



Weightlifting Queensland

June, 2004

*The Official Journal of
Queensland Weightlifting Association Inc.*

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Brisbane 2004 National U16 & U18 Championships

The National Under 16 & Under 18 Championships were held in Brisbane over the weekend of the 17-18 of April, and thanks to an enormous effort by a relatively small group of volunteers (isn't that always the way?!) the hosting of this event was a great success. For a summary of Queensland lifter's results see the back of the colour pull out.



Josh Brady in action at the National U16 & U18 Championships Awarded best U16 male lifter of the Championships.

CHECK OUT

The 2004 National
Under 16 & Under 18
Championships

PHOTO/RESULTS
COLOUR SPECIAL

The QWA is Supported by the Queensland Government through Sport & Recreation Qld:



Queensland Government
Getting more people active
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QWA Mission Statement

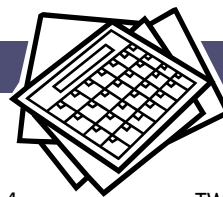
"To promote and develop all aspects of the sport of weightlifting in Queensland."
Acknowledgement

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Queensland Government –Sport and Recreation Queensland
Major Sports Facilities Authority
MTU Detroit Diesel Australia

Disclaimer

The views represented in this publication do not necessarily reflect those of the editor or of the Officers or the Management Committee of the QWA



2004 Events Calendar

June 4	TWA Open Club Competition	Toowoomba
June 4 – 6	National Masters Championships	Darwin, NT
June 5 – 12	World Junior Championships	Minsk, BLR
June 25	Nudgee Open Club Competition	Nudgee
June 26	Australian Olympic Team Selection Trials	Melbourne, VIC
July 1 – 4	World University Championships	Frederick, USA
July 9	TWA Open Club Competition	Toowoomba
July 10	Qld U20 & Open Championships	Chandler
July 24	Cougars Open Club Competition	Chandler
July 25	Sunshine Coast Open Club Competition	Nambour
July 30	Nudgee Open Club Competition	Nudgee
August 14 – 25	Olympic Games	Athens, Greece
August 21	QWA League Round 3 & Masters H/cap Round 3	Chandler
August 27	Nudgee Open Club Competition	Nudgee
September 3	TWA Open Club Competition	Toowoomba
September 10 – 12	National U20 & Open Championships	Launceston, TAS
September 24	Nudgee Open Club Competition	Nudgee
September 25	Qld Masters H/cap Final	Sunshine Coast
Sep 26 – Oct 2	IWF World Masters Championships	Baden, AUT
October 29	Nudgee Open Club Competition	Nudgee
October 30	Mermet Cup International	Melbourne, VIC
October 8	TWA Open Club Competition	Toowoomba
October 9	QWA League Final	Brisbane
October 23	Qld All Schools Championships	Toowoomba
November 6	DK Blue International	Sydney, NSW
November 7	Sunshine Coast Open Club Competition	Nambour
November 13	Queensland 2000 Tournament	Brisbane
November 19	TWA Open Club Competition	Toowoomba
November 26	Nudgee Open Club Competition	Nudgee
Nov 29 – Dec 1	Commonwealth Youth Games	Bendigo, VIC
December (TBC)	Oceania Junior Championships	Suva, FIJI
December 11	Sunshine Coast Open Club Competition	Nambour
December 18	Cougars Open Club Competition	Chandler
December 31	Nudgee Open Club Competition	Nudgee

Dates and or venues are subject to change with 14 days notice

The closing date for entries for all QWA events is 15 days prior to the competition date.

The closing date for entries for all National events is 28 days prior to the competition date.

The minimum qualifying standard for entry in the Queensland Open Championships is C Grade.

The minimum qualifying standard for entry in the Queensland Under 20 Championships is D Grade.

There is no minimum qualifying standard for Queensland Under 16, Under 18, School or Masters Championships.

The qualifying period for the Queensland Open & Under 20 Championships is 25th June 2003 – 25th June 2004

The qualifying period for the Queensland 2000 Tournament is 1st January 2004 – 30th September 2004

Queensland Teams for the 2004 National Under 16 & Under 18 Championships will be selected according to the QWA Selection Policy taking into consideration results from:

- QWA League Round 1 – February 21st
- Qld U16 & U18 Championships – March 6th

Queensland Teams for the 2004 National Open & Under 20 Championships will be selected according to the QWA Selection Policy taking into consideration results from:

- QWA League Round 1 – February 21st
- Qld U16 & U18 Championships – March 6th
- QWA League Round 2 – May 22nd
- Qld Open & U20 Championships – July 10th

From the QWA Office

By Ian Moir, QWA General Manager

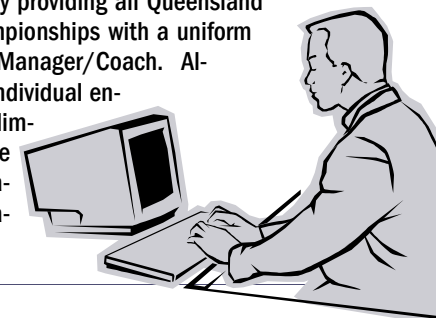
A number of important national and international events have come and gone in the last quarter and QWA members have figured in most of them. The National Under 16 & Under 18 Championships were held in Brisbane and thanks to an enormous effort by a relatively small group of volunteers (isn't that always the way?!) the hosting of this event was a great success.

The Oceania Championships, which combined the Senior and Junior Championships this year, were held in Fiji and eight lifters from Queensland represented Australia, with one coach and one referee also appointed from our state. The Oceania Championships were the Regional Olympic Qualifying event and much has already been written and said about the outcome of that particular aspect of the competition. On the results of the championships in Fiji, Australia qualified two places for lifters – one male and one female – in the 2004 Olympic Games weightlifting competition.

The Olympic Team Nomination Trials were held in Melbourne and Queensland's interest focused on Deborah Lovely, who was the leading qualifier among the three women at the Trials. Ben Turner had also qualified, but in the 69kg bodyweight category. Having made the decision to stay in the 77kg category some time ago, Ben did not contest the Trials. Deborah lifted very well and set new personal bests, but Western Australia's Caroline Pileggi lifted just that little bit more. Following the event, Sergo Chakhoyan and Caroline Pileggi were chosen to be nominated to the AOC for inclusion in the Australian Olympic Team.

