



Weightlifting Queensland

March, 2004

*The Official Journal of
Queensland Weightlifting Association Inc.*

What A Scorcher!!!!!!

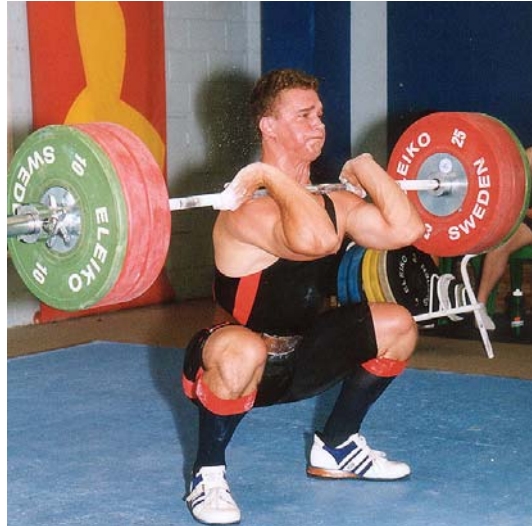
The first round of the QWA league and Masters handicap competition proved to be a scorcher and not just on the platform. With temperatures predicted to hit 41°C, coaches, officials, loaders (especially) and spectators sweltered through oppressive heat in support of our lifters. See pages 9-11 for details.

Don't Miss The 2004 National Under 16 & Under 18 Championships

- 17-18 April 2004
- Free Entry
- Cougars Weightlifting Club
(under the velodrome)
Sleeman Sports Complex
Corner of Old Cleveland &
Tiley Roads Chandler

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John Waltz powers his way to 5 Queensland records as a guest .

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



Queensland Government
Getting more people active
through sport and recreation

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Executive Officer: Debra Keelan

QWA Mission Statement

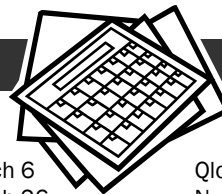
"To promote and develop all aspects of the sport of weightlifting in Queensland."
Acknowledgement

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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

March 6	Qld Under 16 & Under 18 Championships	Toowoomba
March 26	Nudgee Open Club Competition	Nudgee
March 27	Sunshine Coast Open Club Competition	Nambour
April 2	TWA Open Club Competition	Toowoomba
April 3	Cougars Open Club Competition	Chandler
April 17 – 18	National Under 16 & Under 18 Championships	Brisbane, QLD
April 30	Nudgee Open Club Competition	Nudgee
May 1	Qld Masters Championships	Rockhampton
May 5 – 8	Commonwealth, Oceania & South Pacific Championships	Suva, FIJI
May 9	Sunshine Coast Open Club Competition	Nambour
May 22	QWA League Round 2 & Masters H/cap Round 2	Toowoomba
May 28	Nudgee Open Club Competition	Nudgee
May 29	AWF Elimination Trials	Sydney, NSW
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 TAS	Launceston,
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

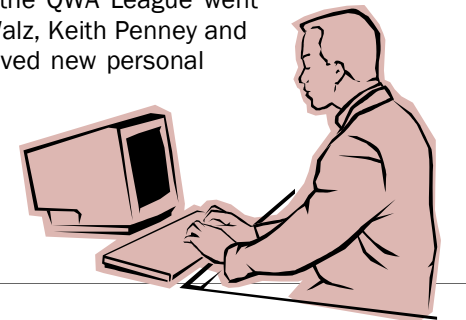
From the QWA Office—By Ian Moir, QWA General Manager

Well, another year is under way and the start of 2004 was even busier than usual at the QWA office. As well as the activity associated with the commencement of any new year, including wrapping up the previous year's reports and preparing for the 12 months ahead, there was a fair bit of work to do as a result of the changes that have occurred within the QWA. The former position of Executive Director has been reclassified as General Manager; the Queensland Government-funded Women & Girls Participation Program commenced and Amanda Phillips is now employed by the QWA in the position of State Coordinator – Women & Girls; and the former position of Development Officer ceased. A new position entitled State Coordinator – Programs & Services was created but following an application and interview process through which two candidates were identified for this job, the position remained unfilled. The result of this is a delay in the roll-out of some of the QWA's programs but the Management Committee and staff have devised a contingency plan to effectively deliver the organisation's programs in 2004. This plan entails the three employees – General Manager, Administration Officer and State Coordinator – Women & Girls, plus other personnel, working cooperatively to carry out the tasks originally assigned to the position of State Coordinator – Programs & Services. Which simply means that the duties of the professional officers have been reorganised to make sure that everything gets done. It also means that the QWA will seek to engage other individuals on a casual basis to assist with the delivery of certain programs, particularly in the areas of schools development and recruitment.

The QWA's office facilities are being upgraded to accommodate the needs of our new employee, Amanda Phillips and to also cater for an increase to the hours of employment of the QWA's Administration Officer, Kylie Booth. New email accounts have been established for these two officers and they can be contacted directly by email at qwa-kylie.booth@powerup.com.au and qwa-amanda.phillips@powerup.com.au. The QWA's email address remains qwa@powerup.com.au.

The 2004 state competition program got off to a great start with Round 1 of the QWA League and Masters League in mid February. Despite the heat and humidity of a lingering summer season which caused the cancellation of many outdoor sporting activities in Brisbane on that week end, the QWA League went ahead and records were broken by John Walz, Keith Penney and Mal Irwin, and a dozen other lifters achieved new personal best results.

The state U16 & U18 Championships were held two weeks later in somewhat cooler conditions in Toowoomba, although the much heralded return to "normal" weather



patterns in South East Queensland had an effect on this event as well. Rockhampton's John Walz was unable to make the journey south due to cyclonic winds in the Capricornia and Wide Bay districts and Sunshine Coast members were forced to make a two-hour detour around flooded bridges in the Kilcoy area. A disappointing aspect of this event was the number of lifters who were unable to compete for championship medals simply because their entry forms were not lodged in time. The closing date for all QWA competitions is 15 days prior to the event and although late entrants are permitted to participate as "guests", I'm sure that we would all like to see every lifter receiving full recognition for their performances on the platform, so I implore all lifters and coaches to be mindful of the competition calendar and entry requirements. Competition information and entry forms are sent to all clubs and coaches and in future entry forms will also be posted on the NEWS page of the QWA web site at www.qwa.org.

