

SBD APPAREL



THE OFFICIAL PUBLICATION OF THE  
INTERNATIONAL POWERLIFTING FEDERATION

USA  
ARNOLDS

RAW  
WORLDS  
TEXAS  
2016

THE 1ST  
IPF UNIVERSITY  
CUP

THE CHAMPION  
MINDSET

IRON MEN  
OF IRAN

BLAINE SUMMER  
BIGGEST TOTAL EVER





from the  
**Chief Editor**

When you join my seat in an Airbus A380 en route from Belarus to Australia after attending the 1st IPF University Cup. As I reflect on that wonderful inaugural event, I find myself marvelling at the outstanding start we've made in 2016!

In this edition of the IPF magazine we try to capture some of what 2016 has brought us so far. Without doubt, we have enjoyed the massive outstanding participation growth in our sport to date. IPF liturs from around the world have turned up in droves to compete and share in the glory of our beautiful sport at every level of competition. We have thrilled in their courage, their competitiveness and their achievement. We've been inspired by remarkable comradery and triumphs over adversity. We have witnessed the incredible human spirit that prevails in the quest to achieve more. It's no wonder the social media uptake of the IPF news and events has gone completely stratospheric!

To get us underway in this edition go straight to our cover story about **Blaine Sumner's** historic 500kg equipped squat by the time contributor, Ryan Carrillo. For an inspirational story about a true IPF champion, I recommend Eduardo Britunes's, **A Miracle called Ana Castellain**. And speaking of the **Champion Mindset**, we are thrilled to have in this edition the fascinating piece from my writer, Matt Gary. Many of us thought that the equipped World Bench Press Championships in Denmark was the best thing platform of all time, check out our highlights and while you're there read my interview with 33 year old, Danish powerlifter Søren Søgaard who is **Refusing to Act his Age**. Of course 'Y'all were Flakin' for some Lifting' is the Classic World Championships in focus, so focus your eyes on our round up of Champion lifters and Champion teams. I'm sure you will fly smoothly through these articles and the many more within so sit back, relax and enjoy this edition of your IPF Magazine!

*Chrissy Chantley*  
Chrissy Chantley

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# FROM THE PRESIDENT

*Dear lifters, officials and friends,*

**W**hile the start of 2016 IPF calendar has been extremely

busy, the IPF Executive under my leadership have continued to pour energy into on our number 1 objective: to obtain IOC recognition. We have taken all necessary steps to bring our federation closer to IOC recognition, by submitting our strongest application yet. We clearly fulfill all of the requested criteria to be recognized.

I encourage you all to view the IPF website where you will witness our many organizational improvements and changes. For example, further changes have been made with the committees and new committee members have been added to make sure that we are in line with all the IOC's requests.

Notably, we have successfully recruited more medical doctors to our Medical Committee, to amongst other things, improve the

approval process of Therapeutic Use Exemptions (TUEs). We have also added more lawyers and other qualified legal personnel to our Ethics and Disciplinary Committee (EDC) and Appeals Committee to ensure fairness and correct conduct, and that we are capable of always defending the rights of the IPF and its members in this increasingly complex international sports environment.

Our Youth Committee is up and running with new members dedicated to working for the best interests of our young athletes worldwide. We would be happy to hear from more potential committee members who would also like to contribute positively to this aspect of the organization. Similarly, we are interested to hear from new volunteers for our Sports For All Committee. So check the website and ask how you can get involved in one of the many committees and teams in the IPF organization.

More and more these days, the IOC requires sports to be active in

their social work and thus we have worked very hard to become more involved in humanitarian work in our international communities. We have started by launching the IPF University Cup under the patronage of the FISU which is a great step forward so that we may become part of the University Games. That is the goal we want reach as soon as possible and I'm sure many of you would love to see us have the opportunity to compete and be involved in the University Games.

The IPF's association with the Special Olympics has made great progress in some countries and regions. We now have many lifters, coaches and officials involved and it is growing with each passing year. It is great to see that the agreement we signed with the Special Olympics is working and we will be more



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The new-look IPF Magazine brings you the colour, energy and news of the world's most exciting strength sport in a glossy and captivating magazine.