Three lifters and one coach from Queensland were part of the Australian Team at the World Junior Championships held in Minsk which, as one *Seinfeld* aficionado (initials: RK) recently observed, was also the destination of the heroine in the fictitious movie *Rochelle, Rochelle*. Leaving aside all references to TV sitcoms, these four members carried with them a range of experience. Ben Turner and Kristie Amadio had represented Australia at this level a number of times before, but it was Erika Yamasaki's first World Championship event and Angela Wydall's first national team coaching appointment.

The feedback in relation to the Queensland team's participation in the National Masters Championships in Darwin was positive and many people commented on the 'professionalism' exhibited by this group. The QWA Management Committee took the decision earlier this year to back up the recognition of Masters lifting in a practical way by providing all Queensland competitors at this year's National Masters Championships with a uniform lifting costume and formally appointing a Team Manager/Coach. Although the Masters Championships are open to individual entrants and the QWA is not required to nominate a limited number of qualified participants, as is the case with other age championships, lifters at the National Masters Championships are still representa-



tive of the state association. From next year, in addition to providing uniforms and support personnel for the Qld Masters Team, the QWA office will assist in the processing of entries, accommodation bookings, etc, putting the level of support for Masters on a par with all other age groups representing the state.

On matters of policy, the AWF's recently updated Anti-Doping Policy is now in force. This policy complies with the World Anti-Doping Code (the 'Code') adopted by the World Anti-Doping Agency (WADA). It is imperative that all athletes and coaches familiarise themselves with the Anti-Doping Policy, the Code and the WADA Prohibited List. The Code and Prohibited List can be viewed and downloaded from the WADA web site at www.wada-ama.org. Of particular importance is the need for athletes to provide accurate and timely information in regard to their contact details. To not do so is to risk being charged with an anti-doping rule violation, under the Code. All athletes who are listed for out-of-competition testing – generally those who are potential Australian representatives – will receive a form from the AWF each quarter requesting information about their expected whereabouts on a daily basis for the next three-month period. In addition to completing this form and returning it on time, athletes must also notify the AWF in advance of any changes to the information previously given. For example, if an athlete's regular training times or training venue change, or if they decide to take a vacation, they must let the AWF know, even if the changes are temporary or the vacation is only for a few days. Some may consider this level of scrutiny to be excessive, but unfortunately the reality of the world we live in requires vigilance on the part of everyone involved in sport – competitors; coaches; clubs; associations; drug testing agencies; governments – if we are to succeed in deterring athletes from using banned substances and in identifying those who do.

And while on the subject of drugs in sport, many members will be aware that a former Queensland lifter was recently suspended for two years after returning a positive result to a drug test. This lifter moved interstate some years ago but was visiting his family in Queensland when ASDA knocked on the door and requested a drug test. Which demonstrates that ASDA's "Anywhere, Anytime" catchphrase is not just a slogan, but a serious warning to anyone who might consider taking chemical shortcuts. The reasons for not using performance enhancing drugs should be obvious – it's cheating; it's unhealthy; and drug cheats will get caught. It is my sincere hope that this particular lifter will learn from his experience and make good use of his second (and last) chance two years from now by returning to compete with nothing but his natural ability and good, honest, hard training to back up his performances.

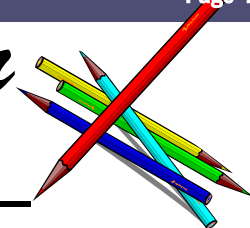
Looking ahead, the Queensland Open & Under 20 Championships will be held in Brisbane in July and immediately following this event, the state teams for the National Open & Under 20 Championships will be selected.

Until next time...

Ian Moir

From the Editor

By Amanda Phillips



HI EVERYONE,

Thankyou!

WOW!!!! I can't believe how many contributors I have had this quarter. I think that this issue of Weightlifting Queensland will provide interesting reading for all, with a wide variety of topics covered. From Juniors to Masters; Educational and "Out of interest"; Results, Reports and Rules; plus Adventures (both locally and afar). I wish to sincerely thank all who put pen to paper—or fingers to keyboard— your efforts really are appreciated.

Well Done Ladies!

As I am also Women's Coordinator, I am biased towards mentioning the achievements of the QWA's female members. A big congratulations to Angela Wydall who became the 3rd female coach to accompany a National Team overseas (and the 1st to a major IWF event) – WELL DONE ANGIE!!!

I think special mention needs to be made of Deborah Lovely's efforts in qualifying for the Olympic Trials held in Melbourne on the 26th of June. Deborah took the most difficult path to the trials after overcoming an over-training injury, and having surgery to both her thumb (to remove a benign bone tumour) and hip (to correct an inherited complaint). She remained optimistic through every grueling training session and setback, and although on the day, Deborah was in great shape, putting together a fearless and determined performance, she unfortunately missed out on Olympic selection by less than a percent. Despite this disappointment for her, she is truly what champions are made of.

Apologies.

As editor I wish to formally apologise to Miles Wydall who takes so many fantastic photographs of our members in action. Many of the photo's appearing in the last edition of Weightlifting Queensland were in fact taken by Miles and I failed to credit Miles for his contribution to the newsletter.

Further, the Oceania report will be included in the next issue with some great photos— I apologise for the wait.

☺ Amanda

Nudgee Lifting to Another Level

By
David De Rose

Olympic weightlifting is Nudgee's latest craze. In a few short months the popularity of the sport has exploded, resulting in a large increase in active involvement from new and existing members. A series of new training squads have been introduced, and are expanding rapidly.

The club recently became a registered incorporation through the department of Tourism, Racing and Fair Trading, and is now recognised as the Nudgee Weightlifting Association Inc. (NWA). A management committee has been elected to oversee the projects and daily business of the NWA, and will strive to provide its members with the highest possible services in weightlifting.

