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## **PUSH FOR UNITARY GOVERNANCE STRUCTURE CREATES A DILEMMA FOR STATE ASSOCIATIONS.**

In recent times there has been a considerable push from the Australian Sports Commission (ASC) to encourage sports to take on unitary governance structures.

The question federated versus unitary models of governance is not new to the Australian political landscape. There is little doubt that most sports organisation would benefit from improvement in their governance structures and processes. There is also little doubt that reform moves at the ASC have sparked renewed interest in the debate.

The ASC maintains its main agenda is independence of decision making on National Sporting Organisation (NSO) boards.

An article in one January edition of The Australian by Bret Harris, intriguingly entitled "ASC wields the big stick in the Name of Reform" quotes ASC CEO Mark Peters as saying "the time of states sitting on national sporting organisations, voting on things with their state hats, is past".

Harris poses the question as to whether the NSO governance reform agenda goes beyond simply asking for independence at the Board level, or actually heralds the beginning of an effort to impose unitary governance models across the sports.

Peters maintained that this was not the case, indicating that sports can have a federated model, but "just don't have state representatives on the board of management".

Regardless of what is the real objective of the current reform push, changes to either independent board or unitary governance structures have significant implications for state sports associations and the grass-roots participants they represent.

There are inherent conflicts of interest when state representatives sit on national boards, however, this is the very premise on which the federated model of governance was built. States have an interest in ensuring their own grass-roots members are appropriately looked after, and may have questioned the capacity of a fully independent board, focussed on national issues, to represent the interests of the states.

A similar argument can be made in the case of unitary models of governance. In a nutshell the focus of the NSO is elite sport development, while the state associations focus on participation and developmental pathways.

When undertaking a major review of the governance structure of Soccer Australia, the Crawford Report, acknowledges that these varying roles create differences in the strategic and policy focus of each aim. With such diverse focal points, the key question under a unitary model has to be will the decisions made by the NSO necessarily be what is best for the sport at the grass-roots level?

Yes a unitary structure can have advantages – common branding, common policy implementation, streamlining of resources, greater marketing power and more clearly defined pathways from grass-roots to elite.

The reality is improvements in state and national relations can be achieved relatively easily without going to a unitary governance structure, and without having to deal with perceived negatives of unification: primarily the loss of power of the states, and loss of focus on grass-roots participation and development. By working together state and national organisations can, and have, successfully made many positive changes.

Ultimately, regardless of whether the push is for independent boards or unitary control, the reality is the kind of changes for which the ASC is campaigning will require someone to give up power. It is unlikely state associations, particularly those of the bigger sports, will willingly concede their positions of influence without some very good reasons and strong guarantees.

The ASC did point out they carry a "big stick", in the form of funding, and they are prepared to use it to drive reform if necessary. In his interview with The Australian Mark Peters said "unfortunately sometimes you need a stick and the stick to drive change isn't that we are highly intelligent, world's leading sports administrators, but we are going to pull your funding. The reality is if we didn't have a big stick, we would still be struggling to drive reform in some of these sports."

It seems the ASC are serious about driving some reform through the NSO system, and this will have an impact at state level. Whether it is the "stick" of independence or unitary structures remains to be seen. Meanwhile we will continue to watch with interest which sport will be the next piñata on the reform agenda.

***This Editorial, with permission, from the June 2007 edition of VicSport Sports View)***



**KATE ROFFEY,  
CEO  
VICSPORT.**

## SPORTS PSYCHOLOGY

**The development of a short scale measuring aggressiveness and anger in competitive athletes.** Maxwell, J.P.; Moores, E., *Psychology of Sport & Exercise* Mar 2007: Vol. 8 Issue 2. p. 179-193

**Abstract: Objectives:** The study of aggression and anger in competitive sport relies on accurate and economical measurement via observation, interview and questionnaire. Unfortunately, extant questionnaires have been criticized for having poor validity, are not sport specific, or reflect mood states rather than trait qualities. Therefore, a measure of trait anger and aggressiveness in competitive athletes was developed. **Method:** A list of statements representing aggressiveness and anger was generated and distributed to competitive athletes from diverse sports. Exploratory and confirmatory analyses were used to verify the theoretically predicted factor structure. Correlations with an extant measure of aggression and anger were used to ascertain concurrent validity. Discriminant validity was tested by comparing males with females, and aggressive with non-aggressive footballers. **Results:** A 12-item scale (Competitive Aggressiveness and Anger Scale, CAAS) consisting of two subscales was derived using principal component factor analysis with oblimin rotation. Confirmatory factor analysis using structural equation modelling confirmed the overall structure. Test-retest correlation, construct and discriminant validities were good, supporting the utility of the scale as a measure of athlete trait aggressiveness and anger. **Conclusions:** The CAAS appears to be a useful measure of athletic anger and aggressiveness. Its brevity and ability to discriminate aggressive from non-aggressive athletes should prove useful for future research concerning aggressive behaviour in competitive athletes. "Reprinted from *Psychology of sport and exercise*, 8(2), Mar 2007, J.P. Maxwell, E. Moores, The development of a short scale measuring aggressiveness and anger in competitive athletes, p. 179-193, Copyright 2006, with permission from Elsevier". [ABSTRACT FROM AUTHOR]

**The Effect of Placebo-Induced Changes in Expectancies on Maximal Force Production in College Students.** Kalasountas, Vasandreas; Reed, Justy; Fitzpatrick, John, *Journal of Applied Sport Psychology* Mar 2007, Vol. 19 Issue 1, p116 **Abstract:** This study used false information about a placebo (milk-sugar tablet) to induce expectancies regarding force production. Forty-two college students were assigned to a placebo/placebo (PP), placebo/no-placebo (PN), or control group, and underwent baseline testing and two trials assessing one-repetition maximum (1 RM)

strength on a bench press and seated leg press. The PP and PN groups improved significantly compared to the control at Trial 1 for the bench press ( $p \leq .01$ ) and leg press ( $p \leq .01$ ). Disclosure of the true nature of the placebo resulted in force production declines in the PN group to levels approximating controls on the bench press ( $p > .05$ ) and seated leg press ( $p > .05$ ). The results suggest that placebo-associated expectancy effects played a significant part in the observed changes. Implications include information for coaches, teachers, and fitness enthusiasts about the importance of psychological factors in successful performance. [ABSTRACT FROM AUTHOR]

