

THE IPF

WORLDZINE

THE BEST POWERLIFTERS IN THE WORLD



SBD APPAREL

OLYMPICS
FORGING OUR WAY

THE PIRATE
OF POWERLIFTING

IPF HALL OF FAME

THE QUEST FOR 8000
BRETT GIBBS

PICTURE NEWS
OF IPF WORLDS & JUNIORS
ON THE BIG STAGE





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 LITERARY EDITOR: 46-47: Catherine Lussimbourg
www.powerlifting-iff.com
marketing@powerlifting-iff.com
 MANAGING EDITOR: Mikko Hakola
 CHIEF EDITOR: Christina Chantley
 CONTRIBUTORS: Anadi Jais, Ralph Farquharson, Troy Cunningham, Suresh Acharya, Louise Edwards
 PHOTOGRAPHERS: Sander van Borsoum (IFF - 2008, Wilpanda, Supatinn Petrusan, Ralph Farquharson, Powerlifting Singapore)
 LAYOUT and DESIGN: Sveta Anzhal, Anzhelka Design, Denmark

FOREWORD



from
the Chief
Editor

Chrissy Chamley

Welcome to the 12th edition of the IPF Magazine, which we are sure you will notice, has a brand new look, stunning photographs, and great content.

For 6 years, we have been producing the IPF magazine with a very small team of volunteers and contributors from the IPF family around the world, showcasing our Championships, and celebrating our wonderful powerlifting stars. With this edition we welcome several new contributors to the team and bring you even more news, and images from our great big IPF world.

Inside this edition you will gain some fascinating, honest insights into **Brett Gibbs** as first time contributor Ana de Joux interviews the World Champion on the back of an outstanding year. I also recommend the informative piece on the IPF Coaching Clinic in **License to Coach**. Also check out my interview with 21-time World Champion and newly awarded IPF Hall of Famer, **Ileja Strik**. And what a delight it was to sit down and chat with our champion announcer, the effervescent, **Pirate of Powerlifting**, **Geno**. You will love his story and insights into our great sport! And there is so much more to enjoy within these pages!

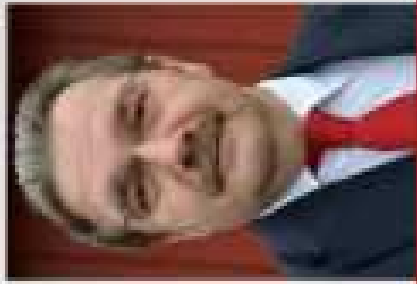
With this edition we welcome back **Milos Felato** to the role of managing editor and so it is with great pleasure we present to our readers, this new look, new-style magazine. We do hope you enjoy this edition and as always we welcome your feedback to this, your IPF Magazine.



IPF — LIFTING THE STANDARD

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Message from the PRESIDENT

Dear lifters, officials and friends,

One more year has come to an end and I am happy to say that we have made significant steps forward in the development of our Federation.

- We enjoyed several great Championships in 2016, marked by some incredible achievements by our athletes.
- Fewer lifters have returned positive drug tests this year than any other year previously.
- Our online streaming team continues to improve and has provided professional coverage of our major Championships.
- We are continuing our social projects with our two VIP Partners – Ekko and SEED.
- Installation of the new commissions has now been completed, and includes a Mediator/Outsider role.
- We have fulfilled all the criteria required for IOC recognition. We are cautiously optimistic about achieving recognition in the coming year.

Looking ahead to championship news for 2016:

- The first IFF University Powerlifting World Cup will be held in July in Minsk, Belarus.
- We will now offer World Bench Press Championships in both

forms of lifting: equipped and classic with the World Classic Bench Press Championships to be held in South Africa and the World Equipped Bench Press Championship to be held in April in Denmark.

- The qualification for the World Games will be held in November 2016 in Orlando.
- We intend to organize clinics for our Championship organizers, coaches, referees and anti-doping at our World Championships.

On a serious note, I would like to address an important issue with each of you. The IFF will not tolerate intimidation or harassment within our Federation at any level and will actively defend the rights of individuals affected by such. Unfortunately, there are some officials who think they have the right to harass or intimidate others, not follow the rules or just do whatever they want, how they want. As I have said, this will not be tolerated nor accepted in the IFF. For those of you who know me personally, you know I will certainly not accept such behavior, especially when it is directed against people who offer their time as volunteers at our Championships. Another sport is for everyone to enjoy and the work of our volunteers must be appreciated as they spend a

great deal of their own money and time away from their families being of service to our sport. So once more, so long as I am the President and I speak for my colleagues on the EC, as well, we will never accept such behavior and we will do everything in our power to ensure that IFF policies, rules and guidelines are followed and that the IFF is a safe organization for all.

Now I want say "Thank you" to all those who are involved in the work of organizing and running all our Championships and their substantial efforts to help propel our sport forward – your work is valued and does not go unnoticed. Our sport would not exist if it were not for the small clubs, the coaches and officials, the general volunteers and all our member nations, working together with shared goals and values. I would very much like to thank our referees and administrators for their tireless work ensuring that our standards are upheld and our rules are followed. Also to all the coaches from national level to international level, I want to

express many thanks to all of you and I am so happy that you are all part of our IFF family. Special thanks goes to all my colleagues in the IFF Executive Committee and all my friends from all of our

commissions. Finally, of course a big thanks to all our lifters who make our sport so great, you inspire and delight us all and we thank you for your hard work and commitment to the IFF and its values!

I want to wish you all and your families a wonderful new year in 2016. I hope that all your dreams come true and my biggest wish is that I can work with my new team

“We have fulfilled all the criteria required for IOC recognition. We are cautiously optimistic about achieving in the coming year.”

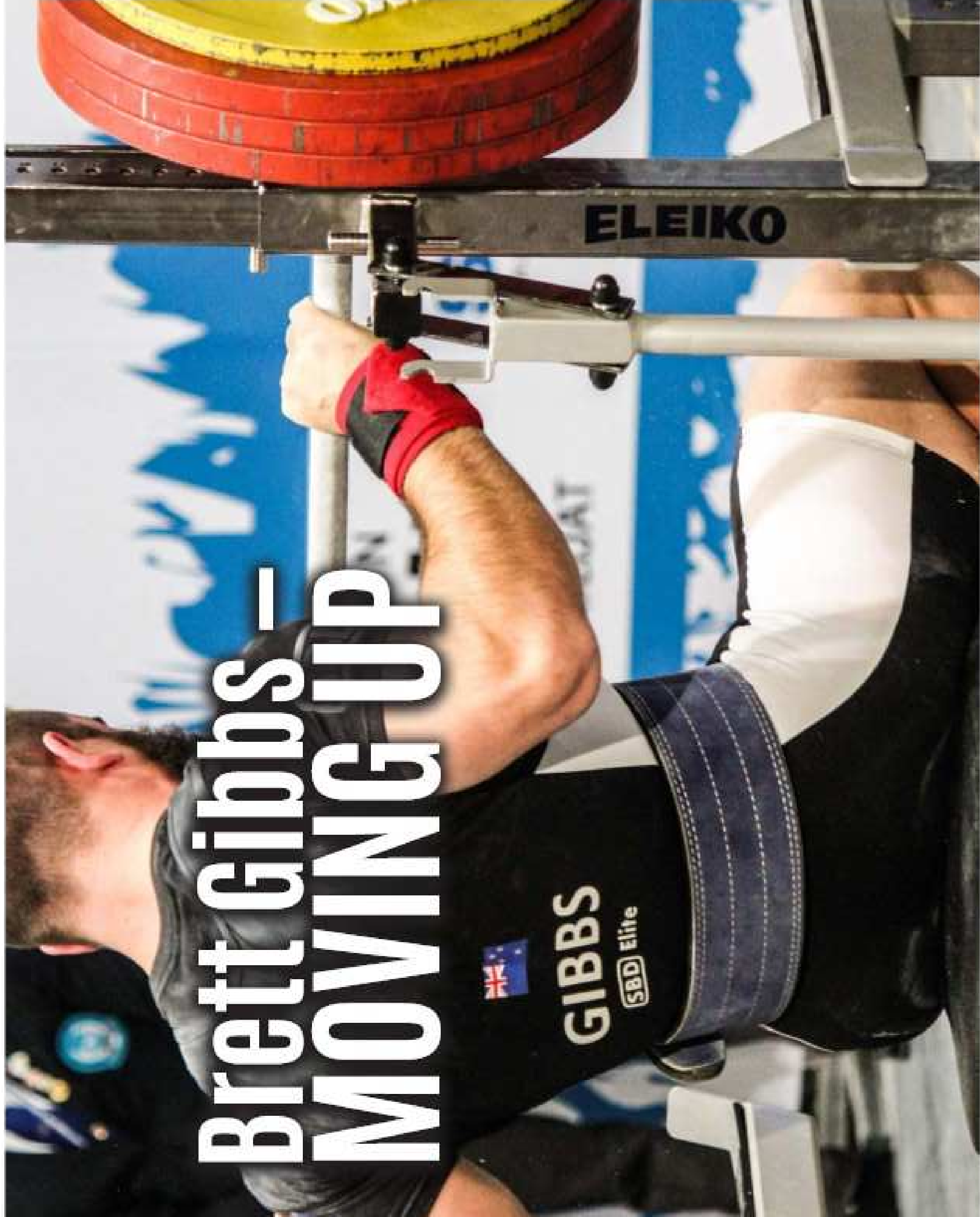
as a team, hand in hand, to bring our sport forward to our ultimate goal of IOC Recognition.