Training Squads

The NWA now has more than 30 weightlifters training regularly in various squads operating on a daily basis. Five training squads operate consecutively during the day, making NWA the sole club in Queensland teaching Olympic lifting on a fulltime basis. Squad training times are as follows:

- v 1st Senior Squad: 10:30am-12:00pm (weekdays)
- v 2nd Senior Squad: 1:30pm-3:00pm (weekdays)
- v Junior Squad: 3:00pm-5:00pm (weekdays)
- v 3rd Senior Squad: 5:00pm-7:00pm (weekdays)
- v All Squads: 8:00am-11:00am (Saturdays)

A number of talented seniors and masters have joined the ranks, adding to the solid base of juniors training at Nudgee. The NWA has also recruited its first female weightlifter, and is encouraging more women and masters to get involved.



NWA's lifters (from Left to Right) Aaron Tulley, Adam McDonald, Nick Winkler selected for the Queensland U 16 team.

Web Site

An excellent new web site devoted to Nudgee Weightlifting is currently under construction. The site is being developed by a professional web designer who has an extensive background in graphic artistry and internet design. The NWA web site will be viewable at www.nudgeeweightlifting.org in coming weeks.

NWA Club Competitions

NWA Club Competitions have become drawcard events at Nudgee College, with droves of boarding students flocking to the gym on Friday nights to support their local counterparts. Nudgee College is renowned for its sporting 'spirit', which has been emulated as such through the introduction of Olympic weightlifting. So far all competitors have been met with overwhelming encouragement and applause, providing a stimulating environment for personal best achievements on the competition platform. Eleven competitors took part in the NWA's second competition for 2004. A series of personal best totals were achieved, holding all lifters in good stead for future competitive outings.

Representative Selections

- v Four of the NWA's rising stars performed exceptionally at the Queensland Junior Championships in March. Jason Mitchell took out the U/16 superheavy-weight division, whilst solid totals from Nick Winkler, Adam McDonald and Aaron Tully secured their selection in the U/16 Queensland term for junior nationals.
- v Two of NWA's masters, Lawrie Townsend and Alan McMenamin will represent Queensland at the National Masters Championships being held in Darwin in June.
- v NWA Head Coach David De Rose travelled with Australian senior team to Fiji for the Oceania Championships in May, and has been selected for the World University Championships for Weightlifting being held in the United States in July.

Combined Training Session

Members from the NWA and Cougars amalgamated for a joint training session at Nudgee on Friday the 23rd of April. This proved to be an exceptional night for all involved. Athletes and coaches alike fed and thrived off an electric atmosphere created in the NWA gym, which ultimately led to an array of personal best lifts. A post-training dinner was organised to offer an opportunity for members from both clubs to meet and mingle. The joint training session has had an extremely positive response from members of both clubs, and will become a regular event in times to come.

Get Involved

The NWA is experiencing an exiting initiation as an invigorated entity of the QWA. Anyone interested establishing a weightlifting base on Brisbane's northside as an athlete, coach or otherwise should contact Head Coach David De Rose on (07) 38650588 or derosed@staff.nudgee.com

"Olympic Weightlifting is Nudgee's latest craze..."



Food, Weight loss, Training and Performance- Part 2

Last issue the immediate effect of our diet upon training/competition performance was examined. Now long term effects of our diet must be considered. Ideally every lifter would like to train slightly heavier than their competition category. However what happens when the lifter finds themselves outside their weight loss comfort zone or if negotiations between coach and lifter lead to the decision to drop a weight category?



WEIGHT LOSS & THE WEEKS LEADING INTO COMP

When losing weight it is important to maximise fat loss (a useless tissue in weightlifting) and minimise muscle loss (which is the powerhouse of a weightlifter's performance). For this reason it is important to lose as much weight as possible through monitored dietary and exercise processes in the weeks leading up to the competition with only minor bodyweight adjustments made 1-2 days out of competition.

Dietary- Decrease energy input

If you think back to last issue, the hormones in the blood stream (especially insulin and glucagon) affect metabolism. Insulin is the "store energy" signal and Glucagon is the "mobilise energy" signal (see part one) and levels of these hormones are affected by our diet. The trick with weight loss is to manage our blood glucose levels so the "store energy" insulin signal is minimised and our body is inclined to use more fat during resting metabolism. Maintenance of dietary protein is also important to compensate for any protein oxidation (i.e. muscle wastage) that accompanies the glucagon starvation signal in the body. It is recommended that an effective weight loss diet be made up of low GI meals with adequate protein to manage insulin levels maximising fat loss and minimising lean muscle loss.



Exercise- Increased energy output

Although most weightlifters train very hard when weight loss is a training goal it is imperative that sessions of low intensity aerobic exercise (walking) are included. It is important to understand that fat burning is a very slow process and if aerobic exercise is too intense (as in jogging) the body will need to utilize sugar stores (and muscle protein), as energy demands are too high to be met solely by the slow fat burning process. Therefore walking for extended periods of time (30-60mins), at a pace where the lifter is still able to carry out a conversation will be most beneficial for fat loss.

1-2 DAY PRIOR TO COMP

Hopefully by this stage of training the lifter has managed to drop his or her body weight to within 1-2 kgs of their desired weight class. At this phase of the weight loss process it is the actual weight of what is being consumed that is important, not its caloric value. Fluid restriction is a very effective way of dropping weight (remember generally 1L = 1kg) with approximately 100g/hour lost at rest, with temperature, activity and a persons own body weight affecting this fluid loss rate. Food consumed should be of known weight and low carb (carbohydrate is stored with water) and low fibre (fibre in the intestines at the time of weigh in is useless weight on the scales). By constantly monitoring body weight loss prior to eating/drinking and estimating (always underestimate) how much will be lost (at ~100g/hour) appropriate meal sizes and composition can be determined.

DAY OF COMP

As mentioned the goal of a weight loss program is to minimise the effect of the actual weighloss on performance by slowly reducing body fat through dietary means and aerobic exercise. However we are in a weight category sport therefore it is required that lifters are a particular weight. If induced dehydration methods are required, such as the sauna, it is important that the athlete spends as little time as possible dehydrated. Dehydration does effect performance therefore it is important to minimise the effect "weighing in" is going to have on performance. The use of a sauna to make weight must be sensibly monitored so that the athlete is ready to make weight at exactly the start of weigh in (maximising rehydration time and minimising time spent dehydrated). If possible, it is not sensible to begin saunaing the night before, as the effects of heat and dehydration will be greater due to the time spent (i.e. over night) in that physiological state.

