



Established 1920

VICLIFT

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OFFICIAL NEWSLETTER OF THE VICTORIAN WEIGHTLIFTING ASSOCIATION INC. SUMMER 2007 EDITION NO. 38



In my first opportunity to offer editorial for Viclift I hope that in partnership with the coaches, officials and members of Council to maintain and expand the established program of weightlifting excellence that has always characterised the sport in Victoria.

Our programs will aim to assist athletes to achieve the highest levels of performance to which they are capable; and to help them with their personal, educational and vocational development.

The aims of the VWA programs are to provide athletes access to:

- A flexible, supportive and “athlete friendly” environment.
- Quality Coaching
- Competition and training opportunities matched to the athlete’s development and potential
- Sport Science services and sport medicine services
- Assistance with Personal Development specific to the individual athletes

A key feature of the VWA program is to establish an individual path for each athlete, which, will enable them to balance their demanding schedules and assist them to achieve success at school or work as well as in their personal and sporting lives.

Likewise with coaches, officials and administrators. Like all sporting associations the VWA is dependent on people who regularly devote freely their time, expertise and support to ensure that others are able to participate and enjoy their sport. Without such volunteers, Australian sport and recreation would not happen – they are truly the backbone of Australian sport and recreation. The VWA aims to support all its volunteers in their participation and professional development.

Much of this newsletter is devoted to outlining the manner in which the VWA seeks to encourage a collegiate approach amongst the membership. The formal policies outlined are sets of statements about appropriate and expected behaviour of members of the VWA and, as such, reflect its values. Although orientated toward those who are athletes, the policies are also intended for those who work in other capacities, for example, coaches, officials, educators, administrators, policy-makers, etc. Their

work impacts significantly on the ethical behaviour of athletes.

Adherence to these policies necessarily involves a commitment to:

- Viewing the well-being of the individual as having fundamental importance.
- Acknowledging the uniqueness of each person.
- Taking into account the critical impact of self esteem on the individual.
- Basing practice on sound knowledge, research and theories, while at the same time recognising the limitations and uncertainties of these.

Working to fulfil the right of all participants to achieve their potential

Undoubtedly divisions exist within our sport. I hope that we can find what is common to all who participate in weightlifting and so bring sectors of the sport closer together.

Peter Cayley



**JAQUIE WHITE PRESENTS THE
MEDALS AND HER RECORDS TO SOCHEATA**

CODES OF BEHAVIOUR

CODE OF CONDUCT

Purpose

The purpose of the Code of Conduct (Code) is to describe the types of behaviour that the Victorian Weightlifting Association (VWA) seeks to promote and encourage its members and supporters to adopt.

Governance

The code shall be known as the Victorian Weightlifting Association Code of Conduct. The Code shall govern the conduct of all persons formally associated with Weightlifting in Victoria. In particular it shall apply to:

- Persons acting for and on behalf of the VWA
- Athletes, coaches, managers and support staff of the VWA
- Persons participating in VWA sanctioned events
- Officials, and support personnel assisting or conducting VWA events
- VWA appointed delegates and employees of the VWA

Key Principles

The VWA wishes to operate in an environment where people show respect for others and their property. Respect is defined as consideration for another person's physical and emotional well-being and possessions, to ensure no damage or deprivation is caused to either.

The VWA wishes to operate in an environment that is free from harassment. Harassment is defined as any action directed at an individual or group that creates an hostile, intimidating or offensive environment (Refer to ASC Guidelines for Harassment-Free Sport)

The VWA wishes to operate in a non-discriminatory environment. Respect for the right, dignity and worth of every human being regardless of gender, ethnic origin or religion

Persons to whom this Code applies acknowledge and agree to comply with the disciplinary and grievance procedures promulgated by the VWA. In the case of disciplinary action being taken, persons affected have the opportunity to participate in the proceedings and the right to appeal any decision.

