



Girevoy Sport Australia Association
President's Report 2015-2016
Annual General Meeting
16th October 2016, 9 am

President's Message

Once again it's been a great pleasure to represent the GSAA as President for a second term. Today's meeting was originally scheduled for 7th August 2016, after the Nationals, but was postponed until today. Over the past two years as President I have done my utmost to work towards the growth of GSAA together with the Committee, and also to promote kettlebell sport in Australia. It's an honour and privilege to present this Report and chair the AGM.

I would like to take this opportunity to thank everyone who has supported GSAA during 2015-2016 including Committee members, GSAA members, coaches, competitors, judges, friends and family. A special thank you to Don Grant and James Ross for hosting GSAA comps this year. A huge congratulations to coaches who trained and developed kettlebell sport teams. I especially wish to express my thanks to those who elected me as GSAA President from 2014 to 2016. It's been an honour to be given this responsibility. It goes without saying that the big GSAA Team Australia's athletic achievement overseas was the result of many years promoting IUKL and GSAA, local and Australian international representatives inspiring others to compete over the years, GS coaches, training, athletes – in summary years of hard work and wasn't achieved overnight. GSAA has played an important role in the general community's awareness of kettlebell sport in Australia. In addition I am proud to have launched kettlebell sport for two years at the Arnold Classic Australia. Sponsored by Kettlebell Athletica, the Arnold Classic Australia was attended by many members of GSAA and other athletes from around Australia and the globe. In 2016 the number of competitors increased and I believe that this event further promoted kettlebell sport in Australia and also has in some way contributed to the increased membership of the GSAA.

Below are the milestones of the 2015-2016 period, some details of highlights of the year, and in addition I have taken this opportunity as part of my President's Report to mention some of my contributions to GSAA over the last several years.

Some GSAA Highlights and Challenges

Although there have been challenges to overcome the outstanding highlights and results of the past year are evidence that Kettlebell Sport and GSAA are growing in popularity. The goal to grow GSAA has succeeded. The growth in available GSAA funds is due to the growth in the number of financial members, compared to the previous financial year. Also GSAA sent the largest IUKL Team Australia to the IUKL World Championship. Following on from this we also had the largest number of competitors at our 7th GSAA National Championship since 2013, which was a great

success. In addition the launch of GSAA's new website, kettlebell sport for juniors has been introduced into two school in Victoria. In the last financial year, and to date, we also had online meetings on 25th July 2015, 27th September 2015, and 7th August 2016, following the Nationals, which is an improvement in comparison to having one AGM per year in previous years prior to my term as President.

Some of the most important challenges for the Committee have been to become familiar with the NSW Non-Profit Association legal guidelines; and also to work within the GSAA Constitution's Rules and Regulations. Other challenges included the lack of communication between some Committee members making it difficult to work together as a team and to make decisions. New Committee members also needed to become more familiar with their roles so that the GSAA tasks could have been shared more fairly.

Unfortunately, no GSAA Regionals were held outside of Victoria in the past two years. Indeed, Victoria has proven its commitment over the past several years hosting Regional events in addition to 4 National championships. I have personally hosted 3 National and 3 Regional GSAA competitions, IUKL World Cup at my KBA gym and in Dec 2015 in addition to several other competitions. I found it very challenging to find a reliable host/gym to organise a GSAA Regional outside of Victoria. Several scheduled events were cancelled in Queensland, Perth WA, and in Sydney NSW. At the last minute I personally had to host the GSAA Regionals and 2nd IUKL World Cup in 2015, an event which had been scheduled and abruptly cancelled 3 times by different gyms. It was not easy to have to step in at the last minute to host and organise another competition in Melbourne, on top of others I host in Melbourne. Clearly this Report signals that it's time for other club owners to step up and share the responsibility for GSAA. Although the committee discussed the GSAA Calendar, I found that I had to coordinated all events instead of the Events Director who did not contribute in organising a single event in Australia over two years. The challenge for the future GSAA Events Director/Coordinator and Committee is to contribute and construct a plan for GSAA competitions to be held regularly throughout the year around Australia. For example, one Regional per state could be held in addition to the GSAA Nationals, in Queensland, NSW, and WA.

