



# VICLIFT

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SPORT AND  
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VICTORIA

Established 1920 OFFICIAL NEWSLETTER OF THE VICTORIAN WEIGHTLIFTING ASSOCIATION INC.

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Within days the largest event ever staged in Victoria since the 1956 Olympic Games will hit us. We have been preparing for this for many years, and in the words of our President, we have even taken our 'eyes off the ball' because of the Games. However, no apologies to those who do not believe that the organisation and presentation of this event and the legacy it will leave is important.

We do what we have to do!

## 2005 PRESIDENT'S ANNUAL REPORT

In all my years of experience both as President of the VWA and as an official I cannot recollect a more difficult, a more engaging and industrious period than the one we have experienced during 2005, and at outset I need to apologise to the membership, on behalf of the Council, if we have appeared to have taken our eyes off the ball.

However, we do have a main game coming on and that is called the Melbourne 2006 Commonwealth Games which Opening Ceremony will be conducted in just a few days time. The whole of the Council has been so preoccupied with the preparation and organisation of these Games, including of course the Test Event which was also the Selection Trials, that many other important issues might have been overlooked.

I repeat, we apologise sincerely but the VWA acting on behalf of the Australian Weightlifting Federation is charged

with the delivery of the sport of Weightlifting at the Games and therefore we must do what we must do.

Having said that during the year we still found time to organise the Commonwealth/Oceania/South Pacific Championships with some twenty Nations participating and over one hundred lifters competing.

The Championship was also attended by Dr. Tamas Ajan, President of the International Weightlifting Federation and a member of the International Olympic Committee. Dr Ajan together with Siuli Paul Wallwork presided over the Oceania Congress and Celebrations which marked the 25<sup>th</sup> Anniversary of the establishment of the Oceania Weightlifting Federation.



**NATIONAL UNDER 18 /16 CHAMPIONSHIPS**

It was my impression that Dr. Ajan was suitably impressed and congratulations and thanks must go to Paul Coffa and Matthew Curtain who made it all work and many thanks also to the VWA members who volunteered to assist with this venture.

We are now on the eve of what will be our greatest challenge which started on December 17 with the Test Event at the Commonwealth Games Venue and then in March 2006 the Commonwealth Games. From a logistic, technical and organisational point of view this will be a massive undertaking

requiring enormous sacrifice from many individuals, but the experience and legacy which the staging of these Games will leave will surely compensate both the individuals taking part and the Association as an Organisation.

I urge you all to be prepared to assist and experience the euphoria of a home Games.

On the local scene the VWA remains committed to

growth both in membership and participation with an accent to Regional development. Areas like Geelong, Bendigo, Leongatha, Traralgon and other areas are showing positive sign of fertility and commitment and the Council is very keen to encourage this development.

My congratulations on that issue go to Dr. Peter Cayley, who is doing a tremendous job in this regard. Thanks also go to other members like: Ken Wragg, Shaun Kelly, Sevdalin Marinov, Anthony Dove, Malcom Merrey, Tony Villanti, Kevin White and many others who assist so much when we have to travel to Regional places.

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Our School program shows signs of expansion with additional schools now offering Weightlifting as a curriculum sport. We are hopeful that on the back of the M2006 Games the program will flourish well into the future.

Again, many thanks to Dr. Peter Cayley and to all the schools and teachers who make it all possible.

The Development Program is going well and two more Clubs are set to be registered in the new year.

Our Mermet Victorian Weightlifting Stadium continues to operate successfully and with assistance of Mermet Australia and Mr. Gordon McGough the management of the Stadium is not under any financial stress.

Equipment is being updated from time to time and with the designation of the Stadium as the Training Venue for the Games it will receive another great boost.

The Stadium hosted some 12 competitions during last year including the Commonwealth/Oceania/South Pacific Championships all of which were most successful. In the year 2006 the VWA will be organising the National Open and U20 Championships at the Stadium.

The Coaching and in particular the Technical programs have progressed well with the assistance from the M2006 Technical Officials Training Program being of great value in terms of leaving a legacy after the Games are well gone.

Dr. Peter Cayley, Pedro Sanchez, Max Ryan and Tony Villanti are to be congratulated and thanked for their magnificent work in these regards.

In terms of the Technical Program I wish to congratulate Sam Coffa, not only for his re-election as 1<sup>st</sup> Vice President of the IWF and his re-appointment as the Chairman of the IWF Technical Committee but also for his initiatives in the technical field, initiatives which have brought world changes to the sport of Weightlifting.

On a sad note I wish to express sorrow on behalf of the membership of the VWA for the passing of three of our most loved members: Vern Barberis, Ian Laurie and Ted Hanlon. Each of them in their own way made an enormous contribution to the Sport and we will all miss them very much.

I conclude this report by expressing my thanks on behalf of the Council to Sport and Recreation Victoria for the continued support through the State Sporting Association Development Program, to VicHealth through the Partnership for Health Scheme, to Touchdown Tours as the VWA principal sponsor, to Mermet Australia for the Stadium name rights sponsorship, to the Victorian Institute of Sport Tier 2 Program, to Uesaka Company, Melbourne 2006 Sport Delivery and Technical Officials Training Programs, Musashi for the support and sponsorship and other personal sponsorship and assistance, all of which has ensured our stability and growth.

I would especially offer my thanks to our hard working Officers: Sam Coffa, Peter Cayley, Sevdalin

Marinov, Anthony Dove, Peter Ikosidekas, Max Ryan, Matthew Curtain, Bob Hemery, Graeme Patterson, the Council members and to our Officials: Pedro Sanchez, Chris Holt, Leo Ryan, Tony Villanti, Margaret Patterson, Ken Wragg, Margaret Wragg, Kevin White, Malcolm Merrey, Frank Falcone and Shaun Kelly.

My personal thanks and appreciation to The Hon Justin Madden, Minister for Sport, to Arthur and Jaqui Preketes (Touchdown Tours), Gordon McGough (Mermet Australia), Dr Frank Pyke (VIS), Peter Spence (VIS), Shelley Maher (VicHealth), Tadamasa Uesaka, Tim Horewood (Musashi) and to supporting sponsors Wedderburn Scales, Thermoskin, Uesaka, Konica and Finnleo Sauna for their most valuable contribution and personal support.

Finally my very special congratulations and thanks to the lifters and their coaches for their efforts in keeping Victoria at the forefront of Weightlifting in Australia

**Boris Kayser**

**President**

## **MELBOURNE 2006 COMMONWEALTH GAMES TEAM**

VWA/VIS members Yurik Sarkisian, Jackie White, Belinda van Tienen, Simon Heffernan, Alex Karapetyan, David Sarkisian (Reserve), and Sevdalin Marinov (Coach) have been selected to represent Australia at the M2006 Commonwealth Games.

Congratulations and best wishes to the Victorians selected and indeed to the Australian Team at the Games!

