



To whom it may concern:

I am pleased to testify to the Coaching experience, coaching results and coaching expertise of Western Australia Weightlifting Federation President Bob Pavone.

I have known and worked with Bob for over 30 years, first as an athlete on Australian International teams and then as he progressed to coaching and administering the sport of Weightlifting in Australia.

I am pleased to report that he has an outstanding record of producing weightlifting champions. However, he has also branched out into the field of using advanced and sophisticated weightlifting techniques in the rehabilitation of the handicapped. This has been ground breaking work and his results both in the physical and mental advancement of these people has been quite amazing.

Bob is a Level 2 Australian Weightlifting Federation accredited coach. This qualification is recognized by the Australian Sports Commission and also recognized by Fitness Australia. In fact Fitness Australia give successful Level 2 candidates 15 credit points toward their accreditation – their total is 20.

I have no hesitation in recommending Bob to any coaching or accreditation organization.

Respectfully submitted,

Lyn Jones

Australian Weightlifting Federation Director

Member of International Weightlifting Federation Coaching & Research Comm.

Chair Commonwealth Weightlifting Fed. Coaching Committee

Life Member Oceania Weightlifting Federation

Gold Order member of International Weightlifting Federation

Former National Coach, USA Weightlifting Federation

Member of the Board of Management, Commonwealth Games Australia