Key Elements

All persons bound by this code shall:

- Act in a manner compatible with the interests of the VWA

- Accord people involved in Weightlifting with the appropriate courtesy, respect and regard for their rights and obligations.
- Treat peoples property with respect and due consideration of its value
- Show a positive commitment to the VWA's policies, rules, procedures, guidelines and agreements.
- Respect the laws and customs of places they visit
- Respect confidentiality of information which they receive in the course of fulfilling their duties
- Uphold the standing and reputation of Weightlifting.
- Not misuse provided funds or property.
- Observe and comply with all the Anti-Doping Rules set out in the Australian Weightlifting Federation Anti Doping Policy.

Unacceptable Behaviour

This lists provides examples of behaviour deemed unsuitable and not in the best interests of the sport. It is not nor does it intend to be an exhaustive list.

- "Sledging" other athletes, officials or event organisers.
- Sledging is defined as a statement that aims to denigrate and / or intimidate another person, or behaviour likely to constitute emotional abuse.
- Excessive use of alcohol, acting in a manner that becomes a public nuisance, or creating a public disturbance.
- Damaging another person's property or depriving them of that property
- Sexual relations between an appointed official or coach and a junior athlete, irrespective of the wishes of the athlete. In cases other than juniors sexual relations between appointed officials or coaches and athletes are strongly discouraged.
- Any physical contact with athletes shall be appropriate to the situation and be necessary for the development of the athlete.
- The use of encouragement of the use of banned substances.
- Statements, which are deemed to denigrate the individual or the group, an individual represents.
- Any type of gambling, betting or organisation of betting on any weightlifting event, while competing, officiating or undertaking a management role.
- Any form of harassment.

SIMPLICE PREPARES (LEFT), PRESENTATION OF ATHLETES (MIDDLE) AND BEST LIFTERS (RIGHT)



VWA Clubs and the Law

This article highlights areas of the Law that relate to community organisations and aims to provide general information that will enable VWA clubs to protect their rights and those of their members.

Clubs and the Law

The law is a set of rules that provide a guide for the manner in which activities within both the sport and the club should be carried out.

Community organisations and clubs have legal obligations and responsibilities including:

- Insurance
- Civil and criminal negligence
- Risk management practices
- Contracts and constitutions
- Harassment
- Discrimination
- Food handling and liquor licensing
- Occupational health and safety

Insurance

It is vital that all clubs protect their members, committee, assets and activities with adequate insurance. This includes the areas of:

- Public liability
- Professional indemnity
- Building and contents
- Fire
- Money
- Burglary
- Consequential loss
- Pluvius
- Fidelity

Public Liability Insurance

Public liability Insurance protects employees and members of the club. It aims to provide indemnity to the club against legal liability to pay damages arising from accidental injury (including death) and accidental property damage. This covers claims arising from negligence of the club or one of its employees, and claims based upon the conditions of the premises. It also provides for payment and legal costs related to such claims.

Professional Indemnity

Professional Indemnity Insurance covers persons giving professional advice or imparting skills. This type of policy protects persons from claims made against them for negligent acts, advice, instructions or omissions during work.

Building and Contents

Building Insurance covers damage to buildings through events such as fire and vandalism. Con-

tents insurance will cover against theft of equipment or saleable goods.

Personal Injury

Personal Injury Insurance covers participants for costs associated with injuries acquired during training or competition. In addition to medical and rehabilitation expenses it may cover for loss of income.

The Australian Weightlifting Federation Insurance Policy covering public liability, personal injury and professional indemnity covers all capitated members and affiliated clubs of the Victorian Weightlifting Association. However clubs should cover their premises and equipment. An Insurance Broker can assist your club to establish appropriate insurance at competitive process.

Negligence

The law of negligence is primarily concerned with the “**Duty Of Care**” we owe one another. In a club context negligence is concerned with the duty of care owed to club members, users and the broader community. Negligence occurs when someone does something that a reasonably prudent person would not do, or fails to do something that a reasonably prudent person would do. **(To view the Occupational Health and Safety Act go to: www.dms.dpc.vic.gov.au)**

The following questions should be considered when undertaking any activity for your club:

1. Do I owe a duty of care to the participant and if so is the risk of injury reasonably foreseeable?
2. What is the standard of care that must be achieved?
3. What steps can I take to avoid the foreseeable risk of harm or injury?