**Duration of stretch does not influence the degree of force loss following static stretching.** Brandenburg, J.P., *Journal of Sports Medicine & Physical Fitness* Dec 2006: Vol. 46 Issue 4. p. 526-534

**Abstract:** Aim. There is an emerging body of knowledge indicating static stretching (SS) acutely and adversely affects muscle performance. The practical value of this research is limited considering the lengthy stretch durations under investigation. It is unclear if stretch durations typical of those used pre-exercise similarly affect muscle performance. The purpose of this study was to determine if SS using more representative stretch durations affects muscle performance and to establish if changes in muscle performance were influenced by the duration of stretch. **Methods.** Following 2 familiarization sessions, 16 recreationally trained males and females participated in 2 randomly ordered experimental sessions. In each session maximal effort hamstring performance was assessed prior to and immediately after 1 of 2 stretching protocols. During one of the protocols participants were required to hold each stretch for 15 s while stretch duration in the second protocol was 30 s. Both protocols consisted of 3 repetitions of 2 stretching exercises. A Kincom isokinetic dynamometer was used to assess hamstring performance during isometric, concentric, and eccentric actions. **Results.** For each of the three muscle actions a repeated measures ANOVA revealed a significant main effect of time (pre- vs poststretch,  $P < 0.05$ ) but no interaction effect (time x SS protocol). Furthermore, the stretch-induced deficits in muscle performance were consistent across muscle action type. **Conclusions.** SS incorporating stretch durations typical of those employed pre-exercise were sufficient to impair muscle performance and the duration of stretch did not influence the degree of force loss. Inclusion of SS, even with short stretch durations, in preparation for strength activities is not appropriate. [ABSTRACT FROM AUTHOR]

**Effects of Supplement Timing and Resistance Exercise on Skeletal Muscle Hypertrophy.** Cribb,

# COACHES CORNER (CONTINUED)

**Paul J.; Hayes, Alan, *Medicine & Science in Sports & Exercise* NOV 2006: Vol. 38 Issue 11. p. 1918-1925**

**Abstract:** Purpose: Some studies report greater muscle hypertrophy during resistance exercise (RE) training from supplement timing (i.e., the strategic consumption of protein and carbohydrate before and/or after each workout). However, no studies have examined whether this strategy provides greater muscle hypertrophy or strength development compared with supplementation at other times during the day. The purpose of this study was to examine the effects of supplement timing compared with supplementation in the hours not close to the workout on muscle-fiber hypertrophy, strength, and body composition during a 10-wk RE program. Methods: In a single-blind, randomized protocol, resistance-trained males were matched for strength and placed into one of two groups; the PRE-POST group consumed a supplement (1 g.kg<sup>-1</sup> body weight) containing protein/creatine/ glucose immediately before and after RE. The MOR-EVE group consumed the same dose of the same supplement in the morning and late evening. All assessments were completed the week before and after 10 wk of structured, supervised RE training. Assessments included strength (IRM, three exercises), body composition (DEXA), and vastus lateralis muscle biopsies for determination of muscle fiber type (I, IIa, IIx), cross-sectional area (CSA), contractile protein, creatine (Cr), and glycogen content. Results: PRE-POST demonstrated a greater ( $P < 0.05$ ) increase in lean body mass and 1 RM strength in two of three assessments. The changes in body composition were supported by a greater ( $P < 0.05$ ) increase in CSA of the type II fibers and contractile protein content. PRE-POST supplementation also resulted in higher muscle Cr and glycogen values after the training program ( $P < 0.05$ ). Conclusion: Supplement timing represents a simple but effective strategy that enhances the adaptations desired from RE-training. [ABSTRACT FROM AUTHOR]

**Functional Benefit of Power Training for Older Adults. Hazell, Tom; Kenno, Kenji; Jakobi, Jennifer, *Journal of Aging & Physical Activity* Jul2007, Vol. 15 Issue 3, p349**

**Abstract:** Aging leads to significant losses in muscle mass, strength, and the ability to independently perform activities of daily living (ADL). Typically, standard resistance training (RT) has been used to reduce these losses in function by maintaining or even increasing muscle strength in older adults. Increasing strength does not necessarily, however, result in an increase in the ability to perform ADL. There is now research suggesting that muscle power is more closely associated with the performance of ADL than muscle strength is, so training for

muscle power might lead to more beneficial results in functional performance. This review of studies investigating the effect of training on ADL performance in older adults indicated that standard RT is effective in increasing strength in older adults, but power training that contains high-velocity contractions might be a more optimal means of training older adults when the emphasis is on increasing the performance of ADL.

ABSTRACT FROM AUTHOR

## NCAS RENEWAL PROCEDURES TO ALL VWA COACHES

All coaches who wish to renew their AWF Coaching License please read through the guidelines laid out by the Federation which are outlined below. When you have decided what option you wish to take, please contact me with all the relevant information so that I can forward it to Lyn Jones.

Eric Rosario

Email [pericros@alphalink.com.au](mailto:pericros@alphalink.com.au)

22 Pamburra Crt.

Greensborough Victoria 3088

Ph 03 9435 8479

### Options for AWF Coaching License renewal.

#### All coaches requesting re-licensing must:

- Pay the AWF the re-licensing fee of \$100 (If the Coach has developed and affiliated a new AWF weightlifter within the last year the fee is reduced to \$50)
- Must be a member of a State W/L Association and capitated to the AWF
- Must have a "Play by the Rules" certificate lodged with the CDAG
- Have the AWF Code of Ethics signed agreement lodged with the CDAG
- If qualified under the "old system" must purchase and read the current level manual. The CDAG have a list of coaches who qualified under the new system and had the manual supplied as course material.
- If qualified under the "old system" must complete and pass the appropriate Theory Workbook for the level renewing. (All information is contained in the appropriate manual)

Hold a current First Aid Certificate

### Club Weightlifting/Sports Power License:

#### **Option 1:**

- Have fulfilled the above compulsory criteria  
Have 200hours of face to face coaching recorded

(Continued from page 3)  
(2hrs/week for 2 years minimum)

### Option 2:

- Have fulfilled the above compulsory criteria  
Have written confirmation from their State Coaching Co-ordinator or State Secretary that they are actively coaching weightlifters at least twice per week

### Option 3:

Participate in another AWF Club Weightlifting/  
Sports Power Coach course

### State Weightlifting/Sports Power License:

#### Option 1:

- Have fulfilled the above compulsory criteria
- Hold a State Weightlifting Referees Card  
Have 300 hours of face to face coaching recorded  
(3 hours/week for 2 years minimum)

#### Option 2:

- Have fulfilled the above compulsory criteria
- Hold a State Weightlifting Referees Card  
Have written confirmation from their State Coaching Co-ordinator or State Secretary that they are actively coaching weightlifters at least three times/week

#### Option 3:

- Participate in another AWF State Weightlifting/  
Sports Power Course



# COACH EDUCATION

## Warming Up for Weightlifting and Weight Training Eric Rosario

When we wake up from a deep sleep it seems most natural, even necessary, to yawn and stretch before going about our daily work. Similarly most athletes would not think of attempting a maximum effort without a warm up. However, it is important for the athlete and, coach to understand the rationale for warming up if they are going to make it a meaningful exercise.