Packed with inspirational photos and stories, exclusive interviews and features, informative articles and unique insights into the IPF World – every page is a celebration of our sport and our stars. The worldwide voice of the IPF, written in English, distributed to every member nation and available now for individual subscription, delivered to any country.

[powerlifting-ipf.com/media/ipf-magazine](http://powerlifting-ipf.com/media/ipf-magazine)



**With the IOC decision expected by the end of the year, let us now cross our fingers and hope that our dream for IOC recognition becomes true.**

involved with the development of their athletes, coaches and the overall development of their powerlifting program.

It is one of our goals to ensure that the IPF is totally inclusive as we understand that all together we a create a stronger federation in the best interests of the athletes and all our members. With this in mind, we are also working with Blind Powerlifting with whom we hope to create a strong, unified association.

Additionally, we continue our dialogue and work with the Commonwealth Games officials. They have supported us initially with the medals for the Powerlifting Commonwealth Championships this past year in Canada. I'm sure you can all recognize what a great opportunity this is for us and definitely a step in the right direction.

The IPF EC are working very hard, doing everything we can to create wonderful opportunities for our lifters. The IPF was once

there is now complete choice for our athletes to compete at world championship level in any of the powerlifting formats. Well done Hennie Smith and his team for a well organized event.

The IPF is committed to providing the highest level of competition for all powerlifters committed to our values. As the organization grows, strengthens and forges forward we hope that you are proud to be a part of IPF and that you feel that you belong to a truly inclusive and progressive sporting federation.

With the IOC decision expected by the end of the year, let us now cross our fingers and hope that our dream for IOC recognition becomes true.

Best regards

Gaston Parage  
IPF President

Finally, I want to make special mention of the 1<sup>st</sup> Classic Bench Press World Championships that were held in South Africa in April this year. With the edition of this championship on the IPF calendar

again represented at Sport Accord in Lausanne this past April. We had important meetings there to continue to make our presence felt and bring our sport forward. I can say our mission to fulfil all this has been done. As always, we continue to go forward in the world of sport.



**WORLD RECORD**

500 KG SQUAT • 401.5 BENCH • 1271.5 TOTAL



**BLATNE SUMMER**

**B**eneath the over watch of the high peaks of the Rocky Mountains, hands settle into the soft clay of a football field, deep in the heart of America. With the smack of plastic and the unmistakable footballer grunts, bodies hit bodies at the sound of a “hike”. In an instant the blonde-haired blue-eyed blur that was previously meters away, has pounced on its prey. The dust settles after a whistle is blown and the blur’s youth is revealed, he is just a boy. With the desire for greatness in his gaze, it is evident for all that look on, that this athlete is destined for something special. The boy’s name is Blaine Sumner, and this is his story. / By Ryan Carrillo

**A**s one of the IPF’s most prolific athletes it is surprising that Blaine Sumner is an enigma to many fans and supporters across the world. His story is unfamiliar and rarely told. How has such an elite athlete risen to the pinnacle of the sport of powerlifting? Is it purely talent, or grit, or luck? As onlookers to this type of athletic performance we try to justify what our eyes see, as unbelievable as it is. Blaine Sumner squatted 500 kilograms in March of 2016. This mind bending feat is so extraordinary that for most, it is impossible to comprehend. People are quick to pass judgement on Blaine, “He’s talented!” “He’s a genetic anomaly” “Blaine was blessed with this ability”. The



## It started on the sporting fields of Colorado, where Blaine was born and raised.

truth of the matter is that Blaine, though talented, has not relied and his natural ability to get him where he is today. The strongest powerlifter on earth earned his title through his unwavering commitment, patience, and determination to be the best the world has ever seen. It is human



nature to only look at things at face value, to make excuses and reasons as to why someone is so good.

The truth is it does not matter what sport you are in, to get to the top you have to out work your competition and be persistent beyond what conventional wisdom says is okay. Blaine Sumner’s storied athletic career

can be attributed to his unwavering persistence and unrivaled work ethic.

It started on the sporting fields of Colorado, where Blaine was born and raised. Sumner was a multi-sport athlete, and from an early age his level of commitment was mature beyond his years. Football, lacrosse, and



wrestling were Blaine's passions. Whenever he was training he focused with every fiber of his being. It is this level of commitment that would drive Blaine's success and improvement throughout his athletic career. As an undersized youth Blaine focused on out-working his competition and on the minutia of his

training to take him to victory. These themes resonate with Blaine's training system he employs today, and are what he attributes his success to.

