

DIMAS' WEIGHTLIFTING SEMINAR PROMISES TO BE AN...

UPLIFTING EXPERIENCE

Pick of the day

Get a taste of the exhilarating world of weightlifting during Dimas' seminar in Dubai. Check out Burn Room gym's Facebook Page

By Amna Al Haddad

One of the greatest ever Olympians is coming to Dubai to host a seminar for athletes interested in the sport of weightlifting.

Pyrros Dimas, a retired Greek weightlifter and currently the president of the Greek Olympic Federation, took the sport by storm after he migrated to Greece from Albania in 1991. He won gold medals at three consecutive Olympics; Barcelona in 1992, Atlanta in 1996 and Sydney in 2000 along with a bronze – despite a knee injury – in Athens in 2004.

And now he will pass on his knowledge to budding weightlifters during the seminar, which will be held at the Burn Room gym on August 21 from 18:00. There will also be a competition round the next day at 10:00.

"The fact that I was invited to Dubai makes me very happy," said Dimas, also a three-time world champion. "It was something that I really want to do because I have a feeling that it will be something different. I really want to see how the world of Olympic weightlift-



Show your skills: Dimas' seminar will be followed by a competition the next day.

ing is in the UAE. We all know that Dubai is one of the cities that wants to host the Olympic Games, so I believe that people need to see and learn how fascinating and difficult it is to be an Olympic lifter."

Dimas was invited by former Greek weightlifter Natalia Tsoulia, who lives in Dubai, and earlier trained with the legend during her competitive career.

The seminar will be conducted in two stages, Tsoulia revealed. The first day will focus on the competition lifts: snatch and the clean and jerk; how competitions are conducted; nutrition and dealing with injuries, among other aspects.

On the second day, athletes will get a taste of real competition.

"The athletes will compete as in normal meets in terms of weight categories – a weigh-in before the competition and then a medals ceremony. I think it will be very interesting," said Tsoulia.

The challenges that the sport of weightlifting faces globally make meets like this crucial.

"I strongly believe that the greatest problem is that every single sport has to fight against football, basketball and the more well known sports," said Dimas.

"Lifting is not considered a 'luxurious' sport. We are used to

SUMMERFEST ABUDHABI

seeing athletes from poor countries succeed in Olympics because weightlifting is a tough sport. It is not something anyone can do."

Both former lifters agreed that putting a team together is not difficult. The hard part is keeping it together. "Thankfully, there are a number of up-and-coming athletes in Dubai who clearly have a passion for the sport," said Tsoulia.

Dimas hopes he is able to shed some light on the sport and inspire the next generation of lifters.

"I know that the UAE has a national team and I also had the chance to see the young Emirati weightlifter (Khadija Mohammed) at the London Olympics.

"I want to give my knowledge and do my best for Dubai so in the future I don't feel surprised when I see athletes from the UAE at the Olympic games."

The seminar room has a capacity of 20 so you better hurry up. The competition, though, will be open to all and prices for it will be announced soon.

What: Greece's ex-weightlifting champion Pyrrros Dimas' seminar

When: August 21 from 18:00

Where: Burn Room, Intercoil Building, Dubai

Cost: Dh700, seminar room has a capacity of 20 individuals.

Information: Call 04 380 6969

Pictures: Getty Images

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RUGBY

Abu Dhabi Harlequins Rugby Club. At Zayed Sports City. The Club was established in 1970 and is a founding member of the Arabian Gulf Rugby Football Union. Also known as 'The Quins' it has gained a reputation as a warm and friendly multi-cultural club with a great team spirit. With three men's teams, two ladies, touch rugby leagues, rugby league and a thriving junior



section of over 500 children it has become one of the largest clubs within the Middle East. E: dor@abudhabiquins.com

