

WEIGHTLIFTING WESTERN AUSTRALIA



ANNUAL GENERAL MEETING JUNE 2020



PRESIDENT'S REPORT

I would like to start my report by acknowledging a few of the many people that have contributed to the successful running of Weightlifting in WA over the last 12 months. Firstly I would like to thank Mr Craig Burrows, our previous Vice President, who stepped down from the role towards the end of 2019, due to work commitments. Craig was a committed volunteer who provided countless hours of service to weightlifting in Western Australia. I would also like to thank Mr Nick Pezzaniti for his valuable contribution to our sport. Nick unfortunately also needed to step away from his duties on the council at the start of the year, due to the increasing demands of running his own business.



I would also like to thank Ms Lucy LaCunza, for stepping in to the role of Vice President at the end of 2019. Lucy has been a member of the WWA Council for a number of years, and along with her husband Trevor Watson, are always quick to volunteer their time to support and promote our sport, and so it was great to see her accept the role. Thank you also to the two newcomers to the council, Mr Bam Castro and Mr Tom Smith, who were both voted on to the council in accordance with the WWA Constitution. Both Bam and Tom are well known within our sport and both are keen to contribute wherever they can. Thank you also to long serving council members Monica Cook and Paul Falconer for your continued service to weightlifting here in WA. Thank you also to our Honorary Treasurer, Mrs Marie Dawson, for keeping our accounts in such good order, and thank you to our Honorary Secretary, Mrs Jay Saxton, who does an absolutely tremendous job overseeing the day to day running of the WWA office and keeping the Council organised and the members informed.

I would like to acknowledge the support given to WWA by Mr Philip Gregson from the Department of Local Government, Sport and Cultural Industries throughout the last twelve months, most notably with our DLGSC Grant application. I would also like to thank Nav Shah, owner of Flex Fitness Equipment for his ongoing support for our State Team representatives, by contributing considerably to the cost of our State representative T-Shirts during 2019 and 2020. Flex Fitness were also the main sponsor of the 2020 iSO U13's online competition. Acknowledgement must also be given to the AWF President, Mr Sam Coffa, AWF CEO, Mr Ian Moir and the Board of Directors for their continued support of Weightlifting in WA. A special mention and thanks also to the AWF Communications & IT Manager, Mr Bowen Stuart, for his amazing technical support.

COVID-19

Every single member has been affected one way or another by the outbreak of the Corona virus. Our first competition to be hit by restrictions was the Junior/23/Masters & Open competition that was held at the WWA Centre of Excellence (Rev BBC) on the 15th March. With the news regarding the spread of the virus and the precautions needed changing rapidly, the council was forced to make a late call to reduce the number of athletes, by cancelling the Open and U15 sections of the competition. Family and friends of athletes were also asked to stay away unless it was essential that they needed to attend. On the 22nd March, in line with the Australian Government's new restrictions, a news update was circulated via our social media platforms, informing all members that all WWA affiliated clubs were required to close from midday, Monday 23rd March 2020. It was definitely a sad and daunting day for many of our members, especially our affiliated gym owners. Since the enforced closure of gyms, we have seen an amazing growth in community spirit amongst our members and club owners. We have seen gym owners lending out their

weights, bars, racks and even mats to their athletes so they could continue training, and we have seen innovative ways of competing, such as the birth of the iSO competitions, where lifters were able to compete from their own garage/patio set up! WWA even got in on the act with our very first iSO U13's competition. The competition took on the same format as the AWF iSO Competition, but was created to cater for our younger lifters who were not able to lift in the National iSO competition due to the age restrictions. The uptake for the WWA U13's iSO competition was lower than hoped, despite a lot of social media coverage, but as an alternative to a 'real' competition, the WWA council were pleased how it ran. The winners, Jake Stanesby and Ciara Quinsee, both collected \$250 from our sponsors, Flex Fitness Equipment, and were extremely happy with the opportunity to lift whilst in lockdown!

This trying time has also seen one of our oldest clubs, Grizzly's Weightlifting Club move out of the Rugby WA training centre. WWA wishes the Grizzly's team all the best in their search for a new home. Further south, we now have three new venues! The Olympifit crew have moved in to a new facility in Rockingham, O4K (Oly 4 Kids) has also moved in to their very own facility in Mandurah, and Wolfpack Barbell Club have also found themselves a new premises in Port Kennedy and are expanding rapidly! So, the future of WWA is looking bright, despite the recent troubles faced by us (and the world). Moving forward, we will be guided by the latest recommendations from both the government and the AWF, so that we can continue to provide a safe environment for all of our members, and ensure that everyone can continue to enjoy our sport.

In closing

I would like to thank every single athlete, from our amazing U10's to our Seniors and Masters, for the resilience that you have all shown over the last few months, to continue training despite the many obstacles. Thank you also to the rest of our tremendous community, parents, family members, coaches, officials and general volunteers that give their time, over and over again to make sure that Zoom sessions took place, garage gyms were safe, gyms (when opened) were cleaned and then cleaned again. I have said this before, and I really mean it, without the many hands that volunteer, week in and week out, we would not be able to do what we do as an association!