The month of February presented QWA members with another opportunity to participate in the AWF Governance and Management Review. A relatively small but representative group, including QWA committee members, Cougars club committee members, athletes, coaches, officials, masters lifters, a lifter's parent and two officers from Sport & Recreation Queensland, attended a forum conducted in Brisbane on 27th February. AWF Operations Manager Matthew Curtain also attended the forum at which Bob Kershaw from the Australian Sports Commission presented details of the review, outlined the ASC's position and invited questions from those present. Prior to the forum, the QWA office canvassed members on issues related to Governance and Management and provided a written summary of members' comments to Bob Kershaw. The Queensland meeting followed forums already held in ACT and NSW and the national review is continuing, with forums to be conducted in Victoria, Tasmania, Western Australia, Northern Territory and South Australia in the coming months. The result of all of this work will be a set of recommendations to be put to a general meeting of the Australian Weightlifting Federation later this year.

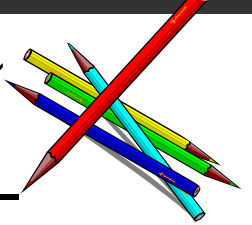
Looking ahead, the 2004 National Under 16 & Under 18 Championships will be held in Brisbane on 17th & 18th April and we will need all hands on deck to ensure a smooth and successful delivery of this event. Referees have received an expression of interest form in the post and I thank the many officials who responded so quickly. Volunteers are also required for other duties and clubs have been asked to nominate any of their members who are willing to lend a hand. There's a place for everyone who wishes to be a part of this major event, so interested volunteers should see their club secretary or coach, or contact me directly.

Until next time...

Ian Moir

From the Editor

By Amanda Phillips



HI EVERYONE,

For those of you who don't know me my name is Amanda Phillips. I have recently been appointed as the State Coordinator for the Women and Girls Program. The Women and Girls program is a 3 year government funded initiative aimed at helping more Women and Girls to enjoy the social, psychological and physical benefits weightlifting has to offer. Full details of my activities and goals are outlined on pages 18 and 19 of this edition of Weightlifting Queensland.

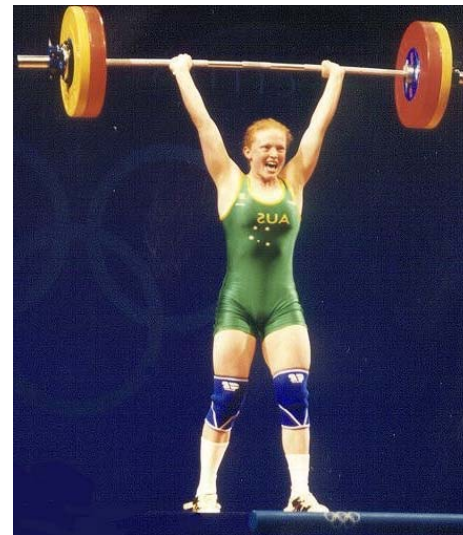
As an athlete I have been involved in Weightlifting for 10 years, with many of those years given also as an official and committee member (Cougars Weightlifting Club), and in the assistance of coaching new lifters. I have competed at every level from club competitions to international events, including Olympics and Commonwealth Games. I am very excited to be appointed in this new position with the QWA and look forward to working with many of you.

As the Queensland Weightlifting Association has undergone a staffing restructure, I will also be the new editor for Weightlifting Queensland. I hope to revamp

its format (as you can see from this issue) and rejuvenate interest in its contents. Please feel free to drop me a line with any contributions, in fact I would really love to hear from all of you. As mentioned in "From the QWA Office" on pages 6-7, I have my own email address at the QWA, which is the best way to contact me personally.

I hope you enjoy this edition of Weightlifting Queensland. I would love some feedback on its format and contents and also what you would like me to cover in future issues.

☺Amanda



The Nudgee Comeback by David De Rose

The Nudgee Weightlifting Club is back. What in recent times had become a rather lonely and despondent weightlifting gym, has sprung quickly to life with an eager young squad of budding lifters. Housing state-of-the-art training facilities and a bottomless pool of lifting talent, the Nudgee Weightlifting Club promises to become the elite epicentre for the sport north of the Brisbane river.

At the helm of Nudgee Weightlifting's rejuvenation are lifter/coaches David De Rose and Paul Wheeler. Having spent the majority of their training days slogging it out in the old Nudgee 'dungeon', both De Rose and Wheeler are revelling in the role of guiding the Nudgee Weightlifting Club to new heights.

"I must admit it doesn't take much to get enthusiastic about weightlifting when you see what some of new boys are doing in training" said Wheeler, a seven-year veteran of the sport.

"This is an exciting time for Weightlifting"

"This is an exciting time for weightlifting. These guys are the future of our sport."

David De Rose has recently been employed as the Gymnasium Manager of St Joseph's Nudgee College. In this role De Rose spends the majority of his work time developing and monitoring training programs across 10 GPS sports. The majority of these programs contain the basic elements of weightlifting training, and are coached hands-on by De Rose on a full-time basis. As a



Nudgee's Head Coach David De Rose (far right) and his young squad of lifters Aaron Tulley, Adam McDonald, Nick Winkler and Justine Flack (from Left to Right)

regular weightlifting trainer, De Rose has assumed the position as Head Coach of Nudgee College, and said he is adamant he can help increase the profile and participation of weightlifting at Nudgee College.

"Nudgee College is a weightlifting coach's paradise," De Rose said.

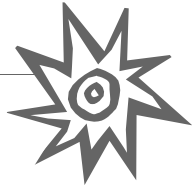
"There is talent oozing in every direction, and the enthusiasm the new lifters are showing is utterly encouraging."

Nudgee staged their first weightlifting competition for the year on Friday the 27th of February. It proved to be an overwhelming success. Seven lifters, four of which were newcomers to the competition platform, each performed brilliantly to raise their personal best totals by awe-inspiring proportions. Nudgee lifters Aaron Tully, Nick Winkler and Adam McDonald added 42.5kg, 27.5kg and 25kg respectively to their personal best totals, which holds them

in good stead for a year of further gains and improvement. Debutant and super-heavyweight Jason Mitchell presents the rawest of talent to the weightlifting stage. He is certainly a Nudgee lifter to watch out for in times to come.

