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After 15 years of writing dozens and dozens of editorials, articles and reports I will retire at the end of the year as Executive Director of the Victorian Weightlifting Association, therefore the editing and publication of this issue of Vic Lift will be my last. The 'guest editorial' in this issue is written by Martin Leach who needs no introduction to readers, it contains a strong message. I thank you all for your support and assistance and I hope you will give the same to the incoming ED. I encourage you all to continue to support the VWA and the Sport we all so love!
Ed.

LOOKING BACK, LOOKING FORWARD!

GUEST EDITORIAL

BY MARTIN LEACH

The year is 2014 and 90% of the Commonwealth Games Weightlifting team is made up of Victorian lifters who have been selected to win medals for Australia.

A dream – Yes

Impossible – No

Because if you dream, plan and work you can achieve anything.

For those who do not know me, my name is Martin Leach and the VWA has given me the opportunity to write a guest Editorial for this issue of VicLift. After working for the VWA for 18 years, I resigned in 2002 to look at other opportunities. Subsequent to this, I became involved in the upheaval of the 2002 Special General Meeting to try and change the VWA Executive. This is, as far as I am concerned, history.

TEAM VICTORIA



The importance of history however can not be overlooked. It would be foolish not to learn from history as historical events can be used as valuable tools for the future.

If we look further back in history, we can see that through the efforts of a great number of people, the VWA was the strongest of all the AWF's members, producing international representatives including Olympic and Commonwealth medallists and countless National Champions across all age groups. With all the many hours of effort that these many people put in to our sport, there have been times when mistakes have been made. I can recount a good number, and I am sure that some readers of this may have a list of their own.

We can continue to look back and dwell on the damage done by these mistakes. Likewise we can look back at all the great things that have been achieved in Victorian weightlifting such as the many well-run international events, the massive number (23,000 in one year alone) of participants who competed in the Clean and Jerk competition during the 1980's, or the way our sport managed to achieve fantastic levels of corporate sponsorship. Both the good things and the bad can deliver lessons for the future.

So let's look forward. What can we do today and tomorrow to improve Victorian Weightlifting. Our starting point is not as high as many would like. We have some of the smallest number of participants in our sport since the 1960's. We have suffered a level of disunity over the past few years that I have not seen in my thirty years of weightlifting involvement (note – I accept that I have contributed to this), and our financial base is not as good as it could be.

Whilst these things are fact, there are still a good

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number of very dedicated and committed people who are involved; and perhaps many more who would either like to get involved or reinvolve themselves in our sports future. A special note of thanks should go to those who have stuck with the sport and given freely of both their time and effort.

So in my mind, it is time to start looking forward and use the lessons we have learnt, open our hearts and minds, forgive and work together, because our sport deserves and wants the involvement of all readers in what can be the next great chapter of the VWA.

The reason why I have volunteered to take on an administrative duty on the VWA Council is to help elevate Victorian weightlifting to a higher level across all areas, and I believe that we can all contribute and embrace the VWA Mission Statement – “To promote and develop the sport of weightlifting in Victoria at all levels of participation”. This mission statement talks of being an inclusive organisation, so let’s take the challenge and start looking forward – you will be surprised what you will see.

TEAM VICTORIA TRIUMPHS!

Victoria won the Men's Team Shields in the Open and Under 20 and the Women's Open Shield and placed second in the Under 20 at the 2006 National Open and Under 20 Championships held in Melbourne on September 8-10.

Seen Lee was awarded the Best Female lifter and was selected to represent Australia at the 2006 World Senior Championships to be held in Santo Domingo - Dominican Republic together with fellow Victorian, Jacqui White. Congratulation to the lifters and to the management team led by Malcom Merrey (Manager) and coached by Peter Ikosidekas, Anthony Dove, Sevdalin Marinov, and assisted by Martin Leach, Robert Kabbas, Ivan Katz and Chris Psoras (Masseur).

CONGRATULATIONS

Movers and Shakers

Congratulations to Sam Coffa upon his re-election as President of the Australian Commonwealth Games Association. Well Done!



Congratulations also to Max Ryan who was elected as a Life Member of the Australian Weightlifting Federation at the Annual General Meeting on November 26, 2006. Well Merited Max!

2006 MERMET CUP



The late withdrawal of the Malaysian team robbed the event of a full session of lifting, however, six Nations were represented and 16 male and 5 female competed in three sessions of lifting.

Thanks to Mr. Gordon McGough and Mermets Australia this International Cup carried with it not only Magnificent Trophies but also prize money.

