



WEIGHTLIFTING WESTERN AUSTRALIA

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WWA Newsletter – March 2011

The year is well under way, hope your training is too. We start off with the news that the Weightlifting Western Australia Council has approved the affiliation of two new clubs in Western Australia. These Clubs are Southern Crossfit and Strengthclub. Southern Crossfit Olympic Lifting trains out of 1/10 Whyalia St, Willeton, for information and training times, contact Jonathan Cridland on 0488- 925-033. For Strengthclub at Goodlife Health Clubs, 454 Scarborough Beach Road, Osborne Park, call Mike Millar on 0409-177-049. We look forward to seeing some great results from both these Clubs in the coming years.

Leanne Shadbolt, the person responsible for the development and maintenance of the WWA Website www.wwa.org.au/ which we all appreciate so much, has been voted onto the Weightlifting Western Australia Council as a council member. Well done to Leanne for making herself available to assist us all in this role.

QWA has sent WWA a letter thanking WWA for the donation we as an association made to the Matthews Family Appeal. This appeal is supporting the Matthews children who lost their parents in a flash flood in Toowoomba on January 10 this year. Steve was a member of the Toowoomba Weightlifting Association, he was a competitor, official and volunteer. All money raised will go the four Matthews Children to help them rebuild their lives. Tragically the floods took not just their parents, but also their house all their possessions.



Matthew Munns has been granted \$250 towards his travel expenses whilst competing in the Club Championships to be held in Brisbane in March, this was made available from the coaching fund from which the WWA Council aims to support and promote our junior lifters.

Memberships are now due. The competition on March 20th at MPWLC is the last you can compete in unless you renew your membership.

Coaches and athletes should be aware of the dress rules for competition, which at a minimum should be a tee-shirt of one colour and shorts of one colour, sleeves on the t-shirt shall be short enough to be clear of the elbow, short legs shall be short enough to be clear of the knee.

Weightlifting shoes can be obtained from Ian Moir at, www.qwa.org , Telephone 0738231377.

Craig Wegert at JME Weightlifting and Fitness Equipment has Adidas lifting suits available, and will have ZKC lifting suits available from March 20. www.jmeaustralia.com.au. Mobile No 0405517952

Features of the Adidas Weight Lifting Suit:

- Lightweight Climalite® material for moisture management
 - Flatlock seams for freedom of movement
 - 80% Polyester / 20% Elastane
 - Suits from \$75.00 AUD



ZKC Men's/Women Weightlifting Suit



举重服 (男/女) A款

Competition costume(men's/women's)(A)

ASADA has launched an on-line anti-doping education program called ASADA e-Learning.

It only takes 15 minutes to complete each of the six learning modules and you can do them one at time, at your own convenience.

To register and get started with ASADA e-Learning go to <http://www.asada.gov.au/education/index.html> and click on the link at the bottom of the yellow box on the right hand side of the page.

WAA GP#1 – Feb 13, 2011

Weightlifting Western Australia's first Competition of the year, hosted by Midland Pythons, was also Round 1 of our 2011 Grand Prix Series. The WWA Grand Prix is run each year with lifters amassing points in nominated competitions throughout the year. Points are awarded for Sinclair Total along with bonus points for every successful lift. Always fiercely contested, maybe due to the cash prizes on offer, this competition started the year off well.

In the first session of the day it was a pleasure to see the return of Irish Jimmy Power to the completion platform. James was classy as ever, seeing success with all 6 of his lifts. It was great to have a number of new lifters on the platform in this session, with excellent results all round including an impressive 110kg Clean and Jerk from Kyle Masters. Always good to see Geish and Matthew competing and I'm sure Geish won't take kindly to Matthew out totaling him by just 2kg. A successful 155kg Jerk by Michael Pileggi was a nice way to finish the Session.



RESULTS OF WWA GP#1 COMPETITION HELD AT MIDLAND PWLC ON SUNDAY 13 FEBRUARY 2011.

