

# Stars For The Future Newsletter

Winter 2012



Second place in Fulda 2012

## Our Growing Club

**Stars for the Future** is a fast growing weightlifting club which is part of the West London Weightlifting Academy and is supported by the British Weight Lifting Association. The club works closely with various Schools, Universities and local councils whilst maintaining a close relationship with 'Pro-active West London', a sub-regional sport and physical activity partnership. The weightlifting club has been formed to seek out the most talented athletes in and around West London.

The founder of the club, **Kazem Panjavi**, is an Olympic weightlifter and England national coach with the passion to deliver this sport to the younger generation. Stars for the Future is currently operating in Ealing, Hillingdon, Hounslow, Twickenham, Harrow, Richmond and very soon Hammersmith. You are all welcome to join the club and become a part of it all!

## Game Makers and head coach in the Olympics

Stars for the Future weightlifters from Barnhill and Feltham community high volunteered at the Olympic and Paralympics games. Nam and Noorin devoted their time to the Olympic weightlifting events, while Jaspreet, Louis, Poi and David helped with the Paralympics power lifting. Kazem, Shila, Adam and Carol acted as team managers in both events.

Our head coach, Kazem, represented Iran at the 1992 Olympic Games in Barcelona and coached one of his lifters to the Athens 2004 Olympics. At London 2012, he also worked for the International Weightlifting Federation as a technical officer.



STARS FOR THE FUTURE  
WEIGHTLIFTING CLUB



BRITISH  
WEIGHT LIFTING

Sportivate

PRO-ACTIVE  
WEST LONDON

supporting sport and physical activity

**Barnhill Community High** has progressed from having one female lifter to an entire team of lifters varying from ages 11—17. Within this team there is four assistant coaches and two junior referees .

The assistant coaches from Barnhill high have given weightlifting taster sessions to various primary schools around the Hillingdon borough assisted .



# Achievements

## Club successes in 2011

Four of our lifters took part in the U17 British championship, taking two silvers and one bronze medal, whilst a further seven lifters took part in the U13 event in Bristol and achieved high rankings.

31 Apr -Holyhead **British U20**, two gold and one silver medals were won alongside a fourth place ranking.

3rd July - A Bronze medal was also awarded to Hillingdon in the **London Youth Games**. Ealing achieved 4th place, followed by Hounslow in 5th.

9th July - The **English Open** in 'Empire' sports club saw thirteen lifters taking part; two U13, seven U16 and four seniors.

26th Nov - 9 lifters took part in the **London & South East Open** winning 3 Gold, 3 Silver and 2 bronze medals. 🏆

22 Oct - We took twelve lifters to the **British U18 & U23** in Oldbury, winning three gold, four silver and two Bronze medals.

At the end of the year, Barnhill high hosted a **West London school competition**, with 27 lifters from 11 schools taking part.

## Club successes in 2012

5th March-We had 14 lifters at **British school** championship in Oldbury and managed to get six Gold, five Silver, two Bronze and one 4th place.

24 March- St Mary's sneaks to the top of the ranking after coming first at **British University** Champion in Leeds - (our head coach did coach 31 lifters from st Mary's, queens Mary's, Barnhill high school & Kingston ).

23 June- At the **British U17** championships in Holyhead, we achieved three Gold, two Silver and one Bronze. We were 2012 British champions U17 .

1st July - We also went to the **London Youth Games**, the club as a total for four boroughs took one silver for Hounslow, fourth place for Harrow, tenth for Ealing, and Hillingdon just missed the gold, we helped Richmond as well.

9th July - At the **FULDA International** Championships, Austria we took nineteen lifters and came home with four Gold, four Silver and five Bronze. In the end we took second place as a team between nineteen team and eight countries.

21st July - We managed to snatch gold as a team at the **British Development U13 and U18 Regional London South East**, eleven gold and five silver. We were 2012 British Development U13 champion.

20th Oct - **British champion U18**, Bristol did host 35 lifters from all round U.K and we had nine qualified lifters which more than a quarter of all the competitors-We got two Gold, three Silver, two Bronze, one 4th and one 5th place. We were 2012 British champions U18 .



Stars for the Future have coached students from 26 different high schools and 2 universities in the past two years.