As the years passed, Blaine's football career became brighter and brighter. His persistence and work ethic took him from the smallest and

weakest football player on his high school football team, to the biggest and strongest athlete on his college football team. As a student-athlete at the Colorado School of Mines, Blaine excelled on the football field. By the time his senior year came around he was an all-conference defensive lineman and set the NFL bench press test record and explosive index record.

Blaine's commitment and desire lay with football, powerlifting at this time in his life was an afterthought. Unluckily, Blaine was vying for a spot on an NFL team at the same time as the 2011 lockout. Because of this situation very few teams were interested in fringe players such as Sumner who attended The Colorado School of Mines, the top petroleum engineering school in the country but only a division II University. Blaine had the explosive strength and statistics that would typically afford a player such as himself interest from many teams, but because of the lockout situation there was no opportunity for him to go beyond his pro workout day. This unfortunate turn of events was the catalyst of Blaine's future in powerlifting. It was in this moment that Blaine decided he was going to devote himself to becoming the strongest powerlifter on earth.

Blaine was a force in the weightroom in college. His best raw lifts prior to his pure focus on powerlifting were a 362.5kg/800lb squat and



**Blaine's training is simply put: insane. There are no light days, no speed days, and very little time for recovery.**

his work out for him. Coming into USA Powerlifting and the IPF at the time he did, meant he had to compete against living legend and IPF Hall of Famer Brad Gillingham, no easy feat for the inexperienced Coloradoan football player. Blaine's total at his first Open National Championships was 955kgs, he was a junior at the time and lost to Gillingham by 50 kilos. This did not deter him however, it fueled his fire even more and inspired him to continue being persistent.

Blaine's training is simply put: insane. The strongest powerlifter in the world trains harder and heavier than most powerlifters. Four days a week Blaine squats, bench presses, and deadlifts. There are no light days, no speed days, and very little time for recovery. He frequently hits singles heavier than 90% of his one rep max and very frequently trains at intensities over 90% for his raw powerlifting training.

225kg/495lb bench press, he did not deadlift in his collegiate strength and conditioning program, but he did power clean 192.5kg/425lb. Blaine had also trained in equipped powerlifting a handful of times and had a 480kg/905lb squat, 265kg/585lb bench press to his name. These lifts were leaps and bounds ahead of his 42.5kg/95lb squat and bench he put up as a freshman in high school, Blaine had come a long way over the years. Sumner had



Blaine trains alone in the solitude of his private gym in Oklahoma, where the summers are sweltering and the winters chill you to the bone. This type of environment has been common place for Blaine throughout his life. As a youth he would spend countless hours alone perfecting his craft while friends and peers spent their time being social and doing things kids did. As an adult now, Blaine is even more committed to his craft and his journey. He works long hours as a petroleum engineer and spends the rest of his limited free time training and preparing for powerlifting. Much of his time is dedicated to the analysis of his training, and his diet.

What does the strongest powerlifter on earth eat to fuel his body? When you are as large as Blaine Summer, it requires an immense amount of food to get stronger and stay stronger. In a nutshell Blaine's diet is nearly 7,000 calories a day consisting of

700 grams of protein, 400 grams of carbs, and 150 grams of fat. To get this many nutrients in a day Blaine utilizes his world famous chicken shakes along with other solid and liquid foods. His chicken shakes have gathered attention on the internet, where you can find YouTube videos of Blaine making his patented meals. The shake consists of ground chicken, liquid egg whites, and spinach blended together, not a meal for the faint of heart. Blaine's diet is nearly as extreme as his training. Standing 6 feet two inches, 184 centimeters tall, and weighing 170 kgs makes Blaine one of the largest athletes in the IPF. His extreme diet helps him keep in the size he needs to take on the toughest powerlifting competition on earth.

It was not long until Summer's strength surpassed Gillingham's. By 2012 Summer had won his first

## Standing 6 feet two inches, 184 centimeters tall, and weighing 170 kgs makes Blaine one of the largest athletes in the IPF.

