



9<sup>th</sup> February 2011

Dear Reader,

A warm hello to you from Newcastle's first [Olympic Weightlifting Club "Raise The Bar"](#), which is always on the lookout for young, strong, talented and gifted local youth.

First of all, I would like to thank [British Weight Lifting](#) and [Northern Weight Lifting](#) for giving our newly-established club very expensive training kit, which allows our local children and youth to have the very best start in Olympic weightlifting. Without this kit, weightlifting activity simply could not have been promoted, and the potential talent of our lifters may not have been discovered.

I would also like to thank the [Newcastle Sports Partnership Manager, Joyce Matthews](#), for her continuous support of the club's extra-curricular activities in local schools such as Walker Technology College; Heaton Manor; Newcastle School for Boys; Sacred Heart; Hadrian School; and Excelsior Academy. Two of our local schools, **Heaton Manor and the Newcastle School for Boys, are now annual members of British Weight Lifting**, which benefits all of their pupils.

Equally, the club could not have been established without the continuous dedication and funding of the **Newcastle City Council**, who is also housing the club outside of school hours at **Elswick Pool**, weekly. They are still investing in additional equipment for the club where our [young lifters train every Monday from 5.30pm-6.30pm](#), and adult lifters train [every Friday from 5.30-6.30pm](#).

Finally, without parental consent, our lifters would not be training with us, so a huge thank you to all of the **parents and guardians**, who allow participation in our Olympic Weightlifting sessions since the start of the club in May 2010.

On the 12<sup>th</sup> of December 2010, some of our lifters travelled to the British Weight Lifting training camp, held in Leeds Metropolitan University. The point of the trip was for the young aspiring weightlifters to experience the "bigger picture", and to see why safe and sound technique is so important. On that day, a lot of elite weightlifters gathered to train together, which went very well, indeed.

Today, our school-aged lifters (from Heaton Manor, Saint Marys, and St' Cuthbert's schools) are busy training for their **first ever competition**, in Mytholmroyd (Halifax). British Weight Lifting has scheduled a competition for **Northern Juniors + League Match 1**. Young lifters will be competing in teams of three, and the score of all three lifters will be recorded. Girls will be in one group and boys in the other. The team that scores highest overall will win. It will be a great experience for all involved.

On the **morning of Saturday 26<sup>th</sup> February**, the competition day, **by 9am** they will be ready for their weigh-in. All our schools will be competing as one team, "Team Newcastle". We will be going in our club's own branded attire (photos will follow).

We will be back with an update, but for now thank you for reading this newsletter. If you would like any more information or would like to try weightlifting, please come to one of our sessions or email me:- [vika@raisethebarnewcastle.co.uk](mailto:vika@raisethebarnewcastle.co.uk). Remember, no previous experience is needed, and everybody is welcome!

Yours in Sport,

Vika De Giorgi (*The Head Coach*)

For more information about the club times and locations, please contact Head Coach Vika De Giorgi on 07989 235 384 or email [vika@raisethebarnewcastle.co.uk](mailto:vika@raisethebarnewcastle.co.uk) [www.raisethebarnewcastle.co.uk](http://www.raisethebarnewcastle.co.uk)