Currently the growing squad of Nudgee weightlifters train on weekdays after school from 3-5pm. A handful of non-students, including Nudgee coaches, and the vastly knowledgeable and experienced club mentor and physiotherapist, Lawrie Townsend, train in a separate squad from 5-8pm. In time the squads will amalgamate and ultimately create a fantastic training atmosphere for all involved.

If anyone would like to know more about the Nudgee Weightlifting Club, feel free to contact Head Coach David De Rose on (07)38650367 or via email at derosed@staff.nudgee.com.



What a Scorcher!!!! From page 1

The day was already set to sizzle with the league providing the 1st opportunity for many to air the cobwebs after the Christmas/new year break. First up the masters took the platform. Mal Irwin was on fire and not worried about the heat with new PB's in the Snatch, Clean & Jerk and Total. These lifts were also new Queensland and Australian masters records. Well done Mal! Keith Penney also create history with new Queensland and Australian masters records. Next up was the women's division. As temperatures continued to rise, so did the PB's. Alisha Freiberg, Casey Kahi Davina Hughes, Holly Collyer and Kristie Amardio all performed brilliantly and earned new competition PB's. The next group saw the league division 2 and 3 men fire up for competition. This round also saw PB's tumble from Greg Botha, Luke Garner (who had a light headed moment and almost took a tumble of his own - he was OK), Stephen Davies, Tom McCosker and Troy Hewkins. The last session of the day allowed Brent Kahi, Darryl Hockins and Paul Woodrow to achieve PB's. Fantastic effort as many of these guy had endured the heat all day prior to competing. Of the 210 lifts on the day, almost a 1/4 were records or PB's. Excellent performances under searing conditions!! See over for full results & website for PB details.

Results: QWA League & Masters League- Round 1
Cougars Weightlifting Club, Chandler
21st February 2004

Name	Born	Club	Bwt	Snatch	C & J	Total	Bonus	Points
Division 1								
Amanda Phillips	81	Cougars	74.86	85.0	105.0	190.0	1	70.725
Kristie Amadio	85	Cougars	64.52	77.5	82.5	160.0	-1	58.259
Diana Loy	65		61.18	45.0	67.5	112.5	-15	30.455
John Yamasaki	84	Cougars	61.92	92.5	117.5	210.0		Guest
John Walz	87	Rockhampton	89.18	115.0	145.0	260.0		Guest
Division 2								
Troy Hewkins	86	Windaroo Valley	68.38	102.5	125.0	227.5	21	84.636
Greg Botha	86	Windaroo Valley	67.72	85.0	110.0	195.0	21	75.545
Mal Irwin	53	Brisbane	91.62	97.5	125.0	222.5	17	70.293
Luke Gardner	88	Cougars	84.20	92.5	120.0	212.5	15	68.797
Tammie Bower	87	Cougars	61.62	62.5	77.5	140.0	3	59.566
Holly Collyer	88	Sunshine Coast	70.16	62.5	80.0	142.5	7	59.294
Joshua Brady	88	Cougars	61.54	75.0	105.0	180.0	2	57.385
Bowen Stuart	86	Sunshine Coast	73.86	90.0	115.0	205.0	-3	51.305
Angela Wydall	67	Cougars	57.68	60.0	75.0	135.0	-9	47.250
Kyle Woodlock	85	Toowoomba	59.68	70.0	95.0	165.0	-11	39.769
Liana Lambert	88	Cougars	58.00	50.0	65.0	115.0	-11	36.917
Greg Hobl	60	Toowoomba	79.62	90.0	112.5	202.5	-15	36.266
Division 3								
Stephen Davies	88	Cougars	71.56	85.0	110.0	195.0	15	66.656
Davina Hughes	89	Toowoomba	52.88	45.0	57.5	102.5	21	66.556
Tom McCosker	88	Sunshine Coast	60.24	62.5	85.0	147.5	11	56.385
Jon Meiers	87	Windaroo Valley	84.24	80.0	90.0	170.0	1	44.038
Trina Egelstaff	88	Cougars	62.98	45.0	55.0	100.0	-3	37.404
Barry Harden	59	Sunshine Coast	87.50	85.0	105.0	190.0	-13	32.509
Bob Henderson	43	Sunshine Coast	78.38	65.0	90.0	155.0	-15	24.241
Division 4								
Paul Woodrow	74	Cougars	107.16	82.5	100.0	182.5	21	59.624
Darryl Hockins	88	Toowoomba	53.74	55.0	62.5	117.5	11	49.525
Casey Kahi	90	Cougars	60.72	30.0	37.5	67.5	15	42.273
Brent Stewart	86	Cougars	77.52	60.0	70.0	130.0	6	38.911
Brent Kahi	90	Cougars	47.80	32.5	40.0	72.5	15	38.770
Keith Penney	37	Gold Coast	66.14	50.0	65.0	115.0	0	32.168
Ray Loudon	45	Sunshine Coast	84.26	67.5	90.0	157.5	-11	28.873
Michael Dunne	91	Cougars	55.04	27.5	40.0	67.5	3	25.131
Ben Grzes	50	Cougars	127.16	60.0	92.5	152.5	-15	17.275
Harry Grzes	56	Cougars	122.68	65.0	85.0	150.0	-15	16.746

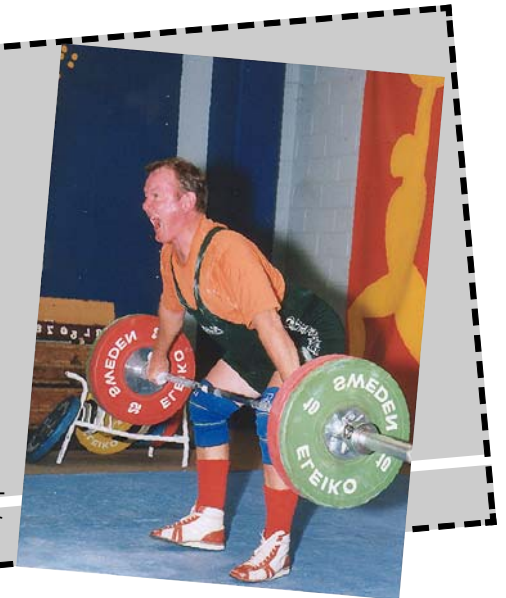
Alicia Freiberg 89 Windaroo Valley 86.02 27.5 45.0 72.5 Guest
 Referees: Bob Henderson (Cat I), Debra Keelan (Cat II), Kylie Booth (Cat II), Ian Moir (Cat II),
 Barry Harden (Cat II), Lawrie Townsend (National), Tanya Harden (State), Ray
 Loudon (State), Vivien Nightingale (State), David De Rose (Club).
 Time Keeper: Barry Harden, Kylie Booth, Tanya Harden, Bowen Stuart.