National Championship and competed in his very first IPF competition, at Open Worlds in Aguadilla, Puerto Rico. His performance, was lackluster to say the least. After dumping his a squat and missing all but three attempts, Summer ended up with a total lower than his National Championship total, and he finished at the bottom of the group, in sixth place. This kind of performance can drive an athlete crazy and instill self-doubt, but not in Blaine Summer. Blaine got back to work and continued to work harder than his competition and never gave up. The years passed and Summer had many ups and downs; from bombing out a the United States National Championships on multiple occasions and dropping winning deadlifts at World Championships twice in one year, Summer's powerlifting journey has been full of frustration and failure.



Through all his shortcomings, Summer has never once doubted his ability. He has understood the necessity of hard work and persistence since he was a young boy, and knew in his heart that his commitment and patience would always take him where he wanted to be. Summer's persistence

and work ethic finally paid off in Columbus, Ohio in March 2016. Blaine made history at the Arnold Sports Festival. He set the new World Record Total at 1271.5kg/2,803lbs. Blaine did this by way of a World Record Squat of 500kg, a World Record Bench Press of 401.5kg, and an immense 370kg deadlift. After years of struggle, he became the strongest powerlifter of all time. No other human in history has lifted as much as Blaine Summer has, he has chiseled his name in stone and now sits atop the mountain as the man to beat.

What is in Blaine Summer's future? Right now he is preparing for the Open World Championships in Orlando, Florida. This championships is the primary qualifier for the World Games in 2017 in Wrocław, Poland. The World Games are the highest level of powerlifting competition in the world. Winning a World Games gold medal has been Summer's

focus for many years, and it is his sole focus at this moment in time. Will Blaine Summer return to Classic Powerlifting to take on the likes of Ray Williams, Jerza Ulepa, and Kelly Beanton? This question is asked a lot, and at the moment there is no definite answer. The powerlifting world loves big ticket showdowns such as we have seen the last few years in the super heavyweight division with Carl Yngvar Christensen and Andrey Kononov. Summer has yet to compete against Carl Yngvar Christensen of Norway and has lost twice to Kononov, the reigning World Champion. For now, Blaine Summer is the man to beat in the powerlifting world. Holder of the highest wills score of all time, highest squat, total, and bench press of all time solidifies Summer's name in the history books. His story of struggle, persistence, work ethic, and triumph over adversity is the stuff legends are made of. His enigmatic persona and reputation only fuel the public's interest in him and his insane powerlifting performances. As time passes what else will we see from Blaine Summer? It is evident after discovering his story that nothing is out of the question for him, and that is why the world will be on the edge of their seats this November when he takes to the platform again.



# W

ith a population that exceeds 200 million, Brazil stands out not only for its size, but also for being one of the most Catholic countries in the world.

It is against this backdrop of a large population and religious mysticism that many miracles are reported. **South America**  
**IPF Correspondent, Eduardo Rodríguez Briataures** had the privilege of meeting one of them.

*A miracle called*

# ANA ROSA CASTELLAIN

**Ana you are an international powerlifting star and everyone who knows you was shocked by the news of your car accident in 2015, can you give us some detail about what happened?**

I had a normal day on the day of the accident. I worked from 7am to 8pm, trained very well and was very happy. I hardly ever go out for dinner outside my home but that evening I did something out of my routine. All I know is, I was smiling when I saw the oncoming car, then when I woke up in the ambulance, I realized that everything was different.

In the days that followed it was difficult to lie in the hospital bed feeling all the pain. Even

when I was doped up with morphine, I thought about how I used to work 15 hours a day, and now that workload was impossible to do. All I could do was close my eyes and move my head.

I never accepted the situation. I believed that I did not deserve to be lying there as an invalid. I give thanks to my father who talked to me during all those long days in hospital, he kept me dreaming to continue to have a normal life.

Medical personnel ordered me to give up my sport for at least one year. This of course gave me even more desire to get out of bed and walk!

Mentally I am very strong, long ago I learned to dominate my pain and transfer any suffering into positivity. However, I did not hurry to walk.



again. I respected my body, and waited for it to ask me to come back to train again. The most difficult part was to eat or to drink water. I went 19 days without food and water. This was the hardest part. But thanks to God, I'm still here! I believe in God because he is the basis of our existence. I have survived and I am healthier now than I was before.