Incorporation

What is Incorporation?

Incorporation means joining number of separate individuals into one legally recognised body. Any organisation that owns good or land, enters contracts, holds a liquor licence, borrows money or charges fees to non-members to participate should consider becoming incorporated. The law does not recognise any club or association as having any legal existence in its own name unless law incorporates it. Incorporation means that the members of the organisation are not personally liable for debts.

Creation of a separate legal entity through incorporation usually protects individuals within the organisation, provided the organisation operates within acceptable business and community standards. With the club having a legal existence it:

- Exists as a separate entity, regardless of changes of membership
- May enter into contracts in its own right, includ-

(Continued from page 3)

ing tenancy agreements or lease agreements

- May own land and other property
- Has the ability to sue and be sued
- May borrow money and accept gifts and bequests.

The most important aspect of incorporation is that office bearers and members are not personally liable for the debts of the club or for negligent acts or omissions of other office bearers and members.

Furthermore, incorporation may often be a prerequisite for obtaining a grant from Local, State or Federal Government while unincorporated organisations are excluded from holding Public Liability Cover.

Constitutions

Your club should have a constitution setting out the member's rights and liabilities. This document establishes a group and sets out the purposes for which it has come together and all the rules under which it proposes to operate.

NOTE: You need a constitution to become incorporated.

As all organisations have different aims and objectives so all constitutions are different. However there are certain common elements that should be included for the protection of members. The constitution should specify:

- Name of the organisation
- Objectives – why the organisation has been established. The aims and objectives should be fairly general, specific plans are not part of the constitution.
- The number of committee members
- The powers of the committee enabling it to manage day to day operations of the organisation
- Whether the Secretary and Treasurer can be one and the same person
- The regularity of meetings, numbers for a quorum, and the manner in which a general meeting can be called. The usual quorum for a committee is one third or one half of the committee members, but it should never be fewer than three.
- Voting method.
- The manner and reasons for a person to be expelled or suspended from the group.
- The manner and circumstances for committee members to be indemnified out of group funds, in the event that they incur any liability on behalf of the club.

The manner of winding up by way of distribution of assets to members, or conversion of those assets to cash and then distribution.

It is imperative that the constitution is kept up to

date by the secretary and is on hand at any meetings for referral. Copies of all amendments should be sent to those people that hold a copy of the constitution.

Model Rules. Can be obtained from the office of Consumer and Business Affairs Victoria.

Discrimination

Because people join community organisation and clubs for numerous reasons it is important that equal opportunity is made an integral part of all activities.

Discrimination is unlawful. It denies people the opportunity to prove what they are capable of. Discrimination is unfair treatment that prevents people from enjoying the benefits of and contributing to the club.

Refer to the sections on Harassment free sport.

Privacy Act

Victorians are protected by three pieces of privacy legislation:

- The Victorian Information Privacy Act 2000
- The Victorian Health Records Act 2001
- The Federal Privacy Act 1988 (extended in 2001)

The Privacy Act 1988 protects the way your personal information is handled by private sector organisations and government agencies. The Act covers the collection, use, disclosure, quality and security of personal information. It also gives the right to access and correct information.

The Victorian Privacy Act 2000 covers all personal information except health information in the public sector in Victoria. This Act adopts ten information privacy principles.

Local councils are subject to this Act and compliance with the principles of this Act was required from 1st September 2001.

The Victorian Information Privacy Act 2000 may not apply to all clubs in the same way. It is advisable to contact the relevant authority to obtain further advice. However the basic principle is to protect and respect the rights of club members by not sharing your club's membership database without individual approval.