Happy New Year to all our friends around the world from local, national, regional and world level.

Best regards
Gatilón Parage
President
International Powerlifting Federation



Brett Gibbbs - MOWING UP



Born and bred in New Zealand, Brett Gibbbs stunned the Powerlifting World in 2014 in South Africa when he won Junior World Champion of the -83kg class with an Open World Record Total of 770.5kgs. 2015 was eagerly anticipated as Brett came of age and competed for the first time in the open age class against a field of seasoned lifters. Brett finished a credible second but the results of that competition were to end with a twist.

Ana de Joux caught up with her countryman, and filled this report on a lifter who has captured the attention of the world.

At the Classic World Championships this year in Finland, you finished second to Jose Castillo (ECU). Tell us what was your honest reaction when you were later told of his positive drug test and therefore you were the Open World Champion?

I was very happy a cheater was caught, and very excited I was now the Open World Champion in my first year as an open lifter.

How did you find out and how did it feel when you heard that you were the -83kg Open Men's World Champion?

I was just falling asleep when I put my iPad down for the night and just as I did that I heard an email come through. I hesitated for a second, then grabbed my iPad and read the email which confirmed I had won! I jumped out of bed, called

my parents and told them. I was over the moon!

Brett, what's the number one attribute that you have that you can say has helped you to be as successful as you have been to date in your lifting career?

Mentality is my absolute number one reason why I have achieved what I have to date. We all start somewhere and we all go about setting our goals and overcoming barriers differently. Some people make excuses, some people simply don't want to put the work in to be the best, some just don't actually prioritise powerlifting enough for them to see the progress they 'desire'. Since day one walking into the gym (around 2006) I can safely say it was always my priority in day to day activities, it was always on my mind to work hard and be the best I could be.

Who has given you the best advice in lifting and in life, and what was it?

Danny Wilton (Spike) springs to mind whenever I think about someone giving me advice. He was the leader of my home powerlifting club at Wai Weight Gym, Masterton. It was here that I learnt the basics and how to get better. Whilst there was no one single piece of advice that I directly remember, it was always the support that people like Spike gave me that made me believe that what I thought I could achieve, could really become reality.

Tell us about the mental preparation tools techniques you use during training, pre-comp and in comp?

Mental preparation is always overlooked and it's one of our strongest tools. From



day one of a peaking cycle I am already envisioning what my mazes are going to be on competition day (assuming that we have a great build up). I approach the bar every time like it's my max weight, even if it's only a light day. This is the first part of the visualisation technique I use. So having trained for a period of 8-10 weeks building into a competition, I have thought about this lift a lot and already built a great routine with things such as how I grab the bar first, how I get under the bar, my breathing, everything! Now all that is left to do on competition day is think about how this attempt is going to look and feel. Once I can visualise and truly believe that's what will happen I guarantee I will do it.

What has been your highlight of 2015?
Highlights of 2015 so far have most definitely been being the lightest lifter to total the 800kg mark which I did at the Pacific International in Perth, Australia in September. That was an absolute milestone for me. (Ed: At that event Brett set an Open World Record total of 800.5kgs including a WR Squat of 285kgs and a WR Bench Press of 205.5kgs)
The other side of lifting that I love is helping others and I went on tour conducting 8 seminars through NZ, Australia, Malaysia and Singapore. It's been an amazing experience and leaving my 9-5 job to become a full-time coach has really changed what my future looks like.

“If you want to be the best realise it's going to take a long time and don't expect anything to fall into your lap.”

Together We Stand

Chinese Taipei's team spirit is their strength

For Chinese Taipei Team Manager Erica Wang, a close team is a strong team - and teams don't get much closer than this one. More like an extended family, goals are developed that the whole team works towards.

"2016 is an important year for us," Erica explains, "Firstly it is the selection year for the World Games, at which we want to have a presence." She goes on, "It is also important for the Asian Indoor Games, a multi-sport Games that's held every two years. Also, we are looking forward to the sending a team to the 1st University Cup in Minsk." Who are the important lifters in the Chinese Taipei team? Erica states positively, "Everybody is important in the team to help

reach our team goals, no one stands above the other." "We are a very close team, we are all good friends, but we are also very friendly and have a good relationship with all nations. We will help anyone who needs our help, this is the spirit of the IPF." So it is Erica, Chinese Taipei - living the IPF values.



Africa Lifts Off

The 2015 Classic African Powerlifting Championships held in Morocco attracted a large number of lifters including a strong contingent of women. IPF President Mr. Gaston Parage attended the event where 2015 IPF Hall of Fame Official, Alan Ferguson, was again confirmed as the African President and Representative to the IPF Executive Committee.



What's next on your plan for competitions? Tell us how the seminars went, where you've been and where you are going. What's the feedback and support been like?

Now it's time to let the body heal and increase some work capacity so I can come into 2016 ready to hit new milestones. I have confirmed two competitions for 2016 which are the Arnolds in USA and then the Classic World Championships in Killeen, Texas. I am open to doing a third competition, which I hope to be in Aussie or NZ.

The seminars have been going great. I have been getting some really good feedback and people seem to be really having a good time and taking a lot away. With it being my first big block of seminars I have been happy with the attendance and hope to increase this over time.

If you could only give one piece of advice to a new lifter what would you say?

Do this for the right reasons, if you want to be the best realise it's going to take a long time and don't expect anything to fall into your lap. Do the work yourself, be consistent and the results will come. 



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“We have also been [...] investing a lot in young people, the future of powerlifting.”

ICECOLD PASSION

Sigurjón's passion for powerlifting is just as evident. I started powerlifting in 1999. Over the years I was involved in transitioning Icelandic Powerlifting into a doping free sport, becoming more youth oriented, attracting more athletes, gaining access to official funds and having better representation at international championships. I am pleased to say that as a nation with a population of only 320,000 we have 1,348 registered powerlifters - 33% of which are ladies.

As President of the Icelandic Powerlifting Association since 2009 Sigurjón continues, "Classic powerlifting has contributed to our growth but we have also been educating trainers and referees, establishing a national quality system as well as investing a lot in young people, the future of powerlifting."

Anti-Doping is a particular area of interest for Sigurjón, "It is of a major importance that we get the number of positives way down in order that our IOC recognition application has a chance of success. I will focus my efforts on achieving this goal."

Sigurjón's "service above self" extends to other IPF committee work, "Working as Chairman of the IPF Disciplinary Committee since 2013 has been a pleasure. We have managed efficient and fast processing of standard cases and have been able to bring more complicated cases to a peaceful conclusion."

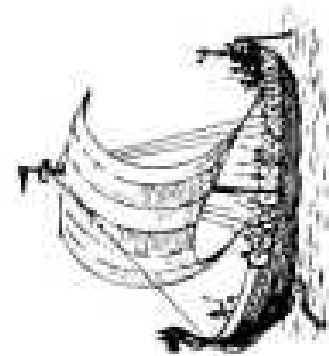
"I've had the pleasure of working with IPF committees, officials and member nations in the past years and I do thank everyone for their cooperation. The cooperation with the IPF EC as well as others has been excellent, and I look forward to working together with everyone to achieve our common goals."

