



Stars for the future



Star for the future
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Dear Sir/Madam

Re: Junior Strength and Conditioning and Weightlifting Programme

I wish to introduce, both, myself as a 'World Class weightlifting and Strength and Conditioning Coach' and, a proposal for your local area which could involve your organisation. As a former competitor having competed at the Olympic Games, World Championships and other international competitions, I am eager to develop junior weightlifting and strength and conditioning programmes linked with Volleyball across the Secondary Schools in the West London Area.

My philosophy about strength and conditioning and weightlifting training for juniors is that it must be conducted by a well-trained coach; take place in facilities equipped to support safe training practices, and should be enjoyable and educational. With current concerns over childhood obesity and the general mental health of children and young people, I believe a skill-based weightlifting programme is paramount for students as it provides them with a wide variety of general athletic preparation, improving movement literacy which will benefit all sports activities. Crucially, such programmes also contribute to physical conditioning, mental assertiveness, and building confidence; all factors which are indispensable life requirements. The benefits of strength and conditioning (through weightlifting) training for young people are unquestionable and, indeed, are considered an essential element in preparing them for lifelong health, well-being and for competition in any given sport.

Testament to the benefits of such programmes is the young and talented upcoming junior Zoe Smith. As a 15 year old student from London, Zoe is the currently the best female weightlifter in Britain and is changing the shape of weightlifting; a sport wrongly seen as detrimental to the health and growth of adolescents. Contrary to these myths surrounding weight training, this sport is for everyone regardless of age, gender, and ability. I have worked with a variety of lifters ranging from novice to international level, and I am currently coaching at St Marys University (Twickenham) British university champion in 2011, Perivale athletic track (Alperton), along with coaching few current U13, U17, U20 British champion lifters from West London schools and coaching England national team.

Besides my strong strength and conditioning credentials I am also a qualified volleyball coach and an active member of the Richmond Volleyball (2010 London Sports Club of the Year provided by Pro-Active organization) coaching team. I deliver volleyball as part of the RV schools programme. Furthermore, I am their strength and conditioning coach delivering a programme for the national junior and senior players.

The aim of the proposed project is to run 10 sessions in you school, either as part of the Physical Education curriculum or, as part of an after-school club. These sessions will focus on teaching young people how to improve movement literacy and lift with the use of weights safely and effectively. Another aim of the project is identify potential students to be trained in

the West London weightlifting squad for either under 13, under 16 and under 18. The project is endorsed by the British Weight Lifting association (BWL).

I am keen to have a mutually beneficial conversation between us to discuss how we can work together and create a Strength and Conditioning programme for your school linked with the London Youth Games.

I look forward to hearing from you soon.

Kind regards,

Kazem Panjavi
British Weight Lifting coach

BACKGROUND/ACHIEVEMENTS CREDENTIALS:

COACHING EXPERIENCES

Coaching international and national level

- World University Games – Turkey 2002 (5th),
- GB European Senior Championships – Ukraine 2003 (8th),
- World University Games – Italy 2003 (3rd),
- GB European Youth Championships – Norway 2003 (4th-6th-8th),
- GB Seniors Commonwealth Games - Malta 2004 (1 gold-1 silver- 1 Bronze),
- GB Olympics 2004
- GB European u23 Championships – France 2005 (2nd),
- England team coach in international century event in York Sep 2011

London Youth Games boys and girls: Hounslow - Ealing - Hillingdon

Gold (2002, 2003 & 2004),
Silver (2006) ,
Bronze (2005 & 2007 & 2011).

COMPETITOR

- World Cup - Bulgaria 1992 (2nd),
- Olympics - Barcelona 1992
- World Championships –Germany 1991 (13th).
- Asian Championships – 1989 China 4th-1991 Tehran 3rd -1993 Tabriz 2nd ;
- British Championships - Manchester 2001 (1st);
- World Master Games - Australia – 2002 (1st); - make new record for Game
- World Master Games - Edmonton-Canada – 2005 (1st);