For further information contact:

Office of the Federal Privacy Commissioner

www.privacy.gov.au

Office of the Victorian Privacy Commissioner

www.privact.vic.gov.au

Child Protection Legislation

Several states have developed Child Protection Acts. These Acts help to protect the safety and well being of children participating in activities run by

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TECHNICAL REPORT

BY PEDRO SANCHES
VWA TECHNICAL CO-ORDINATOR

Technical Rule 5.5.10

Since the International Weightlifting Federation (IWF) resolved to make changes to the Rule 5.5.10 there has been some confusion among Technical Officials, Coaches and Lifters. The main confusion surrounds the thought that lifters taking consecutive attempts must declare their intention to take a heavier weight than the automatic increment and then change it twice before the expiration of the **first** 30 seconds. This confusion arose from the text which appeared on the IWF website.

As a result of questions being directed to Sam Coffa, Chairman of the IWF Technical Committee and in order to clarify the situation and to put into rule format for inclusion in the next edition of the Hand Book, the following was written by Sam and published by the IWF:

Before the first attempt or between two attempts coaches/athletes have to notify and sign the next attempt on the competition 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.

Where a competitor is taking consecutive attempts, the competitor/coach must declare their next attempt within the first 30 seconds after being called, even if it is the automatic increment, failure to do so will forfeit the two changes allowed. The lifter will then have to take the automatic increment.

As written the Rule is clear in my opinion. Really speaking nothing much has changed except that a lifter taking consecutive attempts must declare his/her intention that he/she wants to take the automatic increment or taking more within the 30 seconds of the allocated 2 minutes.

The IWF is endeavouring to shorten the time which goes idle between attempts with Coaches stretching to the limit the available time to their lifters but as a consequence many minutes go by at competitions with no activity on the platform which is not good for the public and the TV, and when one considers the multiplying effect in a session of 9-12 lifters, up to 20 minutes could be saved .

The object of this change is to avoid as much as is possible these dreadful pregnant pauses.



THE JOYS OF THE REFEREE EXPERIENCE



Technical Rule 5.8.8

Another Rule which has been the subject of debate in local competitions has been the above rule which in part says “...**Where medals are given on total only, the lifter shall be eliminated if all snatches have failed**”.

This rule applies at the Olympic Games, Commonwealth Games and all other events where medals are awarded only in the Total. Most National Federations adopt this rule including the Australian Weightlifting Federation. At State or other levels a different approach can be taken, however, given that the awarding of any VWA Open competition is based on the Sinclair Formula which takes into account the Total it is prudent to adopt the rule as it would otherwise mean that lifters who cannot compute a total would interfere with lifters vying for the award.

For the sake of clarification and consistency the VWA Council will be requested to declare its position on this rule with regards to State Championships, VWA Open contests and School competitions and whatever is adopted will be implemented in the future.

COACHES CORNER

Online coaching course now live!

The Australian Sports Commission is pleased to announce the launch of a new online course for coaches.

The Beginning Coaching General Principles online course has been developed to assist new coaches improve their basic coaching skills, particularly those coaches working with children.

Coaches can complete the course in their own time, from the comfort of their own home. It is initially being made available free of charge to Australian coaches.

About the course

The course contains five modules covering a range of general coaching topics, including the role and responsibilities expected of a coach, planning, safety, working with parents, communication, group management, and inclusive coaching practices when working with people with a disability or special population groups.

The course takes approximately six hours to complete, with assessment included at the end of each module.

How to access the course

The Beginning Coaching General Principles course is available from the Australian Sports Commission's new online learning portal. For more information on the course, and to enrol, go to the learning portal web site (<https://learning.ausport.gov.au>).

COACH EDUCATION DEMONSTRATING AN EXERCISE

Any coach who wishes to introduce their sport to beginners must be adept at teaching the skills involved. Learning a skill correctly at the start is extremely important because it is more difficult to unlearn bad technique than to learn the correct technique in the first place.

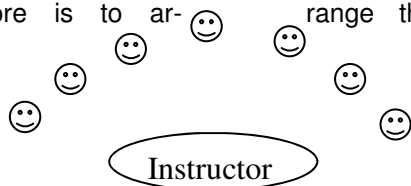
To teach a skill efficiently it is important to use as many of the senses as possible. In teaching there is a saying:

You hear and forget,
You see and remember,
You do and understand.

