

# THE COUGAR ROAR'S

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## EDITORIAL

I am delighted to be able to be involved in the production of the first edition of the 'Cougar Roars Newsletter', official publication of the Cougars' Weightlifting Club (CWC)INC.

This newsletter will be published bi-monthly in an effort to give you the members, the latest and greatest information about up and coming weightlifting events, results, planned initiatives, courses and people.

This is YOUR newsletter, accordingly the editor looks forward to hearing your views and news. Articles, one liners, information snippets etc, can be popped into the club mail box by the last Friday of May, July, September and November, for inclusion in the following months issue.

## COUGARS WEIGHTLIFTING CLUB - WHAT'S OUR BUSINESS

Cougars Weightlifting Club is one of the main agents in the delivery of weightlifting in Queensland. CWC offers programs and facilities conducive to the development of individual weightlifters and it's volunteer workers.

As well as boasting at having the largest number of competitive weightlifters, the club has volunteers who devote countless hours of effort and resources to the effective conduct of the club.

Every individual, be it lifter or volunteer plays a significant part in future development of CWC. Involvement in the many tasks taken on by CWC members will develop every body's social skills, knowledge, team work and co-operation and is an excellent way to channel your energies.

So be proud of your club and it's achievements and get involved at every available opportunity.

## ANNUAL GENERAL MEETING

The CWC AGM will take place on **WEDNESDAY 23RD MAY, STARTING AT 7.00pm**. All members are asked to attend. The people voted in will be responsible for managing the affairs of CWC for the following year of office. You all have a voice so make sure it is heard on the night. Nomination forms and agenda will be circulated on Friday 20th April.

## INCORPORATION AND IT'S RESPONSIBILITIES

CWC recently became incorporated and with incorporation comes responsibilities that have to be shared amongst all members.

Our club leases the premises from the QWA Inc at a cost of \$4500 dollars per year. CWC recently took out Public Liability Insurance again at considerable cost to our club. Our income comes from your training and membership fees.

To keep the club in the 'black' we have to maintain our present revenue and that is the responsibility of every single member.

CWC now has a recognised constitution which state the rules of our club. These rules may be amended, rescinded or added to from time to time by a special resolution carried out at any general meeting - which means if you don't like things the way they are you have an opportunity to voice your opinion.

The funds raised by our club will be used and applied solely to promote the objects of our club.

As an incorporated body we have to be accountable which means that we have are obligated to keep accurate records of members using the gym and submit our financial books to an auditor for scrutiny and acceptance.

Consequently, every member **MUST BE** diligent in signing the daily attendance book each time you enter the gym and **BEFORE** you begin your workout. We also ask you to keep up to date with all payments. All monthly training fees have to be paid in advance otherwise daily or weekly rates will apply.

If every member is conscientious and co-operative in this regard it will make the accounting process so much easier and lead to a happier and well organised club.

Thank you in anticipation of your support in this vital area.

## **LIFTER'S ACHIEVEMENTS**

Cougars lifters have been very active of late competing in State and inter-state competitions. At the Telecom Australia State Under 18/20 Championships cougars lifters certainly left an indelible mark. In the women's section Amanda Phillips and Saree Williams lifted impressively taking out 1st place in the 70kg and 83+Kg classes respectively. In the mens section gold medallists included: Craig Costello (46Kg); Roman Goodyear (59Kg); Mat Dusza (70Kg); and Robert Nardi (83Kg).

Billy Briggs (50kg) John Kendall (64Kg) and Joel Carty (76Kg) took out the silvers. Jody Herson (76Kg) fought hard for his Bronze. Craig Wegert, selected to represent Queensland at the Telecom Moomba International held in Melbourne put in another impressive performance gaining 6 out of 6 lifts finishing with a 280 total and a silver medal in the hand.

## **RECORD BREAKERS!!**

Cougars' lifters similar to 1994 have not wasted any time in re writing the record books. To date the following Cougars' representatives have established new State records in the various gender, age and bodyweight categories; Amanda Phillips; Saree Williams; Roman Goodyear; Robert Nardi; and Craig Wegert.