The full Australian Team composition is:

**WOMEN:** Erika Yamasaki (QLD), Ladin Latif (NSW), Jackie White (VIC), Natasha Barker (NSW), Deborah Lovely (QLD), Amanda Phillips (QLD), Belinda van Tienen (VIC), Maria Tsoukalis (NT-Reserve), Nicole Sawon (SA-Reserve)

**MEN:** Ben Turner (QLD), Chris Rae (SA), Valeri Sarava (NSW), Alex Karapetyan (VIC), Joel Wilson (QLD), Yurik Sarkisian (VIC), Simon Heffernan (VIC), Damon Kelly (QLD), David Sarkisian (VIC-Reserve), Max Dalsanto (SA-Reserve)

**ELITE ATHLETES WITH DISABILITY:** Darren Gardiner (QLD), Steve Green (QLD), Paul Hyde (NSW), Wayne Sharpe (NSW) (Reserve).

**OFFICIALS:** Ralph Cashman (NSW-Manager), Luke Borreggine (NSW-Head Coach), Sevdalin Marinov (VIC-Coach), Michael Keelan (QLD-Coach), Steven Tikkanen (NSW-Coach), Ray Epstein (QLD-EAD Coach), Martin Leach (VIC-EAD Coach).

# SCHOOL PROGRAM



## 2005 ANNUAL REPORT— SPORT DEVELOPMENT MANAGER 2005 VICTORIAN SCHOOLS COMPETITION

### Clean and Jerk Competition.

This years Clean and jerk Competition saw participation by 201 boys and 274 girls. This is slightly down on previous years partly as a result of increasing pressure on school curriculum and partly due to time constraints imposed on me by my acceptance of the High Performance Management Position with the AWF. The program, however, identified several talented students and highlighted the problems associated with servicing this talent in rural areas.

### Sport and Recreation Cup



The Sport & Recreation Cup was held at De La Salle College on Thursday August 3<sup>rd</sup>. Mt Lilydale Mercy College were victorious in both the Girls and Boys Competitions

Best Boy Lifter: Vanara Be  
Best Girl Lifter: Kate Linford

The final school competition for the year was the Touch Down Tours Victorian Schoolboy and Schoolgirls Championships held over two rounds, at Mt Lilydale Mercy College on 20<sup>th</sup> October and DE La Salle College on the 28<sup>th</sup> October. The individual competitions were closely fought with the following becoming Victorian School Champions for 2003:

### GIRLS

53 kg category	Socheata Be	Mt Lilydale
58 kg category	Belinda Fox	Glen Eira
63 kg category	Emily Vloedmans	Mt Lilydale
69 kg category	Eli Van Der Westhuesen	Mt Lilydale
75 kg + category	Kate Linford	Mt Lilydale

### BOYS

47 kg category	Eli Wood	Mary Mackillop
51 kg category	Anthony Grande	Mt Lilydale
56 kg category	Mathew Peterson	De La Salle
62 kg category	Vanara Be	Mt Lilydale
69 kg category	Mark Holloway	Mary Mackillop
77 kg category	Ky Donohue	Mary Mackillop
85 kg category	Kieran Davies	De La Salle
94 kg category	Chris Merrey	De La Salle
105 kg category	Adam Kok	Mary Mackillop
105 kg + category	Cameron Munday	De La Salle

### CHAMPION LIFTERS OF THE MEET:

**GIRLS:** Kate Linford Mt Lilydale

**BOYS:** Vanara Be Mt Lilydale

### VICTORIAN CHAMPIONSHIP SCHOOL SHIELD:

**GIRLS** Mt Lilydale Mercy College

**BOYS** De La Salle College



VANARA BE—OUTSTANDING SCHOOL CHAMPION

### VICTORIAN SCHOOL LEAGUE

The Touchdown Tours Victorian Schools League was held over 4 rounds from the 9<sup>th</sup> March to the 21<sup>st</sup> July. The Results were



Pt Score	Rd 1	Rd 2	Rd 3	Rd 4	Total
<b>GIRLS</b>	<b>9-Mar</b>	<b>12-May</b>	<b>15-Jun</b>	<b>21-Jul</b>	
My Lilydale	94	92	16	16	218
Mary MacKillop		84			84
Glen Eira		73			73
Doncaster	16	32			48
Our Lady of Sacred Heart		14	14	16	44
<b>BOYS</b>					
De La Salle A	91	89	89	91	360
Mt Lilydale	78	70	91	92	331
Mary MacKillop		88		84	172
De La Salle B		63		40	103
Glen Eira		54			54
Doncaster					0

The schools program has fallen away this year and there is no doubt that something has to be done to reinvigorate it. There have been many suggestions, the most viable is to allow certain schools to participate in the competitions by mail in. The most significant impediment to participation is the distance some schools have to travel and to fit this in to the available school times.

I believe that there is a challenge ahead of us to develop programs that appeal to schools and to students and careful thought should be given to the allocation of funds to develop and deliver these programs.

### **New Victorian Schools Curriculum**

Under the new Victorian Essential Learning Standards a curriculum planning framework has been issued which impacts on the way sport is to be delivered in the school system.

Essentially the new system aims to equip students with the capacities to manage themselves and their relations with others, understand the world and act effectively in the world. This is achieved through three core, interrelated strands:

Physical, Personal and Social learning. Knowledge, skills and behaviours in Health and Physical Education; Personal learning, interpersonal development; civics and citizenship.

Discipline based learning; Knowledge, skills and behaviours in the Arts, English, and Languages other than English; the Humanities; Mathematics and Science.

Interdisciplinary Learning: knowledge skills and behaviours in Communication, design, creativity, and technology; information and communications technology; thinking.

These strands are further subdivided into domains with further divisions into dimensions.

Essentially the aim of the system is to remove some of the crowding from the curriculum and to encourage students integrate the learning experiences across all the strands.

Sport falls within the first strand "Physical, Social and Personal Learning", however those delivering units in this strand are expected to relate what they teach to the other domains and dimensions within the strand and to the other strands. I personally find this a very exciting development as it encourages a pedagogical paradigm which more closely relates to experience of the real world.

Those sport in schools or to school age children should have a grasp of the following principles of Learning and Teaching:

Students learn best when:

1. The learning environment is supportive and productive.
2. The learning environment promotes independence, interdependence and self motivation

3. Student's needs, backgrounds and interests are reflected in the learning program

4. Students are challenged and supported to develop deep levels of thinking and application

5. Assessment practices are an integral part of teaching and learning

Learning connects strongly with communities and practice beyond the classroom.

### **Vic Health Partnership**

The VWA VicHealth funding of \$20,000 per year has been extended a further year, without further application, under the Partnerships for Health Programs. The funding guidelines have been expanded to include more participation initiatives and to allow a greater proportion of the funding to be spent on salaries. The sports have been categorised according to the number of clubs and membership so weightlifting falls into one of the lower groups (Group 5).

The University of Ballarat have been contracted by Vic Health to evaluate the programs and the community health outcomes and I have completed online evaluations accordingly.