Lifter	B/wt	Club	Yob	Snatch	Jerk	Total	Sinclair
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Male

Dylan McDermott	43.05	Arm	02	17	19	36	69.84
Blake Shadbolt	54.00	Pyth	98	48	60	108	171.72
Matthew Munns	67.15	Wes	93	88	112	200	272.00
Samuel James	64.20	Arm	98	51	65	116	162.40
Josh Monkhouse	63.45	Osst	95	35	42	77	108.57
James Power	75.20	Shed	71	77	102	179	227.33
Geish Hori	82.70	Pyth	75	90	112	202	244.42
Murdock Mason	86.25	SA	89	65	75	140	165.20
Alan Lewis	88.00	Osst	33	35	45	80	93.60
Michael Pileggi	104.35	Pyth	75	120	155	275	299.75
Lyle Masters	103.00	SA	83	90	110	200	220.00
Cahal DiGregoria	101.75	SA	88	70	80	150	165.00
Kurt Hill	96.45	Arm	93	65	80	145	163.85

Female

Alexandra Martin	51.15	Pyth	96	28	38	66	95.70
Rebecca Eastwell	62.45	Pyth	79	59	74	133	166.25
Andrea Hardeman	59.65	Pyth	78	48	60	108	139.32
Mary-Anne Reen	62.50	Wes	82	35	48	83	102.09
Alecia Lovelock	68.65	Pyth	90	50	64	114	134.52
Hannah Spitalny	65.55	Shed	95	47	60	107	129.47
Storm Falconer	68.20	Pyth	69	41	57	98	116.62
Amanda Foley	67.95	Osst	62	35	53	88	104.72
Courtney Page	89.05	Arm	96	48	67	115	121.90

Referee's

B. Pavone(N),R.Turnor(INT2),T.Scrivener(N),A.Turnor(S),G.Morrison(N),G.Hori(N).

Records.

Courtney Page's Jerk was a new state and national Record at U15 in the 69kg+Category



The women's session produced lots of close, exciting lifting, with the athletes pushing each other hard. The only exception to this close lifting was the gutsy and still improving Rebecca Eastwell. Bec waited until everyone else had finished before deciding to make her first attempts, finishing with a top notch 133kg total. An excellent effort by 14 year old Courtney Page saw her set new State and National U15 Records with her 67kg Clean and Jerk. Well done Courtney!

In the days final session both young Dylan and Kurt went 6 from 6 in their first try on the WWA stage, excellent efforts from both athletes. Samuel and Blake are still powering on and really are looking like Australian representatives in the making. An excellent effort from Osst's Josh Monkhouse would have pleased his coach, as would have Alan's work.



WWA JUNIOR SHIELD #1

+ YOUTH & U15 COMPETITION.

THE SPEEDOME

Eddie Barron Drive, Midvale

“Qualifying Competition for the Oceania Youth and Junior Championships”

Sunday 20th March 2011

Weigh In Time 11:00am to 11:30am

Start Time: 12:00 noon

Entries to Jack Walls

9379 2528 or 0408 926 260

Email: weightliftingwa@globdial.com

ALL Entrants must be current members of WWA Inc

Entry Fee: \$10.00 Under 15/17's, Juniors \$20.00

All competitors must be dressed according to AWF rules.

REFRESHMENTS WILL BE AVAILABLE AT THE VENUE



AWF GRADE & QUALIFICATION SCALES 2011 – 2012

Men

<u>Grade</u>	<u>50</u>	<u>56</u>	<u>62</u>	<u>69</u>	<u>77</u>	<u>85</u>	<u>94</u>	<u>+94</u>	<u>105</u>	<u>+105</u>
Elite		228	258	274	306	319	338		344	355
International		205	232	246	275	287	304		309	319
A Grade		188	212	226	252	263	278		283	292
B Grade		171	193	205	229	239	253		258	266
C Grade	134	148	167	178	198	207	219	226	223	230
D Grade	113	125	141	150	168	175	185	192	189	195
E Grade	92	102	116	123	137	143	152	156	154	159