Congratulations bestowed upon Robert Nardi and Roman Goodyear on making the World Junior Championship Squad and also to Amanda Phillips on earning a place in the National Junior Women's Development Squad.

## **THANK YOU'S**

As CWC members you fill many roles. Every one of us is aware that things don't just happen - it takes varying amounts of time and effort determined by the size of the task. The club wishes to extend it's sincere thanks to Bruce and Jill Nardi, who behind the scenes have been doing their bit to ensure that CWC prospers and develops. Jill was responsible for organising the Canteen at the last competition and running a couple of raffles which raised the funds to purchase the new equipment in the form of an exercise bike that we can all use as a part of our training - "Good on ya Jill". Bruce has also been putting his talents to good use resulting in pairs of squat and weight racks now being at your disposal for use in our gym - thanks Bruce your efforts are certainly appreciated by one and all.

## **DRINKS MACHINE**

The drinks machine was installed for the benefit of every one. The sales from your drinks purchases boost the profits of our Club which are ploughed back in to provide better equipment, facilities and opportunities for all our members.

## **FOOD FOR THOUGHT**

There are many positions and duties that can be filled by you, the members. People volunteer to do a job for many different reasons. Some of you may be surprised to learn that by volunteering you may: have fun; learn new skills; help others; share your talents and abilities; fight boredom; build self confidence; feel needed, useful and appreciated; "give something back" and so on.

CWC will be hosts to a number of competitions in 1995. Many hands make light work - please do your bit for your club by offering your services rather than being asked or even coerced.

The next competition is on Saturday 22nd April starting at 12.00 noon. We need a hand before, during and after the event!!

## **NEW REFEREE'S**

A number of our members recently took part in a refereeing workshop. CWC is pleased to announce that Craig Wegert, Miles Wydall, Stuart Wagner and Angie Bentley were successful and are now instated as State Referee's.

## **CLOTHING AND OTHER ITEMS**

CWC still has Club T-shirts for sale. Buy one for your self, they also make excellent gifts for friends and relatives.

The QWA also has boots, socks, training diaries and many other items for sale at affordable prices.

## PHOTO ALBUM

CWC is compiling a photo album which will be used as a tool to obtain future sponsorship for the club. If you have any photo's of your self that you believe will positively contribute to the album then pop them into an envelope and hand them over to Debbie Keelan.

## PEOPLE NEWS

Congratulations Ralph Hamilton, Debbie Keelan, Miles Wydall and Beth Isaac who were recently voted on to the QWA Inc Management Committee. CWC is very proud of your appointments and wish you an enjoyable and rewarding term with every success in your new portfolio's.

## BRISBANE AND DISTRICT LEAGUE COMPETITION

This competition provides the opportunity for lifters to set short-term goals. Lifting in these competitions gives lifters 'platform' experience and gives you an opening to be become 'one of the team'.

Teams can be made up of 3 persons, male or female. The first round is scheduled for a Sunday, 30th April 'Lift-Off' so we need to get ourselves organised and ready to blast off.

Any one interested in forming a team should seek out Leo Isaac or Michael Keelan for registration as a team member - **THIS SHOULD BE TREATED AS A MATTER OF ABSOLUTE URGENCY.**

## COMING EVENTS

Date	Event	Venue
April 22	Selection Team Trials	Chandler
April 22	Development Squad Meet	Chandler
April 29	Coach Update Seminar	Chandler
May 6	Senior Squad Meet	Chandler
May 12	Qld Regional Schools	Chandler
May 21/22	Level 1 Coaching Course	Chandler
May 27	National Age Team Challenge	Canberra

*Don't Forget - To be successful you must accept that you determine your own destiny by taking responsibility for your actions. If we all become people of action, are optimistic and think in terms of possibilities, CWC will attain the highest of achievement levels.*

Michael Keelan  
Editor April 1995