### **Junior Sport Framework Forum**

I attended a half-day forum convened to provide feedback to the Australian Sports Commission's initiative in developing a national junior sport framework. The object is for the ASC to develop a junior sport policy with guidelines for junior sport. The expectation is that National Sporting Organisations would adopt this policy and there was considerable discussion as to the funding implications associated with its adoption.

The draft framework reflects a very generalised approach allowing for customisation within each sport. I found the forum worthwhile and applaud the initiative. Weightlifting has an important role to play, particularly in the area of growth and maturation, where lifting technique was generally accepted as an important constituent in a fundamental motor skills program.

I hope that this initiative doesn't go the way of the Active Australia project.

### **Working with Children Bill**

Several Sport Associations took the opportunity of this meeting to express some concerns about the proposed legislation "Working with Children Bill 2005". The effect of Government Legislation in this area has been seen in recent weeks with the recent dismissal of a school teacher.

While acknowledging that the overall intentions of the proposed legislation, to reduce the risk of sexual or physical harm to children, are worthy there are elements in the draft Bill that place significant financial and administrative burdens on organisa-

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tions and, it could be argued, do little to help achieve the overall aim of the legislation.

One major concern is that no sport and recreation industry group was approached to offer input in the development of the draft legislation, which is unfortunate given the potentially enormous impact this Bill will have on Sport and Recreation groups.

I have attended a VicSport workshop on this issue and this workshop has resulted in the compilation of a response to the discussion paper on behalf of the sport and recreation industry.

### **Department of Victorian Communities**

On behalf of the VWA I submitted funding applications to the Department for all segments available to us. Business Development Program, Sport Development Manager Program and Future Directions Program. Funding was contingent on the submission of an updated business plan and this was completed and remitted with the application. The Future Directions application is for a research program to investigate the effects of weightlifting on skeletal development of adolescents was delayed due to refusal of the Catholic Education Office to grant approval to approach the students at the target schools, Mt Lilydale and De La Salle. Amendments to the proposal are being drafted and will be resubmitted.

Funding application were approved and the VWA allocation increased to \$40,000.00 for the current year, compared to the previous years \$20,000. This is due largely to the Department fully funding the Deakin University research proposal into adolescent skeletal health.

### **Sport Medicine Australia Conference of Science and Medicine in Sport**

I am presented a paper on the relationship of the Olympic Weightlifting movements and functional performance at the above conference in July.

### **Bone Health Research Project**

The research project on skeletal development and weightlifting is about to commence. The chief researchers visited the gym last week and are ready to commence the scanning.

### **Leongatha Club**

John Ryan has informed me that he intends to affiliate a club in the Leongatha region closely associated with Mary MacKillop College. He has support from the local community, the shire and school. I discussed with him the options available to set up and affiliate the club.

### **Sport and Health Science School at Maribynong.**

On 7<sup>th</sup> June I attended a briefing by the Department of Education and Training in partnership with the Victorian Institute of Sport on the establishment of a new Sport and Health Sciences School at Maribyrnong Secondary College. It is envisaged that this institution will be a sporting centre of excellence or sport in Victorian Secondary Students.

I have a further meeting with the DEAT and the VIS to explore how weightlifting can be involved in this development.

## **2006 CALENDAR OF JUNIOR EVENTS**

February 24	Touchdown Tours School League Postal Round #1	
April 8	Victorian U 16 & U 18 Championships	Mermet
April 22-23	Australian U 16 & U 18 Championships	Adelaide
April 28	Touchdown Tours School League Postal Round #2	
May 3	Touchdown Tours School League Head to Head #1	Mermet
May 24 – Jun 4	World Junior Championships	China
July 5	Touchdown Tours School League Head to Head #2	Mermet
August 9	Touchdown Tours School League Postal Rd #3	
Sept 8	Sport & Recreation Victoria Cup	De La Salle (TBC)
Oct 11	Touchdown Tours Victorian School Championships	Mermet
Oct 18	Touchdown Tours Victorian School Championships	Mermet

*The Touchdown Tours Victorian School League will be conducted with a combination of Mail and Head to Head Competitions.*

*Aggregate from both points will qualify schools for the Sport and Recreation Victoria Cup.*

*Schools are requested to register their teams for the postal competitions on the Friday before the date of the competition and submit results the day following.*

*School League restrictions apply to postal competition and records will not be recognised.*

# COACHES CORNER

## COACHING DIRECTORS REPORT



I was asked by the VWA Council to draft selection criteria for coaches and team managers and produced the following document, which was subsequently endorsed by the Council.

### VICTORIAN WEIGHTLIFTING ASSOCIATION WEIGHTLIFTING COACHING AND TEAM MANAGER OPPORTUNITIES

Expressions of interest from suitably qualified persons are sought to fill positions of Coaches and Managers of Australian Teams participating in the following events:

#### Coach Selection Criteria:

- Current accreditation as a Weightlifting Coach, under the NCAS or equivalent
- Demonstrated capacity to successfully manage an integrated state level weightlifting program, with the coordinated delivery of support services, including Sports Medicine, Sports Science, Athlete Career and Education.
- Experience in coaching state representative level Weightlifters in the training and competitive environments.
- Well developed inter-personal skills and proven ability to manage people
- Well-developed written and verbal skills to facilitate interaction with individual athlete's coaches, support service providers, administrators, program partner's sponsors etc.
- Clear vision for the future of VWA Weightlifting and an awareness of the capabilities required to achieve success in the future
- Experience in long term planning and an ability to develop individual training plans and squad plans
- Demonstrated ability to manage the competition budget
- Demonstrated competency with Information Technology
- A capacity to implement emergency procedures in training and competition environment.
- Execution of a Consent to Police Check form.

#### Manager Selection Criteria;

- Demonstrated capacity to successfully manage an integrated state representative program, with the coordinated delivery of support services, including Sports Medicine, Sports Science, Athlete Career and Education.
- Sound knowledge of VWA policies, responsibilities and competition rules, and ensure that the conduct of the affairs of the team is in accordance with these policies and guidelines.
- Demonstrated capacity to be responsible for the overall welfare and well-being of team members and officials travelling with a team
- Capacity to maintain a 'duty of care' towards team members and be accountable for the management of

the team.

- Demonstrated ability to foster a collaborative approach to the management of the team
- Execution of a Consent to Police Check form

During the year I received an application for accreditation from Mr Wang Zhiqiang. He was previously coach at the Chinese Department of Athletic Sports, and head of weightlifting at the Nanjing Institute of Physical Education. Mr Wang has taken on some coaching responsibilities at the Gym, he shows considerable dedication to the task of acquiring a facility in the language and aptitude as a weightlifting coach.

#### AWF Coach Training Programs

The ASC has recently endorsed the AWF's new coach education and training system.

The system incorporates four new Training Programs (formerly known as courses) – Club Weightlifting/Sports Power Coach 1 Licence, State Weightlifting/Sports Power Coach 2 Licence, National Weightlifting Coach Licence and International Weightlifting Coach Licence.

The highest level Training Program, International Weightlifting Coach Licence, is still being developed, it is envisaged that this Training Program will be ready for implementation from January, 2006.