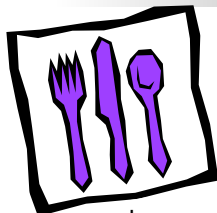
Masters League

Name	Born	Club	Bwt	Sn	C & J	Total	MMS	Score
Men								
Mal Irwin	53	Brisbane	91.62	98.0	125.0	222.5	314.411	3676.111
Ray Loudon	45	Sunshine Coast	84.26	67.5	90.0	157.5	273.088	571.967
Bob Henderson	43	Sunshine Coast	78.38	65.0	90.0	155.0	289.983	289.983
Greg Hobl	60	Toowoomba	79.62	90.0	112.5	202.5	289.226	289.226
Keith Penney	37	Gold Coast	66.14	50.0	65.0	115.0	268.252	268.252
Barry Harden	59	Sunshine Coast	87.50	85.0	105.0	190.0	261.101	261.101
Ben Grzes	50	Cougars	127.16	60.0	92.5	152.5	204.856	204.856
Harry Grzes	56	Cougars	122.68	65.0	85.0	150.0	188.552	188.552
Women								
Angela Wydall	67	Cougars	57.68	60.0	75.0	135.0	180.744	2501.799
Diana Loy	65		61.18	45.0	67.5	112.5	149.043	149.043



Troy Hewkins (left) winner of Division 2 and Mal Irwin (right) winner of the Men's Master's League





Food, Weight loss, Training and Performance- Part 1

By Amanda Phillips

We really are what we eat. As athletes in a weight category sport, what we fuel our bodies with is even more relevant to our ability to train and compete at our highest level. It's imperative that we look at our nutrition before, during and after training in order to maximise our ability to train and recover, and also be fully versed in efficient weight loss techniques.

GI and Energy Availability

It is important as Coaches and athletes that we have a basic understanding what immediate effects our diet is having on our body with respect to blood glucose level (BGL) and energy mobilization. Glycemic index (GI) measures how fast food is likely to raise our blood sugar level. Glucose is given an arbitrary number of 100 and other foods are given a number relative to glucose. GI and BGL are important as they are linked to how the body mobilises or stores the energy from the food we eat.

You may have heard of the hormones insulin and glucagon. Insulin is the "store energy" signal to the body. It becomes elevated when we eat a high GI meal and tells the body to store all sugar and fatty acids present in the blood stream. Conversely, Glucagon is the "mobilise energy" signal. It becomes elevated in times of energy stress and starvation and signals to the body to begin using all stored energy (glycogen and fat). Both of these hormones inhibit the actions of the other, so the trick is to maintain a balance between the two in order to provide sustained energy availability to the body during training.

What Does This All Mean for the Athlete?

Approximately 1 hour prior to training/competition, it is essential that a small low GI meal/snack be consumed. This will set up appropriate hormonal balance in the body and ensure adequate energy flow throughout training. Without this meal it is likely that the weightlifter will feel normal at the beginning of the session/comp, however their strength and endurance (i.e. during multi rep sets) will dwindle towards the end.



During training (after 1-2 exercises) and Competition (After Snatch) it is important to ingest some high GI foods to maintain energy levels. During exercise sugar in the muscle becomes depleted. This store must be replenished or lethargy will set in. The consumption of high GI food will quickly present in the blood stream and be available for uptake into the muscle. Due to this quick uptake into muscle it has no effect on insulin levels as the sugar is not present in the blood stream for long enough.



Similarly, it is important to replenish muscle glycogen levels immediately post training in order to facilitate a faster recovery. Athletes are only as good as their ability to recover from training. The intake of a high GI snack at this point is also highly recommended.

By managing BGL, an athlete will always be able to train or compete to the best of their ability. In part 2, the long-term effects of our diet will be scrutinized, especially how it relates to weight loss.

Adapted from AWF level 2 Coaching course

Queensland Under 16 & Under 18 Championships

Saturday the 6th of March saw the stage set for a successful day of lifting from the State's budding young lifters. It was a pleasant day in Toowoomba (a change from the sweltering heat or the freezing temperature extremes normally associated with a competition in Toowoomba) for the U16 & U18 State Championships.

Some of the "out of town" coaches, friends and family made the early morning trek to start the day with an 8 am weigh-in for the lighter boys lifting in the 1st session. As 10 am arrived the comp went in to full swing, Officials in position, Coaches at the ready (except for Barry Harden whose "short cut" from the Sunshine Coast became cut off by flood water resulting in an extended trip back through Brisbane), and lifters fighting fit.

Queensland's young talent performed well and the state champions were crowned. As quickly as it began, it was over and with thoughts of Macca's at the bottom of the range (for the "out of towners"), a convoy of parents, coaches, athletes, officials and supporters headed off back home.