AFTER WEIGH IN

A lot of lifters make the mistake of thinking that their diet is only important to "weighing in" and that after weigh in they can eat what they like. It is imperative for maximal performance (especially to the dehydrated and hungry athlete) that they stick to normal pre competition/competition dietary practices outlined in part one.

SUMMARY

Weight loss and the weeks leading into comp

When losing weight it is important to maximise fat loss (a useless tissue in weightlifting) and minimise muscle loss (which is the powerhouse of a weightlifter's performance). For this reason it is important to lose as much weight as possible through monitored dietary and exercise processes.

Dietary- Decrease energy input

- The trick with weight loss is to manage our blood glucose levels so the "store energy" insulin signal is minimised and our body is inclined to use more fat during resting metabolism.
- Low GI meals with adequate protein to manage insulin levels maximising fat loss and minimising lean muscle loss.

Exercise- Increased energy output

- Fat burning is a very slow process.
- Therefore walking for extended periods of time (30-60mins), at a pace where the lifter is still able to carry out a conversation will be most beneficial to fat loss.

1-2 days leading into Competition

- At this phase of the weight loss process it is the actual weight of what is being consumed that is important, not its caloric value.
- By constantly monitoring body weight loss prior to eating/drinking and estimating (always underestimate) how much will be lost (at ~100g/hour) appropriate meal sizes and composition can be determined.

Day of Competition

- Dehydration does effect performance therefore it is important to minimise the effect "weighing in" is going to have on performance.
- The use of a sauna to make weight must be sensibly monitored so that the athlete is ready to make weight at exactly the start of weigh in (maximising rehydration time and minimising time spent dehydrated).

After Weigh in

- It is imperative for maximal performance that athletes stick to normal pre-competition/competition dietary practices outlined in part one.

WHY WE ARE CALLED "MASTERS"

By Barry Harden Queensland Masters Co-ordinator.

There are some competitions that are "just another competition" then there are some competitions that I will remember for along time, usually, for a variety of reasons. The National Masters for 2004 in Darwin is one to be remembered.

I had not been to Darwin before so I did not know what to expect. What I found was a big country town that was very friendly and very supportive of the Northern Territory Weightlifting Assoc (NTWA). It would appear that most of the city supported the event in some way. The weather was fantastic and the girls....well, more on that latter.

The NTWA had not run a National Competition before and it showed, as they did not follow the weightlifting traditions. I mean, how dare they have an opening ceremony with singing and dancing while the contestants and officials sat around drinking wine and eating finger food. The next day also lacked protocol. What with the girls dancing about in aerobics' outfits or being entertained by an outstanding singer between each session of lifting, it just made the day go too quickly. I suppose this did not really matter because at the end of the day's lifting we enjoyed a fantastic bar-b-que. Mind you, this did not detract at all from the presentation dinner I went to the following night with more fantastic food.

singing and dancing (Maybe, something could be learnt from this).

Why did I go to Darwin again? Oh! That's right, weightlifting. But, before I launch into the day's events I would like to take a minute to thank the QWA for their support. Masters Weightlifting has slowly been moving forward in the past few years and is starting to be accepted as a legitimate part in the chain of Australian Weightlifting development. By supporting our team, QWA may have pushed Masters Weightlifting to the next level. For the first time the Queensland Masters Team was brought into line with the other age groups, subjecting us to the same policies. In doing so, we were supplied with lifting suits and a Team Coach/Manager and became the first Masters team in Australia to have this advantage. The outcome was that we were the only team to have a coach for the whole team that was not a lifter. We also looked like a team as we all had the same lifting suits. I had comments from two other states about how professional we looked and how we went about how business. Being Queenslanders we typically sat together and supported each other, which I was told added to our professional look. The other states commented that they would approach their state bodies for the same support.

The team consisted Diana Loy, Debbie Keelan, Keith Forbes, Keith Penny, Bob Henderson, Ben Grzes, Lawrie Townsend, Harry Grzes, Barry Harden, Peter Foster and Alan McMenamin. The results of everyone's efforts were 10 gold and 1 silver medal. In the team points we tallied 72 points with our closed rival, Victoria on 63 points. This outcome gave me great pleasure to reward the QWA for their investment in us by bring home the Team Shield.

Of course the statistics do give the true story, so I will give you only a brief outline of some of the events. Peter Foster had a slight weight problem but this was quickly solved when he started watching Diana's nerves kick in. Peter claims he lost 2 kg's just watching her pace the floor. The pacing obviously did not affect Diana as she lifted near her best and came in just behind Coral Quinal for the Best female lifter trophy. Debbie was not to be out done and broke all the National Records with her effort.

Keith Penney joined the fun by improving on his category's National Records. Bob Henderson moved up a weight category in an attempt to take points from the other states. Not only did he achieve this but took all the Australian records for that body eight category as well (I noted that Barry Allen was cheering Bob on until he realised Bob was lifting in his class and they were his records being broken!!!). Everone else lifted well and earned their gold. The silver, well that was Harry's. He managed to get himself involved in the scrap of the day going lift for lift with his opposition, leading after the snatch but going down in a close one in the clean and jerk. What a battle! Peter Foster had only one complaint. He felt we put pressure on him because he was the last lifter and all he had to

do was total for us to win. It was funny how focus can change from winning a gold medal to "I hope I don't screw this up for the Team". Peter did a great job despite the pressure. Loosing weight didn't appear to worry his total either.

I think all the lifters would join me in thanking Greg Hobl for his tireless efforts in coaching us all day. It was great being able to just focus on lifting instead of all the other distractions that come with coaching yourself. Greg did a great job and we learnt a valuable lesson. We have to remember to feed and water him next time as coaching every session meant he did not get a chance to do this himself. Although some people believe it was the alcohol, two beers don't usually cause you to spend the first few minutes of your day with your head stuck in a toilet. A strategy for coach care will have to be developed for next time!!!