With more than 30 years' experience in sports organization and administration including working

with Olympic Sports, Sigurjón Pétursson is well placed to contribute to and strengthen the work of the IPF towards IOC recognition. "During my tenure as Vice-President of the Icelandic Handball Federation I assisted in bringing the Federation from a position of bankruptcy in 1997 to having a healthy cash surplus by 2009 while at the same time assisting in bringing the sport forward which resulted in Iceland winning the silver medal in team handball at the 2008 Beijing Olympics in 2008."



Sigurjón Pétursson of Iceland – newly elected Vice President of the International Powerlifting Federation lives by the mantra: **Service Above Self.** The evidence for this speaks for itself.



IPF WORLD MAP

IPF EXECUTIVE COMMITTEE

Officers of the Executive Committee are elected every four years at the electoral General Assembly. Contact details for the IPF EC can be found at: <http://www.ipfworldmap.com/index.php/for/executive-committee.html>

President: Gaston Parage (Luxembourg)
Vice President: Sigurjon Pétursson (Iceland)
Secretary General: Robert Keller (USA)
Treasurer: Dorian Wolf (Norway)
Board Member for North America: Dr. Hugo Velázquez (Costa Rica)
Board Member for Asia: Soheib Farhidi (Iran)
Board Member for Europe: Arnulf Wahlström (Norway)
Board Member for Africa: Alan Ferguson (South Africa)
Board Member for Oceania: TBC
Board Member for South America: Julio Cesar Comardo (Brazil)
Women's Representative: Eva Spöth (Germany)
Athlete's Speaker: Pjotr van den Hoek (the Netherlands)

FURTHER COMMITTEES

Anti-Doping Commission
 Appeal Committee
 Athletes Commission
 Coach Commission
 Disciplinary Committee
 Doping Hearing Panel
 Law & Legislation Committee
 Medical Committee
 Non Executive Officers
 Technical Committee
 Women's Committee
 Media Team
 Sports for All Commission
 Youth Committee
 Encourage Committee



Athlete's Speaker in Profile: Pjotr van den Hoek (NED)

43-year old Pjotr was unanimously elected to the position of Athlete's Speaker on the EC at the General Assembly in Luxembourg in November 2015. Pjotr has enjoyed a life of competition since he started powerlifting in Australia (place of birth) at age 15. He placed 2nd at Worlds in 2006 and has many European medals in bench press and 3- lift. He also holds the World Masters 1 bench press record. Competing both raw and equipped, Pjotr holds the highest Wilks

points ever in the Netherlands in both lifting formats. Pjotr has been actively involved in coaching the Dutch junior team for the past 5 years and frequently coaches at major championships as required. Pjotr has been a member of the IPF Athlete's Commission since 2006 and has actually served as the Athlete's Speaker since 2014 but has now been fully elected to the position. Pjotr's role as Athlete's Speaker is to function as the voice of the athlete's interests on the Executive Committee while working within the rules, laws and regulations of the IPF. Contact Pjotr in this role on: povdhoek@hotmail.com

EUROPE
35 Nations

NORTH AMERICA
12 Nations

ASIA
21 Nations

SOUTH AMERICA
8 Nations

AFRICA
9 Nations

OCEANIA
13 Nations



THE GREAT IELJA STRIK

2015 IPF HALL OF FAME by *Christina Charnley*

At 42 years young, Ielja Strik of the Netherlands is competing as hard and as well as ever. With 21 World Titles and 17 European Titles under her powerlifting belt, she is still chasing world records and titles in the -84kg class Open and now also Masters 1.

"To be awarded the 2015 IPF Hall of Fame and be listed among some of the best powerlifters of all time, is a such an honour and I am so happy to have been presented with this award at the closing banquet in Luxembourg in front of my parents and so many friends."

After a very good start to 2015, winning the world title in the Classic World Powerlifting Championships and the Open Bench Press Championships (with a Masters 1 World Record BP of 190kgs), Ielja was on track with her training for the World Open Powerlifting Championships, but then things didn't quite go as planned.

"I have never missed an (equipped) World Championship since I started in 2001 but this year, 3 weeks before the Open Worlds, my appendix ruptured. In the end I needed several operations and an extended recovery. I was in very good shape for that Championship too, I was so disappointed to miss it."

"It is my hope that we will be in the Olympics someday."

Ielja may be disrupted but like a true champion, she picks up and continues on. "I have had 6 weeks of no training. This is the longest I have gone without training in my 15 years of powerlifting. But I will be back on the platform in 2016. My goal is to qualify for World Games (in 2017) and to break the Open World (single lift) bench press record of 200kgs that is currently held by Svetlana Dediyulya (RUS)."

As well as being an outstanding athlete, Ielja is also an experienced



trainer and coach and is planning on completing the IPF Coaching Course at La Manga, Spain in 2016. "After 15 years of powerlifting I know how to program myself and with discussion and input from my training partner Oscar Kokoz, I can handle my own




personal coaching. But I believe we can all learn more and work to become better at coaching others as well."

Some final words from Ielja, "I am so excited that IPF is close to achieving IOC recognition. It is my hope that we will be in the Olympics someday."

I would like to take this opportunity to thank Benjamin Banks from SBD for sponsoring me and giving me the chance to compete all over the world."

Ielja lives by her personal motto, "stay healthy, be strong and listen to your body." We congratulate her on achieving the IPF Hall of Fame which she so well deserves and wish her all the very best in the future.



LIFTING LARGE

in Luxembourg

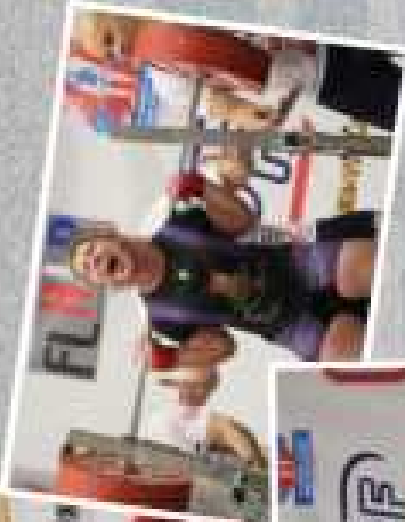
Luxembourg played host to some of the largest lifting of 2015 at the World Open Powerlifting Championship. Records were smashed and medals were grabbed as 32 nations offered up their strongest lifters in a fitting finale to record-breaking year in the IPF.

by Christina Chamley

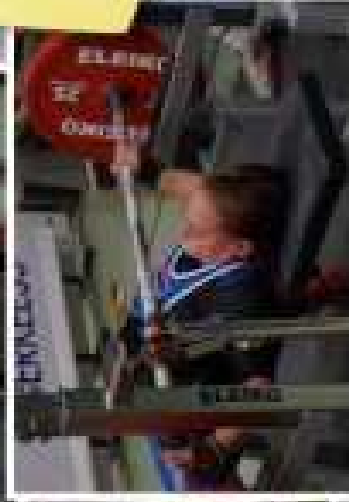


After many years the 'runner-up', Ukraine finally beat Russia in the men's team points and claimed the trophy!

-72kg lifter Priscilla Ribic USA pulled an outstanding 247.4kgs to snatch victory at the last moment from Ana Castellain BRA in one of the most emotional and thrilling sessions of the Championship



-84kg Llane Blyn USA benched an outstanding WR 188kgs



Champion of Champions, Natalia Sainikova RUS squeezed out the absolute highest Wilks points of the event with 664.76!



-47kg Yukako Fukushima benched WR 131.5kgs on her way to a WR total of 484kgs



Big squatter Olga Gemaletdinov RUS found 285kgs in the tank on her way to the biggest women's total of 705kgs

Team India were welcomed back to the biggest stage on the IPF calendar with a 6-person team and a promise of more to come!