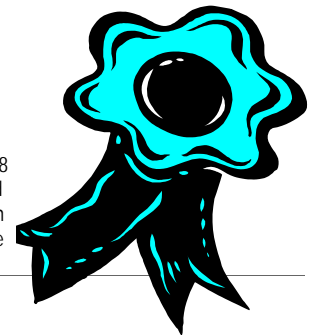


Results: Queensland Under 16 & Under 18 Championships
 Toowoomba Weightlifting Association, Toowoomba
 6th March 2004

Women

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	
48kg Category										
									U16	U18
Melinda Janke	87	Toowoomba	46.60	42.5	62.5	105.0	147.716	147.716	1	
53kg Category										
Erika Yamasaki	87	Cougars	51.20	62.5	75.0	137.5	180.573	180.573	1	
Davina Hughes	89	Toowoomba	53.00	47.5	55.0	102.5	131.507	131.507	2	1
58kg Category										
Liana Lambert	88	Cougars	58.00	57.5	67.5	125.0	151.651	151.651	1	1
63kg Category										
Kristie Amadio	85	Cougars	63.00	72.5	92.5	165.0	191.359	191.359	Guest	
Tammie Bower	87	Cougars	61.90	65.0	77.5	142.5	166.775	422.661	1	
Trina Egelstaff	88	Cougars	61.20	47.5	57.5	105.0	123.629	123.629	2	1
Casey Kahi	90	Cougars	60.10	35.0	45.0	80.0	95.124	1456.443	3	2
69kg Category										
Holly Collyer	88	S' Coast	69.00	60.0	75.0	135.0	150.026	150.026	1	1
75kg Category										
Christina Watkins	88	S' Coast	72.20	55.0	80.0	135.0	147.266	147.266	1	1
Rhiannon Patching	89	Windaroo	74.30	35.0	47.5	82.5	89.028	89.028	2	2
75+ Category										
Alisha Freiberg	89	Windaroo	86.10	27.5	40.0	67.5	69.687	69.687	1	1
Men										
51kg Category										
Geordie Cassimatis	90	St Laurence's	50.60	35.0	50.0	85.0	143.464	2009.034	1	1
Brent Kahi	90	Cougars	48.40	35.0	37.5	72.5	127.598	127.598	2	2
56kg Category										
Craig Nolan	87	Windaroo	55.20	52.5	67.5	120.0	187.471	1833.739	1	
Darryl Hockins	88	Toowoomba	53.10	57.5	60.0	117.5	189.856	377.824	2	1
Kurt Woodlock	88	Toowoomba	53.70	47.5	65.0	112.5	179.989	179.989	3	2
Michael Dunne	91	Cougars	54.10	27.5	40.0	67.5	107.296	169.784	4	3

Name	YOB	Club	Bwt	Sn	C&J	Total	Sinclair	Forbes	Place	
62kg Category										
									U18	U16
Josh Brady	88	Cougars	61.30	75.0	105.0	180.0	258.313	258.313	1	1
69kg Category										
Troy Hewkins	86	Cougars	68.40	102.5	120.0	222.5	294.988	294.988	1	
Greg Botha	86	Windaroo	68.00	85.0	110.0	195.0	259.563	259.563	2	
Stephen Davies	88	Cougars	68.90	82.5	107.5	190.0	250.664	250.664	3	1
Tom McCosker	88	S' Coast	62.20	65.0	85.0	150.0	212.885	212.885	4	2
Richard Magrath	87	Toowoomba	63.80	60.0	77.5	137.5	191.486	6105.348	5	
Adam McDonald	89	Nudgee	67.40	57.5	80.0	137.5	184.142	471.919	6	3
77kg Category										
Bowen Stuart	86	S' Coast	74.40	85.0	110.0	195.0	244.906	244.906	1	
Brent Stewart	86	Cougars	77.00	70.0	85.0	155.0	190.727	5985.910	2	
Nick Winkler	89	Nudgee	72.60	52.5	67.5	120.0	153.015	153.015	Guest	
Cameron Trass	90	Cougars	72.50	35.0	45.0	80.0	102.099	3578.542	3	1
85kg Category										
Luke Gardner	88	Cougars	82.50	85.0	115.0	200.0	236.880	236.880	1	1
Jon Meiers	87	Windaroo	85.00	75.0	97.5	172.5	201.203	201.203	2	
Aaron Tully	89	Nudgee	79.70	60.0	72.5	132.5	159.883	159.883	Guest	
94kg Category										
James Fry	87	St Laurence's	87.30	70.0	82.5	152.5	175.563	175.563	Guest	
Scott Fell	88	St Laurence's	94.00	55.0	75.0	130.0	144.772	2538.187	1	1
105kg Category										
James Hatzis	88	St Laurence's	103.10	70.0	90.0	160.0	172.013	172.013	1	1
105+kg Category										
Brett Cherry	86	Toowoomba	111.10	67.5	85.0	152.5	160.159	160.159	Guest	
Jason Mitchell	88	Nudgee	112.20	55.0	75.0	130.0	136.154	1050.063	1	1
Referees:		Barry Harden (Cat II), Ian Moir (Cat II), Debra Keelan (Cat II), Kylie Booth (Cat II), Angela Wydall (Cat II), Lawrie Townsend (National), Chris Walsh (State), Tanya Harden (State), Dallas Turnbull (State), Melissa Turnbull (State), Sue Edyvean (Club).								
Time Keeper:		Amanda Phillips, Bowen Stuart								
M.C.:		Mike Keelan, Ian Moir.								
WILLIAM FAULKNER										
Male	Under 16	Under 18		Male	Under 16	Under 18				
	Joshua Brady	Troy Hewkins			Cameron Trass	Richard Magrath				
Female	Liana Lambert	Erika Yamasaki		Female	Casey Kahi	Tammie Bower				



U16 & U18 Achievers



Clockwise from far left: Tammie Bower, Joshua Brady, Richard Magrath,
Liana Lambert, Erika Yamasaki

HOW TO PRAISE

"Results that are recognized get repeated"

Whenever you praise, be it at work or at home, you will reinforce the behavior and make it much more likely that it will be repeated in the future. In today's competitive world criticisms will nearly always outnumber praise, and a shortage of time often leads Coaches and parents to give both at the same time which is not an effective strategy to encourage or discourage a particular behavior: e.g. *"you did a great job on the dishes but your bedroom's a real mess!"* or *"that was a fast Snatch but you lifted your bottom"* But we do need a mixture of both. Since there is no perception without contrast, praise is diminished without criticism and vice versa. Praise tends to have a motivating effect on people's performance as well as doubling up as feedback from which to learn. Dr. Peter Honey, the world famous behavioral psychologist, advises that to enhance learning and development follow these **FIVE** guidelines when praising:

1. Always give specific praise and avoid meaningless generalizations. Start with what you have observed, or heard from someone else, then go on to spell out why you liked it.
2. Always praise better than expected results or actions. For example, when people exceed their target, make an extra effort, are punctual when usually late etc.
3. Always use 'stand alone' praise and do not dilute it with any criticism. The rule is when praise is deserved, give it, when criticism is deserved, give it. *But don't mix the two.*
4. Always praise as close in time to the person's action as possible. Praising someone a long time after the event is still worthwhile but has less impact.
5. Always praise authentically, not because you think you should or only on special occasions or to impress a third party. Remember, praise is one of the most effective and yet inexpensive ways to motivate people and one of the best tools to help people learn.