GSAA Committee Members

The GSAA is pleased to announce Saga Wesman filled the position of the Public Officer in 2015, following the resignation of Vladimir Rakic who had offered to step in for one year only. We also thank Roger Ruzzier for offering to create and launch the new GSAA website, stepping in to fill the IT Website Committee position.

As of the end of this 2016 financial year the current Executive Committee members are as follows: GSAA President: Jad Marinovic; Vice-President: Scott Carroll; Secretary: Roger Saheli; and Treasurer: Rebecca Dakers-Carroll, Public Officer: Saga Wesman. The General Committee members are: Membership Officer: Claire Maidement; Events Director/Co-ordinator: Jessica Wadd; and Girevoy Sport Science Advisor: James Ross.

A special thanks to Roger Saheli for his support and hard work as Secretary over the past two years and with former committee since 2010, Jessica Wadd for organising the Team Australia uniforms and IUKL Australia Team in Dublin, Roger Ruzzier for launching new website and helping to transfer information from the old website together with myself and Roger Saheli, and all other committee members for volunteering their help and supporting GSAA.

We also thank the resigning Committee members: Vice-President, Scott Carroll and Treasurer: Rebecca Dakers-Carroll, who will not be re-nominating for future Committee positions.

IUKL Representative

I confirm that I will continue in my role as the official IUKL Representative for Australia, a position which is appointed by IUKL and/or appointed by current IUKL Representative.

Membership

Our number of members has more than tripled compared to a year ago, at end of financial year. We have 42 members, which is 28 more than the last financial year. Note: list prepared by our Membership Officer sent on the 5th August 2016 was not up to date.

The following GSAA Membership/Registration process, and GSAA/host fee split, was proposed via the Committee Page by Jad Marinovic and Roger Saheli. When we received no further comments from all committee members we trialled and tested it in two GSAA competitions (GSAA 2015 Victoria Regionals and 2015 GSAA Nationals). The goal was to offer members a discounted fee and to streamline the process rather than have two separate fees. The membership/Registration process was trialled as follows:

1. Athlete to fill out GSAA Membership form only.
2. Athlete pays registration fee of \$120 Nationals/ \$80 Regionals
3. The registration fee will be split 50/50 between the host and GSAA so that the host can cover costs of medals, certificates, etc. and so that GSAA covers costs running the Association/insurance, etc. Following the trials the committee voted against it, and so the process reverted back to two separate fees (GSAA Membership and GSAA Competition Registration which was how it was prior 2014!)

Note: We have also introduced an automated form on the new GSAA Website for new members.

Treasurer's Report

The Treasurer's Report for 2015—2016 was not received in a timely manner before the scheduled AGM after the 2016 GSAA Nationals. As a result, the AGM was rescheduled for 16th October 2016. The Treasurer's Report was presented on a spread sheet which breaks down transactions into a month by month format. Annual Membership fees, GSAA Insurance cover, annual IUKL membership and competition registrations are summarised, and generally reflect the information on the bank statements. Information regarding financial members is on the bank statements include their name and electronic transaction details. However I recommend in the future that invoice/reference numbers could also be included in the spread sheet. Note: Since receiving the bank statements it appears that not all bank debit and credit transactions have been included in the Treasurer Report in the past 2 years. Also note: I have personally had to step in to remove a former Executive Committee member's access to the GSAA bank account myself.

I confirm that there is more money and transaction activity in the GSAA bank account in 2016 than 2015 which reflects the increased membership and competition registrations. The GSAA bank account balance at the end of this financial year, 30th June 2016, was \$2,462.94. There would have been more money deposited into the account in 2016 if we had held more GSAA Regionals around

Australia. Note: two other GSAA comps were scheduled however the GSAA Queensland Regional was cancelled; and the GSAA Victorian Regional funds were donated to a very worthy charity.