Women

<u>Grade</u>	<u>44</u>	<u>48</u>	<u>53</u>	<u>58</u>	<u>63</u>	<u>69</u>	<u>+69</u>	<u>75</u>	<u>+75</u>
Elite		153	170	177	195	201		202	223
International		137	153	159	175	180		181	200
A Grade		126	140	146	160	165		166	183
B Grade		114	127	132	146	150		151	167
C Grade	90	99	110	115	126	130	137	131	144
D Grade	76	84	93	97	107	110	116	111	122
E Grade	61	68	76	79	87	90	95	91	100

Elite – Senior Elite – Senior World Championships QS (qualifying standard)

International – Senior International – Lesser Senior International QS

A Grade – Senior Nat. Championships & Junior World Championships QS

B Grade – Junior International – Lesser Junior International QS

C Grade – Junior Nat. Championships & Youth World Championships QS

D Grade – Youth International – Lesser Youth Internationals QS

E Grade – Youth Nat. Championships QS

Future Champions Award

In 2011 Weightlifting Western Australia is introducing the inaugural Future Champions Award. At the end of each WWA competition in which all Junior lifters are able to compete, referees will allocate points (1, 2 or 3 points) to the best 3 Junior male and female athletes. Points will be awarded based on technical ability, athletes' attire, and composure under stress. The voting will be the sole prerogative of the Referee's. The Trophies, male and female, will be presented at the annual awards function. This is very exciting news for our Junior Athletes and the Coaches who train them and this award looks set to become a coveted prize.

Junior State Team Squad

Invitations to be a part of the WWA Junior Development Squad will be sent to selected athletes in the next few weeks. Members will have the opportunity to train with WWA State Team and Australian National Team coaches in various lifting facilities around Perth. Junior Development Squad sessions will be a big step towards selection in both Western Australian and Australian representative Teams.



WWA Calendar of Events 2011

19 MAR	STATE REFEREES COURSE Please contact Robyn Turnor for Details – 0405 277 718	
20 MAR	JNR SHIELD #1 + YOUTH & U15 QE FOR OCEANIA.	MPWLC
26/27 MAR	NATIONAL CLUB CHAMPIONSHIPS	BRISBANE
2/3 APR	STATE LEVEL COACHING COURSE	ECU
10 APR	GP#2 (ARAFURA Q C)	TBA
7/14 MAY	ARAFURA GAMES	DARWIN
8/14 MAY	WORLD YOUTH CHAMPS	LIMA, PERU
5 JUNE	STATE SEN.U20/17/15/M CHAMPS LAST QE FOR NATIONAL SENIORS	TBA
30 JULY	NATIONAL SENIOR CHAMPIONSHIPS	SYDNEY
7 AUG	GP#3 +JNR SHIELD #2 LAST QE FOR NATIONAL U20/17/15	TBA
27 AUG/3 SEP	WORLD MASTERS CHAMPS	MONTREAL
23/24/25 SEP	NATIONAL U20/17/15 CHAMPS	MELBOURNE
10/15 OCT	COMMONWEALTH, SJY CHAMPS	CAPE TOWN
15/16 OCT	AUSTRALIAN MASTERS CHAMPIONSHIPS	ADELAIDE
OCT 29 – NOV 5	IWF MASTERS CHAMPIONSHIPS	CYPRUS
OCT	NATIONAL MASTERS	TBA
30 OCT	PREMIER CUP & OPEN COMPETITION	TBA
NOV 12	STATE REFEREES COURSE	TBA
NOV 10/17	WORLD CHAMPS	PARIS
NOV 19/20	CLUB COACHING COURSE	ECU
DEC 4	GP#4 & 2011 PRIZEGIVING	TBA

IF YOU ARE INTERESTED IN ORGANISING AN EVENT PLEASE CONTACT THE WWA OFFICE AS SOON AS POSSIBLE

WWA GRAND PRIX #2.

