in her first weightlifting competition with a combined total of 103kg (43+60). She is already looking up to the qualification for the British U23 Championships. Vindhya Gobin (-63kg) lifted 48kg in the snatch and 60kg in the clean and jerk, giving her 3 PBs (snatch, clean and jerk, and total) despite having suboptimal rest in the build up to the competition.



Lastly, Adam Fedorciow (-105 kg) and Andrew Haston (-94 kg) both completed the team line up for the competition. Fedorciow lifted 135kg in the snatch, while Haston lifted a 123kg PB. The subsequent clean and jerk phase saw Adam Fedorciow with 165kg, and Andrew Haston with 135kg. This awarded both of them the Gold medal, totaling 300kg and 258kg respectively.

Overall, the team gathered 5 gold, 1 silver, and 2 bronze medals, which is the best team result of 2017 so far. This competition gave a warm welcome to the newly appointed club Chair, Nicky Yudin, who delivered the new club shirts and stayed to support the team throughout the competition.





BWL LEVEL 1 COACHING COURSE

On Saturday 20th and Sunday 21st May, 7 Stars For The Future lifters completed their British Weightlifting Level 1 Coaching Award with Kristian McPhee. Congratulations to Andrew Haston, Deborah Alawode, Kerensky Fernandes, Kian Panjavi, Louise Blair, Matthew Fan and Max Bedouet on achieving this qualification. We wish them all the best as they continue to refine their coaching skills by helping others to become better lifters.



EALING SPORTS AWARDS

Our club had 3 nominees for 3 separate awards:

1) Junior Sportsman of the year

Kian Panjavi, Commonwealth silver medallist, was shortlisted in the top 3 people for the Junior Sportsman of the year

2) Club of the year

Stars for the Future was shortlisted in the top 3 clubs in the Ealing borough for the Club of the year

3) Coach of the year

Kazem Panjavi, our head coach, was shortlisted as coach of the year. This was one of the toughest groups out of all the other awards, but despite this, he won the award!



Coach of the Year

WINNER

Kazem Panjavi, Stars for the Future Weightlifting Club



Kazem is the driving force behind Stars for the Future Weightlifting Club; a former Olympic lifter himself and GB coach he works with lifters of all ages and abilities using his own passion and coaching expertise to get the best out of every athlete from novices to British champions. Kazem helps his lifters develop a "coaching eye" to improve their own and others techniques. He has such a unique way of explaining technical aspects making them simple and easy to remember. Kazem puts so much time into improving each lifter both physically and mentally, if there is a weakness to be worked on he knows how to fix it or will invent a way. One member said that the best decision in my sporting life was to move to this club and be coached by Kazem.

"I have been working with Ealing Council since 1999 through all the London Youth Games and I feel I am part of this big family. Since I retired from weightlifting competition, I get satisfaction by seeing my lifters win their titles, become British Champion and become national team members.

"That is how I make myself happy. Now I can see it is my turn and I am perhaps going to win something with honour after my world title at the World Masters Games in Canada 2005 and it is reminding me of all the good times I had through my weightlifting career and I am tasting this feeling again. Thank you again."



LIFTER OF THE NEWSLETTER: ASEES (SEESY) DHANDA

Seesy Dhanda is one the youngest Stars For The Future lifters. Over the years since she began weightlifting, she's shown incredible amounts of improvement in her strength, but most notably in her technical ability.

"I started weightlifting when I was 6 years old. I normally train three times a week in the holidays and once or twice a week during term time. As well as weightlifting, I also do swimming, piano and athletics. I regularly represent my school in athletics, netball, hockey, rounders and swimming.

In weightlifting I enjoy doing strength work such as pressing and pulling. I also like it because it is something that I can do with my sister and my dad."



Performance Running (est. 2006) - founded by Rodger Hughes, former BAA Sports Coach of the Year and member of the prestigious European Coaches Association - have been running an annual Athletics Camp in Thames Valley for a number of years.

This August, Seesy and her younger sister Liv enjoyed great success during their week of training at the Camp, both recording personal bests in the Long Jump and the 400m.

Being two of the youngest participants in an event for 140 talented athletes aged up to 18 from across the globe, we're proud to say the girls won Female Athlete of the Year 2017 (Asees) and the Prize for Effort and Commitment 2017 (Liv). Prizes are awarded upon nominations from the coaches. It was the first year ever in the history of the Camp that siblings in the same group walked away with a prize.





HEAD COACH POINTS

To be or not to be, that's the question:

Knowledge is to be shared, to make the world a better place... And I followed the same philosophy with passion. But, as the saying goes 'Life is not always a bed of roses. Where there are roses there are thorns'. I shared all my experience and knowledge with my lifters, picking them up and developing them into successful weightlifters and individuals. Then comes the part some stop lifting, some change their sport and some have to go outside London for new jobs/university. It is a part of our life and it happens to all of us. The one thing that allows me to have a good night's sleep is that I did my best for them and I made a difference to their lives by not only coaching them, but by trying to teach them to be better people (I hope).

Every athlete has to retire one day, some come off with achievements and some don't. But friends, team mates and other sportsmen will only remember the one who has a good attitude, is polite, who cares about others and who shows respect to the people around them. You can be a world champion but if you are a symbol of rudeness, selfishness, and arrogance; if you are someone who thinks all your achievements were achieved by yourself and you've forgotten the people who helped you along the way... I am not talking about people "selling their soul to the devil for a little victory". Time will show the truth. People remember these champions but their shelf life does not last long.

I'm very proud to say that most Kurdish people from Mahabad city and the Iranian weightlifting community still remember me in a good way. The love and respect they show to my family and myself every time we go back to Iran makes me feel accomplished. This is the result of being loyal to my people and my coach without lowering other people and their standards for me to look good. I never looked down on the other lifters who used to lift less than me. I didn't mention my best achievements to others, such as that I am a national record holder and Asian Silver medal winner. You cannot be selfish when you represent your people on the international stage. You have to be humble and have gratitude.

The world is not only about sports. We need to be better people in our daily lives. Our body is our temple, but we will also grow old, or we may become injured. In time, no one will remember our big achievements, but everybody remembers you for the person you are.

I have had set backs and bad experiences from people who were very close to me but that's not going to stop me and my search in picking hardworking, creative and talented people with a hunger to accomplish the impossible. So if you are one of them who has the drive in you with a bit of loyalty, wait to be spotted! I'm watching!

Regards,

Kazem Panjavi



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