Finally I would like to say thank you and good luck to all our wonderful athletes, as we look forward to stepping back on to the 4x4 here in WA, Nationally and beyond!

ANDY SAXTON
WWA President



The first WA High Performance & WWA U20/23 Squad session post COVID-19 lockdown

Activity Roundup 2019/2020

International Competitions

June 2019 - **OWF & CWF Masters Championships, Gold Coast, QLD**

Junko Matsuzaki @59 - Gold
 Marie Dawson @64 - Silver
 Cheryl Falconer @64 - Silver
 Julie Nguyen @71 - 4th
 Grace Morrison @76 - Gold
 Brendan Kennedy @89 - Silver
 Lukas Swanepoel @102 - Silver

July 2019 - **Pacific Games, OWF & CWF Championships, Apia, Samoa**

Ruby Carwardine - 2 Silver
 Ollie Saxton - Silver & Bronze
 Joel Gregson - 3 Bronze



Ruby Carwardine - Joel Gregson - Ollie Saxton

April 2020 -

2020 Oceania & Commonwealth Championships, Nauru
Oliver Saxton @ 81kg - Championship postponed

National Championships

August 2019 -

AWF U20/23 Championships, Sydney, NSW

Noah Russell - M61 - U20 Gold
Madison O'Boyle - F64 - U20 & U23 Gold
Renee Hogan - F64 - U23 5th
Indi Waller - F64 - U20 4th & U23 6th
Ruby Carwardine - F71 - U20 & U23 Gold
Alicia Jokic - F71 - U20 Bronze & U23 5th
William Saxton - M89 - U20 Silver & U23 6th
Samu Banyai - M96 - U23 Bronze
Liam Husband - M109+ - U23 Bronze



2019 WWA U20/23 State Team

September 2019 - **AWF U15 & Youth Championships, Brisbane**

Ciara Quinsee - F45 - U15 Gold

Anja Steidl - F49 - U17 Silver

Gabrielle Mclean - F49 - U15 Bronze & U17 4th

Jacob Stanesby - M55 - U15 9th



Talia Joyce - F55 - U15 Bronze
 Lachlan Turton - M61 - U15 5th
 Charlotte Saxton - F59 - U15 4th & U17 8th
 Benjamin La Cunza-Watson - M67 - U15 Silver & U17
 Alicia Jokic - F71 - U17 Gold
 Indi Waller - F71 - U15 Gold & U17 Silver
 Oliver Saxton - M81 - U17 Gold
 Jett Hoover - M81 - U15 4th
 Adam McWhinnie - M81 - U15 5th
 Mia Southam - F76 - U15 Bronze
 Ashton Hoover - F76 - U17 Bronze



2019 U15/17 State Team

October 2019 -

AWF Senior Championships, Canberra, ACT

Christopher Moore - M67 - Gold
 Rebecca O'Donnell - F59 - 10th
 Chris Parfitt - M81 - 5th
 Renee Hogan - F64 - 5th
 Joel Gregson - M89 - Bronze
 Mitch Bruce-Smith - M89 - 9th
 Cody Wilks - M102 - Gold
 Russell Ludt - M102 - Bronze
 Tara Pratt - F81 - Gold
 Anthony Usmar - M109+ - 4th



2019 WWA Senior State Team

International Coaching appointments

- Jay Saxton - Head Coach - Junior & Youth Team - Oceania Championships - Nauru (Postponed)
- Erin Haff - Head Coach/Manager - Junior Worlds - Bucharest - (Postponed)

Referee activity

- International events - Dani Waller/Marie Dawson
- National events - Dani Waller/Marie Dawson/Jay Saxton

National Competition Hosting

- AWF U20 & 23's 2020 - Perth (Postponed)

Membership

- 2019 - 198
- 2020 - 138 (to date)

Notable sport & administration changes

- Venue accreditation System adopted (Gold - Silver - Bronze).
- WWA Strategic Plan completed (2019 - 2023).
- National U13 competition regulations and modified rules, supported by WWA and published by the AWF.
- WWA purchased five aluminium 5 kgs bars and four sets of 2.5 kgs and 5kgs bumper weights for our younger lifters.

2019 WWA Award winners.

Best Senior Male	Joel Gregson (The Rev)
Best Senior Female	Tara Pratt (Wolfpack)
Best U23 Male	Nick Difabio (The Rev)
Best U23 Female	Madi O'Boyle (The Rev)
Best Junior Male	Will Saxton (Ox)
Best Junior Female	Madi O'Boyle (The Rev)
Best Youth Male	Ollie Saxton (Ox)
Best Youth Female	Ruby Carwardine (Tempest)
Best U15 Male	Ben LaCunza-Watson (Origins)
Best U15 Female	Indi Waller (O4K)
Best Masters Male	Derek D'Mellow (Olympifit)
Best Masters Female	Rebecca O'Donnell (Grizzly's)



Volunteer of the Year	Ant Usmar (The Rev)
Official of the Year	Rebecca Levine (Origins)
Club of the Year	O4K
Life Membership	Jay Saxton



Thank you again to all our wonderful athletes, officials, supporters and sponsors for a great year!

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