Editors note: This article was reproduced from LearningLink™ Priority Management's monthly newsletter VOLUME 18 - ISSUE 3 and adapted for coaches. Next Issue "How to Criticize".

The Women and Girls Program

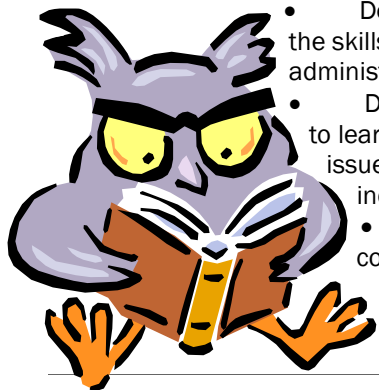
The State Women's Coordinator has been appointed in a part time position in order to oversee the success of the women and girls program. The program has been designed to improve access for women to weightlifting as a competitive sport, support females to excel at other sports and to provide an alternative physical activity within recreation and educational settings for women and girls who wish to improve their physical and mental well being.

The delivery of the program focuses on three main activity strands:

1. Education and Training.
2. Competition and physical involvement opportunities.
3. Promotion and awareness.

Education and Training

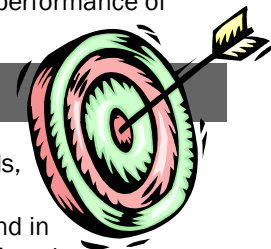
- Conduct courses for coaches, administrators and officials at appropriate and accessible venues.
- Provide support opportunities to help women gain confidence prior to participating in a training course.
- Ensure courses reflect women's values and aspirations.
- Provide post course support networks.
- Create athlete career development programs that provide women with the opportunity to develop as coaches and officials.
- Encourage women and coaches and officials to become role models, particularly those coaches holding higher levels of accreditation.
- Ensure that women are involved in positions of power and decision making within the areas of administration, coach and official education.
 - Develop mentoring programs designed to accelerate the skills of women involved with coaching, officiating and administration.
 - Deliver and fund programs that allow women and girls to learn about nutrition, sports medicine, women's health issues (eg. Osteoporosis), psychology and sociology from industry experts.
 - Educate PE teachers, tertiary students, other coaches and parents about the many positive benefits of weightlifting for women and girls.
 - Conduct coaching courses for other female



coaches from other SSOs in order that they can enhance the performance of their own athletes.

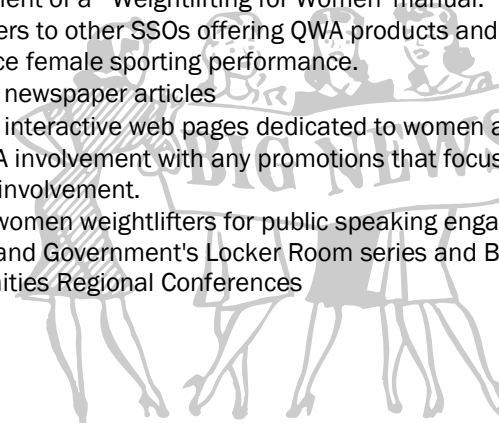
Competition and Physical Involvement Opportunities

- Create quality weightlifting programs, particularly in schools, that meet the needs of girls and young women.
- Develop and modify policies to promote greater equality and in some instances employ positive discrimination tactics for female coaches, officials and administrators.
- Ensure access to appropriate equipment, good facilities and finance to support female community weightlifting programs.
- Ensure good and appropriate leadership for coaching programs so that girls and women gain a positive experience from their involvement in weightlifting.
- Promote and encourage women weightlifters to be role models through future promotional schemes that involve paper and web based materials.
- Promote the benefits of weightlifting to women already participating in other sports to allow them to reach high sporting performance levels.
- Develop all female weightlifting squads.



Promotion and Awareness

- Use of appropriate women role models in all aspects of promotion.
- Delivery of school programs.
- Development of a 'Weightlifting for Women' manual.
- Write letters to other SSOs offering QWA products and services in an effort to enhance female sporting performance.
- Generate newspaper articles
- Generate interactive web pages dedicated to women and weightlifting.
- Offer QWA involvement with any promotions that focus on women's and girls sporting involvement.
- Provide women weightlifters for public speaking engagements such as the Queensland Government's Locker Room series and Building Active Communities Regional Conferences



Technically Speaking– By Ian Moir

For most competitors, their experience at a weigh-in usually amounts to not much more than being weighed and providing a few details such as their date of birth and their first attempts, but there are many rules pertaining to the weigh-in and all officials must be aware of the correct procedure.

The weigh-in of each bodyweight category begins two (2) hours before the start of the competition and lasts one (1) hour. When two or more bodyweight categories are scheduled to compete at the same time, i.

e. within one group, all of the competitors in that group must attend the same weigh-in, regardless of their bodyweight category.

For Australian Championships the above rule applies, however for lower level competitions, e.g. Club competitions, the AWF Rules permit the weigh-in to start one and a quarter (1¼) hours before the start of the competition. The weigh-in still lasts one (1) hour.



The official weigh-in takes place in a room equipped with the following:

- the official scale of the competition
- a table and chairs for the secretariat
- all the necessary competition forms, pens, etc.

Each competitor must be weighed in the presence of at least two (2) of the appointed referees and the appointed Competition Secretary. One official from the lifter's team may be present.