Speaking of next time. Adelaide will be the place to head next in October 2005. To retain the shield we will need every outstanding lifter we can get our hands on. From next year, if the team points are tied, for example, eight gold medals, then it will fall back to the team with the highest Sinclair Malone Meltzer points.

Thank you to all who made my trip so enjoyable.

Queensland Results Summary

Age Group	Name	B/Wt	Snatch	Clean & Jerk	Total	MMS
65-69	Keith Penney	67.46	52.5	70	122.5	281.835
60-64	Bob Henderson	79.64	72.5	97.5	170	315.215
60-64	Keith Forbes	72.58	55	57.5	112.5	227.267
50-54	Lawrie Townsend	75.22	57.5	80	137.5	221.812
50-54	Ben Grsez	134.42	65	95	160	213.149
45-49	Barry Harden	90.80	90	110	200	270.180
45-49	Harry Grsez	121.24	67.5	87.5	155	195.313
35-39	Peter Foster	104.26	110	1350	245	288.638
35-39	Alan McMenamin	112.16	60	75	135	151.586
40-44	Deb Keelan	83.84	67.5	80	147.5	179.343
35-39	Diana Loy	56.86	57.5	77.7	135	186.425

TRACY'S ADVENTURES IN AUSSIE-LAND

My voyage started in my home-town, Austin, TX, where I boarded a plane for Los Angeles. I boarded the plane in Los Angeles with great excitement and anticipation of my stay in Brisbane. Surprisingly, I managed to fall asleep before the plane took off—one problem, though—when I woke up two hours later, the plane was still on the ground—in LA. So we all disembarked the plane and were re-ticketed and squished onto the next plane that left LA for Auckland—beautiful.

When I finally reached Brisbane, after being re-routed through Sydney due to the tardiness of my earlier flight, I was pleasantly greeted by Australian customs, who proceeded to empty out the contents of my luggage and



was really exciting answering questions like "what is HMB?" after having travelled for nearly 24 hours across the world. When customs finally released me (the last one out, of course), I found Ian, who was probably beginning to wonder if I really existed. Then, I was really confused and frightened by the idea of being a passenger on the left side of the car, and driving on the left side of the road—whoa!!!

I was taken directly from the airport to QWA and the Cougar's club. Already feeling pretty comfortable and at home, I proceeded to take the bar and do a light warm-up/work-out—it's amazing how heavy 45 kilos can feel after a full day of travelling!! Shortly thereafter, Amanda arrived at the gym, and I was also relieved by her friendliness and how well we seemed to get along from the start.

close-ly exam-ine every sin-gle vitamin in every sin-gle bottle that I had. It



The next night was my first real training session with the Cougars. I was completely overwhelmed by the friendliness of the likes of Erika, Liana, and Tammie—whose excitement about meeting me and introducing themselves made me feel so at home! One thing I love so much about Australia, and Brisbane in particular, is the attitudes of the people. People here seem to be so easy-going, and are so easy to get along with. Furthermore, the training atmosphere is so incredibly positive. One of my first impressions of Cougars' training sessions is that everybody seems to genuinely support all of the other lifters in the gym—when somebody attempts a PB, the entire gym stops to encourage that lifter. That kind of genuine support in a training environment, as opposed to ruthless competition, seems to be a true rarity, at least where I come from. Ya'll (as we say in Texas) should appreciate what you have!

What was even more striking to me was the unconditional friendliness of Deb, obviously the most internationally competitive lifter in the gym. In many environments, a lifter of her calibre would turn her nose at lifters who were not of her status. Not only has Deb been a great training partner for me during my visit, but I noticed her willingness to give the occasional pointer to a few masters lifters in the gym.

So back to my story—just as I was beginning to feel at home with Mike and Amanda, who have been so incredibly hospitable, I did the most horrible thing!! On my third day here, I left a pot of boiling eggs on the stove, setting off all of Mike's fire alarms, and sending a dozen boiling eggs shooting across the kitchen. This mishap earned me the name "Tracy, the arsonist" for the remainder of my visit (along with "Spacy Tracy for my tendencies to spill things, run into furniture and daze into space). I felt so horrible and was left speechless to the horrified look on Mike's face. But I quickly learned that Mike's a pretty forgiving guy—so now, we can just laugh about it.

What else? I had a pretty fun night out with Daniela, Melissa, and Matt the first weekend I was here. I quickly learned that I had a lot in common with Melissa, both appreciating the beauty of a good, hard laugh—and she was cool enough to put some red tips on my already bleached hair.

Other highlights of my stay here include helping Tammie and Stevie at the meet in Toowoomba! Also, my trip down to the Gold Coast was incredible for me. I was completely taken by the cleanliness, natural beauty, and lack of commercialism of the beaches down there. I'll never forget stand-

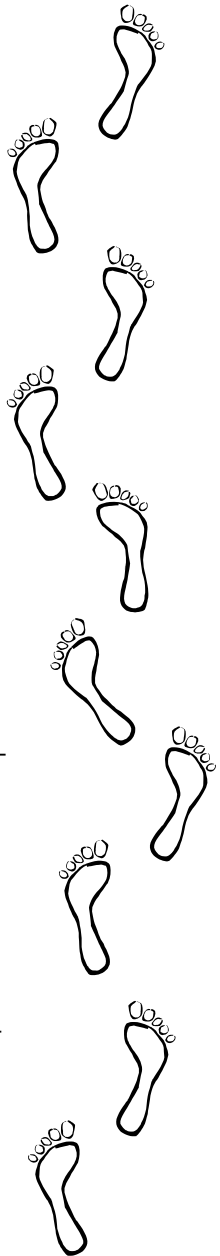
ing in the ocean and looking down, only to see water so clear that I could see my feet—absolutely awesome! I've seen many beaches all around the world, but none as beautiful, deserted, and clean as those on the Gold Coast.

So my third weekend here, I ventured down to Sydney, all by my lonesome, just to see the sites and whatnot. Of course, I saw the Opera House, climbed the bridge, and took a ferry over to the zoo, where I saw a few koalas and kangaroos and all that happy stuff. I stayed up until 6am Friday night (Saturday morning) partying with the local teenage crowd at some place on the harbour and dished out a few bucks to sleep in some nasty backpacker inn. Besides having really sore feet from walking the city, the Sydney thing was pretty cool, but I definitely prefer Brisbane for its laid back, country style! Let's just say I was relieved to be back!