5 time -57kg world champion Indonesia's Sri Hartanti dug in again for a gutsy win over Hui-Chun WI TPE



-59kg Sergey Fedosienko RUS once again totally dominated his weight class and took out the biggest men's Champions of Champions with a Wilks points of 660



Jaroslav Olech's POL personal fan crowd brought the house down with wild scenes of elation as he fended off a spirited fight from Russian Sergei Gaishinets in the -74kg class



Sergii Bilyl (UKR) posted a massive WR total of 1022.5kg in the -93kg class



Stian Walgermo's (NOR) amazing 290kg bench wasn't enough to overcome Dmytro Semenenko (UKR) who took the title in the -105kg class after an open WR squat of 415.5kgs





In a thrilling tactical contest, Andrey Konovalov (RUS) squatted 470kgs and ended as World Champion of the 120+kg class over Blain Summer (USA)



It was a Ukrainian double in the -83's as two of their most powerful men Andriy Naniyev and Volodymyr Rysiyev pushed each other to the very end for the gold and silver. Naniyev benched a WR 265kgs on his way to the gold medal



Being an election year in the IPF, the all-important General Assembly meeting was held with committee reports, regional reports, election of office bearers, proposals for changes to the constitution etc. See the IPF website for all the reports and minutes of the GA: <http://www.powerlifting-ipf.com/federation/general-assembly.html>

Special Olympics Powerlifters

Show of Strength

An Austrian and two American Special Olympics (SO) powerlifters showcased their strength and talent alongside some of the world's greatest powerlifters at the IPF World Open Powerlifting Championships in Luxembourg. Andreas Burtscher of Austria and Thomas Olan and Adrian McGhee from the United States took part thanks to a new partnership recently signed between Special Olympics, the IPF and the European Powerlifting Federation.



As part of the Agreement, SO athletes now have the opportunity to attend and take part in IPF championships such as the World Championships in Luxembourg where SO powerlifters lifted alongside 200 IPF powerlifters from 47 nations. The Special Olympics was also invited to address members of the IPF General Assembly ahead of the Championship. The Special Olympics is grateful to Gaston Parage, IPF President, the IPF Executive Committee and Chip Multquist SO's Powerlifting Director, who worked tirelessly to secure the valuable partnership with the IPF. Special thanks also go to Special Olympics Luxembourg who hosted the athletes

SO athletes now have the opportunity to attend and take part in IPF Championships



The Pirate of POWERLIFTING

by Christina Chamley



There is no announcer in powerlifting more instantly recognizable than the IFF's very own Geno. With his passion, energy and signature style, he has become a global phenomenon and a very much loved part of the big powerlifting events.

Twenty years ago Geno was happily announcing bikini contests in New York and on the beaches of the New Jersey shore when his energy and enthusiasm was noticed by a passing powerlifter. With the simple invitation to announce an upcoming local powerlifting competition, Geno experienced his first powerlifting event and the rest as they say, is history.

Invitations to announce at local, state and then national powerlifting competitions rolled in as Geno fell in love with the sport, the athletes' performances and the camaradery in powerlifting. It was while Geno was announcing the Arnold's in Columbus Ohio, that the Swedish lifters approached him and invited him to announce at a World Championship.

"In the last two years, announcing has become almost a full time job" Geno explains, "in this year alone I have announced in Luxembourg, Finland, Sweden and Brazil and I still have a



couple more championships to go. Almost all of the announcing is on a voluntary basis, so as long as my finances hold out, I plan on riding this wave as long as the athletes give me the honor of announcing for them. His schedule is demanding, the days are long and the work while thrilling is exhausting, but for Geno, playing a positive part in the turning of the session, exciting the crowd and lifting the athletes' performances gives great satisfaction. "It means the world to me when a lifter comes up to me after the session and says, without you I don't think I would have gotten that final pull.

To know I have played even a small part in helping the lifters achieve their goals and hit their personal bests in this amazing sport is so rewarding".

Over the years Geno has become truly passionate about the sport of powerlifting: "The enthusiasm the athletes share for each other is second to none amongst the many other sporting events that I've announced, I have a real affinity with the powerlifting

community. The relationships between athletes, coaches, and officials are strong and genuine - it's a very positive sport."

But it's not all "show-time" for Geno. "I've just passed my written and practical referee's exam for state referee level. Now I have to put in two years and a certain number of refereed comps to get my national certification. The toughest part of putting in the two years is getting in the chair because I go to a lot of meets, but obviously I can't referee while I'm announcing. I've seen enough lifts for sure, but I need experience as a referee. I'm looking forward to taking the national referee exam. After that it's onto the IFF International referee qualification."

But what about that trademark Geno-fashion-style when he's refereeing in that big IFF International referee's exam? "When I reach IFF referee status I will actually have to go out and buy a pair of regulation grey trousers and a plain white shirt. Sorry, I will not be looking like a pirate while I'm sitting in the chair."

"To know I have played even a small part in helping the lifters achieve their goals and hit their personal bests in this amazing sport is so rewarding"

Team
Germany:

Powerlifting up for a strong future.

*With the separation
of weightlifting
from powerlifting in
Germany in recent years,
German powerlifting is set
to redefine its identity, focus
on its own goals and create
a strong future.*

by Christina Chamley

National Head Coach, Francesco Virzi has a vision to return German powerlifting to its glory days of the late 1980's with strategies aimed at achieving the long term goal of a much bigger, stronger German Open Powerlifting Team.

One of the long term goals is to have the German Open team in a strong position ready for the 2021 World Games, by developing young lifters now.

Assistant Coach Rolf Hampel says that with Virzi as Head National Coach, German powerlifting is more organized, more disciplined and the athletes are benefiting from better quality coaching.

Virzi explains, "In Germany we have started a multi-level coaching licence from the German National Olympic Committee. This is helping German Powerlifting to identify new coaches with a new mindset. We need a long term focus on our athlete development, not just focusing on training an athlete for the next competition. So we are trying to build up a solid base of qualified coaches at club level in order to then create a quality powerlifting coaching team. We are looking to attract more athletes into powerlifting and focus on creating technical excellence in our powerlifters."

"German equipped powerlifters are already improving as a result of our efforts as evidenced



by a bigger and better team at World Open Championships in Luxembourg this year." Hampel says, "we are already seeing a surge in the numbers of young powerlifters, definite improvement in their lifting technique and they are achieving better lifting results."

Aside from attracting more lifters to powerlifting, improving coaching, concentrating on technical improvement in lifters and working towards future World Games, Virzi is also conscious of developing a positive team culture. "I'm looking for more team spirit and team cohesion. We want to see some positive role models from within the team to help foster a strong sense of comradeship and friendship, so that team members feel close and supported by each other."

With these deliberate and focused strategies, we look forward to a revival and resurgence in German Powerlifting in the years to come.



As the IPF stands poised to obtain IOC recognition, it may be useful for us to reflect on the work that we have done and the specific improvements we have made towards this goal. We should revisit the principles of the Olympic Movement, what it means to be a part of this organization, and reflect on how the IPF are

EMBODYING THE IOC VALUES

*S*he Olympic principles and values are worthy of our close attention. Not only because we aspire to be a part of the Olympic Movement, but also for the fact that in themselves, the well-considered and crafted Olympic Principles represent a set of fundamental values that have the potential to inspire us in our sport, give us worthwhile direction, and highlight a way for us to measure our progress.

The Olympic Charter sets out the Fundamental Principles of the Olympic Movement. Let us take a look at what they mean to us the IPF, and how we might progress ourselves as individuals and as a united sport towards these worthy aspirations.