### Purpose of Warm Up

The athletes warm up should have both a physiological and practice effect on their performance and it is therefore important, on both scores, that the bulk of the work would be very similar to if not exactly like, the actual competitive performance in everything but intensity.

Many athletes believe that a brisk run is an ideal way of preparing for their weight work, this is not true. Running would get the blood coursing through the body faster and would raise the temperature of the blood and muscles, a desirable effect, but this is not all that is required. Even if running works all the muscle groups in the body it does not work them through the same range as in Olympic Weight Lifting. Moreover hard running tends to tighten the Achilles tendon which in turn make it hard to achieve the squat position so important in both snatching and cleaning, so it could be counter productive.

### Physiological Effects of Wanning Up

The increased blood and muscle temperature will improve performance because:

of increased speed of contraction and relaxation of muscles, therefore antagonists do not interfere with each other

- Haemoglobin gives up oxygen more readily at high temperature
- Myoglobin behaves in a similar manner
- of decreased resistance of the vascular bed
- the metabolic rate is raised and energy production is improved
- muscle elasticity is improved increasing range of motion and reducing injuries.

This increase in muscle and blood temperature could be achieved in either a passive manner, through hot baths or saunas or by activities like jogging or callisthenics. However, De Vries stresses that it is very important that whatever the method of



warming up it must involve the whole body and not be localised. He suggested that warming up of a limb on its own could result in earlier fatigue while a general warm up results in:

- increased speed
- greater efficiency
- improved oxygen up-take
- greater flexibility
- quicker Homeostasis

Although there is no definite evidence to prove that warming up through related exercise is superior to unrelated exercise or passive methods it seems logical that the bulk of the warm up should be related to the activity it precedes because: of the practice effect it achieves

- the muscles actually involved in the activity are warmed up
- of the confidence building effect.

For this reason, though it may be useful to perform some power snatches on the warm up platform before going out to do a squat snatch, the ultimate benefit will be achieved by performing squat snatches. As far as the practice effect is concerned the power snatch helps the squat snatch because the same pulling muscles are used and because one is more likely to get full extension of the trunk with a given weight when doing a power snatch than the squat variety. However unless some squat-snatches are performed in the warm up the lifter cannot go to the platform confident of sinking into a deep squat because:

- the neuro-muscular pathways have not been tuned for this movement
- Shoulders, hips and ankles will probably not be flexible to hit those low positions.

### Method of Warming Up

Weightlifting is a closed sport and therefore it is necessary to train the motor pathways to perform the movement in the same manner every time. However, it is also important to realise that there will be times when the athlete will not hit the groove correctly so it is important to make sure that a general warm up is also performed. In this way an athlete can correct mistakes and use muscles not normally used and attain unaccustomed positions, without using muscles that are not prepared for the effort. From what has been discussed so far it appears that the warm up should serve several purposes:

- improve physiological efficiency
- increase flexibility
- have a practice effect
- build confidence.

If these four points are the rationale behind warming up for weightlifting the athlete must work on each aspect before beginning the heavy work or competition.

To improve physiological efficiency we saw that it was necessary to increase body temperature in some way. Whereas coaches like Forbes Carlisle

are rumoured to have had his swimmers use warm baths for this purpose some general callisthenics seems to be most efficient. I believe this is so because, besides raising body temperature callisthenics will increase the arousal level by producing endorphins. Once the body temperature is raised it is a good time to do some flexibility work.

This general warm up could take approximately 10 to 15 minute but of course this will depend on:

- the ambient temperature,
- the athletes level of activity preceding training
- the athletes physical condition

Care must be taken not to leave the best performances in the warm up room. A rough and ready yardstick is that the heart rate should not exceed 60% of the maximum. Others suggest that the athlete should perspire but not be exhausted.

### Specific Warm Up

The next stage involves the more specific part of the warm up where the athlete:

- develops the practice effect works on the specific muscles used in the event
- builds confidence.

This is best done by performing the movement with light weights first Many of the best lifters often do these reps with light weights slowly for two reasons: make sure that the techniques is correct keep the intensity low. (intensity can be increased either by adding to the resistance or speed of movement).

I have seen Alexyev do snatches in this manner and work up from the empty bar to 100 kgs gradually getting faster.

If the first exercise on a program is to be performed for 3 sets of 2 reps with 100 kg the athlete should first complete the general warm up and then perform the lift with approximately the following weight, sets and reps. Remember this will vary from athlete to athlete and from day to day depending on factors like the ambient temperature and what the athlete has been doing prior to training.

40 x 5 one or two sets

60 x 4 one or two set

80 x3 one set

90 x 2

100 x3 sets of 2.

A similar specific program should precede other exercises but the sets and reps could be reduced because the body is already warmed up. However, some lifters use the light sets to recover from the heavier sets of the previous exercise.

On the other hand if the weight trainer is to do 3 sets of 10 reps with 100 kgs there may be only one or two warm up sets with about 80 kgs.

### Warming Up for Competition

Warming up for competition varies from a training warm up in one important factor, the time when the athletes are going to perform the competitive lifts is controlled by factors which they have very little influence on. The time is determined by other competitors, officials, TV etc It is therefore important that

athletes are

- warmed up sufficiently before their turn to lift
- the warm up is not completed more than two to five minutes before they lift.

