

OCEANIA WEIGHTLIFTING INSTITUTE & ACADEMY NEWS.....



The first group of lifters taking advantage of the facilities at the Oceania Weightlifting Institute in Samoa since its opening in the month February, was the Australian Junior and Youth squad. They spent eight days in Apia.

The Australian squad consisted of Sienna Lambert, Chloe Perkins, Ashley Kolomoisky, Chloe Saliba, Lily Austin, Nya Hayman, Taia Moni Pakoti, Kimberly Dunn, Isabel Grylls, Indiana Wilson, Juliana Ghetto, Celine Huynh, Nelson Cheng, Samuel Honeywood, Tiago Hallen, Corey Horsburgh, Jacob Stanley, plus, Eileen Cikamatana who took the opportunity to train for a week in Samoa. The officials were Paul Coffa, Miles Wydall, Jackson Solofa, Vanessa Kerr, Dimi Poulos and Lilly Coffa.



The lifters were accommodated at the institute quarters, only 50 meters away from the training centre with meals served also at the accommodation quarters.

The training was intense every day, twice a day. It was also very closely supervised and monitored by the coaches. A test was held at the end of the week with 28 Personal Best performances being achieved. A fantastic performance by everyone, and again the test was closely monitored by all coaches.

Some of the best performances from our lifters were Nelson Cheng at 71kg bodyweight snatch 104kg and jerked 136kg, Taia Moni Pakoti clean & jerk 112kg, Chloe Perkins at 53kg bodyweight snatched 77kg and jerked 95kg. Tiago Hallen clean & jerked 155kg. There were so many others great performances.

The squad also enjoyed every day watching the Samoan machine training, witnessing the massive lifts, such as John Tafi cleaning 180kg at 71kg bodyweight, teenager Emanuel Ulimasao 180kg clean & jerk at 88kg bodyweight with Sanele Mao impressing everyone with a 350kg squat – a truly mesmerising performance.

Special thanks must go to Jerry Wallwork, the President of Samoa Weightlifting and the person in charge of the Institute for his very kind hospitality for taking out the entire squad for dinner twice during the week. The Training Camp was truly successful in every way.



HE Will Robinson -Australian High Commissioner to Samoa trying to lift.



HE Will Robinson with the Australian Junior and Youth squad in Samoa



HE Will Robinson with our two female coaches Vanessa Kerr and Dimi Poulos at the Institute in Samoa



Paul Coffa having a chat to the squad



Lily Austin power snatch 75kg



Taimoni Pakoti Clean & jerk 112kg



Nya Hayman Cleaning 110Kg



The Aussie female squad relaxing after a solid training session.



Our five junior boys in Samoa, Nelson Cheng, Samuel Honeywood, Tiago Hallen, Corey Horsburgh and Jacob Stanley.



Tuaopepe Jerry Wallworth , new Executive Board member of the IWF welcomes the Australian High Commissioner to the Oceania Weightlifting Institute and Academy.



A special night to our Australian and Samoan squad organised and sponsored by Jerry Wallwork



Chloe Perkins power cleans 80kg.