**Can you detail how you recovered from the accident?**

My greatest support after the accident were my parents. My father, Mr Amandio, was there with me throughout the 26 days I was in hospital. I never saw him crying, I never saw him lose faith that I would recover.

He is a fervent Catholic, every day he gave me a passage from the Bible always referring to my day and my situation in the ICU. Thanks to him I persevere in all I want, and I achieve all my dreams because he always said, "Daughter - you can get what you want, just have faith".





**I never accepted the situation. I believed that I did not deserve to be lying there as an invalid.**

To win a world competition you must be perfect, in 2014 I was not perfect in training. When you train to be world champion, you know what you must do to get the results, you cannot fail in training. In 2014 I failed a lot, I lost a lot of sessions, and I knew that I did not deserve to win.

In 2015 it was different, I returned to competition after the accident for the love of it, not wanting any particular result. Who decides to prepare for a world championship having only seven weeks to train and on top of that, not have enough help to train properly? And especially coming from such a serious accident like mine? I just had great love for the sport, that is what motivated me to go on the world platform and have the courage to face Priscilla and the other girls in 2015. Now I wonder what can I can do in 2016 and especially in 2017.

I have no intention of just having numerous titles to my name. A true champion is known for their history, not just for getting 10-15 world championships.

**Ana, please tell us some personal information and how you began in Powerlifting?**

I was born August 31 in 1985, in Blumenau, Southern Brazil to a French nationality family.

**Has the accident changed your inspiration to win or affected your belief in yourself?**

The accident has made me hungrier to train. I always said, "Less than my dream, I cannot be". There is no "impossible" in my life! There is faith and a love to win new numbers.

**You won the World Cup in 2013. What happened with you in 2014 and 2015 and what can we see from you in 2016 – and what about the World Cup in 2017?**

You can expect a more determined person in 2016, physically I'm better than 2013, mentally I am better prepared. I know with even a little, I can do so much, but training alone is very difficult, but this will not shake me, I have enough strength to be able to repeat the same feat of 2013.

In all that time he only saw me cry on just one single day, it was when I was giving up. The pain was too much, and the morphine was not helping me for more than 2 hours. I said I did not want to suffer anymore; I do not want to be a problem for anybody. Then he said, if you have faith, God will not abandon you child, you need to feel pain.

After that, and after my son asked me to leave the hospital with him I decided to try harder. I believed I must find a little more strength. That's when it all started improving. I left the hospital, went to my parents' house and with their support I returned to the gym within one month. The doctors had not cleared me to do any exercise, and had I a lot of pain and I had to lie down a lot of the time, but I wanted to go back to weight training. My father let me go because he knew powerlifting kept me alive.



I have six brothers, I am the youngest girl.

I have an 11-year-old son named Joao

Guilherme, he is the reason for all my willpower in sport and in my life and he is my great love.

I currently live in Garopaba, a southern state of Santa Catarina. Its a coastal beach town. I live alone, my son lives with his father in another city which is his decision. As I work a lot, my son's father has much more time to be with him, I see him two weekends in a month.

I started powerlifting in 2006 at 21 years of age. I had been into athletics since I was 13 years old. My friend introduced me to powerlifting. The team coach in the city was looking for a girl to complete the team, and as I was used to lifting weights to prepare for athletics, it was a pleasure to try a new experience. It was love at first sight.



**Many women still have the view that lifting is going to make you big and huge, it will not. Doing powerlifting can give you a well-balanced body. Women must have courage and believe in their coach.**

I found and fell in love with powerlifting, and I really had a talent for it.

**Can you give us an outline of a typical day in the life of yourself – a world champion?**

In our country the life of a powerlifting world champion is not easy. I do not receive any sponsorship or government support for my sport. I work as a personal trainer and fitness instructor. I work in two gyms close to one another, starting at 7am and working often until 10pm. I support many personal students, and beyond this, five hours in the

fitness center helping people. I train myself usually after 10pm.

Because I need to support myself, my own training is always in the background. I cannot put it as a priority. I need to cover all my competition expenses so work is the most important thing for me. If ever I get some free time, that is when I train.