The AWF Executive Board has made a decision to re-accredit all former current level 1 coaches to the new Club level for the next two-years, all former current Level 2 coaches to the new State level for the next two-years and all former Level 3 coaches to the new National level for the next four-years. Before re-accreditation takes place, coaches are obligated to sign the Code of Conduct form and be capitated members of the AWF.

Any coach, after examining the competencies for each new licence, who believes he/she may meet the designated competencies are encouraged to apply for Recognised Prior Learning /Recent Competency.

Recognition of Prior Learning/Current Competence (RPL/RCC) in AWF Training Programs

#### What constitutes appropriate prior learning/current competence?

Prior learning is learning that enhances a person's competence. Prior learning takes place before a Training Program is undertaken, and which results in a coach's acquisition of appropriate competencies for a particular standard (eg. Club Weightlifting/Sports Power Coach 1 Licence). A major reason for including RPL/RCC in this Training Program is to avoid the problem of participants having to unnecessarily repeat learning experiences.

The AWF recognises that prior learning may be formal (e.g. training programs, structured coaching/officiating experiences) or informal (e.g. a range of weightlifting/life experiences).

#### Benefits of RPL/RCC:

- Speeds up the process of becoming a qualified coach (i.e. "fast tracking").
- Conforms to the requirements for equity in adult education programs.

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# COACHES CORNER

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- Encourages the development of various assessment procedures.
- Should be used to assess the candidate coach's current competence in comparison to the stated standards of competence required.

## How might prior learning occur?

- Coaches may have recently (within accreditation period) been a competitive weightlifter and consequently been coached by an experienced coach. In this case the lifter may receive RPL for some components of the training program such as technique skills.
- Coaches may have recently worked as a coach or an assistant to a more experienced coach.
- Coaches may have recently completed a recognised training program in Australia or overseas.
- Coaches may have recently coached/officiated and learned from experience "on the job".
- Coaches may have recently acquired knowledge through formal and informal self-education by reading relevant material, observing other coaches/officials, discussing methods with other coach/official educators, watching coach/official education video programs and talking with lifters.
- Coaches may also have officiating experience.

## RPL/RCC Principles

The process of RPL/RCC will be quality controlled and delivered by the AWF Coach Development Advisory Group (CDAG) who have experience and qualifications within this area. CDAG is responsible for ensuring that:

**Procedures** are fair and equitable  
**Measures** are valid and reliable

CDAG will ensure that coaches seeking the respective levels of accreditation are aware of and can readily access the RPL/RCC process.

Competencies have been identified and are available for public scrutiny and used consistently when assessing RPL/RCC.

Assessment will consistently (reliably) and accurately (validly) reveal a coach's competence so that repeated assessments would report the same level of ability.

CDAG members are all experienced in the areas of:

Competency based training  
Negotiation & Assessment

## The RPL/RCC Process:

CDAG will follow the guidelines set by the Australian Sports Commission Guidelines for the Design & Registration of NCAS Training Programs 2003

## The AWF guidelines are as follows:

The AWF has established the Coach Development Advisory Group, a group of individuals who possess coaching accreditation and are experienced in the following areas

Adult education  
Negotiation skills  
Standards enforcement  
Assessment methods

CDAG will provide applicants for RPL /RCC with the appropriate information on competencies required. This information will be extracted out of the respective Training Program Unit Outline Handbooks.

CDAG will request the following evidence for RPL/RCC: Certificates/qualifications from other relevant courses. Learning outcomes/competencies from these courses must be provided.

Resume of experience which may include:

- coaching plans (periodised or individual training plans)
  - reports from previous championships/tours
  - results of individual lifters or teams coached.
  - Video of coaching/officiating sessions.
  - Evidence of home/self directed study.
  - Statements from lifters previously coached
  - Statements from State/Territory Weightlifting Associations concerning past roles and responsibilities eg. Assistant Coach/Coach/Manager at a recent National Weightlifting Championships or International event
- Practical tasks (these may be used to gain additional evidence of the applicant's competencies). For example, an assignment, test, in-field observation, setting of a specific practical coaching/officiating task or an interview.

CDAG will keep records of the RPL/RCC process. An RPL/RCC Assessment Form will be utilised for this purpose. The committee will check the evidence submitted against the following RPL/RCC principles:

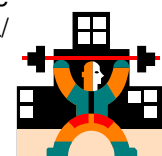
- Validity (is the evidence relevant to the competency that is required).
- Sufficiency (is there enough evidence to demonstrate competence).
- Authenticity (is the evidence a true reflection of the candidate abilities).
- Currency (is the evidence recent. AWF will only recognise current evidence i.e no more than the set accreditation period, two to four 4 years old).

In the event of partial completion of the Training Program competencies, CDAG will outline which competencies still need to be achieved, and preferably how. Options CDAG will include are:

- Complete parts of the recognised Training Programs.
- Work with a Mentor for a specified period of time (to be determined).
- Complete prescribed home study options.

In the case of unconditional equivalency the candidate coach is processed as a normal candidate for accreditation. For coaching accreditation, details of the coach will be submitted by the AWF to the ASC and will be processed as for any other coach. **Note:** The AWF will, in the event of conflict in a RPL assessment, request the use of an ASC arbitrator.

The cost to undergo the RPL/RCC process is \$100, this payment must be made together with the lodgement of the completed official RPL/RCC .



Listed below are the competencies for each licence:

## **SECTION 2 – Evidence**

### **Club Weightlifting /Sports Power Coach 1 Licence Competencies**

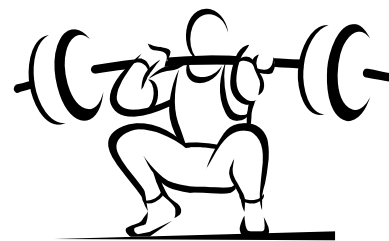
- Teach and correct basic weightlifting/power training skills of athletes and ensure each athlete has the opportunity for optimal learning, development and performance
- Write training and competition programs that will incorporate appropriate skill learning, specific fitness and tactical development as they relate to the relevant participation level of the respective athlete.
- Monitor and review weightlifting/power training activities by closely observing athlete performances, providing appropriate feedback on such performances and adjusting activities to suit needs.
- Evaluate achievement of the objectives of the training/competition event and the effectiveness of their own coaching behaviours.
- Adapt situations by identifying and implementing the appropriate modifications to future training sessions and competitions.

