

2014 High Performance Managers Report Olympic Weightlifting New Zealand



John Moss
5 October 2014

Overview

There were many successful performances from National representatives that are listed later in the report. While the sport is ultimately measured on the titles and medals I have taken the opportunity to also document some of the comments that the New Zealand team received. Rob Waddell Chef De Mission of the Commonwealth Games sent an email that sums up a common theme.

“It was great to work with the weightlifting team and I was impressed by the high performance attitude of the athletes and the support staff”

Of course the ultimate compliment was paid when Richie Patterson was named as flag bearer in the closing ceremony. This was a huge honour for Richie. It was confirmation that Richie is not only a great lifter he is also a great person. It was an honour also for NZ Weightlifting.

Such comments and special moments generally recognised the wider aspects of performance that are necessary to facilitate the results that were achieved this year. The challenge for us is to better understand how the results were achieved, how we can repeat the results and do even better in future years’. We are on the cusp of attracting a level of government funding that could allow long term planning of the high performance program. How well we can communicate that this year’s achievements are the result of a high performance system rather than an unexpected anomaly will be crucial. So while it very much appreciated that we have received some High Performance New Zealand (HPSNZ) campaign funding this year it is another step up to get funding for an Olympic Campaign where medals are not a reality and the team size can be two at best.

At a coaches debrief after the successful Oceania’s, the view’s below are a good indication of what we need to *Keep* doing and what we need to *Start* doing. At Glasgow we certainly built on lessons learnt in Penang and New Caledonia and we have already started work on several of the new initiatives. Having a paid staff member to work with the Executive is a crucial role and I am pleased to say the process of getting this underway has begun.

| Keep | Start |
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| <ul style="list-style-type: none">- Allowing a safe environment to express our thoughts and emotions- Working on building a positive team environment- A strong development focus for teams ie selection to include developing Youth and junior lifters and officials- Open and honest communication- Keep what we have got- Keep talking, debriefs | <ul style="list-style-type: none">- Planning for the next four years 2018 Commonwealth Games- Getting funds for part time admin staff- Having a 5 min athlete debrief each day- Long term planning with a development focus- Performance plans for all team members NOW for next four years and get athlete sign off- As a coaching team get clarity on each athletes plans before the comp and review as a coaching team- Role play competition scenarios- Keep working on One team- Focus on athlete transition points Youth to Junior and Junior to Senior |

Operational Highlights

At the risk of this sounding like the President or Executive Officer reports I think the progress made in the following areas have been important. When these things are working well it creates a positive environment so the coaches can concentrate on coaching and the lifters on lifting. It is from these types of activities and the feedback we are getting that we can demonstrate that we have a high performance system. Yes, more planning, hard work and structure are required but we have made great progress.

- Leadership from the executive group that is bearing the fruit of having more roles and therefore resource. The group works well together and is not afraid to make tough decisions for the good of the sport and its members.
- A set of age based high performance standards from which to track progress and identify talent
- Up- to-date statistics from NZ and around the world from our tireless Ron Mann
- Positive working relationships with the National selectors
- Regular dialogue with HPSNZ and the NZOC

Intangible Outcomes

- Rob Waddell comments
- Richie Patterson's selection as Closing ceremony flag bearer
- Paul Coffa and Trent Dawibo recognition of the NZ Team performance, depth of talent and high standard of behaviour at Oceania Championship Prizegiving
- Andrew Alderson Herald post Commonwealth Games assessment on Sunday 3 August 2014
"Proof you can achieve success on a minimal budget with the right leadership and drive."

Tangible Outcomes

- HPSNZ Campaign Funding (\$64,000 + GST).
- High Performance Training Camp (from HPSNZ funding)
- Invite for top athletes to attend Oceania Pre Games Training Camp
- Successful Trust Funding Applications for International Airfares for all Internationals over \$40,000
- \$10,000 Sport New Zealand funding

International Awards and Medals




The fact that this runs into several pages shows what a successful year we have had. To have 3 medallists at the Commonwealth Games was the obvious highlight. This fantastic result runs the risk of overshadowing the depth of talent we currently have both in terms of athletes and support staff. In the men's classes we have serious competition for places in the team in all age divisions. In itself this generates the need for higher performances and it isn't too hard to imagine a full team of Elite men for the 2018 Games. The dominant performance of the Youth Men's team at the Oceania's and the third consecutive Junior Men's title will be driving the need for the current Seniors to continue to improve if they want to be at the Gold Coast in 2018.

We were also able to field full Senior Women's teams at all internationals and came close to a full team of Junior Women at the Oceania's. If we can build the depth of Youth Women over the next

two years they can be where the men are now which will be very exciting. This will also enable us to tick the only box that we haven't this year which was a Youth Olympic spot for women. Of course we also desperately want a Senior Women's place at the 2016 Rio Olympics.




Finally I would like to draw attention to the number of New Zealand records that have been achieved at internationals. What this says to me is that along with the many personal bests that were also achieved, the NZ team Environment is bringing out the best in athletes and coaches. Keeping this going every year is what we need to do to become a major force in New Zealand sport. It is also a lot of fun!