The competition was well presented and attended. Winners were:

Men: Yukio Peter (NRU) 1st, Manuel Minginfel (FSM) 2nd, Françoise Etound (VIC) 3rd

Women: Ele Opeloge (SAM) 1st, Jacqui White (VIC) 2nd, Belinda van Tienen (VIC) 3rd



MERMET CUP WINNERS WITH GORDON MCGOUGH AND BORIS KAYSER



DRUGS IN SPORT

IMPORTANT NOTICE SUPPLEMENTS: ASADA ADVICE

Supplements are not comprehensively regulated in Australia.

For this reason ASADA and other organisations such as the Australian Institute of Sport, state institutes and the National Measurement Institute (formerly AGAL) can not provide clear information about the status in sport of supplements and sports foods.

There is a risk that supplements may contain:

- ingredients not listed on the label which could cause a positive test
- impurities introduced at the manufacturing stage which could cause a positive test.

It is impossible to guarantee the safety of these products or that they do not contain substances that may result in a positive test. ASADA can not accurately determine the status of any supplement product in sport.

Under the World Anti-Doping Code's strict liability rule athletes are responsible for any substance found in their body. It does not matter whether the athlete intentionally or inadvertently consumed or used the product.

If an athlete tests positive to a prohibited substance the result is likely to be a disqualification and possible sanction or suspension.

While some manufacturers may guarantee the ingredients in their product, or that the use of the product will not result in a positive test, the athlete is still responsible if a prohibited substance or method is detected, even with the guarantee.

IMPORTANT NEWS FLASH

Weightlifting -

a Core Sport for future Commonwealth Games! The Commonwealth Games Federation (CGF) has reviewed the Sports Games Program and has determined to recommend to the 2007 CGF General Assembly that the number of core sports (compulsory to be held at Commonwealth Games) be increased from the present 5 to 10.

These sports are:-

Aquatics, Athletics, **Badminton**,
Boxing, Hockey, Lawn Bowls,
Netball (Women), Rugby Sevens (Men),
Squash, and Weightlifting
(new core sports in **Bold**).
Great News!!

REPORT ■ ANTI DOPING

FROM THE 2006 AWF ANNUAL REPORT

By Ian Moir AWF Anti-Doping Officer

This report spans a period of change in the Australian sports anti doping landscape, covering, as it does, a time in which we have seen the establishment of the Australian Sports Anti Doping Authority (ASADA) to replace the Australian Sports Drug Agency (ASDA).

The ASADA, incorporating the Australian Sports Drug Medical Advisory Committee (ASDMAC), was launched on 14th March 2006 to continue the sample collection and testing functions of its predecessor, with the additional functions of anti doping policy development; investigation of anti doping rule violations; results management and reporting; and presenting cases to hearing bodies, such as the Court of Arbitration for Sport.

Of great concern to the AWF this year were the four adverse analytical findings arising from the doping controls of the 2005 Commonwealth, Oceania and South Pacific Championships; and the 2005 National Open & U20 Championships; both conducted in the month of October 2005. In addition, and related to these adverse findings attributed to four Australian weightlifters, an allegation of supplying a prohibited substance to athletes was made against another Australian weightlifter. These events were cited by ASADA as the reasons for launching an investigation into Australian Weightlifting. Commencing in March 2006, this investigation continued beyond the 2005/06 year. While the AWF has not been advised of any findings arising from this investigation, we are confident that its conclusions will confirm what we firmly believe: that there exists within Australian Weightlifting a strong anti-doping culture and that while there is always the possibility that individuals may make mistakes or wrong decisions, overall Australian Weightlifters are responsible, honest and clean athletes.

Doping Control Summary

1 July 2005 – 30 June 2006 *

Total Number of Tests	353
Competition tests	48
Out of competition tests	305
Tests on Australian lifters	337
Tests on Overseas lifters in Australia	16
Australian lifters tested	57
Negative results	349
Positive results	4

* Tests conducted at the Melbourne 2006 Commonwealth Games are not included in this summary. Those tests were conducted on behalf of the Melbourne 2006 Commonwealth Games Corporation and are not reported to the individual sports by ASADA. However, no positive results were reported from tests conducted on Australian Weightlifters at this event.