THE SPEEDOME

Eddie Barron Drive, Midvale

Sunday 10th April 2011

Weigh In Time 11:00am to 11:30am

Start Time: 12:00 noon

Entries to Jack Walls

9379 2528 or 0408 926 260

Email: weightliftingwa@globdial.com

ALL Entrants must be current members of WWA Inc

*Entry Fee: \$10.00 Under 15/17's, Juniors, Open, Masters
\$20.00*

All competitors must be dressed according to AWF rules.

REFRESHMENTS WILL BE AVAILABLE AT THE VENUE





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PO Box 2337 Midland WA 6936
Tel: 08 9379 2528
Fax: 08 9379 2528
Email: weightliftingwa@globaldial.com
Web Address: www.wwa.org.au

2011 Membership Application Form

Personal Details

Name _____ Date of Birth: _____

Address _____ Postcode _____

Phone: Home _____ Work _____

Mobile _____ Email address _____

Occupation _____ Club _____

Coach's Name _____ Referee Status _____

NCAS Coach Level _____

Membership Type: Senior Junior (U20) Official / Other

I the undersigned hereby apply for membership of WWA Inc and agree to be bound by the rules of the Association for the time being in force together with the provisions of the Doping Policy of the Australian Weightlifting Federation Inc that shall be deemed to be the Doping Policy of WWA Inc.

Signature of Applicant: _____ Date _____

DRUG DOPING POLICY (Lifters only)

I _____ undertake that I shall comply with all the lawful and proper directions of the Australian Sports Anti Doping Authority or any other properly authorized authority, and that I submit to lawful and proper testing for the presence in my body of banned doping agents.

Signature of Applicant _____ Date _____

CONSENT OF PARENT / GUARDIAN (if applicable)

I _____ of _____

Being the Parent / Guardian of _____ hereby consent to the said person _____ in complying with all lawful and proper directions of the Australian Sports Anti Doping Authority or any other properly authorized authority that they submit themselves to lawful and proper testing for the presence in their body of banned doping agents.

Signature of Parent / Guardian: _____ Date _____



MEDICAL HISTORY

1 Do you have any permanent physical disabilities Yes No

If yes please detail _____

2 Do you suffer from diabetes? Yes No

State if controlled by insulin, oral medication or diet _____

3 Have you ever suffered from epilepsy, asthma or similar conditions? Yes No

If yes please detail _____

4 Do you take any form of medication? Yes No

If yes, please give details _____

PLEASE NOTE

- 1 Membership is only valid on this application form
- 2 New junior members must send proof of Date of Birth with this application or otherwise membership will not be accepted.
- 3 The Council of WWA Inc. must ratify acceptance of membership.
- 4 Media interviews must have approval from the President or Vice president of WWA Inc.
- 5 Random Drug Testing may be conducted at any time by the Australian Sports Anti-Doping Authority at any weightlifting competition under the auspices of the Australian Weightlifting Federation.

Phone the ASADA Hotline for advice on medications 1300027232 or go to www.asada.gov.au

Signature of Applicant _____ Date _____

False declaration may result in refusal or cancellation of membership.

Membership is subject to acceptance by the Council of WWA Inc.

MEMBERSHIP FEES *Please note price increase*

SENIORS	\$100.00
JUNIORS (Under 20 as at 1 st January)	\$ 70.00
YOUTHS / U17 (as at 1 st January)	\$ 70.00
AFFILIATED SCHOOLS MEMBERS U17	\$ 25.00
OFFICIALS / OTHERS	\$ 70.00

Membership Fees include the following

- Bi- monthly newsletter
- Free entry to National and international events held in Perth
- 2011 calendar of events
- Free entry to the WWA Inc. end of year function
- Sports insurance for members

Please make cheques, MO payable to WWA Inc.

Please return completed form to:

Hon. Sec. WWA Inc.

PO. Box 2337

MIDLAND WA 6936