In a weightlifting competition the bar is progressively increased in weight so competitors who are using lighter weight may finish all their attempts before other start. For example in a contest lifter A starts with 70 kg, B with 75, C with 85 kgs and D with 100 kgs. In the absence of any failures, and if everyone takes the normal increases of 5 kg after the first attempt and 2.5 after the second the progress will be as follows:

A	70	75	77.5
<b>B</b>	<b>75</b>	<b>80</b>	<b>82.5</b>
C	85	90	92.5
D	100	105	107.5

In this scenario A will start with 70, B will take 75 then A will take 75 and 77.5 and so on, the bar being progressively increased and never reduced. Also all first attempts will be taken before second attempts and second attempts before anyone takes a third attempt. Lifter D will therefore expect that after the start of the competition there will be nine attempts before he / she starts. In International competition each lift takes approximately a minute so lifter A will expect 9 mins to elapse before being called on to lift and must plan the warm up accordingly.

Let us look at another situation where five lifters start at the same weight with the successes and failures tabled below

A	100x	105
B	100x	100x 100(
C	100x	100x 100(
D	100x	100( 102.5
E	100x	100x 100(

Lifter A started, expecting to have four lifts performed between the first and second attempt. but with the failures of other lifters there will be 12 attempts between his / her first and second attempt. This could mean 12 mins instead of 4. To prepare for a situation like that lifters may duplicate this pattern in training and use the wave system of progression.

To go back to our lifter whose program called for 3 sets of 2 reps with 100 kgs. After the first set with 100 kgs the lifter could drop back to 80 and 90 kgs before doing the second set with 100 kgs. Of course this could vary from lifter to lifter and some may just take one with 90 or 95 kgs.

#### Warm Up Massage

Massage can also be used to aid in preparing the athletes muscular system and also attaining the correct level of arousal, The masseur must study each athlete to ascertain their level of arousal and in consultation with the coach decide whether the need is for arousal or calming down. Stroking can

help calm a nervous athlete, tapotment and squeezing kneading and shaking along with passive movements all have their place but should be tried out in practice before being used in competition. The athlete must also convey to the masseur whether they are suffering from any pain or soreness or are carrying any injuries.

## CLUB POWER COACHING COURSE

Conducted by Lyn Jones

Date: 10 & 11 November 2007  
Venue: Mermet Victorian Weightlifting Stadium  
34 Linda Crescent, Hawthorn  
Contact: Eric Rosario,  
VWA Coaching Director  
Ph: (03) 9435-8479  
Email: pericros@alphalink.com.au

Investment: \$200.00  
Includes all course materials, assessment, NCAS registration and 12 months VWA membership.

## VWA ANNUAL GENERAL MEETING



Established 1920

**The AGM of the VWA  
is to be held on  
Wednesday 3rd October  
2007, at the  
Mermet Victorian  
Weightlifting Stadium**

# TECHNICAL REPORT

## Role and Responsibility of a Technical Official

### Definition

A Technical Official is defined as any person who controls the play of a competition by applying the rules and regulations of the sport to make judgments on rule infringement, performance, time or score.

A Technical Official acts as an impartial judge of sporting competition. This involves an obligation to perform with accuracy, consistency, objectivity and the highest sense of integrity.

### Roles and Responsibilities

1. To ensure that the field of play (the Competition area including the Warm-up area etc) is safe for competitors and officials
2. To know the Rules absolutely
3. To apply (not interpret) the Rules without fear or favour
4. To use a degree of 'common sense' when confronted by non-technical issues.

Technical Officials must JUDGE WHAT THEY SEE = NOT WHAT THEY THOUGHT THEY SAW.

Technical Officials must ensure they make the right decision when to act or when not to act.

Upon identifying a fault Technical Officials must act immediately

Technical Officials must:

- Conduct themselves in a professional manner;
- Present a good image;
- Being punctual and attentive;
- Being and remaining attentive
- Assisting whenever and wherever possible in any area if required;
- Being friendly and courteous;
- Be aware of, and sensitive to, language, cultural and religious differences;
- Make every effort to promote a safe and harassment free environment where participants are treated with respect;
- Be firm, decisive; and
- Disaffiliate themselves from Team responsibilities.

**NOTE:** All Officials selected to work at competitions cannot be involved in coaching or assisting any athletes during these competitions.

## ROLE OF THE JURY

### Statement:

The Jury is not a Jury of Appeal. The Jury has ultimate control over all aspects of the competition. The Jury may be composed of five (5) members or three (3) members in accordance with the decision of the relevant authorities.

In major events a Reserve Jury Member may be appointed

1. The jury must be placed in the correct position, in front and between the Centre and Side Referee in a slight diagonal line. This position places the Jury members in the best visual spot
2. The Jury Supervising Panel will allow the Jury members to exercise their own decisions (White/Red); enabling the Jury President to monitor at a glance if the Jury in its majority disagrees with the decision of the Referees. This must not be construed that the Jury is another instrument of judgment; rather it is for the purpose of ascertaining quickly that there is disagreement as to whether a lift should have been passed or failed.
3. If the Jury in its majority agrees that a lift should have been passed or failed and that differs from a majority of the Referee's decision the President of the Jury must:
  - a. order that the competition be stopped
  - b. the Referees concerned must be called for an explanation
  - c. if the explanation is accepted by the Jury no action is taken and the President of the Jury orders the restart of the competition
  - d. if the explanation is not accepted the Jury will debate if the decision of the Referees is to be reversed
  - e. if a unanimous decision is not reached no action is taken
  - f. if a unanimous decision is reached the President of the Jury must order that the lift be reversed and cause the Speaker to make the announcement and the Computer Operator to change the result
  - g. the President of the Jury must instruct the Technical Controller to advise the athlete and the coach concerned of the action
  - h. the President of the Jury must order the restart of the competition
4. Jury members must present a good image and reflect a degree of authority.

## VALE: THE HONOURABLE WALTER JONA AM, PHD (HON. CAUSA)

FRIENDS and colleagues from across the political spectrum joined more than 600 mourners for a state funeral at Temple Beth Israel (TBI) in Melbourne on 26th July to bid farewell to communal icon Walter Jona. Afterwards, Jona's coffin, draped in the Australian flag, was driven down Alma Road, St Kilda, under a police escort, on its way to the Jewish Memorial Garden cemetery at Springvale. A minyan was scheduled for on night of 26th.