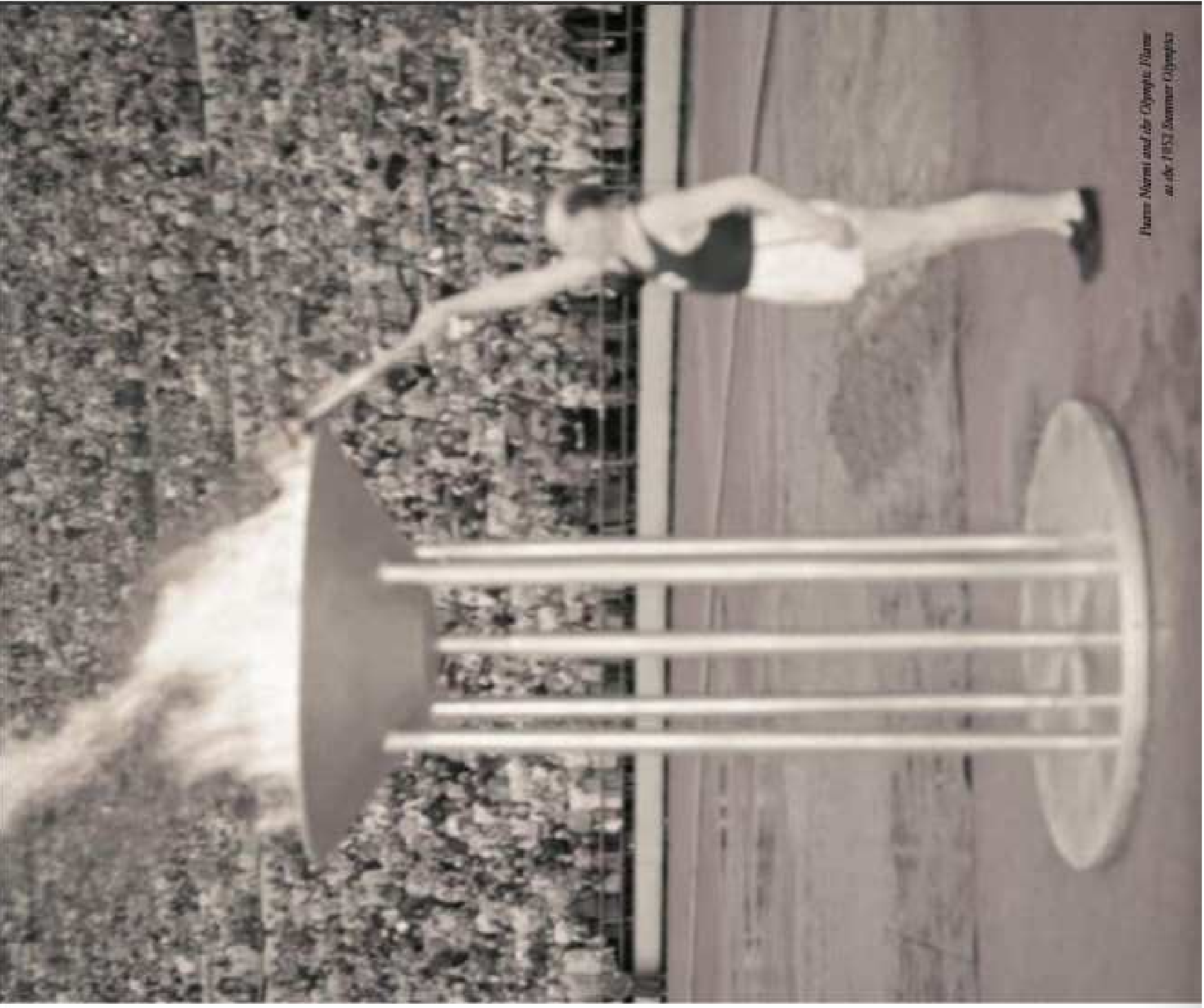
But first let us remind ourselves of the eternally inspirational Olympic Creed:

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."

- Pierre de Coubertin 1908.

What meaning does this Creed have for us as individuals? How does our sport organize itself such that athletes can embody the virtue of having "fought well"?

This Creed inherently suggests that sport and life itself is about participation, preparedness for the struggle, and the choices we continually make in the process. Does it not ground us and pull us back to some of our deepest and most revered virtues: commitment, courage, and above all, integrity?



THE FUNDAMENTAL PRINCIPLES OF OLYMPIISM



[Paraphrased from the Olympic Charter]

1. Olympism is a philosophy of life, exalting the qualities of body, will and mind. Olympism seeks to create a way of life based on the joy of effort, value of good example, social responsibility and respect for universal fundamental ethical principles.
 2. The goal of Olympism is to promote a peaceful society concerned with the preservation of human dignity.
 3. The Olympic Movement is carried out under the authority of the IOC. It brings together the world's athletes at the great sports festival, the Olympic Games.
 4. The practice of sport is a human right. Every individual must have the possibility of practising and enjoying sport, without
- discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.
 5. Sports organisations within the Olympic Movement have the rights and obligations of autonomy, which include freely establishing and controlling the rules of sport, determining the structure and governance of their organisations and the responsibility for ensuring that principles of good governance are applied.
 6. Any form of discrimination with regard to a country or a person on grounds of race, religion, politics or gender is incompatible with belonging to the Olympic Movement.

Beyond these formal principles is important to understand the essence of the Olympic Spirit and comprehend the values of the Olympic Movement, they are:

Excellence, Respect, Friendship, Solidarity and Fair Play

Each of us personally must come to an understanding of what these concepts mean to us, but collectively we must also relate the principles and values specifically to our sport at this very moment in time we can see that:

As a sporting federation the IPF manages and organizes its rules, structure and governance, creating a unified sporting organization of athletes and officials who are committed to a common direction and goals.

The IPF through its governance and various committees and commissions such as; Anti-Doping, Appeals, Athletes, Coaches, Ethics & Disciplinary, Encourage, Law & Legislation, Medical, Sport for All, Technical, Youth and Women's committee, is continually evolving to ensure it is without question at the peak of global Powerlifting.

Through these committees the IPF is respecting the rights and hopes of all of its members, producing a unified organization built on solid processes whilst propelling the sport of Powerlifting towards virtues consistent with the Olympic Movement.

Co-operation between groups, general inclusiveness and participation, values upheld by the Olympic Movement, are also important issues that the IPF remains positive and energetic about.

For example, nations wishing to gain membership into the IPF are greatly assisted and educated to help them achieve compliance with the WADA Program and Code, and thus enabling participation in the IPF.

In another example of co-operation and inclusion, the IPF honors a Memorandum of Understanding with the Special Olympics, inviting SO lifters to compete in IPF championships demonstrating commitment to the values of Sport for All. And of course the IPF

has a very close alliance with the Blind and Visually Impaired Powerlifters.

With the creation of specific groups and roles within the IPF such as the Youth Committee, Women's Committee, Athletes Commission, Appeals Committee a Mediator and others, the IPF demonstrates that it shares the Olympic Movement's commitment to the values of fair play, ethical principles, and social responsibility.

Implied in the Fundamental Principles of Olympism is the focus on encouraging and supporting measures to protect the health of athletes. The IOC, as leader of the Olympic Movement charges itself firmly with the task of leading the fight against doping in sport.

To be taken seriously on the world arena, the clear priority of the sport of Powerlifting, is to be utterly dedicated to this goal also. The IPF alone, has prioritized this goal, with its Anti-Doping Commission directing significant programs and resources towards it with the sincere intention and commitment to stamping out doping in Powerlifting. And it will continually wage that war on drugs to ensure ongoing respect and honor to our sport and its athletes.

As much as it can be seen that the IPF shares and upholds the values of the Olympic Movement, we must remain aware of these principles, we must recommit to them often and let them guide our progress as a sport.

Indeed, as individuals we would do well to remind ourselves of these values that have characterized and guided the modern Olympic Movement for over 100 years. They have evolved over time and yet in essence they have represented all our hopes and aspirations of sport for all time.

Re-edited from a previous version in 2013

Written by Christina Glazov

Titled, "What can powerlifting learn from the Olympic Movement."

A glimpse into the development and mindset of a

Young Lifter

Lauren Lent (USA) is a product of a systematic and growing youth, sub-junior, and junior drug-free powerlifting program in the United States. Lauren is one of the many young lifters who has been developed through high school programs and associations (40+ year old organizations), has had access to professional, dedicated, and competent coaching from the local to international level, and has been provided opportunities to compete, develop as a young adult, travel, and create lifelong friendships in the sport of powerlifting.

By Trey Cunningham MAPF Correspondent

Please provide the readers with a little information about yourself.

I am currently in my last year of high school at Whitnall (Greenfield, WI, USA). For the past three years I have competed in the sport of powerlifting. Before that, I played softball for about 10 years, including travel teams. I am preparing for my last season of high school competition and will choose a college soon to continue my lifting.

Some of the best sub-junior/junior lifters from USA come from the state of Wisconsin. USA's sub-junior team scored a perfect 60 points at this year's World Championships in Prague. Six of the eight lifters on the team are from the same area of the country (Stephanie Rattunde, Taylor LaChapelle, Tristyn Hutchins, Lauren Lent, Samantha Kroll, & Curtis Mackenzie). What's going on there?

Wisconsin has several of the most elite coaches within the nation: RG Ludkow, Joe Lewis, Erich Mach, and others. These coaches are the most dedicated individuals that any lifter or team could ask for. I have the utmost respect for each of them. They each have their own style of training, similar to how a lifter has a unique lifting regimen. They have portrayed professional courtesy not only at local, state and national competitions but also at the international level. Each of these coaches has trained their lifters to raise the bar for other Wisconsin lifters to improve. Although all of the Wisconsin coaches would like to see their own lifters win, once we rise to the international





Killeen, TX). I knew that it was time to really take powerlifting to the next level.

Congratulations on winning Outstanding Lifter at this year's Sub-Junior World Championships in Prague, Czech Republic. Rising to the best sub-junior in the world was easy, right?

