

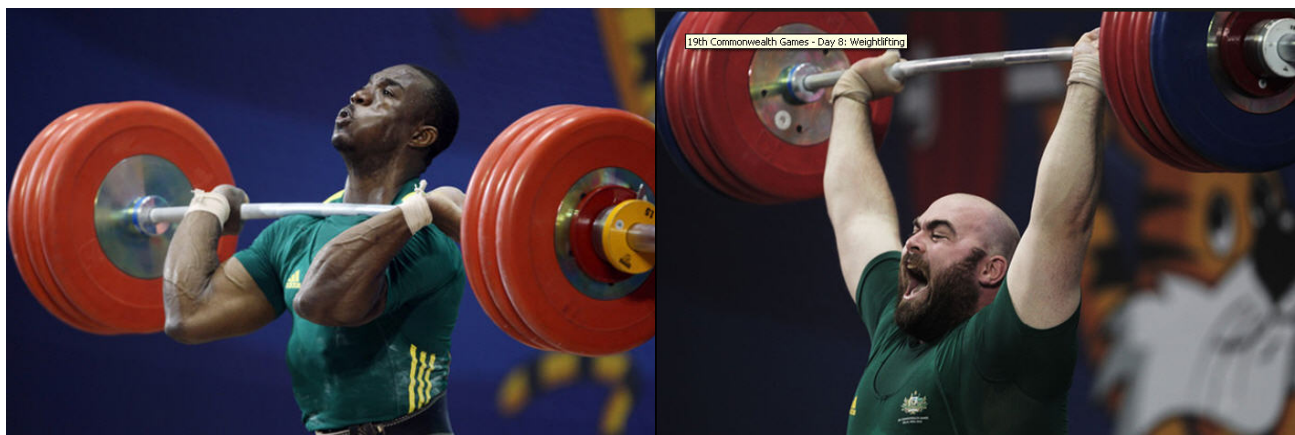
Business Licensing Scheme

The AWF will launch a new scheme for fitness and coaching businesses in the New Year. The scheme to be known as '*The Business Licensing Scheme*' will enable business owners to make use of intellectual property owned by the AWF. In particular, licensees will be able to utilise the AWF logo to enhance their business profile in the community.

Other benefits will include concessionary rates for AWF coaching courses, discounts on equipment purchased from JME Weightlifting and Fitness Equipment, and an entry visa as spectator to AWF National Championships. Licensees will also receive a certificate for display in the workplace.

The business licensing scheme will be available for an annual fee of \$300 and full details will be released from 10 January 2010. Interested persons should contact Leo Isaac on 0423767955 or email lisaac@awf.com.au

Commonwealth Games Results



Simplicie Ribouem (AUS) – Gold in 85Kg Category

Damon Kelly (AUS) – Gold in 105+Kg Category

The 19th Commonwealth Games in Delhi is now history and it proved to be a difficult assignment for the Australian Weightlifting team. The tournament is no longer a battle for supremacy between England, Canada and Australia, with strong competition also from Nigeria and New Zealand. In recent years, India and Malaysia has emerged as strong Weightlifting nations. But at this 19th Commonwealth Games, Samoa emerged with three Gold medals and the tiny island of Nauru won a gold and a silver. Even Sri Lanka came from no-where to win one silver and bronze. What this all means is that Weightlifting is alive and well across the Commonwealth.

The strength of the competition at the Delhi games puts into a better perspective Australia's Weightlifting medal tally of 2 Gold, 2 Silver, 1 Bronze. This tally was better than our old foes of Canada and England.

Simplicie Ribouem had a narrow victory over Trans-Tasman rival Richard Patterson. He edged him out to take gold in the 85kg category by 2kg on the clean and jerk after being tied for 1st place after the snatch. Damon Kelly came from behind to beat Itte Detenamo to take gold in the 105kg+ category in a thrilling round of clean and jerk. He was 3kg behind Itte after the snatch who stuttered on the clean and jerk, taking 3 attempts to finally conquer 218kg. Kelly performed marvellously to lift 221kg to take first place by virtue of lighter body weight.

Seen Lee put up a brave fight against India's Chanu Bala Renu Yumnam threatening to take the

lead several times but ultimately she had to concede and take 2nd place after the hometown hero proved too strong in the women's 58kg category. Ben Turner also won silver in the men's 77kg category after Yukio Peter from Nauru again proved too strong. Deborah Acason bravely fought against Ele Opeloge from Samoa claiming bronze in the women's 75kg+ category despite being a whopping 30kg lighter.

Upcoming Coaching Courses

There are still spaces available in the last State Licence course of 2010 in Melbourne on 4-5 December. Information about the State Licence course can be found at <http://www.awf.com.au/coachedu/information.aspx>

The AWF is experiencing unprecedented demand for our Club Licence course and as a result courses are reaching full quota 2-3 months ahead.

04-05 Dec 2011	Melbourne	Spaces available	Sports Power Coach 2 / State Licence
18-19 Dec 2011	Sydney	Fully Booked	Sports Power Coach 1 / Club Licence
15-16 Jan 2011	Adelaide	Book Now	Sports Power Coach 1 / Club Licence
26-27 Feb 2011	Sydney	Book Now	Sports Power Coach 1 / Club Licence
26-27 Feb 2011	Canberra	Book Now	Sports Power Coach 1 / Club Licence
06-07 Mar 2011	Melbourne	Book Now	Sports Power Coach 1 / Club Licence
12-13 Mar 2011	Brisbane	Book Now	Sports Power Coach 1 / Club Licence
12-13 Mar 2011	Perth	Book Now	Sports Power Coach 1 / Club Licence

Persons wishing to participate in any of the above courses should register at the earliest opportunity to obtain a place. A registration form can be downloaded from the Coach Education page of the AWF website: www.awf.com.au. The website also provides information about courses.

Registration forms can be returned to:

Leo Isaac, Email: lisaac@awf.com.au, Fax (07) 30416530, Mobile: 0423767955

Coaching Points

Experienced weightlifting coaches tend to place great importance on coaching athletes to develop confident and stable "receiving positions" in Olympic Weightlifting movements. The term "receiving" warrants some explanation. In the Snatch, and in the Jerk, the receiving position is that part of the lift when the bar is caught, stabilised and held overhead. In the Clean, the receiving position is that part of the lift when the bar is caught on the shoulders.

It is often the case that the training of athletes in Olympic Weightlifting predominates in pulling and squatting, and great strength in these aspects of lifting are achieved. But it is sometimes evident that athletes spend insufficient time on exercises that develop the receiving position and there are significant consequences as a result.

In the case of the Clean or Power Clean, it is imperative for the athlete to be fully proficient in the Front Squat. An athlete may have a strong pull but any lack confidence in the Front Squat will result in reduction of the lifter's potential to successfully execute a Power Clean. In the Snatch, athletes need to be trained to perform Overhead Squats (also known as Snatch Squats). This is an exercise with which beginners have great difficulty. It stands to reason that if a lifter lacks confidence with a weight held with a Snatch grip overhead, they are unlikely to want to pull and jump under a Snatch or Power Snatch. In the Jerk, the situation is even more difficult but this will be the subject of a future article.