At the state funeral, the first given a Jewish public figure in 23 years, state and federal VIPs, Executive Council of Australian Jewry president Grahame Leonard and Jewish community leaders paid their last respects to Jona, who died on Sunday, a few days after his 81st birthday. Guests included Premier Steve Bracks, Liberal Leader Ted Baillieu, former ALP president Barry Jones, former premiers Lindsay Thompson, John Cain and Joan Kirner, former governor-general Sir Zelman Cowen, state and federal MPs, and senior officials from his beloved Hawthorn Football Club. In a moving eulogy, TBI emeritus Rabbi John Levi quoted Sir Zelman, a longtime friend and contemporary of Jona's, who had described him as "wise, committed, tolerant, fair ... in the fullest sense, a most worthy citizen'... he speaks for us all." Rabbi Levi said Jona, with the help of his "unflappable" wife Alwynne, had remained clear-minded almost to the last day of a decade-long battle with cancer and "read the newspapers from front to back". He took a hands-on role in planning details of his funeral.

A member of 52 organisations, trusts and directorships, including his 75-year membership of the Hawthorn Football Club, the former Liberal MLA for Hawthorn, who entered state parliament in 1964, was always on the look-out for the next new challenge. "I always had some project ahead of me, and now I don't. That's so strange," Jona confided to Rabbi Levi just days before his death. Rabbi Levi paid tribute to Jona's Royal Australian Air Force service, his PhD from Tel Aviv University, whose board of governors he belonged to, his 36 years in parliament and his work as a government minister "to improve mediaeval conditions" in Victorian jails. He "charted a new course in ethnic affairs" as Australia's first Ethnic Affairs minister, and became the longest-serving MP for Hawthorn. Jona's work on a parliamentary road safety committee led to Victoria enacting the world's first compulsory seat-belt laws, said Rabbi Levi. "How many thousands of lives did he save?"

"People, Parliament and Politics, as his book was named, were the values at the core of his life and brought him honour." Jona helped rescue his cousins from the communist dictatorship in Romania and bring them to Australia. Rabbi Morgan, deliver-

ing his own eulogy, summed up Jona: "For me, when I think of a mensch, I think of Walter Jona."

He recalled Walter and Alwynne Jona showing his family around Melbourne when they first arrived in Australia. "They made us not only feel welcomed, but feel at home." A passionate supporter of social justice, long after he retired, Jona had intervened to correct "procedural indignities" for asylum seekers at Melbourne's Maribyrnong Detention Centre, Rabbi Morgan said. Added Rabbi Levi: "They don't make them like Walter Jona anymore. Perhaps they should."

## VALE: JIM HALLIDAY 1918—2007

"Jumping" Jim Halliday won an Olympic medal in weightlifting three years after he was released from Singapore's notorious Changi prisoner-of-war camp. He got the nickname from a habit of leaping high over the bar after each successful lift.

Halliday, an Englishman, won the lightweight Bronze medal at the 1948 London Olympics.

In 1945, he weighed 38kg after 3 years as a PoW, including working on the Thai-Burma railway.

He had begun lifting in a gym at 15.

During World War II he was involved in the evacuation of Dunkirk before his regiment was sent to Singapore.

After their transport ship, the Empress of Asia, was bombed he escaped by jumping onto the Australian vessel the Yarra, when it berthed alongside.

Halliday was in captivity for the rest of the war after Singapore fell in 1942. Despite the conditions in Burma, he retained some of his natural strength.

He recalled that when some PoW's made a primitive barbell using tree trunks, none of the inmates nor the Japanese guards were able to lift it overhead. When Halliday succeeded the Japanese Commandant further cut PoW rations because he believed they were getting too strong. After the war, Halliday resumed weightlifting.

Curiously, he ate the shells of eggs as well as their contents because he believed the outside contained a much higher level of calcium.

It must have helped because by 1946 he competed in the world championships. In 1950 at the British Empire Games Auckland, Halliday took England's first gold medal in any sport.

He won gold again at the British Empire and Commonwealth Games in Vancouver 1954 as a middleweight.

(Herald Sun, Friday July 6 2007)



# MODIFICATION TO THE RULES

## AS INTRODUCED AND IMPLEMENTED SINCE 2005

### 1.5 Kg Discs - (Introduced 16.05.05)

Kg Discs in Yellow colour.

*To be authorized and to be implemented with immediate effect.*

### Calibrated Bars and Weights – (Introduced 24.05.06)

Calibrated Bars to be used on Stage, Warm Up area and Training Hall;

Calibrated Weights to be used on Stage and Warm-up area;

Non Calibrated weights may be used in the Training Hall provided that:

Such weights are identified as “Training” and manufactured in conforming colours or in Black with conforming colour rims ; and

Such weights conform to a tolerance of 0.8%

*To be implemented with immediate effect.*

### Scales – (Introduced 24.05.06)

Scales to form part of the equipment requirement and must be certified by local Authorities. Such certification must be not more than 3 months old.

*To be implemented with immediate effect.*

### Selected Officials – (Introduced 24.05.06)

Officials selected to work at IWF competitions cannot be involved in coaching or assisting any athletes during these competitions.

*To be implemented with immediate effect.*

### Victory Ceremony – (Introduced 24.05.06)

During the Victory Ceremony, medal winners cannot take electronic devices on to the podium and cannot be accompanied by any other persons.

*To be implemented with immediate effect.*

### Referees Examination Form – (Introduced 27.09.06)

The revised Referees Examination Form was approved.

*To be implemented with immediate effect.*

### 1 Kg Rule Review – (Introduced 27.09.06)

5.5.5 The progression after any successful attempt for the same athlete must be a minimum of 2.0 kg between the first and second attempt and a minimum of 1.0 kg between the second and third attempt.

*To be implemented from the first day of January 2007.*

#### 6.1.10

##### *Example 1:*

When the barbell is loaded to a lighter weight than the one requested by the competitor, the competitor may, if he or she wishes, either accept the attempt

if it was successful and provided the barbell was loaded to a minimum of 2.0 kg increment between the first and second attempt or a minimum of 1.0 kg increment between the second and third attempt, or refuse it. If he or she refuses the attempt, the competitor is granted an additional attempt with the weight originally requested.

*To be implemented from the first day of January 2007.*

##### *Example 2:*

When the barbell is loaded to a weight which is not a multiple of 1.0 kg and the lift is successful, the competitor may accept the attempt at the value of the next lower 1.0 kg. On a second attempt, the next lower 1.0 kg value must also be at least 2.0 kg more than the first attempt.

*To be implemented from the first day of January 2007.*

### Declaration of next attempt – (Introduced 27.09.06)

5.5.10 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.