## **SECTION 2 – Evidence**

### **State Weightlifting /Sports Power Coach 2 Licence Competencies**

- Teach athletes to exert maximum force by maintaining stability and balance throughout all execution phases of the various lifts.
- Understand and appreciate the fundamentals of good, efficient weightlifting technique.
- Develop in their “minds eye” a model of efficient weightlifting technique by which to evaluate their athletes.
- Understand and appreciate that the recommended technique is based on sound biomechanical principles
- Understand the basic principles of weightlifting technique.
- Develop an ability to assess an athlete’s individual technique.
- Identify common faults.
- Correct common faults.
- Provide the athlete with appropriate feedback.
- Teach correction exercises
- Teach and correct the skills of important assistance exercises.
- Teach and correct breathing techniques.
- Discuss factors that surround female involvement in weightlifting and weight training.
- Identify the physical, physiological and psychological difference between male and female.
- Understand the qualities of strength, power and hypertrophy and how to assess and develop them.
- Understand proprioception and how to assess and develop it.
- Understand the role of plyometric training in the development of power.
- Maximise power development
- Produce a power training program in accordance with the athlete’s needs.

- Integrate functional core exercises into a weightlifting/power training program to initiate good posture and injury prevention



## **SECTION 2 – Evidence**

### **National Weightlifting Coach Licence Competencies**

- Document training programs used by World Champion weightlifters utilising Bulgarian and Russian training systems.
- Debate the differences and similarities that exist between the two systems.
- Compare these systems with those currently used by ‘Elite’ Australian lifter’s
- Provide an explanation of lifting technique to the athlete in terms of underpinning principles of biomechanics.
- Develop coaching strategies to increase the efficiency of athletes in their lifting technique.
- Plan, conduct and review mental skill techniques.
- Understand the role of athlete screening to prevent injury and maximise performance.
- Understand weightlifting injuries and their causes.
- *Define nutrition and its importance to good weightlifting performance.*
- Select and plan appropriate weight loss/gain techniques for individual athlete needs.
- Provide ergogenic aid advice to weightlifters.
- Plan recovery activities within weekly and annual training programs.
- Coach the assistance exercises.
- Identify different methods of doping.
- Fulfil the anti-doping responsibilities of athlete support personnel.
- Effectively witness the drug testing procedure.
- Recall key positions for the Olympic Lifts.
- Assist athletes to achieve desired bodyweight.
- Direct the specific warm up of athletes at competitions.
- Make appropriate and timely decisions during competition.
- Explain the three coach self-reflection methods (diary, video self analysis and mentoring) and decide which best suits individual coaching needs.
- Explain the role of a Coach Mentor.
- Plan, conduct and evaluate a flexibility-training program.

The Australian Sports Commission Sports Education Section has recommended that the current NCAS / NOAS accreditation framework be reviewed and the ASC’s coaching and officiating unit has commenced this review. It is interesting to note that the Sport Education Section were intimately involved in the development of the Sport and recreation industry training package but appear not to have embraced the curriculum implications of the training package.

(Continued on page 9)

(Continued from page 8)

The AWF have established a focus group to look at updating the NCAS coaching courses which are due to be re-accredited this year. The proposal to replace the Level 1, 2 and 3 courses with Club State and National Licenses is currently before the focus group. The Sport Education Unit has conducted several workshops looking at the accreditation of high performance coaches. The proposal, which has attracted support from most sports, is the course offered by the University of Queensland in conjunction with the Australian Sports Commission. This is a three-year course of study – Certificate, Graduate Diploma and Masters in coaching. I conducted a level 1 course is to be held in March 2004 attended by 9 participants, all of whom have completed all requirements and have been registered. Many Victorian coaching accreditations expired this

year. Information was sent to all registered coaches and, while several have applied for updating many have not, accordingly 2005 will see a reduction in the number of registered Victorian Coaches.

### **Club Weightlifting/Sports Power Coach Course**

**When:** April 15<sup>th</sup> & 16<sup>th</sup>, 2006

**Where:** Mermet Victorian Weightlifting Stadium

**Course Content:** Safety Principles, Warm Up, Assistance Exercises, Progressive Resistance Training Principles, Developing Training Programs, Teaching Principles, Power Production in Sport.

**On completion of the course requirements participants achieve registration under the National Coaching Accreditation Scheme**

**Cost:** \$350.00

**Contact:** Peter Cayley 03 9819 5599 -  
Mob: 0428 544 984

## 2005 COACH REPORT

As a coach one can never be satisfied with performances, however, I believe Victorian lifters have been reasonably successful and a level of development, improvement and a degree of consistency has been achieved during the year.

### **Australian Olympic Youth Festival:**

Four Victorian athletes competed at the Olympic Festival, with

Belinda Van Tienen - Bronze Medal;  
David Sarkisian - Silver Medal;  
Matthew Falcone - Bronze Medal and  
Mark Woodford - 7<sup>th</sup> place.

### **2005 Touchdown Tours Victorian Under 16 & 18 Championships:**

Best Male Under 16 – Daniel Katz (Phoenix)  
Best Female Under 16 - Alex Wragg (Hawthorn)  
Best Male Under 18 – Chris Merrey (Hawthorn)  
Best Female Under 18 – Kate Linford (Hawthorn)

### **2005 Musashi Cup:**

The winners of Musashi Cup 2005 were:  
Male - Simon Heffernan (Phoenix)  
Female - Sarah Stranan (Phoenix)

### **2005 Australian Under 16 & 18 Championships:**

Team Classification Male U16 & U18 – 3<sup>rd</sup> place  
Female U16 & U18 – 3<sup>rd</sup> place

### **Arafura Games:**

Victorian Representative:  
Belinda Van Tienen and Mark Woodford

### **2005 Mermet Invitational Cup, AUS Vs USA**

Victorian Representatives:  
Belinda Van Tienen, David Sarkisian,  
Yurik Sarkisian, Sergo Chakhoyan,  
Aleksan Karapetyan, Simon Heffernan,  
Corran Hocking

### **2005 Touchdown Tours Cup:**

Best Male lifter - Vannara Be (Hawthorn)  
Best Female lifter - Sarah Stranan (Phoenix)

### **2005 World Master's Championships:**

Australian Representatives:  
Milos Trnka, Julio Melo, Shirley McFarland

### **2005 Touchdown Tours Victorian Open & Under 20 Championships:**

Best Male Lifter – Corran Hocking (Hawthorn)  
Best Female Lifter – Jacquie White (Phoenix)

### **2005 Commonwealth/Oceania Senior Championships:**

David Sarkisian –  
4<sup>th</sup> place in Commonwealth and 2<sup>nd</sup> place in Oceania  
Sergo Chakhoyan –  
1<sup>st</sup> place in Commonwealth and Oceania  
Aleksan Karapetyan –  
2<sup>nd</sup> place in Commonwealth and Oceania  
Simon Heffernan –  
3<sup>rd</sup> place in Commonwealth and Oceania  
Corran Hocking –  
2<sup>nd</sup> place in Commonwealth and 1<sup>st</sup> place in Oceania  
Jacquie White –  
3<sup>rd</sup> place in Commonwealth and 1<sup>st</sup> place in Oceania  
Belinda Van Tienen –  
2<sup>nd</sup> place in Commonwealth and 1<sup>st</sup> place in Oceania  
Sarah Stranan –  
4<sup>th</sup> place in Commonwealth

### **2005 Australian Open & Under 20 Championships:**

Team Classification  
Male Under 20 – 2<sup>nd</sup> place  
Female Under 20 – 5<sup>th</sup> place  
Male Open – 2<sup>nd</sup> place  
Female Open - 3<sup>rd</sup> place

### **Commonwealth Games Selection Trials:**

Victorians qualified and/or invited to compete:

Yurik Sarkisian, Jacquie White,  
Alex Karapetyan, Belinda Van Tienen,  
Corran Hocking, Ahgvan Grigoryan,  
Craig Blythman and David Sarkisian

## Victorian Institute of Sport Weightlifting Scholarship Program 2003 / 2004

### OVERVIEW

The VIS Weightlifting Program Management has met on a regular basis so that the links between the VIS and the Victorian Weightlifting Association (VWA) are smooth and continuing as well as providing opportunities to reaffirm the foundations and ongoing operations of the program. Once again the VIS Athlete Selection Criteria was reviewed and in accordance with this criteria athletes were nominated and selected.