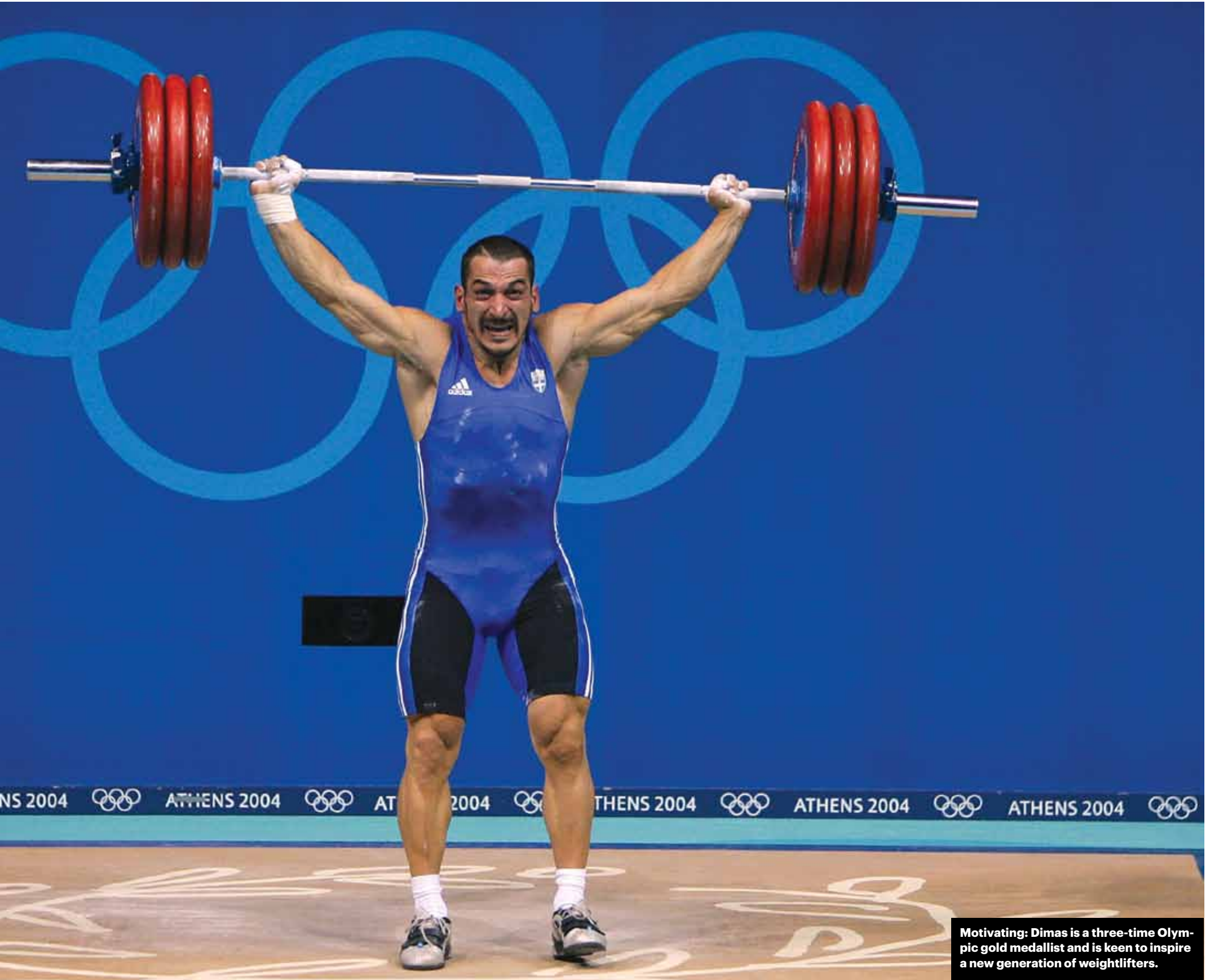
DUBAI/SHARJAH

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LISTINGS



Motivating: Dimas is a three-time Olympic gold medallist and is keen to inspire a new generation of weightlifters.

from June 28.
T: 04 4251111. M: 050-7945592
E:football@dxb sport.com
W:www.footballacademydubai.com

SWIMMING

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