The competitors are called one by one into the weigh-in room, according to the progression of their lot number, from the lowest lot number to the highest. Competitors not present when it is their turn to be weighed, will be weighed at the end of the sequence.

Competitors must prove their identity by presenting their passport or identity card to the Competition Secretary at the weigh-in. While the competitors at State and Club competitions will usually be known by the officials at the weigh-in, proof of identity may be required at National events; and it is mandatory for all competitors at International events to prove their identity at the weigh-in. This is usually done by showing a current passport but in certain circumstances, e.g. events held within a competitor's own country, another form of ID such as a driver's licence may be accepted.

The competitors are weighed naked or in underwear, in the presence of referees of their respective sex. The Competition Secretary, if of the opposite



“...there are many rules pertaining to the weigh-in and all officials must be aware of the correct procedure.”

sex, will be suitably screened from the actual weigh-in process. The AWF rules allow women competitors to be weighed with or without their lifting costume by women. If a female competitor chooses to be weighed while wearing her costume, no weight allowance is made for the costume.

To ascertain the competitors' bodyweight, one Referee operates the scale while one or two of the appointed Referees verify the bodyweight recorded by the Competition Secretary.

When a competitor is within the weight of the category in which he or she is entered, he or she is weighed only once. A competitor who is under or over the limit may return to the weigh-in as many times as required, to make the weight.

A competitor who fails to make the bodyweight of the category in which he or she is officially entered, shall be excluded from the actual competition. In Australian national events and state events, competitors who fail to make weight are usually permitted to participate in the competition, but they can not compete for championship medals

or points.

During the weigh-in, the coach of each competitor must write and sign/initial the first attempts (Snatch and Clean and Jerk) on the competitor's card. If a competitor attends the weigh-in without their coach, then the competitor must write the first attempts and sign the card.

The bodyweight list may only be published after all the competitors have been weighed.

The final opportunity to change bodyweight classes (up or down) is at the meeting convened prior to the competition for the purpose of verifying the entries. This meeting is sometimes called the technical meeting. Where a technical meeting is not held before an event, the Competition Secretary must arrange to be available one hour before the first weigh-in to accept changes to individual entries and final team nominations. In this situation, final individual entries and team nominations must be made half an hour before the commencement of the first weigh-in of the competition.

Points to Remember:

- ✓ Any changes to a competitor's nominated bodyweight category must be made before the competition – either at the technical meeting or if there is no technical meeting, by notifying the Competition Secretary more than 30 minutes before the first weigh-in of the competition.
- ✓ The weigh-in commences two hours before the start of the competition and lasts for one hour.
- ✓ Competitors who are not present when they are called to be weighed will be called again at the end of the sequence, i.e. they must go to the end of the line.

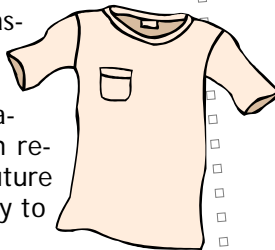
- ✓ At International events, competitors must show proof of their identity at the weigh-in. For international events held in Australia, Australian competitors should enquire about the form of ID required well before the competition.
- ✓ Competitors who fail to make weight may be weighed again as many times as required before the end of the weigh-in period.
- ✓ Competitors are weighed by officials who are of the same sex as the competitors, i.e. only male officials weigh male competitors and only female officials weigh female competitors.
- ✓ Competitors who fail to make weight before the end of the weigh-in may be allowed to participate in the competition, but they can not compete for medals or points.
- ✓ Competitors must declare their first attempts (Snatch and Clean & Jerk) at the weigh in.

Queensland Masters News- From Barry Harden



As you should have been notified by now, the State Masters has been moved from Rockhampton to Chandler and the date has been changed from the 1st of May to the 8th of May. I really want as many people to go to Darwin as possible (host of the 2004 National masters) and I did not want people choosing between Rockhampton or Darwin. I hope to hold it in Rockhampton next year as I thoroughly enjoyed my time there last time. As we are not travelling I felt it best to change the date from the long weekend.

As you are probably aware by now I am peddling Qld Masters T-Shirts \$20, Polo Shirts \$30 and caps \$15.00. If you would like one please send me your Size. It would be good if we all had one Queensland Shirt for the Nationals. The profits are not going to the Barry Harden retirement fund but to try and raise money for some future Masters Event, however at the moment I would be happy to cover set up costs.



With this newsletter I have also sent out the Queensland Masters Records please check them and let me know of any problems.

Womens Masters Records

Age 30-34

	Division kg	Record	Name	Club	Date
Snatch	58kg	72.5kg	Angela Bentley	Cougars	11.July.98
	63kg	72.5kg	Angela Bentley	Cougars	17.Oct.98
	69kg	55.0kg	Ellen Stanton	Rocky	11.July.98
	75kg	52.5kg	Ellen Stanton	Rocky	31.Oct.98
	75+kg	37.5kg	Jo Garner	Cougars	30.Oct.99
Cl & Jerk	58kg	85.0kg	Angela Bentley	Cougars	26.Jan.98
	63kg	87.5kg	Angela Bentley	Cougars	17.Oct.98
	69kg	77.5kg	Katrina Hawkins	Sunsh'Coast	24.June.99
	75kg	75.0kg	Ellen Stanton	Rocky	31.Oct.98
	75+kg	47.5kg	Jo Garner	Cougars	02.Oct.99
Total	58kg	157.5kg	Angela Bentley	Cougars	11.July.98
	63kg	155.0kg	Angela Bentley	Cougars	17.Oct.98
	69kg	132.5kg	Katrina Hawkins	Sunsh'Coast	24.June.99
	75kg	127.5kg	Ellen Stanton	Rocky	31.Oct.98
	75+kg	82.5kg	Jo Garner	Cougars	02.Oct.99