But get this—you'd think that if I could make it all the way from Brisbane to Sydney, back to the Brisbane airport, to the Brisbane train station, that I'd be a sure bet to make it back to the house. WRONG! Somehow, my wallet got "nicked" (as ya'll would say) in Eagle Street Market as I was waiting for my bus. Then, I sliced my finger open rummaging through my bag looking for my wallet. Imagine this site—no wallet, no identification, waiting for the bus, blood dripping all over the street! At least I had a few coins left at the bottom of my bag to pay for the bus ride back.

So here I am, four weeks into my visit, just waiting for my next adventure or challenge to arise. Either way, it seems that this place grows on me a little more each day, as I begin to notice even more little cool things about ya'lls little weightlifting world. To ya'll, your weightlifting world is probably just a part of your everyday life. But to me, as an outsider, it's been such a pleasure to be a part of your diverse and friendly training environment. Thanks for having me. YOU GUYS ROCK!

Tracy Steinburg



How To Criticize

By Dr Peter Honey , Learning Link December 2003

"Learning is the name everyone should give to their mistakes."

In the last issue we learned that praising is an essential tool to reinforce good behavior but that it is diminished in its effect without criticism. I like to think that whenever you criticize, both parties have the opportunity to learn - a good culture to adopt at training is one where *learning is the name we give to our mistakes*. Remember however, that it is the contrast between praise and criticism that makes them both so effective. If you spend all your time praising it will soon lose its potency to motivate and if you spend all the time criticizing you will quickly lose the respect of your athletes or the love of your close ones.



Remember too, not to mix praise and criticism in the same conversation - we have all experienced the luke warm 'praise' beginning to a meeting with the boss quickly followed by the real purpose - a criticism. My own philosophy is that 'everything before the 'but' at these meetings is instantly forgotten and that as a result both the praise and the criticism are diminished.

The first problem most people have when being criticized is to become defensive and consequently learn very little. So what tactics should we employ to turn destructive criticism into *constructive criticism*? Dr. Peter Honey advises:

1. Always criticize *the action not the person*. This is more dispassionate and less accusatory. Never criticize the person, rather something they have done that doesn't meet your approval.
2. Always *give specifics* and avoid sweeping generalizations. It is the examples and details that contains the 'learning'
3. Always *give suggestions* on what the person can do to improve. The solutions are the keys or building blocks of constructive criticism.
4. Always *invite the other person* to join you in thinking of ideas to improve. Don't make it a monologue where you make all the suggestions.
5. Always *be assertive* in your criticism in an honest straightforward way. Avoid half truths, gossip and bringing in other peoples names.
6. Always *criticize in private* and never in front of others. Public criticism will humiliate the person and bystanders will often take sides - and it might not be yours!



Recovery Techniques. Maximising Your Training

Competitive weightlifters are continually looking for ways to improve their performance. Improving technique and constructive programming are essential to build up better results. However, to ensure the benefits of hard training, an athlete needs to look after themselves in a whole number of ways, in and out of the gym. **By Andrew McGough.**

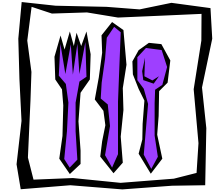
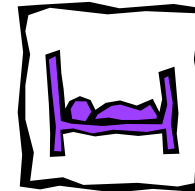
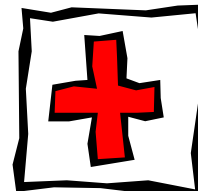
Recovery is a term used in sport that refers to the ability of an athlete's body to recuperate between bouts of exercise. It is the process of restoring the body to its pre-exercise state, and allowing it to prepare for the next training session/competition. It includes the returning of nutrients and energy stores, returning the body's physiological and psychological functions to normal, and minimising muscle soreness. An athlete's performance and training can be greatly affected by many factors, not just how much effort is put into training (a simple example of poor recovery would be not getting sufficient sleep between heavy training sessions, slowing the above body re-

covery, and training performance then suffering).

Recovery includes the warm-down immediately after exercise, and continues for 2-3 days afterwards. Just how much recovery is necessary for an individual for each training session/competition will depend on the intensity and volume of the training, the athletes age, gender, and fitness level.

Keys Points Concerning Recovery

Recovery following any exercise effort is important for maximising performance. It is the process of recuperating after exercise which enables the body



to repair the damage the exercise has done.

It allows the body to heal itself and become stronger in preparation for the next session (to be able to work hard again).

It is essential to minimising the possibility of over-training and fatigue, and to ensure the body is operating at an optimal status (improve immune function – offset illness).

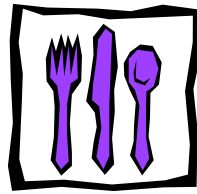
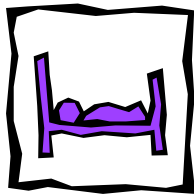
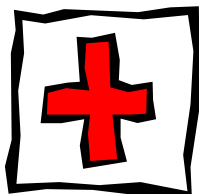
Common Recovery Techniques.

Some common ways in which recovery is optimised include the following:-

- Active recovery
- Stretching
- Hot and cold contrast baths
- Cold water immersion
- Dietary intake
- Massage
- Pool sessions/hydrotherapy
- Limiting alcohol consumption

This Issue ... Active Recovery

- This is the performed during the warm/cool down period following a training session.
- It incorporates an exercise that is of low intensity, lower than that



conducted during the training session proper.

- The exercise selected is generally low impact, and not necessarily specific to the sport (e.g. exercise bike).
- **10-20 minutes of light exercise**, and this assists the removal of lactic acid and metabolic build up that exists in the muscles as a result of hard training, helps remove fluid and swelling, and brings the heart rate down to an appropriate level.
- Therefore, an active recovery is efficient at improving immediate post exercise recovery (better than passive recovery – going from exercising to stopping with no cool down), but it **should be gentle** (so as not to burn off any further fuels, or cause excess muscular demand).