SCHOOL PROGRAM



The final school competition for the year, the Touchdown Tours Victorian School Championships were held over two rounds, at Mermet on 11th and 18th October 2006. The individual competitions were closely fought with the following becoming Victorian School Champions for 2006:

GIRLS

40 Kg Category	Genevieve Fahey	Mt Lilydale
44 Kg Category	Jaci Hartley	Mt Lilydale
53 kg category	Alana Conte	Mt Lilydale
58 kg category	Socheata Be	Mt Lilydale
63 kg category	Dana De Bondt	Toorak
69 kg category	Kate MConnell	Mt Lilydale
75 kg + category	Kate Linford	Mt Lilydale

BOYS

47 kg category	Luke Henrique-Gomez	De La Salle
51 kg category	Phillip Cowan	Mt Lilydale
56 kg category	Matt Peterson	De La Salle
62 kg category	Vanara Be	Mt Lilydale
69 kg category	Daniel Katz	McKinnon
77 kg category	Josh Woodward	McKinnon
85 kg category	Shane Renshaw	De La Salle
94 kg category	Chris Merrey	De La Salle
105 kg category	Josh Quin	De La Salle
105 kg + category	Adam Kok	Mary Mackillop



SOCHEATA BE & VANNARA BE
WITH TONY VILLANTI



CHAMPION LIFTERS OF THE MEET

GIRLS:	Socheata Be	Mt Lilydale
BOYS:	Vanara Be	De La Salle

VICTORIAN CHAMPIONSHIP SCHOOL SHIELD

GIRLS	Mt Lilydale Mercy College
BOYS	De La Salle College

Provisional 2007 School Weightlifting Calendar

Term 1: (30 Jan 07 – 30 Mar 07)

Wed 21 Feb	School League Rd 1	Postal
Thur 22 Mar	School League Rd 2	Mermet

Term 2: (16 April – 29 June)

Wed 2 May	School League Rd	Postal
Thur 24 May	School League Rd 4	Mermet
Wed 27 June	School League Rd 5	Postal

Term 3: (16 July – 21 Sept)

Wed 25 Jul	School League Rd 6	Mermet
Thur 23 Aug	Sport & Recreation Victoria Cup	TBA

Term 4: (8 Oct – 21 Dec)

Wed 17 Oct	Vic School Championships Day 1	Mermet
Thur 25 Oct	Vic School Championships Day 2	Mermet



DE LA SALLE COLLEGE TEAM

VICTORIAN INSTITUTE OF SPORT HIGH PERFORMANCE CENTRE

The VIS Weightlifting Program registered some remarkable achievements this year with five VIS athletes selected to represent Australia at the Commonwealth Games. These athletes, Alex Karapetyan, Simon Heffernan, Yourik Sarkisian, Belinda van Tienen and Jacqui White, acquitted themselves well with Alex Karapetyan winning the Gold Medal and Simon Heffernan the Silver Medal. In addition VIS Head Coach, Sevdalin Marinov was appointed as a member of the Australian Coaching staff.

Australian weightlifters won 11 medals at the Melbourne 2006 Commonwealth Games placing the sport as a major contributor to Australia's record medal tally.

The Mermet Stadium has continued to be the quality primary training and competition venue complemented also by the Phoenix Club. The Stadium was used as the Weightlifting Training Venue for the Commonwealth Games.

Many athletes from a variety of sports are regularly availing themselves of the facility and the expertise of the Coaches to prepare themselves for sports as diverse as Lacrosse, Athletics, Cycling, Skiing etc. Developing athletes are not neglected and Coaches devote significant time to implement and monitor junior development programs.

Unfortunately, the VWA has been advised by the VIS Board of Directors that Tier 2 status for Weightlifting will not be continued in 2006-07. The Board acknowledged the success of our sport at the recent Commonwealth Games in Melbourne, but it was not possible at this time, given the constraints affecting the VIS, to offer a program.

However, the VIS offered a number of Individual Scholarship to enable internationally competitive athletes in our sport to access specific support in the coming year and we are pleased that Simon Heffernan, Jacqui White and David Sarkisian were successful in obtaining such Scholarships.

The VWA is thankful for the support it has received from the VIS in the past and it is hopeful that it will not be too long before our sport will once again be part of this great Institution.

Many thanks and best wishes to Dr. Frank Pyke who has retired from his position as Executive Director. Dr. Pyke was a friend to all of us and we will miss him.

At the same time we offer congratulations to Ms. Anne-Marie Harrison who has been appointed to the position and we look forward to develop a working relationship with her and her team.



SEEN LEE

With a string of records, including Oceania, and great performances and selection to the World Championships, Seen Lee is the winner of the Scroll for this issue.

COACHES CORNER

STRENGTH STRATEGIES

Every month, a new tactic to help you lift more--immediately!

The next time a weight seems too heavy, make it heavier! Adding a few kilos more to your bench and simply holding the weight at the top position can trick your body into lifting heavier on your next set.