GSAA Ranking Table/New Events (AKA/IUKL/IKSFA)

Since 2012, GSAA is celebrating its 5th year in partnership with IKSFA, and is currently using the international AKA/IUKL/IKSFA Ranking Table Rules and Regulations, which offers GSAA members prestigious internationally recognised ranks. In the last financial year more events have been added to the Ranking Table which include women using double kettlebells for LC and Biathlon. Note: Women need to rank CMS before MS, etc. under this Ranking Table only. Also please note that this is not the same Ranking Table used at the IUKL World Championship!

GSAA: e-Communications / Marketing

GSAA New Website Launch

GSAA launched the new GSAA Website which will reflect the Association's growth and showcase GSAA achievements over the last decade, as well as giving members a single updated reference point for GSAA Events. An online membership form has also been created.

GSAA currently have the following social media pages:

GSAA Members: The current 'Closed' GSAA Members Page is for financial members only. The Members Page has also been set up to be the GSAA internet forum and/or message board.

GSAA Girevoy Sport Australia Committee 'Members Only': This page is a 'Closed' group created for the GSAA Committee and IUKL Representative.

GSAA/IUKL 'Team Australia': This page is a 'Closed' group set up for qualified IUKL Australia Team members, the GSAA Committee and IUKL Representative.

Fan Page: The GSAA/IUKL Fan Page was created for the 'Public' to promote competitions, GSAA Member athletes, coaches and students. GSAA clubs, Education, Picture and Video Gallery, GSAA Member blogs, and promotion of IUKL 'Team Australia', etc.

Note: I highly recommend that for the GSAA Fan Page GSAA needs a Marketing person and/or head club coaches to contribute, etc.

Kettlebell Sport in our Schools

An exciting milestone in kettlebell sport in Australia is that one of GSAA's members, Hayley Lethlean and Rockhard, have introduced kettlebell sport into two schools in Bendigo, Victoria, and is currently training up to 12 primary school aged children.

GSAA/IUKL Competitions and Events Highlights

GSAA 2015 Nationals

Congratulations to all competitors who competed at the GSAA National Championships hosted by Scott Carroll at Kettlebell Garage in Queensland. Please refer to last year's President's Report for more details.

GSAA 'Australia Team' at 2015 IUKL World Championship

Another huge milestone event for GSAA was sending the biggest team overseas to represent Australia at the IUKL World Championship. Congratulations to Team Australia athletes: Kristian Karlsen, Daniel Hutchinson, Claire Maidment, Jessica Wadd, Roger Ruzzier, Shannon Pigdon, Valerie Abbott, Cheryl Schneider, Katey Krasch, Kristina Ramsay, and Jo Morgan, for your outstanding achievements representing Australia at the 2015 IUKL World Championship held in Dublin, Ireland on 25-29 November 2015. GSAA members are very proud of all your accomplishments!

2015 IUKL Team Australia results: PROFESSIONAL 32KG LONG CYCLE: Kristian Karlsen 32kg/46 reps/place 8 in 85kg w/c. Daniel Hutchinson 32kg/53reps/place 5 in 95+ w/c. PROFESSIONAL 24KG SNATCH: Jessica Wadd 24kg/29 reps/place 9 in 68 w/c, Claire Maidment 24kg/65 reps/place 12 in 68+ w/c. AMATEUR 24KG LONG CYCLE: Roger Ruzzier 24kg/77/place 17 in 85 kg w/c. AMATEUR 24KG BIATHLON: Shannon Pigdon 24kg/153 points/place 15 in 85 kg w/c. AMATEUR 16KG SNATCH: Valerie Abbott 16kg/102 reps/place 23 in 63kg w/c, Cheryl Schneider 16kg/188reps/place 22 in 68+ w/c, Kate Kraschrefski 16kg/76reps/place 51 in 68+ w/c. VETERAN 16KG SNATCH: Kristina Ramsay 16kg/103reps/place 5 in 68 w/c (age group 45-49), Claire Maidment 16kg/163 reps wins Silver in 68+ W/C (age group 35-39). VETERAN 12KG SNATCH: Joanne Morgan 12kg/196reps/place 4 in 68+ (age group 50-54).