The focus of the program is to assist Victorian lifters to achieve their potential in international and national competition and increase the numbers of athletes at the high performance level. Aspects of this focus include:

- Access to High Performance Coaching
- Support of personal coaches including coach education
- Support at major competitions
- Access to advanced sports science, sports medicine and other services such as ACE
- Support to assist athletes attending high level competition
- Support for the developing younger squad members
- Support for apprentice coaches
- Linkage to the National High Performance Program

### Training

Specifically tailored training programs are developed in cooperation between Head Coach, Personal Coaches and dovetailing with National Program. Training also incorporates provision of advanced Sports Science and Medicine with other disciplines such as Biomechanics, Nutrition, Physiology and Psychology being provided in limited form.

### Competition Program

VIS athletes have been exposed and many have been selected to compete at National and International events, both senior and junior, including World Junior and Senior Championships, Oceania and, World University Championships and other Major International events.

During 2005 training sessions were conducted on every Wednesday morning at the VIS gym. Regular attendants were: Corran Hocking, Belinda van Tienen, Jacqui White, Simon Heffernan, Mark Woodford, Aleksan Karapetyan, and Craig Blythman.

### 2005 Full Scholarship Holders

Yurik Sarkisian, Sergo Chakhoyan, Alex Karapetyan, Corran Hocking, Simon Heffernan, David Sarkisian, Jacqui White, Craig Blythman, Aghvan Grigoryan, Sarah Stranan, Belinda Van Tienen, Matthew Williams, Mark Woodford, McGregor Hall.

### Associate Squad Members

Matthew Falcone, Chris Merrey, Vanara Be, Dale Woodford, Emma Torney, Daniel Falcone, Edward Haikal, Mark Holloway, Kate Linford, Jon Angelopoulos, Daniel Katz



JACKIE WHITE AND SIMON HEFFERNAN  
VIS SCHOLARS

### Brief Highlights

- Belinda van Tienen, David Sarkisian, Matthew Falcone winning medals at the Australian Olympic Youth Festival
- Simon Heffernan and Sarah Stranan winning the Musashi Cup
- Belinda van Tienen and Mark Woodford selected to represent Australia at the Arafura Games
- Belinda van Tienen, David Sarkisian, Yurik Sarkisian, Sergo Chachoyan, Alexan Karapetyan, Simon Heffernan and Corran Hocking selected to represent Australia at the Mermet Cup International - USA
- Corran Hocking and Jacqui White Best Lifters Award at the 2005 Touchdown Tours Victorian Championships
- Sergo Chachoyan, Alexan Karapetyan, Simon Heffernan, Corran Hocking, Jacqui White and Belinda van Tienen winning medals at the Commonwealth/Oceania Championships
- Yurik Sarkisian, Jacqui White, Alexan Karapetyan, Belinda van Tienen, Corran Hocking, Aghvan Grigoryan, Sarah Stranan and David Sarkisian competing at the Commonwealth Games Selection Trials.

### Program Coordinators

Head Coach : Sevdalin Marinov  
Personal Coaches: John Ryan, Yurik Sarkisian, Anthony Dove, Peter Ikosidekas, Martin Leach, Robert Kabbas  
Sport Scientist: Peter Cayley  
Physiotherapist: Greg Varigos  
Clinical Masseur: Jim Stevanovski  
Traditional Chinese Medicine: Virginia Scarff  
Sponsors: MUSASHI, Mermet Aust.  
Training Venue: Mermet Victorian Weightlifting Stadium

# TECHNICAL REPORT

## 2005 IN REVIEW

This was a big year for the VWA and Victorian Technical Officials. Victoria hosted the following National and International Competitions:

Australian Under 16 & Under 18 Championships Commonwealth, Oceania and South Pacific Championships and the Commonwealth Games selection Trials, the Games Test Event .

Victorian Technical Officials were well represented at all events.

In Chronology :

Sam Coffa as IWF Technical Delegate and Chairman of the Jury was appointed to officiate at the World Junior Championships in Busan, Korea.

Bob Hemery was appointed to officiate at the Masters World Championships.

Sam Coffa as IWF Technical Delegate and Chairman of the Jury, Pedro Sanchez as a Technical Controller and Boris Kayser as Legal Adviser were appointed to officiate at the World Senior Championships in Doha, Qatar .

Twenty competitions have been attended by Referees in the State of Victoria, this does not include competitions attended interstate or overseas. I would like to thank all the referees who contributed

during the year. A special thank you to those who assisted with the co-ordination of referees for the many competitions held during the year, Tony Villanti, Bob Hemery, Leo Ryan and the office staff at the VWA.

Once again Tony Villanti has carried the bulk of the load, a special thank you to Tony.

### Promotions

Leo Ryan and Yurik Sarkisian promoted to Category I.

Kelly O'Meara, Ange Kenos, Saree Williams, Peter Cayley, Sevdalin Marinov, Jim Bouyoukas (pictured) promoted to National.

Paul Tsiros promoted to State.



Category	2005	2004	2003	2002	2001	2000	1999	1998	1997
I	13	11	11	10	10	10	10	10	9
II	7	9	7	8	7	5	5	5	4
National	13	9	6	8	8	8	8	10	8
State	8	12	13	12	8	8	6	6	10
Club	11	26	27	19	22	15	16	20	18
Total	52	67	65	57	55	46	45	51	49

## TECHNICAL OFFICIALS AT M2006

Congratulations to the following Victorian Technical Officials who have been appointed to officiate at the Melbourne 2006 Commonwealth Games:

Lilly Coffa (Jury),  
Debbie Smith (Jury),  
Max Ryan, Jenny Sanchez and Leo Ryan (Technical Controllers),  
Pedro Sanchez (Referee),  
Anthony Villanti (Time Keeper),  
Jim Bouyoukas (Chief Marshal),  
Bob Hemery (Competition Secretary),  
Simon Grace (Speaker).