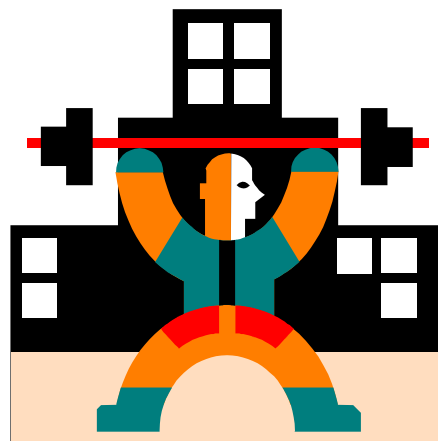
Where a competitor is taking consecutive attempts, the competitor/coach must declare their next attempt within the first 30 seconds after being called, even if it is the automatic increment, failure to do so will forfeit the two changes allowed. The lifter will then have to take the automatic increment.

*To be implemented from the first day of January 2007.*

### Reversal of Decision by Juries – (Introduced 27.09.06)

When the Jury reverses a decision of the Referees such decision and the reason must be communicated to the Athlete/Coach and announced to the public by the Speaker.

*To be implemented with immediate effect.*



# REVISED AWF NATIONAL COMPETITION FORMAT

## 2008 NATIONAL OPEN, NATIONAL U 20, U 187 AND U 15 FORMAT

### Background

The States and Territories all agreed to change the age groups to bring AWF national competitions in line with IWF rules. The AWF EB assigned the responsibility to develop a future format for these competitions to the High Performance Management Committee.

As prepared by the HPMC, the AWF Board of Directors approved the following:

Conduct an annual Under 15 national event that will be seen as the premier tournament for AWF athletes aged 15 years or under. The tournament will take place the day before the National Under 17/20 Championships. The tournament will be based on Sinclair formula plus points for each successful attempt in both the Snatch and Clean & Jerk. Athletes achieving 6 from 6 lifts will be awarded bonus points that will be added to achieve a final score that will be ranked in order to determine overall placing. The tournament will have two components – Individual competition based on final score ranking and a Team event consisting of teams of three competing in a 2kg /1Kg handicap competition – there will be no limit on the number of teams from each State/Territory. Note: The HPMC raised concern about an Under 15 lifter competing in both the U.15 Tournament and the following day's Under 17 Championships – a qualified athlete and coach should decide on which event to enter based on the athletes physical maturity and ability levels.

Age Group	Qualifying Standard	Entry Fee	Format	Rules	Awards
Under 15	Nil – emphasis on participation, sound technique and weightlifting tactics.	\$50 – covers individual and team entry fee.	Formula based - Sinclair + 2 bonus points added for each successful Snatch, Cn&Jk and 5 extra points for 6 from 6 lifts	AWF – Male: 47,51,56,62,69,77,85,94,105,105+ Females: 40,44,48,53.58,63,69,75,75+	T-Shirt Trophies – Top 5 Certificate Team – Top 3 medals and winners trophy

Conduct an annual Under 17 National Championships (Youth). Only qualified athletes can contest the Championships. This event will run concurrently with the National Under 20 Championships (Junior) under AWF bodyweight categories. Qualified entrants can compete in one or both National Championships and will pay only the higher fee.

Age Group	Qualifying Standard	Entry Fee	Format	Rules	Awards
Under 17 (Youth)	50% of the Junior World Championships Avg – note 47 & 51/ 40 & 44 category QS will need to be manufactured.	\$50 – covers individual and team entry fee.	Categories: Female – 40-75+ Male – 47-105+	AWF – Male: 47,51,56,62,69,77,85,94,105,105+ Females: 40,44,48,53.58,63,69,75,75+ Teams consist of qualified nominated athletes – 10 Males and 9 Females	T-Shirt Trophies – Top 3 Team Trophy + photograph

Conduct an annual Under 20 National Championships (Junior) under IWF rules. Only qualified athletes can contest the Championships. This event will run concurrently with the Under 17 National Championships.

Age Group	Qualifying Standard	Entry Fee	Format	Rules	Awards
Under 20 (Junior)	60% of the Junior World Championships	\$100 – covers individual and team entry fee.	Categories: Female – 48-75+ Male – 56-105+	IWF Team consists of qualified nominated athletes – 8 Males and 7 Females	T-Shirt Trophies – Top 3 per category Team Trophy trophy + photograph

Conduct the National Open Championships as a stand alone event. Athletes need to achieve the QS.

Age Group	Qualifying Standard	Entry Fee	Format	Rules	Awards
Open	National standard – 80% of avg 10 <sup>th</sup> place of prior WC	\$100 – covers individual and team entry fee.	Categories: Female – 48-75+ Male – 56-105+	IWF Team consists of qualified nominated athletes – 8 Males and 7 Females	T-Shirt Trophies – Top 3 per category Team Trophy trophy + photograph Prize money for Top 3 Sinclair ranked lifters

## AUSTRALIAN OPEN & UNDER 20 CHAMPIONSHIPS – BRISBANE 10 – 12 AUGUST 2007

On the 10<sup>th</sup>-12<sup>th</sup> of August the annual Open and U/20 National Championships were held in Chandler, Brisbane. Day one of the competition started with Vivian Lee in the 48Kg category and Socheata Be in the 53Kg category. Vivian came out with some big lifts trying to qualify for the World Championships, finishing with a 66Kg snatch and a 78Kg clean and jerk. Vivian also had some big cleans on 87Kg which she was very close to jerking, but unfortunately it was not to be. In the end Vivian finished first in open, by a sizeable margin- 49Kg. Socheata Be lifted very well coming out with personal bests snatching 64Kg and clean and jerking 75Kg which placed her 2<sup>nd</sup> in Under 20 and Open, beaten only by Commonwealth games bronze medallist, Erika Yamasaki of Queensland.