HERE'S WHAT TO DO

Load the bar with 25% more than the most weight you can lift for one perfect rep. Unrack the bar, and, with a slight bend in your elbows, hold it over your chest at arm's length--as if you were about to begin a rep--for five seconds. (Have a spotter nearby just in case.) Rerack the bar, then, rest for one minute. Reduce the weight to 2.5%-5% more than your previous best lift (your one-rep max)--now you're ready to set a new record.

Called post-activation potentiation (PAP) by exercise scientists, The heavy hold temporarily increases the sensitivity of your muscles to calcium. Because calcium is an essential ingredient for generating muscular tension, just holding a heavy weight can help temporarily make you stronger. You should be able to bump up your max by five to 8 kilos. (However, because PAP is stressful, only use it occasionally.)

www.vicweightlifting.com



TECHNICAL REPORT

BY PEDRO SANCHES
VWA TECHNICAL CO-ORDINATOR

PROGRESS EXAMINATION OF THE 1 KG RULE

The Committee was committed to a review before the end of 2006 and in doing so examined statistical information relative to choice of increment by athletes and coaches between the first and second attempt and between second and third. Such information disclosed that at three major international events only a small percentage of lifters (0.4%) whether men or women, and whether in the Snatch or C & J were taking one kilo increment between first and second attempt, clearly inviting a reconsideration.

The Committee, the Board and the Congress agreed that as from 1 January 2007 the automatic progression of the barbell from the 1st attempt to the second attempt will be two kilograms (2 Kg).

The 2 Kg minimum progression refers only to the 2nd attempt. It applies to both the Snatch and C & J for men and women, for seniors and juniors. For 3rd attempts lifters may take the 1 Kg progression or any weight, multiple of 1 Kg.

The Committee further agreed that the rule will undergo another review at the end of 2007.

UPDATING OF THE 5.5.10 RULE

You will recall that in the last issue of Vic Lift I pointed out that a new application of this Rule had been approved which was:

“Before the first attempt or between two attempts Coaches/Athletes have to notify and sign the next attempt on the competitor card and may change it twice. If the Coach/Athlete fails to do so until the final call (30 seconds), the athlete will be called according to the automatic progression (1 Kg increment after a good lift (now 2 Kg), same weight after a no lift)”.

I further reported that the matter of what should happen when a lifter takes consecutive attempts was being deliberated by the Committee.

The Committee, the Board and the Congress agreed to alter the Rule from 1 January, 2007 so that lifters taking consecutive attempts must declare their next attempt within the first 30 seconds after calling of the name (allocated time), otherwise they must take the automatic increment. Lifters/Coaches having declared their intention to take a heavier weight (rather than the automatic increment) would then have the opportunity to make the additional 2 changes before the final call (final 30 seconds) in accordance with the Rules.

As I understand a new text will be elaborated and printed and disseminated.

Other matters worth reporting include:

IWF REFEREE'S EXAMINATION PAPER

The new Examination Paper has been approved and you can download such from the IWF Website: www.iwf.net/iwf/sport.org/organization/downloadforms.php

NEW REFEREE UNIFORMS

Following a study and a motion by the Technical Committee, the IWF Executive Board decided to revise the outdated regulations on referee uniforms and get rid of the old-fashioned outfit which among other things was considered uncomfortable in hot weather.

“Creation Vargas Ltd” - Budapest -Hungary has been commissioned to supply the new uniforms which consist of the following pieces:

A - General Referee Uniform

- i Blazer (dark blue)
- ii Trousers/ Pants or Skirt (sand colour)
- iii Shirt/Blouse (light blue striped)
- iv Necktie/Scarf
- v Belt

B. Summer Referee Uniform (Sand colour)

- i Safari Shirt
- ii Safari Trousers/Skirt

Each piece of the uniform has the IWF logo embroidered or sewn on it.

After September 1, 2007, international referees appointed to work as Technical Officials in World Championships must wear the new uniform.

Not only the Referees but any National Federation officials may order the IWF Referees' Uniform, if they wish.

ELECTRONIC CHANGE OF CALL

The IWF has given permission to develop a new electronic system to affect outside change of calls. This new system is being developed in Australia under the supervision of Sam Coffa and Pedro Sanchez. The system is designed to minimise/eliminate the role of the Marshals.

OBLIGATION FOR ATHLETES TO REMAIN IN THE COMPETITION VENUES

Athletes will in future be obliged to remain in the Competition Venues until the end of the lifting sessions in which they have been competing.

JURY REVERSAL OF DECISIONS

Reasons for reversal of decisions by the Jury will from now on be communicated to the lifters/coaches as well as announced to the public by the speaker.

RECORDS

The Annual Report of the VWA Record Keeper suggests that there were 36 records set by 6 Victorian lifters this year.