MR TONY HOLE (COK) MS MOIRA LASSEN (PRESIDENT—CANADA), SIULI PAUL WALL-WORK (SAM) - JURY COMMONWEALTH/OCEANIA/SOUTH PACIFIC CHAMPIONSHIPS

## Edward (Ted) Hanlon

### *Disability no Hindrance*

Edward (Ted) Hanlon a former Vice President of the International Weightlifting Federation, former President of the Australian Weightlifting Federation, Life Governor of the Victorian Weightlifting Association died on July 18, 2005 age 89.

A Weightlifter of note Ted held Australian records and was selected for the ill-fated 1940 Olympics, but would have missed them anyway because he broke his wrist. Ted became a major player in the formation of the antecedent to the Victorian Weightlifting Association he was President from 1939 to 1985. In 1952 he became President of the Australian Amateur Weightlifting Federation and remained in that position until 1968.

In 1960 he was the Manager of the Australian Olympic Weightlifting team at the Rome Games. Ted was made a Life Governor of the Victorian Weightlifting Association, which he had helped start 50 years earlier, in 1987. He held a senior position at the 1956 Melbourne Olympics and the Commonwealth Games Association. He was also an IWF Category I Referee.

Ted was keen on sports at school and suffered a baseball injury that rendered him legally blind and he was taken out of school because he could not see the blackboard. In 1931, at 14, he resumed schooling at the Royal Victorian Institute for the Blind and later started working at the workshop there becoming an expert cane worker. Being tall and fit, Ted became involved with the new Gym for the blind and vision impaired and was successful in winning many awards for wrestling, high jump and other events.

He took a keen interest in politics and had a great awareness of the social problems of his day. As a Trade Union organiser he sat on the Trades Hall Council. Later Ted moved into sales and started his own company specializing in the manufacturing of steam valves.

In 1964, Ted's sporting hobby became his occupation when he went into partnership with Frank Findlay of Findlay's Gymnasium.

In 1971 he bought a manufacturing company producing suitcases, picnic cases, beauty cases and lawn bowls bags. He continued in this work until he retired at the age of 79.

He was the President of the Royal Victorian Institute for the Blind from 1973 to 1987 and he steered this organisation through a period of great growth and increasing prosperity. Ted was also involved in the institution of Carols by Candlelight, which became a main fund raiser for the Institute. Finally in 1989, Ted established and became the inaugural chairman of the Institute Foundation Trust, provid-



ing the first donation.

His sporting and other positions were honorary and to this end he was awarded the Order of Australia (AM) in 1987 for services to the visually impaired and to international and national Weightlifting.

Ted left behind a great legacy in Weightlifting and the Royal Victorian Institute for the Blinds that will live on for years to come.

Weightlifting salutes Ted Hanlon a great Official, a great man and a great friend.

## Ian Geoffrey Laurie

Ian Laurie (known as Kong in the Gym at Hawthorn) passed away on 6 June 2005 at the very young age of 54 years.

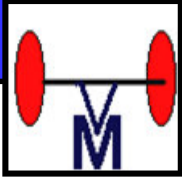
A great athlete having represented Australia at the Commonwealth Games, World Championships and many other International Events, Ian was a tremendous Club member who consistently was awarded the annual trophy for Most Conscientious Lifter. Ian was also an IWF Category 1 International Referee and officiated with great distinction at many International, National and State competitions.

A good friend and a most inspirational human being.

He will be sadly missed by the Weightlifting Community which offers the family sincere condolences.

# MASTERS VOICE

VWA MASTERS CO-ORDINATOR CHRIS HOLT



Well, it is that time of the year again, so first up I would like to thank all masters for their participation in our endeavours throughout 2005, and let us make 2006 a year to remember.

It was good to see Anthony Dove back on the platform; we look forward to George Iksidekas return.

All Masters Records and other information are on [www.users.bigpond.com/solt](http://www.users.bigpond.com/solt) . If you do not have access to the net at home, you can go to a net café or you local library, and for a small fee, get on the net.

Congratulations to Barry and Shirley for being the 2005 GP Champions. Let's make 2006 a year that sees 20+ master lifters, thanks to all that made 2005 a very good year for the masters. But next is 2006, lets make it bigger and better.

We had seventeen athletes in the GPs this year, it would be great to have twenty or more in 2006. The number of records set for the year up to the end of October is 81. This info is on the net.

## AUSTRALIAN MASTERS' CHAMPIONSHIPS - OCTOBER 8 IN SA

*By Samantha Cousins/Chris Holt*

This year's Masters Championships were held in conjunction with the Australian Masters Games. With only three States having the required team of eight lifters, the race was on between South Australia, Queensland and Victoria.

The battle started on Friday night as all teams and body-weights had to be entered by 7 PM the day before the competition.

Tacticians and coaches sweated nervously over their lists and it became clear that the following day would be a close battle, we (VIC) tried hard to contact Julio Melo but had no luck . It is now important to keep in contact



BARRY REILLY—MASTERS—GP WINNER

with our co-ordinator if there is any change in our circumstance.

Saturday dawned and with it came the well-known battle to make weight. This battle was made all the more urgent this time as only the week before two announcements were made. Firstly, that the sauna that all the lifters were promised access to had been closed due to insurance reasons. This did come as a bit of a shock to several lifters who had not heard the news. And secondly, that in order to bring all weightlifting divisions into line with international rules, any lifter who fails to make their nominated weight category will not be permitted to lift, even as a guest. This one in particular came as a disappointing shock to Julio, who failed to make weight and was unable to participate.

Still, we were left with a complement of 45 lifters in total, which meant that the Weightlifting event was over by 4 PM on the day of competition. This did not hamper the enthusiasm of all lifters who clearly set out to impress,

*(Continued on page 14)*

## MASTERS GRAND PRIX FOR 2005

YOB	Name	Age	1 <sup>st</sup> 22 Jan	2 <sup>nd</sup> 19 Mar	3 <sup>rd</sup> 30 Apr	4 <sup>th</sup> 15 Oct	Points
1937	Barry Rielly	68	9	7	6	9	31
1943	Milos Trnka	62	7	5	3	7	22
1962	Goran Vukojevic	43	6	6	4		16
1964	Damien Hewish	41		9	7		16
1944	John Reynolds	61		3	1	6	10
1967	Anthony Dove	38			9		9
1935	Shirley McFarland	70	5	1	0	3	9
1963	Julio Melo	42		2	5		7
1973	Kellie Alexander	32		4	2		6
1962	Katrina Hanan	43	3	1		2	6
1945	Elaine Janes	60	0	1	1	4	6
1973	Ruth Rios	32	4	1			5
1968	David Holt	37				5	5
1952	Jill Evans	53		1			1
1961	Lina Arena	44			1		1
1942	Maria Maycock	63			1		1

(Continued from page 13)

not just themselves but also for their State team.

The women lifted first, and it was great to see three or four brand new faces on the platform. The judges really made the women work hard for their white lights but there was some great technique to see. The second group had a few contentious decisions and the Jury spoke up several times. By the end of this session, it was clear that the Masters' Championship would be decided by only a handful of lifters in the third and final sessions.