Thank you, it was a wonderful moment! It definitely has not been easy. Nowhere near easy to be exact. My training solely depends on everything I do outside of the gym to benefit my workouts: getting proper nutrition, sleep, recovering after each workout, emotional

stability, etc. It is not always an easy or convenient lifestyle for a teenage girl. Everyday has not been perfect. I have had some setbacks and failures throughout my lifting career (only making 4 lifts at my first nationals, placing second in Killeen [2013 Sub-Juniors], and going 5 for 9 at worlds in Hungary [2014 Sub-Juniors], but I believe that those setbacks have only made me

“My motivation for powerlifting has always been derived naturally by having a very competitive mindset. I hate losing more than I enjoy winning.”

team level, they support all USA team members regardless of where the lifter is from.

Success came quick, but when did your motivations start changing?

My motivation for powerlifting has always been derived naturally by having a very competitive mindset. I hate losing more than I enjoy winning. I'm always happy when I achieve my goals of course, but after a competition it is always back to the drawing board to reach new goals, personal bests, and to be the very best. Powerlifting is a sport in which I can never be satisfied. There's always room for improvement. I first noticed that my motivation factors started changing when I was asked to represent the USA at worlds [2013 Sub-Junior Championships-

stronger and have given me something to work for.

Do you have performance secret that you are willing to share?

I get very overwhelmed, frustrated or unhappy when I miss a lift in competition, which is completely normal. In past competitions it's torn me apart, resulting in doing worse and letting my emotions take over. To resolve this issue, I have given myself a rule: I give myself approximately 30 seconds after a missed lift. Within those 30 seconds or so, I give myself time to be mad, to think about what I did wrong, and how I'm going to fix it. After those 30 seconds, that lift is completely over. It's on to the next, and there's no more time to worry. This rule has helped me immensely by taking each lift one at a time and reducing stress upon myself during competition.

Do you have any regrets?

One of my biggest regrets within my lifting career is letting other people's outside opinions define who

I am. It is not always easy to be a young girl that lifts heavy weights, and I regret letting other people's thoughts, opinions or remarks bother me at any point in time. There have been times when I have let emotional situations affect me, and I have learned to overcome the outside voices and opinions by using it as motivation to better myself as a lifter and continue to do what I love regardless of the negativity. To promote healthy lifting for young females, I believe it is important to continue to support one another because there are so many outside voices that provide negative thoughts and opinions that are against strong women. I believe it is important for us females to stick together because being strong truly is a beautiful quality to obtain.

What is up with the headband and color coordinated suits?

I wear the American flag bandanna for every squat, I wear a plain colored headband for bench, and my lucky white Under Armour® band for deadlift. I also change my suit colors for almost every major competition because I enjoy making the sport of powerlifting as girly as I possibly can. I enjoy adding a bit of my style to it!

International Experience (at age 17)

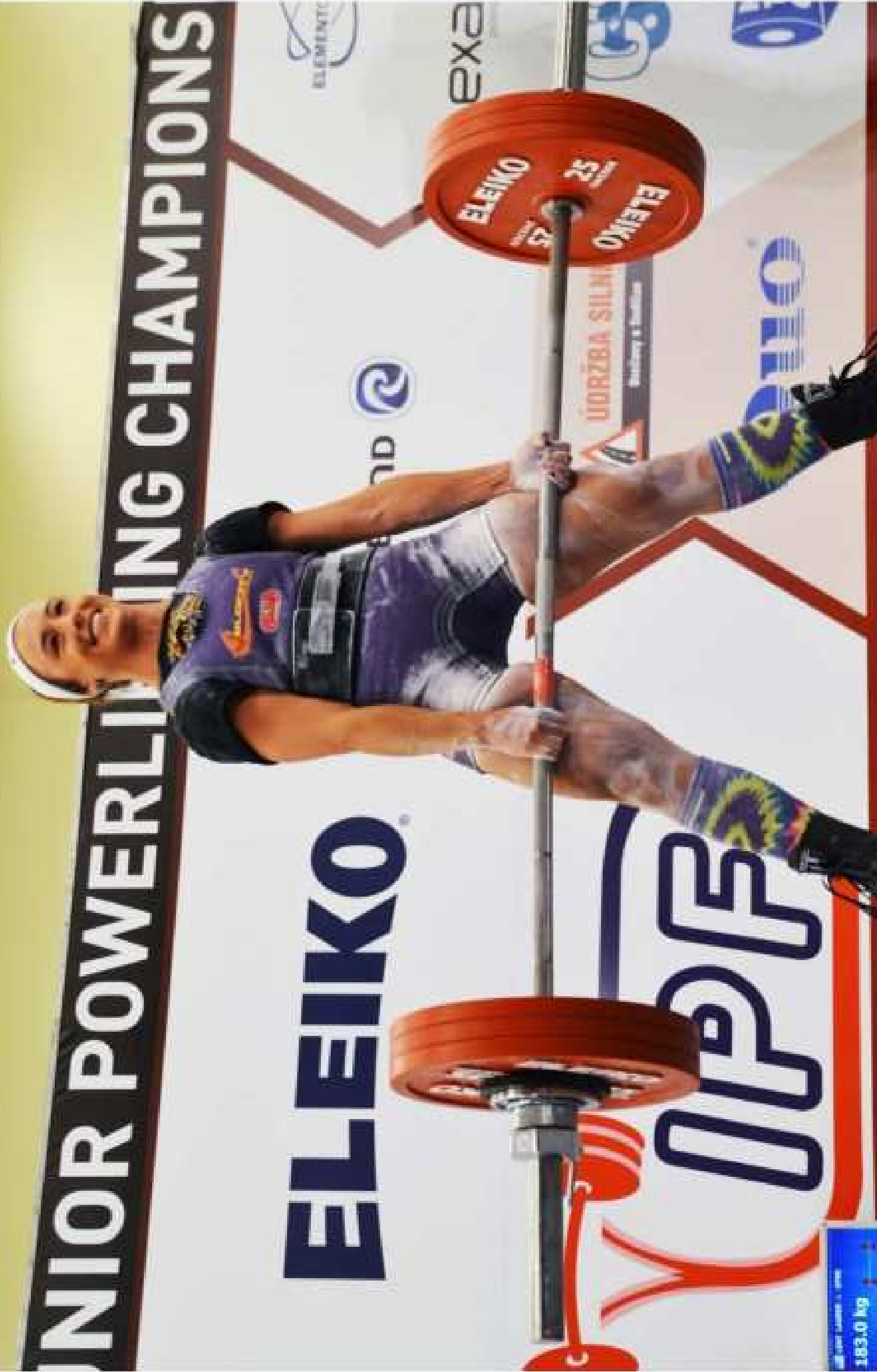
2013 Sub-Junior Championships Killeen, TX, USA	Silver Medal
2014 Sub-Junior Championships Corsham, Hungary	Gold Medal
2015 Sub-Junior Championships [Prague, Czech Republic]	Gold Medal

Personal Best Lifts (57kg Class)

Squat	200kg
Bench Press	92.5kg
Deadlift	183kg (World Record)
Total	475.5kg (World Record)

2015 Sub-Junior
Outstanding Lifter - 558.28 WIKES Points





What are some of your future goals?

Going into my senior year of high school powerlifting season, I would like to win my fourth consecutive state and national title. I would like to make the national team to compete at the 2016 Junior World Championships [Wroclaw, Poland]. I would love to continue powerlifting throughout college (preferably with a team) and work towards making the Open national team. Participating in the World Games would be the ultimate goal.

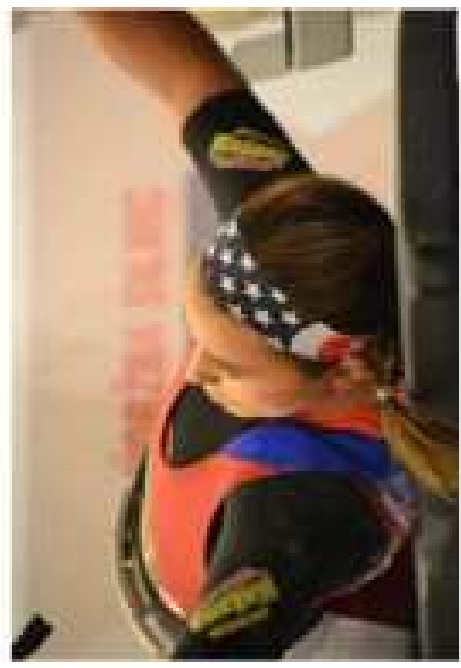
Who would you like to thank?