Victorian Male Records

<u>Open men</u>			
Vannara Be	Hawthorn	6	Total 6
<u>U20 men</u>			
Vannara Be	Hawthorn	6	
Mark Woodford	Hawthorn	1	Total 7
<u>U18 men</u>			
Vannara Be	Hawthorn	6	
Chris Merrey	Hawthorn	2	Total 8
<u>Schoolboy</u>			
Vannara Be	Mt Lilydale C.	3	Total 3
			Grand Total 24

Male Record Breakers

Vannara Be	Hawthorn/MLC	21
Mark Woodford	Hawthorn	1
Chris Merrey	Hawthorn	2

Victorian Female Records

<u>Open women</u>			
Vivian Lee	Hawthorn	4	
Seen Lee	Hawthorn	6	Total 10
<u>U20 women</u>			
Belinda Van Tienen	Hawthorn	2	Total 2
			Grand Total 12

Female Record Breakers

Vivian Lee	Hawthorn	4
Seen Lee	Hawthorn	6
Belinda Van Tienen	Hawthorn	2

WING - DANN TROPHY



SEEN LE & VANNARA BE
WING DANN TROPHY WINNER & RECORD BREAKERS

Donated by Phillip Chen back in the late seventies, this magnificent trophy which was originally awarded to the lifter whose total attained at the Victorian Senior Championships was nearest to the world record Total, sports many former greats of Victorian Lifting like, Helmut Shindler, Daryl Cohen, Sam Coffa, Joe Hayder, Graham Hall, Bill Frew, Roger Crabtree and Nick Ciancio.

With the assistance of Phillip Chen the VWA Council has revived the Trophy which is now awarded by the Sinclair Formula for both Male and Female to the best lifters at the Victorian Open Championships.

Winners for 2006 are :

**Seen Lee - Hawthorn (Female) and
Vannara Be - Hawthorn (Male)
Congratulations to both!**

VERN BARBERIS IMMORTALISED



Readers will recall that in the Autumn edition of Vic Lift it was reported that Mrs. Betty Barberis had offered to the VWA a sculpture of Vern which she had done of the great man. And we accepted the offer.

We had this piece of art work cast in bronze and mounted on a pedestal using as a base three pieces of the 1956 Olympic Platform and the unveiling of which took place during the Mermet Cup.

Mrs. Betty Barberis and Dr. Irene Barberis (daughter) joined by Mr.

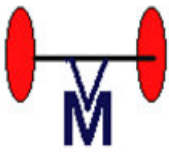
Boris Kayser, VWA President, and Mr. Gordon McGough, Managing Director of Mermet Australia, took part in the official function which was appreciated and applauded by the audience.

The sculpture is housed on a permanent basis in the Board/VIP Room at the Stadium. It was beautifully mounted by Shaun Kelly and donated by Sam and Marje Coffa.



MASTERS VOICE

VWA MASTERS CO-ORDINATOR CHRIS HOLT



The Victorian Masters' Committee, for 2007 is as follows: David Holt (Chairman); Goran Vukojevic, Masters Coordinator; Lena Arena, Record Keeper, Shirley McFarland, Milos Trnka, Robin Holt, Scott Bayley, Leo Ryan and Chris Holt, Committee Members. The positions of Secretary and Woman's View Point are yet to be filled.

This makes a nine-member committee for 2007. Thanks to all.

In 2001, we had twelve competitors, in 2002, we had eighteen, in 2003, we had nineteen, in 2004 we had, seventeen, in 2005 we had twenty eight. This year we had eighteen master lifters. Let us make 2007 an increase year and send a strong team to the nationals to bring the shield, home.

Late this year Leo Ryan had to resign from the position of Coordinator owing to pressure of commitments and Goran Vukojevic took over this role. Our thanks go to Leo and congratulations to Goran.

2005 was our best year in terms of numbers (28 lifters) and participation, this year we dropped a little, so lets work hard in 2007 to get the numbers back up.

The concept of the Masters Grand Prix is still a good motivation for all Victorian Masters and coupled with the William Keir Memorial, the Masters Championships and other Open Contest as well as

the National and International Events such competitions do provide adequate opportunities for all Master Lifters to compete and continue to enjoy the Sport.

The Grand Prix Winner for 2006 was Chris Holt and the winner of the William Keir Memorial was Warren Hellisen, Congratulations to both.

The Masters Committee wishes all the best for the season and looks forward to a successful New Year.



WINNERS OF THE ALBY DUTTON / WILLIAM KEIR MEMORIALS. JEFF DUTTON IN ATTENDANCE

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