The second session saw the big boys lifting with Matthew Peterson in the 56Kg category and Vannara Be and the young Steve McConnell both in the 62Kg category. Matt having some big competition in his weight class needed his last snatch of 76Kg to get the lead on his opponent, which he completed successfully, giving him a 1Kg lead going into the Clean and Jerks. Steve McConnell completed only one snatch on 72Kg, putting him 1Kg behind his nearest rival. Vannara be, having injured his elbow slightly, just needed to wrap up dual gold medals and started well by snatching 97Kg with ease, giving him a 10Kg lead. Having sealed silver on his opening clean and jerk of 93Kg, Matt went for gold jumping to 98Kg, a success and new PB, followed by a gutsy miss on 101Kg, a great fighting clean and so very close in the jerk. Matt finished 2<sup>nd</sup> in under 20 and Open. Steve McConnell came out for his first attempt on 93Kg and while successful, looked shaky. He needed 95Kg to wrap up the bronze, and after a woeful first attempt at that weight that resulted in a miss, team manager Martin Leach gave Steve some 'words of experience' and he came out on his third attempt and completed 95Kg successfully. This gave him 3<sup>rd</sup> in under 20. Vannara came out on 107Kg to seal the deal with first place and took a second attempt on

114Kg, which he completed easily to really rub it in to his opponent Bryan Turnor from WA. Vannara finishing up with 1<sup>st</sup> in under 20 and Open.

The next session was early Saturday morning with our little weapon from overseas Daniel Khoum, who moved up to the 69Kg category, joining Daniel 'Jimmy' Katz in that class. 'Jimmy' started with an easy first attempt on 85Kg and then sneaked in front of his opponent by 1 kilogram with a third snatch of 93Kg. Daniel Khoum came out with a ridiculously easy attempt to secure a lift before finishing with 110Kg snatch, but he was oh so close to a 115Kg snatch. 'Jimmy' again sensibly started on a weight he felt confident on, 111kg, before jumping to 117Kg to give him the lead over his rival, Patrick Inglis of SA. While originally missing it, Jimmy showed great fight in coming out and successfully completing the lift on his last attempt, only to have Inglis complete 118Kg and win by virtue of a lighter bodyweight. Daniel Khoum finished with an impressive 142Kg clean and jerk to win the class by 30Kg.

The next session saw the 58Kg women 'hit the platform'. Lifting for Victoria in this class were Seen Lee, Priscilla Kennedy and first year lifter Sabrina Wheldon, having successfully proved herself fit to compete two weeks earlier. Sabrina was first out on 42Kg which she lifted with ease, following up well with attempts on 45Kg and 47Kg, the latter of which was deemed as a press-out by the judges. Priscilla also came out on 42Kg, and while elevating it well, unfortunately could not secure it and was unable to register a lift. Last out was Seen Lee and having already qualified for the World Championships before the deadline extension, started on an easy 84Kg snatch and although missing 89Kg on her second attempt, was moved up to 90Kg by coach Anthony 'Chubs' Dove, completing it successfully to set a new Oceania record. To the clean and jerks, and again Sabrina elevated her first attempt on 58Kg and although missing her second attempt, like Seen in the snatches, moved up and finished with a very respectable 63Kg and 108Kg total, giving

ing her 3<sup>rd</sup> Under 20, great for a first year lifter. Seen, only needing her first attempt to win started on an easy 96Kg clean and jerk. Having won gold, the bar was increased to 102Kg which she cleaned easily enough, surprisingly missing the jerk. Not satisfied, the bar was again increased, this time to 107Kg, which would be a new PB and Australian record, again a great clean but again unfortunately not quite securing the jerk. Seen would have to be content with the heaviest snatch of the competition only, and her gold medal.

With no Victorian lifters in session 5 it was a good chance for people to relax before the 6<sup>th</sup> session, where we had 3 lifters competing. These lifters were Dana De Bondt and Jacquie White in the 63Kg category and Kelly O'Meara in the 69Kg class. Kelly was back on the platform after a bad wrist injury, it was great to see her lifting again. Dana 'kicked off' proceedings with an easy first attempt of 46 Kg and getting a PB snatch of 49 Kg, unfortunately missing 51Kg. Kelly came out on an easy first attempt of 58Kg snatch and her second attempt of 62Kg was just as good, narrowly missing her third attempt on 64Kg. Jacquie was the last lifter out and easily accounted for 82Kg, and although missing 85Kg, recovered to complete the lift successfully on her last attempt. Dana began her clean and jerks with an easy 58Kg, moving up on her second attempt to 62Kg which was again very

easy and missing her third attempt on 66Kg after trying very hard to get out of the clean, but it was just a little too heavy. This result gave Dana 4<sup>th</sup> place in Under 20. Kelly came out and did 77Kg on her first attempt and recovered from a missed 81Kg to successfully lift 81Kg on her last attempt. This gave Kelly 6<sup>th</sup> place in Open age group, in a very hotly contested category. That left Jacquie, and she full knew she needed a 102Kg Clean and Jerk to qualify for the World Championships; however she sensibly started on 98Kg. The bar was then elevated to 102Kg, and the pressure was on, as Jacquie had missed this same weight a few times in the last month in her attempt to qualify. However, she overcame this pressure to complete the lift successfully and was so excited she sprinted off the platform and didn't take a third attempt. Jacquie finished with Gold in the Open age group.

Jacquie's last lift wrapped up day 2 so on to day 3, and first up the 94Kg category where Chris Merrey and the big weapon from overseas Simplicie Ribouem were representing Victoria. Chris Merrey bravely had a bet with his coach, Yurik Sarkisian: lift a minimum of 115Kg in the snatch and 150Kg in clean and jerk, or lose his mop of hair. Chris came up with the goods, securing all 3 snatches, which were 107Kg, 112Kg and 115Kg. Simplicie eventually made it to the platform, dwarfing EVERY lifter

*(Continued on page 14)*



**VICTORIAN TEAM 2007 OPEN & U 20 CHAMPIONSHIPS**

(Continued from page 13)

that had come before him for size. Yurik wisely started Simplicite on 130Kg, which he power snatched, before moving on to 137Kg, which he needed two attempts at to complete. On to the clean and jerks and Chris Merrey did it again coming away with another 3 out of 3 attempts, giving him 6 out of 6. He clean and jerked 135Kg, 145Kg and 151Kg, keeping his hair on his head. Chris ended up placing 1<sup>st</sup> in under 20 and 3<sup>rd</sup> in open. Simplicite came out and did easy attempts, push-jerking 175Kg before split-jerking 180Kg and 184Kg which placed him 1<sup>st</sup> in open.

Session 8 brought our super girl Kate Lindford to the platform, unfortunately Kate could only get her first snatch on 62Kg which was very easy, missing her 2<sup>nd</sup> and 3<sup>rd</sup> attempts on 66Kg. Kate came out fired up for her clean and jerks successfully completing all 3 attempts for a good recovery after her disappointment in the snatches. Kate lifted 70Kg, 75Kg and 80Kg to give her 2<sup>nd</sup> in both Open and Under 20.