I would like to thank my coaches RG Luckow, Dustin Devine, and Matt Klein for spending countless hours with me every day and being the best mentors and coaches that I could ask for. I would not have had the success I have had without them. I would like to thank my family for being extremely supportive of my lifting and for covering all of the traveling expenses that is involved with powerlifting. In addition, I would also like to say thank you to my sponsors at Titan Support Systems for all of the amazing gear and for always making sure that I have my gear in time for competition. Thanks to my sponsors at Pure Fitness and the Pure Fitness team for their constant generosity. Thank you all so much for all that you do for me, I do not have enough words to fully articulate how truly thankful I am to have such a great circle of people supporting me!

Which powerlifters do you look up to?

The first person that I thought was the greatest powerlifter was definitely Ian Bell. I still believe that to this day. I met Ian at my first World Championships in Killen and we've been good teammates ever since I first noticed that Ian Bell was an incredible and elite lifter while watching him compete against Erik Gunham (SWE). I saw how wild the crowd got when he stepped foot on the platform. I wanted to work hard to gain the

type of confidence that he demonstrated and earned respect. In addition to Ian Bell, I would say Priscilla Ribic and Kimberly Walford. Both of these women portray incredible talent while continuing to be very humble. The more I got involved in the powerlifting world the more these two women instantly became two of my idols and role models. I have not personally met Priscilla, but for a class assignment several years ago, I wrote an essay on "someone who inspires me", which was about Priscilla Ribic.





LA MANGA CLUB
sport & leisure

License to Coach

Headed up by two world-renowned powerlifting coaches: Dietmar Wolf and Ralph Farquharson, and set in the prestigious high performance sports center of La Manga, the IPF Coaching Course is for those serious about extending their coaching knowledge and skills.

Considered of critical importance in our application for IOC recognition, anyone who is currently coaching in IPF member federations or who wishes to coach at IPF sanctioned competitions is strongly encouraged to undertake the course and obtain the IPF Coaching License.

The IPF Coaching Course is designed to train and educate IPF coaches from around the world to develop excellence in coaching. The course provides coaches with a systematic way to improve their knowledge and skills in the theoretical, technical and practical aspects of powerlifting coaching.

The IPF organizes two coaching license schemes: Level I and Level II. They are intensive, concentrated, and intermediate level courses. The courses are offered several times per year depending on demand. The duration of the course is 3 days.



“Thanks Ralph Farquharson and Dietmar Wolf for being such a great training team and spending the time to share your knowledge and enthusiasm for the sport of powerlifting. The information provided at the training in La Manga, gave participants a valuable new perspective on the essential powerlifting coaching topics.”

- Todd Youngblood and Chip Hultquist Special Olympics Powerlifting Coaches

The theoretical component of the course deals with the art and science of powerlifting coaching and includes the following subjects: training theory, sports psychology, exercise and conditioning, coaching in action, strength training and injuries, women and sport, youth and sport, disability and sport, technical rules, anti-doping education, sports management, sport and nutrition and other related subjects.

The technical and practical components provide powerlifting-specific information, which includes

classroom instruction, powerlifting-specific presentations, participatory activities and formal evaluation. The content includes essential coaching skills, training methods, strategy and tactics, detection and correction of errors as well as psychological preparation. The practical component involves actual coaching experience and practical lessons and involves applying theoretical and technical knowledge to actual coaching situations, where participants' coaching techniques will be evaluated in situ. The practical and technical components also contain home-assignments.



The exams consist of written and practical elements regarding sports theory and practice. The examination is taken before an IPF international coach. Participants who complete the course with a pass in the final examination receive an IPF Coach Diploma and membership card.

In order to apply to enrol in the course, candidates require a recommendation from their National Powerlifting Federation or Ministry of Sport or Sports Council, general knowledge of English (if not, bring a translator), information regarding personal health and a valid passport.

The course costs 700 euro per person and includes the following:

- Course manual
- Instruction
- Examinations
- Accommodation including breakfast, lunch and evening meals
- Transportation to and from the airport
- The use of all facilities of the La Manga Club (sport centre)
- All participants of the course will receive an official IPF course t-shirt
- Successful participants will receive the IPF Coaching Diploma and membership card

For more information contact Ralph Farquharson ralph@europowerlifting.org or go to the IPF Website: <http://www.powerlifting-ipf.com/confederation/coach-license.html>

“Thank you both for an amazing course. It really was the highlight of our year.”

- Richard and Rhett, Great Britain Powerlifting



National Treasures of Indonesia

by Christina Chambley

The jewel in Indonesia's powerlifting crown is 31-year-old Sri Hartati. Four-time equipped World Champion, and holder of the total World Record (555kg) in the -57kg class, Sri again took the overall gold in her class in Luxembourg at the 2015 Open World Championships.

"I am not happy with my lifting today as I was far from my personal best. I am carrying a knee and wrist injury but finishing as World Champion is not as important to me as doing my best." Sri, who has been lifting for 18 years, is mother to a 10-year-old son who is very proud of her nonetheless.

Her team mate San Noviana had pulled a big 255kg deadlift to secure the overall bronze in the -63kg class, sits quietly as Coach, Anna Maria explains what's ahead in 2016.

"We are looking forward to a four-yearly national championship and hopefully we can also get the finances for us to travel to Orlando for World Championships." The little team of three women all come from the same gym in Lampung Province, training and traveling together always.

As for Sri, "I want to powerlift for the rest of my life. I love to compete and I love the travel that



comes with competing in World Championships." Her coach backs that up, "Sri is a wonderful competitor and enjoys meeting new people and shopping! She is the queen of shopping! She can't get enough of all the powerlifting gear for sale at the Championships, she just loves all these powerlifting t-shirts!"

БЕЛАРУС ЩЕЛЮЧЫМ СВЯТЫМ СВАТОВЕ



Fact:

Weightlifting Olympic Champion legend, owner of the highest all-time total IPF's kg/L Leonard Taranenko hails from Malyaritsa, Belarus.

IPF 2017

The Republic of Belarus will host the IPF Classic Powerlifting World Championship. The host city Minsk, considered one of the cleanest cities in the world successfully combines a modern look, historical heritage and the spirit of sport, promising to make for a fascinating and unforgettable visit.

Vice President of the Belarus Powerlifting Federation Mr. Konstantin Burykin explains, "Belarus is a sports-loving country. We place great value on sports, healthy lifestyle and hosting major sporting events. As a result, we have quality sports facilities and all infrastructure necessary to welcome sporting teams from around the world. The city of Minsk has hosted numerous World and European Championships from many different sports and is ready and organized to host IPF Championships. As an added show of support our Ministry of Sport is offering fee-visas to all those who come to Belarus for the IPF Classic World Championships."

As well as the 2017 Classic World Championships, Minsk is hosting another important and historic IPF event – the 1st University Powerlifting World Cup in July 2016. Mr. Burykin added "We welcome you all to Belarus and Minsk City and hope to see you for these IPF Championships!"



"We place great value on sports, healthy lifestyle and hosting major sporting events."

PRAGUE



CZECH THESE YOUNG ONES OUT



Prague hosted the 2015 Sub-Junior and Junior Equipped Powerlifting Championships. We highlight some of our most inspirational young powerlifters

|| SUB-JUNIOR MEN || || POWERING UP ||

**Kostiantyn Musilenko
(UKR) 2015
Number 1 Subjunior Male
on bodyweight**



**Huge Strength - Rodolfo
Flores (USA) 908kg Total
as a Subjunior!**



**568kg total at 57kg body
weight - Murata Motoki
(JAP) subjunior to watch!**



|| JUNIOR MEN || || GETTING THEIR POWER ON ||

**Big Russian Sergey Usov
totals 1032kgs Champion
of Champions!**



**Oleksandr Lebediev (UKR)
well ahead - winner of the
-83kg class**



**A rising star, this is a
man to watch!
Charles Okpoko (USA)**



BEST SUB-JUNIOR WOMEN IN POWERLIFTING



Upcoming Sub-Junior
Lauren Lent (USA)



Sub-Junior Bench Press
sensation Danielia
Kolesnik (RUS) benches
Junior WR of 130kgs!



World Champion -47kgs
class Taylor LaChapelle
(USA) WR total 382.5kgs

JUNIOR WOMEN POWER TO THE TOP!