XX Commonwealth Games: Glasgow, Scotland 23 July – 3 August 2014



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|---|---|
|  | Richie Patterson 85kg class - Men 335kg Total : 151kg Snatch, 184kg Clean & Jerk |
|  | Stanislav Chalaev 105kg class - Men 341kg Total : 155kg Snatch, 186kg Clean & Jerk |
|  | Tracey Lambrechts 75+kg class - Women 237kg Total : 101kg Snatch, 136kg Clean & Jerk |

The Men placed third in the Teams event behind India and Canada

Commonwealth Championships: Penang, Malaysia 24-30 November 2013

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|---|--|
|  | Richie Patterson 85kg class - Men 343kg Total : 151kg Snatch, 192kg Clean & Jerk |
|  | Tracey Lambrechts 75+kg class - Women 236kg Total : 102kg Snatch, 134kg Clean & Jerk |
|  | Saxon Gregory-Hunt 85kg class – Junior Men 297kg Total : 136kg Snatch, 161kg Clean & Jerk |

Oceania Championships: Mont Dore, New Caledonia, 26-31 May 2014

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|---|---|
|  | <p>Richie Patterson Best Lifter Senior Men 402 Sinclair Points</p> |
|  | <p>Cameron McTaggart Best Lifter Youth Men 322 Sinclair Points</p> |

Team Titles; Youth, Junior and Senior Men



2014 Oceania Team Title –Senior Men: (Left to Right)Saxon Gregory-Hunt (85kg), Mark Spooner (69kg) Richie Patterson (85kg),Lou Guinares (56kg) Stas Chalaev (105kg) , Ianne Guinares(62kg) ,Caleb Symon (94kg), Mathew Madsen (77kg).






2014 Oceania Team Title – Junior Men: (Left to Right) Layne Parkes (85kg), Cameron McTaggart (69kg) Ryan Jolly (94kg), Anthony Taylor (69kg) Isaiah Papali'i (105kg), Luke Smith (77kg), David Liti (105+kg), Cameron Moss (62kg).





2014 Oceania Team Title – Youth Men (Left to Right): Montel Tivoli (85kg), Isaiah Papali'i (94+kg), Cameron McTaggart (69kg), Curran Power (77kg), Vernon Taylor (85kg), Taiao Kawiti (94kg) Cameron Moss (62kg), Devon Earle (94+kg)

Senior Women medallists



| | |
|---|--|
|  | <p>Pip Hale 53kg class 173kg* Total : 78*kg Snatch, 95kg Clean & Jerk</p> |
|  | <p>Lauren Roberts 63kg class 173kg* Total : 83kg* Snatch, 90kg Clean & Jerk</p> |
|  | <p>Andrea Miller 69kg class 184kg Total : 80kg Snatch, 104kg* Clean & Jerk</p> |

*NZ Senior Record

Junior Women medallists

| | |
|---|---|
|  | Charlotte Moss 53kg class 122kg Total : 56kg Snatch, 66kg Clean & Jerk |
|  | Mele Tatu 75kg class 140kg Total : 60kg Snatch, 80kg Clean & Jerk |

Youth Women medallists

| | |
|---|--|
|  | Paige Lawgun 48kg class 94kg* Total : 42kg* Snatch, 52kg* Clean & Jerk |
|  | Indiya Dawson-Myers 53kg class 102kg Total : 47kg Snatch, 55kg Clean & Jerk |

*All NZ Under 15 records and Under 17 Snatch and Total

Senior Men medallists

| | |
|---|---|
|  | Mark Spooner 69kg class 289kg Total : 129kg Snatch, 160kg Clean & Jerk |
|  | Richie Patterson 85kg class 336kg Total : 156kg* Snatch, 180kg Clean & Jerk |
|  | Lou Guinares 56kg class 208kg Total : 91kg Snatch, 117kg Clean & Jerk |
|  | Stanislav Chalaev 105kg class 336kg Total : 153kg Snatch, 183kg Clean & Jerk |
|  | Ianne Guinares 62kg class 255kg Total : 114kg Snatch, 141kg Clean & Jerk |
|  | Mathew Madsen 77kg class 296kg Total : 126kg Snatch, 170kg Clean & Jerk |
|  | Caleb Symon 94kg class 305kg Total : 132kg Snatch, 173kg Clean & Jerk |

*NZ Senior Record



Junior Men medallists

| | |
|---|--|
|  | Cameron McTaggart 69kg class 238kg* Total : 108kg Snatch, 130kg* Clean & Jerk |
|  | Isaiah Papali'i 105kg class 232kg Total : 107kg Snatch, 125kg Clean & Jerk |
|  | Cameron Moss 62kg class 208kg* Total : 94kg* Snatch, 114kg* Clean & Jerk |
|  | Layne Parkes 85kg class 265kg Total : 120kg Snatch, 145kg Clean & Jerk |
|  | Ryan Jolly 94kg class 232kg Total : 105kg Snatch, 127kg Clean & Jerk |
|  | David Liti 105+kg class 270kg Total : 118kg Snatch, 152kg Clean & Jerk |

*NZ Youth Record

Youth Men medallists

| | |
|---|--|
|  | Cameron Moss 62kg class 208kg* Total : 94kg* Snatch, 114kg* Clean & Jerk |
|  | Cameron McTaggart 69kg class 238kg* Total : 108kg Snatch, 130kg* Clean & Jerk |
|  | Taiao Kawiti 94kg class 210kg Total : 90kg Snatch, 120kg Clean & Jerk |
|  | Isaiah Papali'i 94+kg class 232kg Total : 107kg Snatch, 125kg Clean & Jerk |
|  | Vernon Taylor 85kg class 221kg Total : 100kg Snatch, 121kg Clean & Jerk |

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|---|---|
|  | Curran Power 77kg class 183kg Total : 80kg Snatch, 103kg Clean & Jerk |
|  | Montel Tivoli 85kg class 205kg Total : 90kg Snatch, 115kg Clean & Jerk |

*NZ Youth Record

A lot of fun was had as well!



How did these guys manage to win the Team title?



The future of men's weightlifting?!



Some of the coaches took it seriously



Mathew Madsen (and cuddle buddy) : the lifter to watch in 2015?