So if you wish to teach the power clean there is no point rambling on about how the lift is to be performed, because each person in the group will have a different picture in their mind. The steps that could be involved are:

Step 1

It is important that everyone in the group can see you clearly and that you can see everyone. If someone cannot see what you are demonstrating, they will not know what you are talking about. People you cannot see may get distracted and also distract others. The first step therefore is to arrange the class correctly.



Step 2

Name the exercise you are going to demonstrate. Eg "I am going to demonstrate the power clean".

Step 3

Demonstrate the exercise without saying anything.

Step 4

- Demonstrate the exercise explaining at each stage what you are doing.
- Place the balls of your feet under the bar, feet hip width apart.
- Bend your knees till the hands can grip the bar firmly.
- Keep the back flat as I am doing.
- Take in a breath.
- Straighten the legs till the bar reaches the knees. The angle of the back to the ground should not change.
- Thrust the hips forward, shrug the shoulders while the arms are straight.
- Pull the bar to the shoulders.
- Release the breath.

If you have been stopping at each stage when demonstrating the exercise repeat the movement a few times reminding the class that the lift must be executed in one fluent movement.

Step 5

Ask everyone in the class to perform the exercise. You may need to have several pieces of equipment. Correct any faults, it is important that you are positive. Say "Keep your arms straight", do not say "Don't bend your arms".

Encourage the person, find something to praise even when you have to point out mistakes. "That was not bad, but it would be better if you did it this way".

Step 6

Repeat the lift several times, make sure the trainees do not get tired or else their technique will suffer.

If everyone can perform the lift reasonably well, it only requires slight adjustments. Do not expect perfection right away.

Corrections:

On the other hand if there are major problems you may need to pay attention to them. For example, in the power clean there may be the following problems.

Starting position If the person tends to round their back at the start, it sometimes helps to lift the bar to the hang, hyperextend the lumbar area and then lower the bar to the floor maintaining the curve in the back.

Floor to knee. Beginners often bend their arms when trying to get the bar off the floor. Get the lifter to assume the starting position and ask them to concentrate on keeping the back rigid and at the same angle to the floor as in the starting position. Gradually push the feet into the floor till the bar almost reaches the knees lower and repeat several times.

Hip thrust: Hold the bar at the knee, shoulder ahead of the bar, thrust the hips forward while shrugging the shoulders holding the arms straight. An alternative would be the pull from supports at knee height.

Racking: When racking the bar lifters often swing the bar away from the body. Ask the lifter to perform an upright rowing motion keeping their elbows higher than the wrist, and wrist higher than the bar as long as possible. Next get the lifter to perform the upright rowing ending up by racking the bar.

As soon as possible get back to performing the lift as a whole.

Eric Rosario

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MOVERS AND SHAKERS

Congratulations:

- To Mathew Falcone on his selection to Australian Team for the World Junior Championships in Prague 9 – 16 June 2007.
- To Kate Linford, Mathew Falcone, Chris Merrey and Daniel Katz on their selection to Team for Arafura Games and Commonwealth and Oceania Junior Championships, Darwin 12 – 15 May 2007.
- To Victorian Team for the Australian U 16 and U 18 Championships Sydney 20-22 April:

U/16

Luke Henriques-Gomez
James Nielson,
Liam Larkins
Steve McConnell,
Lachlan Cook
Callum Barry-Murphy,
Luke Castagna
Josh Woodward,
Daniel Litviak
Josh Quinn

Reserve
Patrick Ryan

U/18

Luke Henriques-Gomez
Matthew Peterson
Matt De Souza
Daniel Katz,
Steve McConnell
Callum Barry-Murphy
Josh Woodward
Simon Francazio
Josh Quinn
Adam Kok

Reserves
Marco Vitale,
Daniel Litviak

TECHNICAL SYMPOSIUM

Saturday 5th May 2007



At 5:00 pm following the
HWC Competition

This symposium offers an extensive explanation of the new rules and their application with full opportunity for questions.

This symposium is a must for all Referees and Coaches and others interested in the technical regulation of Weightlifting.

All are welcome.



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