In the end, the Queensland team edged Victoria out by a mere kilogram (2 points). Therefore, Queensland gets to keep the title for another year and congratulations to them. Hopefully the tussle in 2006 will be just as exciting. It is also great to hear that next time the teams will be made up of eight athletes, with no reference to gender. This is a great step forward and we hope it will enable more States to field teams in the future.

We would like to thank the South Australian Weightlifting

Association for hosting this wonderfully successful event. The venue was perfect, although the weather was a little rough. The officials must be commended for their fine efforts in what is always a challenging task. And finally, thanks to everyone who volunteered their time to make sure the Masters' Games and Masters' Championships ran smoothly. A great time was had by all.

#### Masters' Committee

The Victorian Masters' Committee for 2006 is: David Holt (Chair, Leo Ryan (Co-ordinator), Goran Vukojecic (Deputy Co-ordinator) Kellie Alexander (Secretary), Chris Holt (Record Keeper), Lena Arena (Assistant Record Keeper), Milos Trnka, Robin Holt and Julio Melo (Committee Members).

Contact:

Chris Holt ,  
13 Lyndon Crescent,  
Traralgon VIC 3844

Phone: 03 5174 0137; email: [solt@bigpond.com](mailto:solt@bigpond.com)

## DRUGS IN SPORT

### *ASDA Anti-Doping Update*

#### ASADA - Australia's new anti-doping organisation

The Minister for the Arts and Sport, Senator Rod Kemp, has announced the Government will establish a new independent body that will oversee all aspects of anti-doping within Australian sport.

The new body, to be called the Australian Sports Anti-Doping Authority (ASADA), will incorporate the ASDA services of drug testing, education and advocacy, the Australian Sports Drug Medical Advisory Committee (ASDMAC), and assume responsibility of developing and maintaining sports anti-doping policies that currently sits with the Australian Sports Commission (ASC).

ASADA will also be responsible for the investigation of allegations relating to anti-doping rule violations as specified in the World Anti-Doping Code (the Code). The organisation will have the power to receive, use and disclose (where appropriate) information from the Australian Customs Service or other law enforcement agencies.

ASADA will also have responsibility for the prosecution of cases relating to anti-doping rule violations. This will ensure a consistent approach is applied to the prosecution of anti-doping rule violations across all sports. ASADA will assume the role of anti-doping policy development and implementation to ensure sporting organisations are Code compliant. ASADA will also monitor sport compliance with their anti-doping policies, and report any breaches to the ASC.

#### Provision of Sample - Requirements

An athlete who is selected for a drug test by the ASDA is required to stay in doping control until they provided a sample that is suitable for laboratory analysis.

To ensure that you are familiar with ASDA's policy in regard to possible sample collection scenarios,

please read the information below. Both policies are supported by the Australian Sports Drug Agency Act 1990.

#### **Travel Policy**

It is the athlete's responsibility to take into consideration the possibility of post-event testing when making travel arrangements. As such, athletes are advised not to arrange travel immediately after an event. ASDA will not take the responsibility for reimbursement of travel costs incurred for reorganisation of travel.

Whilst ASDA tries to maintain flexibility to accommodate all reasonable requests, once an athlete has been notified to provide a sample they will be required to remain chaperoned at doping control and comply with all directions made by doping control personnel.

If an athlete fails to comply with a request to report to doping control and provide a sample they may be in breach of the AWF anti-doping policy and may face a sanction.

#### **High pH Policy**

Once a urine sample is collected, the pH level of the urine is tested. The pH relates to the acidity/alkalinity of the urine sample. The pH reading for samples must be between 5.0 and 7.0. This ensures the sample is suitable for laboratory analysis. If an athlete's initial sample does not fall within this range of 5.0 - 7.0, the athlete must remain chaperoned until he/she provide a sample with pH level that falls within the required range.

Under the ASDA Act there is no limit to the number of samples ASDA is entitled to collect from an athlete for the purpose of drug testing

For more information regarding anti-doping policies you may contact ASDA: [asda@asda.org.au](mailto:asda@asda.org.au)

# ANNUAL RECORD KEEPERS REPORT FOR 2005

## BY GRAEME PATTERSON

There were 65 records set by 8 lifters in 29 competitions this year

### Victorian Male Records

#### Open Men

Vanara Be	Hawthorn	5
Corran Hocking	Hawthorn	2
<b>Total</b>		<b>7</b>

#### U20 Men

Vanara Be	Hawthorn	10
Chris Merrey	Hawthorn	3
David Sarkisian	Hawthorn	2
Mark Woodford	Hawthorn	1
<b>Total</b>		<b>16</b>

#### U18 Men

Vanara Be	Hawthorn	10
Chris Merrey	Hawthorn	4
<b>Total</b>		<b>14</b>

### Australian Male Records

#### Open Men

Corran Hocking	Hawthorn	2
<b>Total</b>		<b>2</b>

#### U18 Men

Vanara Be	Hawthorn	3
<b>Total</b>		<b>3</b>
<b>Grand Total</b>		<b>56</b>

### Male Record Breakers

Vanara Be	Hawthorn	38
Chris Merrey	Hawthorn	11
Corran Hocking	Hawthorn	4
David Sarkisian	Hawthorn	2
Mark Woodford	Hawthorn	1



CHRIS MERREY

### Victorian Female Records

#### Open Women

Sarah Stranan	Phoenix	1
<b>Total</b>		<b>1</b>

#### U20 Women

Belinda van Tienen	Hawthorn	7
<b>Total</b>		<b>7</b>

#### U16 Women

Kate Hulls	Leongatha	1
<b>Total</b>		<b>1</b>

<b>Grand Total</b>		<b>9</b>
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### Female Record Breakers

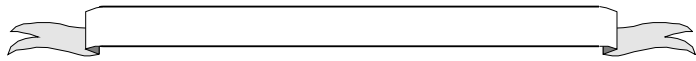
Belinda van Tienen	Hawthorn	7
Sarah Stranan	Phoenix	1
Kate Hulls	Leongatha	1

**CHANGES  
TO VICLIFT  
DISTRIBUTION**



In the last issue we informed you that the Vic Lift will be posted on the VWA Website in the future. This has not been possible as the VWA is rebuilding the Website and therefore this issue comes to you in hard copy. We hope to be up and running soon.

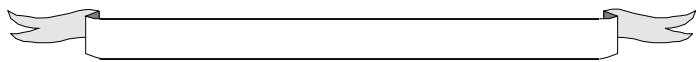
The Vic Lift is the Victorian Weightlifting Association quarterly publication. The Association would welcome any suggestion regarding this publication as to its format, style, contents etc. We also welcome constructive criticism and certainly content contributions.  
Ed.



**MATTHEW FALCONE**

Matthew Falcone for his performance at the Australia Day Tournament including a magnificent 180Kg Clean & Jerk.

*Well Done Matthew!*



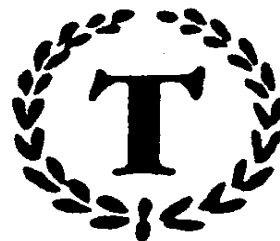
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