Our Centre of Excellences are based at:

- Perivale Athletics Track for Ealing
- Barnhill Community High for Hillingdon
- Richmond College for Richmond
- Brentford High for Girls for Hounslow Girls
- Feltham community High for Feltham
- Harrow leisure centre for Harrow

## British champion U18 in Bristol



## British champion U17 in Holyhead







A collective quote from the lifters  
 “Different people have different dreams. Sometimes we become unaware of how impossible it may be to reach ones destination and sometimes too aware about how impossible it is that we don’t bother chasing our dream and become the border between us and our dream. We as a team aren’t any of these dreamers who are unaware about how impossible our dream is but one of those who are aware of how possible our dream and our dream for this year is to bring home some gold medals for England from Fulda.”

### How can you help

We know that during these tough economic periods things are difficult, however, any amount you could generously donate to the club will be greatly appreciated. Many of the lifters are from families that cannot afford to contribute money for the athlete to participate in the sport let alone the competitions.

### Benefits for you for supporting

By sponsoring, you become part of a team that is finding stars for the future in schools, local communities and around the UK. The progress of the club can be followed on the website which is becoming increasingly popular. Not only this, you can have your company advertised on our website, T-shirts, competitive attire, leaflets and further marketing materials.

#### 2012 British Development U13 champion



Second Annual club Competition  
 in Perivale track

#### 2012 London youth game teams Hounslow silver, Ealing 10th, Harrow 4th, Hillingdon just missed gold



Trip to Paris to watch the world  
 championships in 2011



### Need more Information

If you require more information you can contact the Head Coach Kazem Panjavi, a former Olympic Weightlifter himself and now an England national and Talent Identification Coach for London & South East region.

Tel: (+44)7958 685 884  
[www.championgym.co.uk](http://www.championgym.co.uk)  
[www.facebook.com/kazem.panjavi](http://www.facebook.com/kazem.panjavi)

We look forward to working together to support and nurture Stars for the Future and thank you in advance for your support.

Stars for the Future\_email:  
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<http://starsforthefuture.com/>

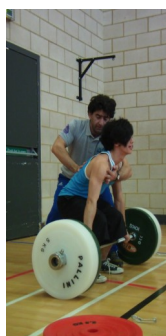


### 3rd Annual Stars For The Future Competition in Lampton : 09/12/2012

We have ran four club competitions this year, three of which were annuals. The first one was held in June 2011 at St Marys university, with thirty-three lifters taking part from seven schools and one university. The second competition was held in Barnhill high school in Dec 2011, there was 27 lifters from 8 schools & 1 uni. We ran our third competition in Perivale athletics track on Apr 2012 with 34 lifters from 11 schools and 1 uni, to select the team to go to Fulda international competition and London youth games selection for 5 boroughs.

On the 9th of December, we had our third annual club competition held in Lampton high school to see how the club has developed since the beginning. There were 36 lifters (8 missing lifters) from 12 schools and 1 university.

In comparison to the previous competition, we had 8 young coaches and 4 official referees from our own club and St Mary's who helped run this competition smoothly. The way the competition was held was done in stages, just how it was intended in the beginning to develop West London academy, we proved that through this competition. The first stage was held in the back room, where the lifters were re-taught the techniques, much like a revision lesson. The second stage was held in the next room, to prepare the lifters to compete, the coaches made sure they were ready to lift the weights. The final stage was on the platform, where the lifters showed their performance to the audience, they showed a lot of confidence and proved that they have learnt how a weightlifting competition is held. The secret to this success was from the help of Barnhill, the generosity of Lampton for letting us use their hall and from St Marys for refereeing the competition.



#### Best lifters 2012:

Under 13: (Male) **Kalvin Limbu-** (Female) **Faye Brookar**

Under 15: (Male) **Kian Panjavi-** (Female) **Marwa Silman**

Under 17: (Male) **Louis Hamptan-**(Female) **Poi Fakcha**

Under 23: (Male) **Nam Ahmadi-** (Female) **Shila Panjavi**



#### 2013 plan:

- Help our level 1 coaches advance to level 2 and send them to the west London schools
- Send our level 1 referees to level 2 referee training course.
- Send coaches and referees to the first Aid and child protection course.
- Prepare early to send team to **Fulda and women Grand-prix**
- Run own International competition for U18 and U23
- Move to bigger place to run more sessions for different ages and run more coaching courses for BWL in the new place.