**To obtain maximal goals you need a very special food plan, can you tell me about yours?**

I make well-balanced meals, because I have very busy days so I cook my food every

night to take to work. Usually I have 8 to 10 meals a day, which include whole bread, scrambled eggs, fruit (apple, banana, papaya, avocado), granola, oats, linseed, lots of whole pasta, apin and brown rice and my protein is always chicken or steak.

**Do you use some type of supplementation and are you sponsored by some supplement company?**

I don't use any supplements. Because of the accident, I have only one kidney working now so I cannot overload it. I eat well, my diet supplies all my needs. I have no sponsor, or type of grant or assistance from the government. SBD is my single sponsor and is sponsoring the entire Brazilian team that competes in the Raw Worlds supplying our raw apparel.

**Ana Rosa you are a star in the powerlifting world and you have a mix of beauty and power. You are an inspiration to other women. Some would like to train in powerlifting but have concerns.**

Many women still have the view that lifting is going to make you big and huge, it will not. Doing powerlifting can give you a well-balanced body. Women must have courage and believe in their coach.

I was thin when I started competing. Now I'm very happy with the results that training has given my physique. I have strength and did not lose femininity because of this sport.

**Thanks for your time Ana, it was a pleasure talking to you!**

I thank you for the opportunity to tell my life story.

# ONE STEP CLOSER TO IOC RECOGNITION WITH AIMS



**I**PF President, Gerson Parago and IPF Secretary General and AIMS Executive Board Member, Robert Keller went to Lucerne, Switzerland for the SportAccord congress and other important meetings to help bring the IPF forward. While there, they witnessed the historic signing of a Memorandum of Understanding between AIMS and the IOC.

The IPF is a long time member of AIMS (Alliance of Independent Recognized Members of Sport) so this agreement has great significance for the IPF.

AIMS is a group of 23 international sport federations, which are members of SportAccord. Now, with this MoU, they have the right to be included in the "Olympic Movement Directory".

AIMS proudly supports and promotes the vision and mission of the Olympic movement by sustaining and developing sports, importantly through the education of youth through sport and to continue to be credible in sport through the applicable principles of the Olympic Movement.

The IOC acknowledges the role and leadership of AIMS, and its valuable contribution to support the Olympic Movement.

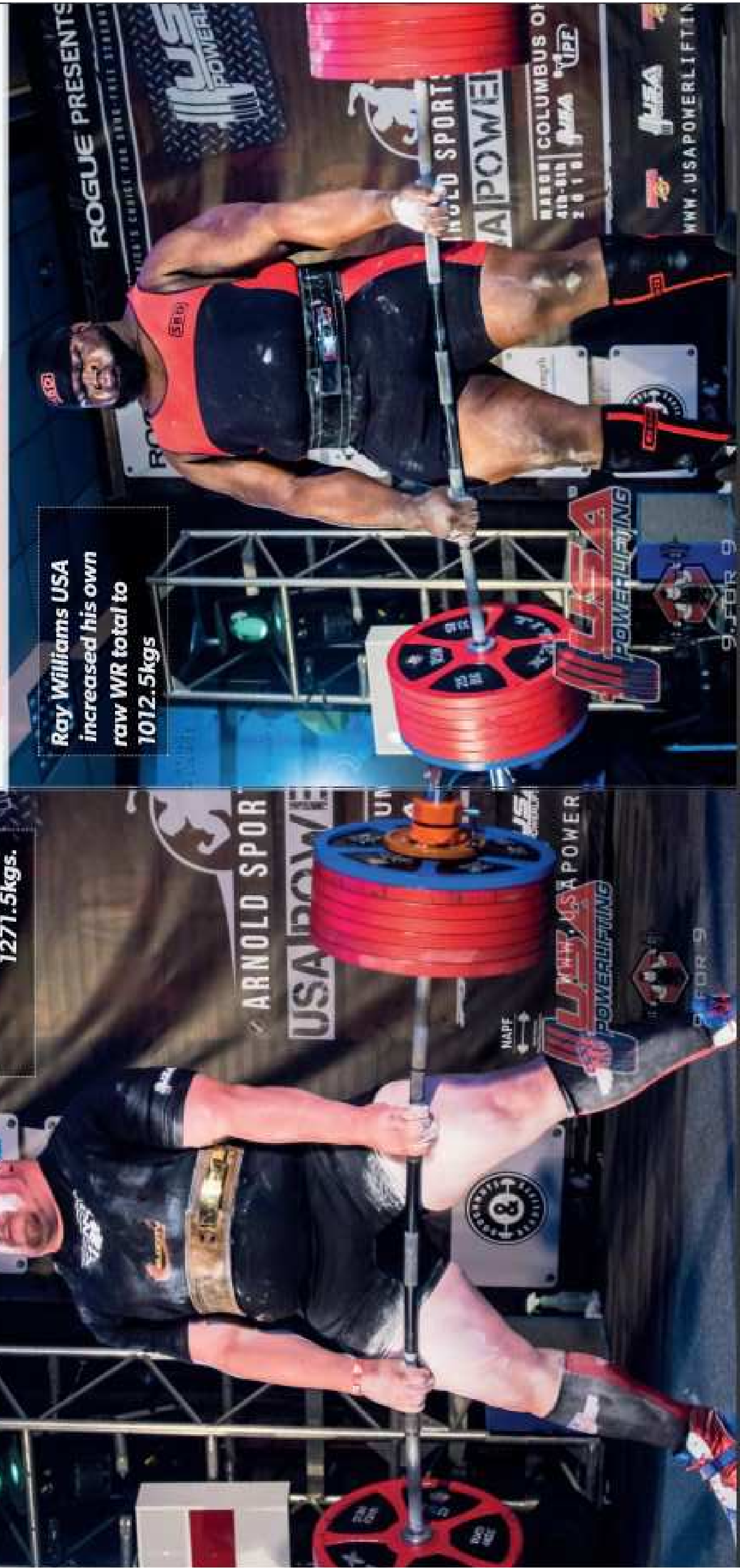
Just one more step closer in the right direction for the IPF achieving recognition by the IOC.