Victoria Karysheva (RUS)
Women's Champion of
Champions



-52kg class Champion
Anna Filimonova (RUS)
Squat Sensation!



Johanna Aguinaga (ECU)
WR Bench Press and
World Champion -62kg
Class



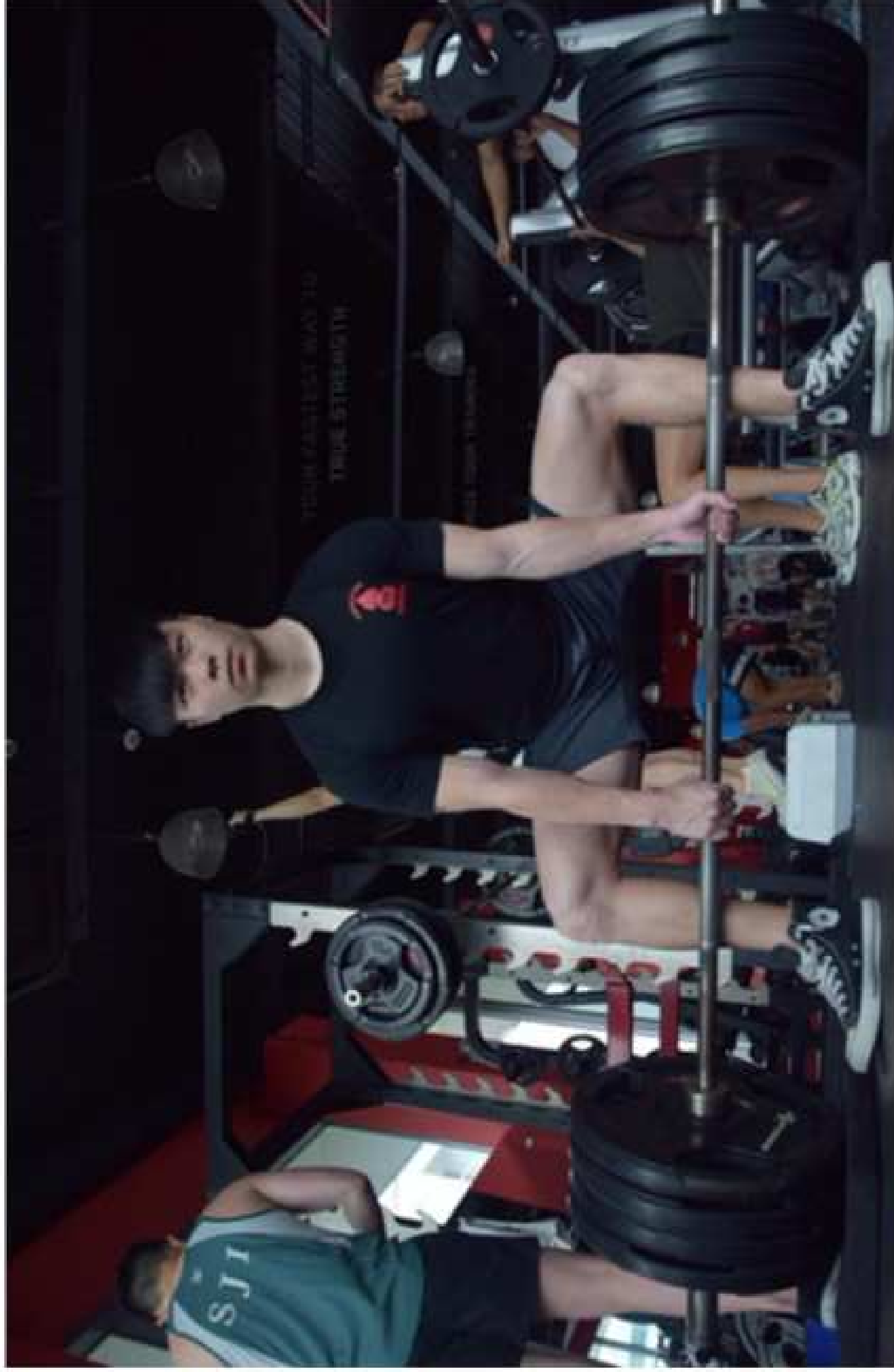
A Star Rises from the Little Red Dot

By Asian Correspondent - Shreya Shree

Plugged into some instrumental tracks of epic war music, Marcus Yap Zhe Mian of Singapore prepares himself for a battle of his own: picking up some really heavy weights. Representing Singapore, the 21-year-old holds the deadlift World Record and is the silver medalist from the IPF Classic World Championships in the U59 Junior category.

With his roots in Badminton, Marcus ventured over to Powerlifting 4 years ago, and has never looked back. Armed with a competitive spirit and a positive attitude, Marcus has only 4 IPF sanctioned meets under his belt, but he has achieved national and international records on every competition platform he has set foot upon.

Marcus believes that the hours he has put into training with passion and dedication, have molded him into a stronger man, both physically and mentally, and has given him the confidence to take on any challenge that comes his way.



What made you dip your toes into the vast ocean of Powerlifting?

4 years ago, at the beginning of my Polytechnic life, I was attempting to start lifting weights to look good. It was at the time that I was approached by the Singaporean Arm-wrestling Champion, Valen Low, as he caught me squatting in my sports shoes (how embarrassing!). He introduced me to the sport at the time, and that's how everything started.

“Prioritize. Strategize.

Sacrifice.” First you

have to understand what your priority is at this certain phase of your life.

You come from an athletic background, having represented Singapore in badminton previously. Tell us a bit about that and if you miss playing on the court.

Those were the good old days! Yes, I actually really miss badminton a lot. Especially the times when our team had to go through trainings that were a little bit crazy... And by “a little bit” I mean puking after every training session and having to limp to court the next day! Powerlifting is



more of an individual sport so I guess what I really miss is having a strong bond with my teammates and, of course, not forgetting how we are required to think in less than a split second while on the court.

Sometimes life throws curveballs at us as tests to our mental toughness. What is the greatest challenge you've faced in your life and how did you overcome it?
A lot has happened to me during this short powerlifting journey, but I wake up every day and speak positive affirmations to myself and visualize what I set out to achieve for the day. This always works for me as it makes it clear to me on what I have to do on that particular day, and also starts me off with a lot more positivity.

Some people love working out in solitude and some enjoy being accountable to training partners. Which category do you fall into?

I occasionally train by myself but I always

favour training with others because it isn't only more uplifting, but you also get another point of view on your form, attitude, and mentality. I usually train with my brothers and my girlfriend and it's just amazing to see everyone working hard and enjoying the sport together.

What do you think is the most underrated exercise that more people should be doing?

You are only as strong as your weakest link. There isn't any particular movement that is underrated, but not focusing on your weakness is what's underrated.

Powerlifting requires time, discipline, dedication, and not only physical training, but also mental focus. How do you balance your social life, school/work, and training?

This is a tough one, but I think there are 3 words that come into my mind when this question is asked: "Prioritize. Strategize. Sacrifice." First you have to understand what your priority is at this certain phase of your life.

Secondly, you have to take into account the time needed for each aspect in your life so you can structure and plan them. Lastly, you have to understand that not only you, but also everyone else only has 24 hours a day, and you cannot do everything. This is when sacrifices have to be made so that we can achieve what we set out to.

What would you say to a novice lifter who has just started treading along the path of powerlifting?

Be patient, and enjoy the sport. I know everyone wants to improve fast and although it's okay to go a little crazy on the volume sometimes, listen to your body. Being injured is last thing you want, so know when it's time to stop and know when you can keep going. Be aggressive but at the same time, know when to pull the plug. Also, consider hiring a coach with a powerlifting background. I firmly believe that hiring a good coach would be the best option because you get to learn a ton and of course, keep yourself safe.

Nutrition is often regarded as a key element as much as in powerlifting than in all other sports. What is your relationship with nutrition in general? Do you plan your diet and does this differ in/ off season?

During the season, I track and count my macronutrients, and I start doing as early as 10 weeks out so I can see how my body responds. Off-season is just eating whatever I want, but I keep an eye on my protein intake and weigh myself from time to time. If I am too heavy, I do a "mini cut" that lasts a few weeks, just to get down to a safe weight range.

What's next for you?

Whatever my heart desires. At this point in time, I don't have any elaborate plans but what I'd really like is to take the opportunity to grow in character and strengthen my virtues with the help of training and all other aspects of life that come along.