Age 35-39

	Division kg	Record	Name	Club	Date
Snatch	58kg	67.5kg	Diana Loy	University	27.May.00
	63kg	65.0kg	Angela Wydall	Cougars	00.Oct.02
	69kg	60.0kg	Angela Wydall	Cougars	12 July 03
	75kg	47.5kg	Ellen Stanton	Rocky	17.Feb.01
	75+kg	37.5kg	Jo Garner	Cougars	23.June.01
Cl & Jerk	58kg	80.0kg	Diana Loy	University	11.Mar.00
	63kg	82.5kg	Angela Wydall	Cougars	00.Oct.02
	69kg	72.5kg	Angela Wydall	Cougars	12 July 03
	75kg	62.5kg	Ellen Stanton	Rocky	17.Feb. 01
	75+kg	45.0kg	Jo Garner	Cougars	07.April.01
Total	58kg	147.5kg	Diana Loy	University	27.May.00
	63kg	147.5kg	Angela Wydall	Cougars	00.Oct.02
	69kg	132.5kg	Angela Wydall	Cougars	12 July 03
	75kg	110.0kg	Ellen Stanton	Rocky	17.Feb.01
	75+kg	82.5kg	Jo Garner	Cougars	23.June.01

Age 40-44					
	Division	Record	Name	Club	Date
	kg				
Snatch	75+kg	62.5kg	Debra Keelan	Cougars	12.July 03
Cl & jerk	75+kg	75.0kg	Debra Keelan	Cougars	22.June.03
Total	75+kg	137.5kg	Debra Keelan	Cougars	12 July 03

Age 45-49					
	Division	Record	Name	Club	Date
	kg				
Snatch	75+kg	42.5kg	Judy Fisher	Cougars	07.Oct.00
Cl & jerk	75+kg	55.0kg	Judy Fisher	Cougars	07.Oct.00
Total	75+kg	97.5kg	Judy Fisher	Cougars	07.Oct.00

Age 50-54					
	Division	Record	Name	Club	Date
	kg				
Snatch	48kg	32.5kg	Sue Edyvean	Toowoomba	21.Feb.03
	53kg	25.0kg	Sue Edyvean	Toowoomba	16.Aug.02
Cl & jerk	48kg	45kg	Sue Edyvean	Toowoomba	8 Aug. 03
	53kg	37.5kg	Sue Edyvean	Toowoomba	16.Aug.02
Total	48kg	75.0kg	Sue Edyvean	Toowoomba	8 Aug .03
	53kg	62.5kg	Sue Edyvean	Toowoomba	16.Aug.02



Mens Masters Records

Age 55-59					
	Division	Record	Name	Club	Date
	kg				
Snatch	69kg	90.5kg	Bob Kennedy	Rocky	7 April 01
	77kg	77.5kg	Bob Henderson	Sunsh'Coast	27.May.00
	85kg	77.5kg	Bob Henderson	Sunsh'Coast	24.July.99
	94kg	80.0kg	Brian Sheehan		26.Jan.98
	105kg	75.0kg	Ross Gagliardi	Cougars	23.June.01
Cl & jerk	69kg	118.0kg	Bob Kennedy	Rocky	7 April 01
	77kg	97.5kg	Bob Henderson	Sunsh'Coast	15.April.00
	85kg	102.5kg	Bob Henderson	Sunsh'Coast	24.July.99
	94kg	125.0kg	Brian Sheehan		26.Jan.98
	105kg	110.0kg	Eddie Rush	Cougars	18.Jun.99
Total	69kg	207.5kg	Bob Kennedy	Rocky	7 Apr.01
	77kg	172.5kg	Bob Henderson	Sunsh'Coast	15.Apr.00
	85kg	180.0kg	Bob Henderson	Sunsh'Coast	24.July.99
	94kg	205.0kg	Brian Sheehan		26.Jan.98
	105kg	180.kg	Eddie Rush	Cougars	18.Jun.99

Age 60-64					
	Division	Record	Name	Club	Date
	kg				
Snatch	77kg	72.5kg	Bob Henderson	S'shine Coast	12 July 03
	85kg	67.5kg	Bob Henderson	S'shine Coast	17.May.03
	105kg	70.0kg	Warwick Selvey		24.Aug.01
Cl & jerk	77kg	95.0kg	Bob Henderson	S'shine Coast	23 Aug.03
	85kg	92.5kg	Bob Henderson	S'shine Coast	17.May.03
	105kg	87.5kg	Warwick Selvey		08.Sep.01
Total	77kg	165.0kg	Bob Henderson	S'shine Coast	23 Aug.03
	85kg	150.0kg	Bob Henderson	S'shine Coast	15.Feb.03
	105kg	155.0kg	Warwick Selvey		24.Aug.01

Age 65-69					
	Division kg	Record	Name	Club	Date
Snatch	69kg	50.0kg	Keith Penney	Gold Coast	21.Feb.04
Cl & jerk	69kg	65.0kg	Keith Penney	Gold Coast	21.Feb.04
Total	69kg	115.0	Keith Penney	Gold Coast	21.Feb.04

Age 75 - 79					
	Division kg	Record	Name	Club	Date
Snatch	69kg	37.5kg	Vic Younger		12.aug.98
	77kg	40.0kg	Vic Younger		
	85kg	65.0kg	Rube Howes	Cougars	21.Feb.98
	94kg	70.0kg	Rube Howes	Cougars	21.mar.98
Cl & jerk	69kg	47.5kg	Vic Younger		12.aug.98
	85kg	92.5kg	Rube Howes	Cougars	21.Feb.98
	94kg	92.5kg	Rube Howes	Cougars	27.jun.98
Total	69kg	85.0kg	Vic Younger		12.aug.98
	77kg	87.5kg	Vic Younger		
	85kg	157.5kg	Rube Howes	Cougars	21.Feb.98
	94kg	157.5kg	Rube Howes	Cougars	26.Jan.98

Age 80+					
	Division kg	Record	Name	Club	Date
Snatch	69kg	40.0kg	Vic Younger		25.Apr.99
	85kg	50.0kg	Rube Howes		18.May.02
Cl & jerk	69kg	47.5kg	Vic Younger		25.Apr.99
	85kg	62.5kg	Rube Howes	Cougars	12.July 03
Total	69kg	87.5kg	Vic Younger		25.Apr.99
	85kg	110.0kg	Rube Howes	QLD	18.May.02

The Queensland Weightlifting Association is supported by the Queensland Government- Sport and Recreation Queensland.



Queensland Government
Getting more people active
through sport and recreation



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WE'RE ON THE WEB!!
www.qwa.org.au

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.