IUKL commented that the nominated Australian representatives for GSAA did not attend the IUKL Conference and open Board Meeting although I had organised two representatives to attend in my absence via the Australia Team and Committee page.

GSAA Melbourne Regional Championship 2015

Congratulations to all competitors who competed at the GSAA Melbourne Regional Championship hosted by Jad Marinovic and Kettlebell Athletica at Advantage Fitness.

Results: BIATHLON: Jason Crook 1st 32kg/57.5 points in 85kg w/c, Nick Efthimiou 1st 28kg/108 points in 85+ w/c. SNATCH ONLY: Shannon Pigdon 1st 24kg/123 points in 85kg w/c, Cheryl Schneider 1st 20kg/105 points in 68+ w/c. LONG CYCLE: Barbie Keller 1st 20kg/114 points in 68+ w/c RANK CMS (ISKFA), Jenny Fletcher 1st 16kg/113 points in 68+ w/c RANK 1(IKSFA), Wendy Newman 12 kg/120 points in 68+ w/c RANK 2 (IKSFA), Ellie Parmenter 12kg/112 points in 68+ w/c RANK 2J (IKSFA), Sarah Jenkin 12 kg/107 points in 68+ w/c RANK 2 (IKSFA).

GSAA Victoria Regionals 4th April 2016

This competition was hosted by Don Grant from Rockhard gym in Bendigo. Athletes participated in this kettlebell sport competition to raise funds to help Natalia Rudneva in her fight against breast cancer. Registrations and proceeds went towards Natalia's recovery.

For those of you who would like to contribute to this worthy cause simply follow the link below, or via Paypal, to donate towards Natalia's recovery.

"Dear friends, I'm applying to you for help. My wife has got breast cancer, the 3d stage. She needs surgery, with subsequent treatment in South Korea. The cost of operation is \$25000. The full cost of the treatment is \$75000. I will be grateful to you for any assistance and support. "
PayPal: rs13212@yahoo.com "

Note: The GSAA Regional that was scheduled in Queensland, to be hosted by Jessica Wadd and Scott Carol, was cancelled.

GSAA National Championship 7th August 2016

A big congratulation to all competitors who achieved outstanding results competing at the 2016 GSAA National Championship and athletes who qualified for the IUKL Team Australia to represent at the 2016 IUKL World Championship which will be held in the Republic of Kazakhstan, Aktobe October 26-30, 2016. This event was hosted by James Ross at The Richmond Gym in conjunction with GSAA on 7th August 2016! Also Digital Timers sponsored by Kettlebell Athletica. Please refer to the GSAA Website all results.

2016 Qualified IUKL Team Australia Members at the GSAA Nationals!

Professional Division: Jason Crook, James Ross and Daniel Hutchinson, Steph Jessup, Jessica Wadd and Cheryl Schneider. Amateur Division: Adam Waters, Shannon Pigdon, Samuel Murray, Doug Kelly, Valerie Abbott, Saga Wesman, Sharyn Millis. VETERAN Division: Hayley Lethlean, Jenny Fletcher, Jo Morgan

GSAA 'Australia Team' at 2016 IUKL World Championship

I am pleased to announce that we have 9 athletes from GSAA representing Australia this year at the IUKL World Championship. All have qualified at the 2016 GSAA Nationals, and in addition 4 members of the Australia Team will be competing in the 2nd Women's Long Cycle Trials. Following the huge success of the first IUKL International Women's Long Cycle Trials in Latvia, IUKL are extending the Women's Long Cycle trials into this year's World Championships in Kazakhstan. This means female athletes interested in competing in Long Cycle (single or double kettlebells) will have the opportunity to do so at the 2016 IUKL World Championships. At the 2nd IUKL WOMEN'S LONG CYCLE TRIALS Steph Jessup, Valerie, Saga Wessman and Cheryl Schneider will also be participating in this event.

