

NEWS CLUB



June 2002

EDITORIAL

Hi all! This edition sees a big pat on the back for some of our members who are doing well on the international platform. Also I'll update you on some of the improvements to our already "almost perfect" club and highlight why the club needs your help (for reasons you may not even realise). I've thrown in some other odds and ends (FYI). Also the 1st edition of Club news is still available at the sign in desk.



!!CONGRATULATIONS!!

A huge well done to the Cougars selected to compete the Junior World Championships in the Czech Republic. Kristy Amadio, Joel Wilson, Ben Turner, Damon Kelly with Miles Wydall as a coach, were selected as 5 of the 9 Australians chosen to represent Australia this month. Good on you guys and keep up the good work!

STOP PRESS!! RESULTS IN!!
Kristy Amadio (58) 67.5, 80, 13th;
Joel Wilson (69) 107.5, 132.5, 13th ;
Ben Tuner (69) 115, 140, 11th ;
Damon Kelly (105+) 145, 180, 9th.

WOOHOO for Amanda Phillips, Deb Lovely & Mike Keelan who have been selected for the Commonwealth Games in Manchester late July, early August. Amanda and Mike were officially selected on the 4th of May after the Trials. Deb was selected after an appeals process approved her position, with her place to be confirmed after the 10th June.



PUT YOUR HAND UP- Volunteer Involvement

Our Club is always looking to improve our services to it's members and the public. We conduct activities in a highly professional manner, so it is easy to forget that we are an entirely volunteer based organisation. None of the coaches, committee members or athletes are paid for their efforts.

The administration and organisation of major events within the club normally falls on the shoulders of a select few. Any help that you, as a club member, can offer is greatly appreciated. This means helping with comp organisation (before, during **and** after), joining in with working bees and simple tasks like tidiness and obeying club policy.



SEEING STRIPES???

You may (or may not) have noticed that stripes have appeared on the racks. No this is not some feeble attempt at decoration, but an identification device.

The stripes serve to identify which racks are pairs and more importantly which rack inserts go with which racks.

Hopefully the racks will now remain paired and that annoying "crooked bar syndrome" (that arises from mismatched inserts) will disappear.

Well that's the theory anyway!!!

Proudly supported by



The club helps you by providing world class coaches (unpaid), competitions, a safe and clean training environment, personal development and where possible financial assistance towards major comps. Please respect the benefits the club provides by helping out where ever you can.

weekends and the cleaners should not have to pick up weights (or smelly, scabby tape pieces). To get the most out of our cleaners please make sure you put away **all** your weights (from the really heavy 25's to those annoying little 1.25's) and do not leave you bar loaded. Put all your rubbish in the bin and try not to leave your training gear lying about. Thanks heaps.

MONEY, MONEY, MONEY.



A large amount of money is still owing in the form of **fees**. Training fees provide a large quantity of the club's income and go towards bettering the club for all members. Please pay them on time or see Kylie for alternative arrangements.

The Club is also introducing an **incentive based scheme of financial support** to lifters attending major competitions. If assistance is approved, a partial payment will be made up-front, with the rest of the approved amount paid on achievement of a level appropriate to the competition attending. This scheme is put in place to encourage athletes to achieve their full potential.

Did you know that you can earn an account with Cougars? **Working in the canteen earns you \$10/hr** which can be put towards major competition travel, boots or cougars merchandise. Lifters and their parents are encouraged to take advantage of this offer as it also helps greatly with running of competitions. Please see Kylie a week before to organise your spot.

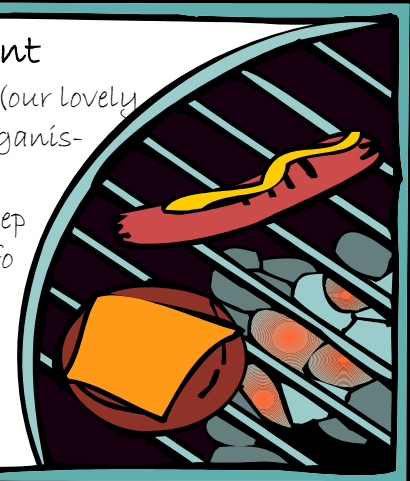


Deep and meaningful for the month!

"With the last step of the race you cross the finish line".

Social Event

Melissa Nightingale (our lovely social butterfly) is organising a social evening, probably late June. Keep a lookout for more info and come along and get to know you club members outside of the gym!!



HOUSEKEEPING

It has been noticed that diligence with signing in is starting to slip. It is really important that you sign in as it relates to your insurance cover. Also it ensures that you are paying the correct fees.

Please be tidy peoples!! We have the gym cleaned on the



Newsletter contributions to
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or grab me at training

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