



There is no rest !!

There is no stoppage for Institute lifters. There is no rest. One tournament finishes, another tournament is being prepared for. This is the story of the Oceania Institute lifters based in New Caledonia.

Only two weeks ago, the Institute lifters returned from Brisbane from the Oceania Championships, with a lot of medals, gold, silver and bronze, including the best male and female lifters of the championships. And they are already in preparation for the upcoming **PACIFIC MINI GAMES** to be held in Wallis & Futuna from the 3rd to 5th September. These are the three dates of the weightlifting event.



Dika Toua – PNG, 53Kg wins best female lifter at the Oceania championships in Brisbane.



David Katoatau –Kiribati 105Kg wins the male best lifter.



Lifters from 12 countries are currently training at the Institute in Mont Dore. The institute is now at full capacity. There is no more room available unfortunately to take other lifters. The lifters who are here come from New Caledonia, Niue, Cook Islands, Tuvalu, Fiji, Solomon Islands, Papua New Guinea, Kiribati, Nauru, Marshall Islands, Palau, Federated States of Micronesia.

Amongst these lifters, 11 of them were at the London Olympics representing their country. Currently they are all focussing on the Mini Games in Wallis where they expect to win most of the gold medals on offer and the rest of the gold medals are likely to be won by former institute lifters.



The Oceania Weightlifting Institute in Mont Dore- New Caledonia

The Institute has been and is a great success. There are no other institutes similar to this in the region, which caters for elite performances and a development program for juniors. In addition to this, the institute also runs an Oceania Coaching Diploma (sport specific for weightlifting) which is recognised and endorsed by the IOC and the IWF.

FRENCH SPORTS OFFICIALS VISIT THE INSTITUTE

The Institute on Friday 2nd August was visited by a French delegation of sporting champions and officials. The Delegation consisted of :

- Laura Flesel-Colovic , twice Olympic gold medallist , world and European champion in Fencing
- Anne- Caroline Graffe, Olympic silver medallist and World and European Champion in Judo
- Lara Grangeon, London Olympic representative, third at the Europeans and French champion in swimming.

- Tony Estanguet, Three times Olympic gold medallist , world and European Champion in Canoeing.
- Christian Karembeu, team member 1998 France FIFA World Cup champions , 2000 European Champions and playing with great teams such as Sampdoria (Italy) Real Madrid (Spain) , Middlesbrough (England) ,Olympiakos (Greece).
- Dominique Charré, Deputy Director of Sports in the French Ministry of Sport and Education.
- Felicia Ballanger, Three times Olympic gold medallist, world champion and world record holder in cycling.
- Claude Fauquet, Consultant in high performance sports and management.
- Gilbert Avanzini, specialist in sports psychology and past Director of sports at the French Sports Institute.
- Gianni Cappai, co-ordinator of high performance sports at the Institute of Sport in France.

This elite group was accompanied by the CTOS President, Charles Cali, the Executive Director, Michel Quintin, the Acting President in New Caledonia in weightlifting, Jean-Paul Robelin, The DJS-NC Director Pierre Forest, the DJS-NC Education/Formation Service Jean-Paul Badosa, and the Adviser to the Sports Minister Sylvian Raffard Artigue

This conference was organised by the New Caledonia Government in partnership with the CTOS and the emphasis was on high level sports performances leading up towards 2016 – 2020. The delegation was very impressed with the operation and success of the institute as well as the discipline. **Below are some of the photos taken during their visit to the Institute.**



From left: Mr Gianni Cappai, Mr Claude Fauquet, Mr Gilbert Avanzini, and Mr Dominique Charre are introduced to the athletes.



Manuel Minginfel from FSM, Paul Coffa, Christian Karembeu , Lapua Lapua from Tuvalu and Tony Estanguet.



The French Sports Officials and sports superstars together with New Caledonia Government officials, leaders of the Comité Territorial Olympique Sportif and all the lifters of the Oceania Weightlifting Institute.



Sylvian Raffard Artigue introduces Tony Estanguet the triple Olympic Gold medallist in canoe and Member of the I.O.C.



Paul Coffa introducing the Institute lifters to the official guests.

WEIGHTLIFTING MOVING TOWARDS THE NORTH

The CTOS which is presently running the sport of weightlifting has embarked on a promotional program in developing the sport throughout the country. Currently they are focussing on different towns in the North Province. On Saturday 27th July an exhibition was organised by Christele THIRION LACROIX, Directrice du Comité Provincial Olympique et Sportif Nord in Poya. It was an excellent afternoon where the sports officials of Poya including the Mayor were in attendance. They were delighted in having so many Institute Oceania champions lifters coming to Poya and very much look forward in forming a weightlifting club in Poya. The next town that the Institute lifters will visit is the town of Canala also situated in the North province



David katoatau from Kiribati , the Oceania champion show how to lift 180Kg in the clean & jerk lift.



A group of local Officials and kids posing with some of the Institute lifters.

2013 PACIFIC MINI GAMES TABLE TIME FOR WEIGHTLIFTING – WALLIS & FUTUNA

Sunday 1 September

Verification of entries - and Technical meeting 10.00am

Tuesday 3, 2013

Session 1 - 11:00	Weigh in - 09:00 to 10:00	48Kg & 53kg Women
Session 2 - 13:00	Weigh in - 11:00 to 12:00	56kg Men
Session 3 - 15:00	Weigh in - 13:00 to 14:00	58Kg & 63Kg Women
Session 4 - 17:00	Weigh in - 15:00 to 16:00	62kg Men

Wednesday 4, 2013

Session 5 - 11:00	Weigh in - 09:00 to 10:00	69kg Men
Session 6 - 13:30	Weigh in - 11:30 to 12:30	77kg Men
Session 7 - 16:00	Weigh in - 14:00 to 15:00	69kg Women
Session 8 - 17:30	Weigh in - 15:30 to 16:30	85kg Men

Thursday 5, 2013

Session 9 - 11:00	Weigh in - 09:00 to 10:00	94kg Men
Session 10 - 13:00	Weigh in - 11:00 to 12:00	105kg Men
Session 11 - 15:00	Weigh in - 13:00 to 14:00	75Kg & 75+Kg Women
Session 12 - 17:30	Weigh in - 15:30 to 16:30	105+Kg Men

(Please note that this timetable is subject to change once all entries have been received)

Also please note that medal ceremonies will be at the conclusion of each session.