Next Quarter...Massage for Recovery

*Andrew McGough
BPhyMSportsPhyMAPA
APA Sports Physiotherapist
Belmont, Capalaba PhysioWorks.*

Technically Speaking By Ian Moir

These days, the outfits worn by competitors in many sports lend themselves almost as much to fashion as they do to the requirements of the sport; and while weightlifting costumes have changed in recent times, the clothing and other equipment worn by lifters in competitions must confirm to the relevant regulations.

Competitors must wear clothing which is clean, designed and worn so as to comply with the following criteria:

1. The costume:

- may be one-piece or two pieces but must cover the trunk of the competitor
- must be close fitting
- must be collar-less
- may be of any colour
- must not cover the elbows
- must not cover the knees

A T-shirt may be worn under the costume. The sleeves must not cover the elbows. This shirt must be collar-less.

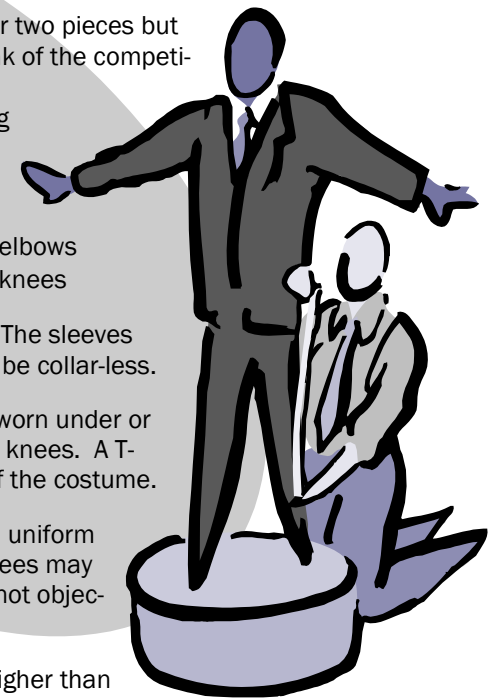
Close fitting leotard/cycling trunks may be worn under or over the costume. They must not cover the knees. A T-shirt and trunks may not be worn instead of the costume.

For National Championships the prescribed uniform as above is required. For local events referees may permit shorts and t-shirt provided they are not objectionable.

Socks may be worn, but they must not go higher than below the knees and must not cover any bandages.

2. Sponsors:

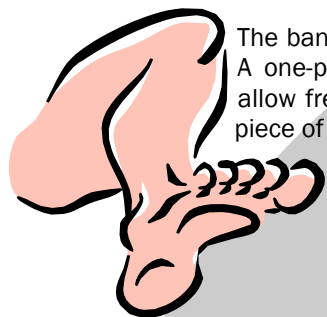
On each piece of equipment of the weightlifters' outfit, the IWF allows the application of the trade mark of the product or the identification of their sponsor (logo, name or a combination of these), with the maximum size of 500 cm² Anything exceeding this size is regarded as advertising and the relevant rules apply.



3. Belts, Bandages and Tape

The maximum width of the belt may not exceed 120 mm. No belt may be worn under the competitor's costume.

Bandages, tapes or plasters may be worn on the wrists, the knees and the hands. Tape or plasters may be worn on the fingers or the thumbs.



The bandages may be made of gauze, medical crepe or leather. A one-piece elastic bandage or rubberised knee guard, which allow free movement, may be worn over the knees. This latter piece of equipment cannot be reinforced in any way.

The Bandages must not cover more than;

- 100 mm of skin on the wrists,
- 300 mm of skin on the knees
- There is no limit to the length of the bandages.

Only one type of bandage may be worn or authorised on any part of the body. There has to be a visible separation between the costume and the bandage(s).

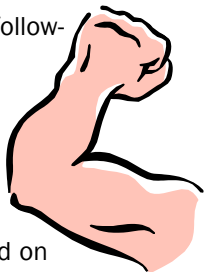
The use of plasters or bandages on both the inner and outer surface of the hands is allowed. These plasters tapes or bandages may be attached to the wrist but not to the bar. Plasters on the fingers are allowed but must not protrude in front of the finger tips.



In order to protect the palm of the hands, wearing special fingerless gloves is allowed e.g. gymnastic palm guards, cyclists gloves. These gloves may cover only the first phalanx of the fingers. If plasters are worn on the fingers, there has to be a visible separation between the plasters and the glove.

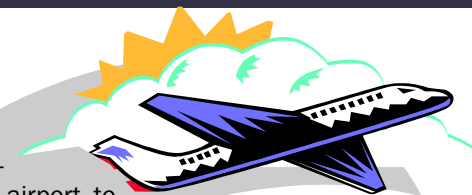
No bandages or substitute for bandages are allowed on the following parts of the body:

- the elbows
- the trunk
- the thighs
- the shins
- The arms
- NOTE: In the event of an injury, plasters may be allowed on the shins.



Junior Worlds 2004

By Kristie Amadio



On Friday the 21st of May, a small contingent of weightlifters left Brisbane airport to embark on 30 hours of travel arriving at their final destination; Minsk, Belarus. The competition was the 2004 Junior World Championships. From Australia nine athletes and 2 coaches made the trip, accompanied by 3 officials. Queensland, Angela Wydall had the distinction of being Australia's first female coach to accompany a National team to a Junior Worlds.

As the Australian delegation arrived in Minsk airport we were greeted by a cold gust of wind which to be prominent throughout our stay. The maximum temperature during the day was 15 degrees, and this was approaching summer! Once we had been allocated our hotel rooms we found that in complete contrast to outside, the rooms were stifling hot with no means by which to adjust the heat.

Meals in Belarus are fairly simple, for 10 days we lived off white bread, chicken, beef, salad and fruit. Lunch brought the welcome reprieve of white bread, chicken & beef, with the addition of soup. Dinner was unfortunately, white bread, chicken, beef, salad and fruit. It was not until a few days later that we realized the soup at lunch contained the uneaten food from the night before!