Competing: PROFESSIONAL 24KG SNATCH: Steph Jessup w/c 63kg, Jessica Wadd w/c 68kg, Cheryl Schneider w/c +68kg. AMATEUR 24KG BIATHLON: Shannon Pigdon w/c 85kg, AMATEUR 24 kg LONG CYCLE: Doug Kelly w/c 95 kg. AMATEUR 16 kg SNATCH: Saga Wessman w/c 58, Valerie Abbott w/c 63kg, Sharyn Millis w/c 68+. VETERAN 12 kg: Jo Morgan 50-54 w/c +68kg.

Another highlight is the preliminary agreement to officially add Women's Long Cycle into the 2017 IUKL World Championships.

On behalf of all GSAA members I am excited to wish the Team Australia athletes all the best of luck and safe travels as they make their way to Kazakhstan to compete representing Australia.

A special thanks gym owners Don Grant from Rock Hard and James Ross from the Richmond Gym

for also hosting events in Victoria.

I have once again put forward a proposal to allow GSAA athletes to qualify at GSAA Regionals in the Amateur, Veteran and Juniors Divisions which will be voted on at the AGM which will no doubt result in a larger IUKL Australian team to represent Australia at the IUKL World Championships.

My GSAA Journey

GSAA has been an integral part of my life for the past several years. Many GSAA members may be aware of my contribution to kettlebell sport but for those new to the sport I'm proud to have this opportunity to share my experience. It's been an awesome experience to be a part of the evolution of kettlebell sport in Australia, as an athlete, a coach, a host and a sponsor promoting the sport in Australia and around the world over the past decade. My journey with GSAA began in 2008 when I first met Paul Tucker, the former President of GSAA at the Steve Cotter Workshop by IKFF in Melbourne. At the time I was already involved with kettlebell training for fitness as a PT coach. I had already opened a dedicated commercial kettlebell gym 'Kettlebell Athletica' offering PT, Classes and Certified Workshops, plus manufacturing and distributing my own brand of competition kettlebells, offering 2 kg increments for GS athletes. Following my meeting with Paul Tucker I acted on my passion for kettlebell sport by travelling to Tasmania to train with him, and discuss with him ways to grow kettlebell sport with GSAA. After my trip to Tasmania the seed was sown to host and sponsor GSAA competitions in Melbourne from 2010 to date. At the same time I engaged the services of a champion Russian coach, Sergey Rachinskiy. I have brought my valuable experience of representing up to five various international organisations to the GSAA Committee over the past several years. In addition, I have also regularly run events outside of GSAA representing different associations, including forming a partnership at the Arnold Sports Classic, offering athletes different events and Ranking Tables to compete under and compete against up to 20 countries as part of the WGP. Also, to further help grow the sport I have personally invited and hosted international guests, and Kettlebell Sport Certifications, for athletes around Australia and GSAA members, since 2010. International kettlebell athletes have included the participation of Vasily Ginko, Sergey Rudnev, Sergey Rachinskiy, Denis Vasilev, and Anton Anasenko, to run coach certifications in addition to certified KBA and AKI kettlebell workshops. I have also promoted kettlebell sport as an athlete competing nationally and representing Australia in international competitions since 2010. , After several years being on the GSAA committee as Secretary, as Competition Advisor, and in the past two years as President, I will continue to support GSAA in the future as club member, and athlete, and also I will remain as the IUKL Representative. This week I will upload on to the new GSAA website, 10 Years of kettlebell sport highlights, as well as highlights of my own kettlebell journey.

Finally, as the outgoing President I sincerely wish the incoming President and the new GSAA Executive Committee, when elected, the best of luck in the coming year. As you know, and I herewith confirm, I will not be standing for re-nomination for President, or any position on the new Executive Committee positions at this AGM. After several years on the GSAA Committee I am forced to take a much needed break due to increasing workload and family commitments. Once again a big thank you to everyone for supporting GSAA during the past two years including Committee members, GSAA members, coaches, competitors, judges, friends and family.



Jad Marinovic
President GSAA & IUKL Representative