Session 9 was the last session for the whole competition, the men's 105Kg and 105+Kg categories. Victoria had quite a few lifters lifting in these 2 categories. In the 105Kg category, Aghvan Grigoryan, Warren Hellisen, Marc Mansour and Simon Francazio were all lifting while in the 105+Kg category Matthew 'Falcers' Falcone was lifting. First out was Simon Francazio, easily getting all three snatch attempts which were 85Kg, 90Kg and 95Kg. Marc Mansour then also got all three snatch attempts which were 95Kg, 100Kg and 103Kg which was a PB for him, clearly exciting him. Then the big bad Warren 'Wazza' Hellisen came out and after an easy first attempt with 120Kg, took a small jump (for him) of 10Kg to raise the bar 130Kg which was an even better attempt, just missing out on a 135Kg snatch. Matt Falcone snatched the same as Wazza, starting on 120Kg before moving up to 130Kg which was again very nicely done, narrowly missing out on 135Kg. Last Victorian out was Aghvan Grigoryan and after starting on an easy 140Kg snatch moved up to 145Kg which was again easily elevated. For his third attempt he took 149Kg, very narrowly missing out to his obvious disgust.

Now to Clean and jerks with Simon again starting off coming out and getting his first attempt on 107Kg and after just missing 114Kg took the brave move to go to 116Kg, lifting it easier than the 114Kg which he missed. Simon Finished 5<sup>th</sup> in under 20. Marc Mansour came out on an easy first attempt of 113Kg and then jumped up to 120Kg which was a very easy attempt which he was very happy with. Marc just missed a 123Kg attempt, giving him 4<sup>th</sup> in under 20. Matt Falcone started with a very powerful first attempt on 155Kg before then jumping to 160Kg which was even easier, a lift

which Matt seemed very pleased with, but unfortunately couldn't add 165Kg to his list of successes. Matt Finished 1<sup>st</sup> in under 20 and 2<sup>nd</sup> in Open. Aghvan Grigoryan looked very strong with attempts on 160Kg, 165Kg and 170Kg all being successful, very nicely done with his push-jerk style. Aghvan finished 2<sup>nd</sup> in Open. Meanwhile Warren, who came out with an easy first attempt on 160Kg which secured him 3<sup>rd</sup> place, was cooling his heels before bravely taking a 21Kg jump to 181Kg. The clean was great and the jerk was so very close but he just missed it. Warren however decided to go higher so he went to 186Kg, looking for gold. Again he cleaned it but missed the jerk SO CLOSE! Warren Finished 3<sup>rd</sup> in Open. Aghvan and Warren could only be bettered by Valerie Sarava, Commonwealth Games Silver medallist, and Aghvan lost by only 1Kg.

Overall both the Men's U/20 and Men's Open Age teams won their respective team shields while the Female U/20 and Open teams both finished second to Queensland. Special mention also to Simplicite Ribouem for winning the 'Best Male Lifter' award and Seen Lee for winning 'Best Female Lifter' award. Congratulations also to Jacquie White for qualifying for the World Championships, Seen Lee for setting a new Oceania record and Warren Hellisen for obliterating the current Australian masters records for his division.

Many thanks to all who helped out, especially our team manager Martin Leach. Thanks also to team coaches Anthony Dove, Yurik Sarkisian and Robert Kabbas. Also a big thank you to all the family and friends that came along and supported so well, especially to Simon McCoy, whose support was fantastic. Finally thank you to all lifters for participating and supporting.

**Matthew Peterson**

## MOVERS AND SHAKERS

Congratulations:

- To Seen Lee and Jacquie White on their selection on his selection to Australian Team for the World Championships in Changmai THA 15 – 24 September 2007.
- To Seen Lee on establishing a new Open Snatch Record in the 58 kg Category at 90 kg.
- To Vivian Lee on new open records in the 48 kg category: Clean & Jerk 85 kg and Total 144 kg
- To Socheata Be on new records in the U 18, 53 kg Category: Snatch 64 kg, Clean and jerk 75 kg and Total 139 kg.

# GALLERY



**SEEN LEE RECORD SNATCH 90 KG**



**YOURIK ENJOYS THE REFEREE EXPERIENCE, KEVIN IS PENSIVE!**



**ALON ELLIS: BEST LIFTERS  
VWA OPEN 16 JUNE**



**WHELDON'S ENJOY THE  
COMPETITION ON 16 JUNE.**

# 2007 OPEN AND U 20 CHAMPIONSHIPS TEAM CLASSIFICATION

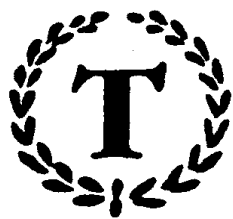
Male Open									
	56 kg	62 kg	69 kg	77 kg	85 kg	94 kg	105 kg	+105kg	Total
VIC	7	9	9			15	13	7	<b>60</b>
QLD	6	6	5	16	6		4	9	<b>52</b>
NSW			7	6	9	12	14		<b>48</b>
SA	9		10		9		2		<b>30</b>
WA		7		5	2	4	1		<b>19</b>
TAS					10		3	6	<b>19</b>
NT									<b>0</b>

Female Open								
	48kg	53kg	58kg	63kg	69kg	75kg	+75kg	Total
QLD		9	13		10	16		<b>48</b>
VIC	9	7	9	9	3		7	<b>44</b>
NSW	7	6		6	12	6		<b>37</b>
WA			4			5	9	<b>18</b>
SA			5		9			<b>14</b>
NT			3	7				<b>10</b>
TAS								<b>0</b>

Male U20									
	56 kg	62 kg	69 kg	77 kg	85 kg	94 kg	105 kg	+105kg	Total
VIC	7	15	7			9	9	9	<b>56</b>
QLD	6	9	6	9		7	9		<b>46</b>
SA	14		9				6		<b>29</b>
TAS					7		7	7	<b>21</b>
WA		7			6		3		<b>16</b>
NSW					9				<b>9</b>
NT			5						<b>5</b>

Female U20								
	48kg	53kg	58kg	63kg	69kg	75kg	+75kg	Total
QLD		9	9	6	16	9	9	<b>58</b>
VIC		7	6	5			7	<b>25</b>
NT				9	6			<b>15</b>
NSW				7				<b>7</b>
WA			7					<b>7</b>
SA		6						<b>6</b>
TAS								<b>0</b>

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