With all these new discoveries, we were keen to see the competition venue. We were not disappointed. An ice hockey rink had been transformed into a weightlifting stadium. The rink now sported a massive stage, state of the art scoreboard, and general equipment necessary for a weightlifting competition. It made a fantastic venue, a little on the cold side however that was made up by the crowd of Belarusian's who were very enthusiastic and vocal for their local competitors.

The entire Australian team performed very well, with everyone getting at least 4/6 attempts. **(See results summary-over page)** The competition lasted for a duration of 10 days, at the completion of these ten days we had been witnesses to seeing a number of Junior World Records fall, watched previous champions defend their titles, and see new champions emerge.

All things however come to an end and very soon the competition was over and it was time to head home. Next years World Junior Championships are to be held in Busan, South Korea which promises to an event to remember.

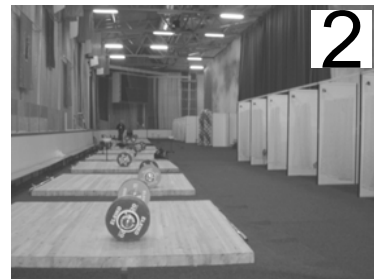
Thanks must go to all coaching staff for their hard work behind the scenes as well as Australian Weightlifting for funding and supporting the cost of the trip.

Australian Results Summary- 2004 Junior World Championships

NAME	B/WT	SNATCH	CN&JK	TOTAL	PLACE
Erika Yamasaki	52.25	62.5	80.0	142.5	17
Kristie Amadio	64.55	77.5	92.5	170.0	9
Ben Turner	74.25	125.0	160.0	285.0	17
Maria Tsoukalis	57.70	70.0	80.0	150.0	13
Belinda Van Tienen	68.90	75.0	95.0	170.0	11
Jamilla Boutros	108.65	87.5	100.0	187.5	9
Constantine Vasiliades	55.70	85.0	105.0	190.0	11
David Sarkisian	68.65	112.5	150.9	262.5	16
Maxwell Dalsonto	82.10	122.5	150.0	272.5	23



1



2

- 1. the Aussie Team takes it easy.
- 2. the Warm up - pretty "flash"
- 3. The Competition Hall- even "flashier"
- 4. One of the local's demonstrates the art of Yoga????



3



4

Luke and Stephen's

BIG DAY OUT!

The QWA often receives requests to participate in public displays and with the assistance of lifters who generously give their time, we take our sport out into the gaze of the public eye whenever possible. Most recently, we were asked to provide a weightlifting demonstration during a free public lunch being provided by the Queensland Government to kick off this year's Queensland Week celebrations. The fact that this event was being held in a Brisbane city park in the middle of the day on a Friday presented some challenges, not the least of which was finding some lifters who were able to take time out from their normal week-day work or study commitments. But find some lifters we did, and while hundreds of people patiently shuffled along in the queue that snaked its way through the park to the food tables, they were entertained by a variety of performers including a live band; Latin dancers; acrobats; and our own intrepid weightlifters - Stephen Davies and Luke Gardner.

By Ian Moir

Luke gently lowers the barbell after complaints about the noise from the downstairs neighbours. Who would have thought that the Treasury Casino had underground offices?



Who said weightlifting was an indoor sport? Stephen gets in touch with nature while lifting in the shade of a Poinciana tree.





The boys take a break to cool down. It may be winter but it's still warm enough to raise a sweat.



Luke & Steve make some new friends...



...and offer them a lift!

Coaching..... more than a program By Martin Leach

What is it a coach does? How do we measure his or her impact? What does a coach need to know? How do we improve our athlete's skills?

These are just some of the many questions that are often asked when people start to look at coaching. Coach education courses cover these and many other areas, but one area that does not get taught, and in many ways is impossible to teach, is the area impacting the athlete outside the gym, footy oval or swimming pool.

In the past twenty years I have seen many coaches, particularly in weightlifting, who have ignored the area outside the direct "coaching" role and I have noticed with dismay the negative impact this has had on lifter's lives - both in the sporting arena and outside in the "real world". When we take on the role of coach, particularly with adolescents, we often spend as much time with them as many of their parents do in today's busy world. This is particularly so in a sport that requires many hours of training across numerous days in a week. We can, therefore, potentially have either a positive or negative impact on the life of the young athlete both inside and outside of the sporting environment.

It is important for coaches to realise that when a young person comes to you for coaching, that you have a moral responsibility to give this person the best possible chance of becoming as good as they can, not only within their chosen sport, but more importantly within society.

Not every boy or girl is going to be an Olympian, or even a State Champion, but they all have within themselves the ability to reach their full potential. If we can teach them skills that firstly allow them to fully understand their own potential and be reasonable about their own expectations, and secondly give them the skills and attitudes to reach that potential, then we are setting them on the right track for success. This success can be as rewarding to them, and should be recognised so by us, as equal to any sporting accolade or achievement, Olympic or other.

Of equal importance to this is the imparting of skills and attitudes that will make the athlete a "good" citizen. For most people, sport does not last a life-time. Our sporting "career" is gone in the blink of an eyelid, but what we can gain and learn can take us to great heights and be with us forever. Likewise, what we learn can also be destructive to ourselves and others.

If we as coaches can display a good attitude to adversity, strong and well balanced moral principles, integrity and honesty, together with a genuine concern for our athletes well-being, then we are truly coaching. As a coach - our athletes' lives outside the training and competition environment needs to be supported, understood, and most of all valued. Teaching the Snatch alone will not make our athletes well rounded competitors - similarly, concentrating solely on our athletes sporting life and achievements will not assist them to become well rounded citizens.

A pleasant by-product of this holistic approach to the young lifters in our care is that they will inevitably give you the "pay-back" of seeing them reach their full potential.... both in sport and life.



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WE'RE ON THE WEB!!
[HTTP://WWW.QWA.ORG](http://www.qwa.org)

The Queensland Weightlifting Association (QWA) strives to promote weightlifting as a healthy and enjoyable sport for all.

Through its system of clubs around the state of Queensland, Australia, the QWA provides quality coaching for beginners to elite athletes, and offers an organised program of events for men and women aged from their 'teen years through to the Masters categories.

The QWA also offers training for coaches and officials and, as an affiliated member of the Australian Weightlifting Federation, opportunities to participate in national and international events.