# THE ARNOLD OLDSS USA

Blaine Sumner USA  
biggest equipped  
total in IPF history  
1271.5kgs.

The names read like the Oscars of the IPF. The performances were unforgettable. Let the pictures tell the story that was.

Ray Williams USA  
increased his own  
raw WR total to  
1012.5kgs







Keith McHoney USA taking home some prize money

Bonica Lough squatted 272.5kgs and again increased her total now to 645kgs.

Brett Gibbs NZL Open WR Total 801kgs

Dennis Cornelius USA WR Open Total of 971.5kgs in the -120kg class

Jennifer Thompson's total domination of the -63kg classic bench press continued as she benched her 8th WR, 141kgs and a new total of 486kgs





Kimberly Walford  
USA  
Heaviest Women's  
DL and biggest  
Women's DL on  
bodyweight



Nick Weite –  
mental intensity  
earned him a silver  
medal



Bryce Lewis USA  
-105kg class WR  
Total, 860.5kg

# ROGUE®

The International Powerlifting Federation is proud to present its newest sponsor, Rogue Fitness.

Rogue Fitness is a US based company also manufacturing powerlifting equipment. They have IPF-approved bars, plates and collars.

# ANTI-DOPING SEMINAR FOR IPF ATHLETES AND OFFICIALS



**A** comprehensive Anti-Doping Seminar was run at the 1st University Powerlifting World Cup held in Minsk.

The participants were welcomed by the President of the IPF Mr Gaston Parage. The leading expert of National Anti-Doping Agency of Belarus (NADA Belarus), Mr Sergei Yurevich presented the Seminar.

In attendance were over 150 IPF athletes and sports

officials from nations such as Belarus, Australia, Great Britain, Ireland, USA, Russia, Kazakhstan, Netherlands, Finland, Switzerland, Lithuania and Japan.

Topics presented included: the Spirit of Sport, Health issues and the negative effects of doping. An interactive quiz on the key points of the presentation was conducted as a follow-up activity in order to consolidate the participant's anti-doping knowledge.

We thank the National Anti-Doping Agency of Belarus, the Belarus Powerlifting Federation and the Belarusian State University of Physical Culture for their assistance in the presentation of the Seminar and we thank the World Anti-Doping Agency for the educational tool-kits that served as the basis for the Anti-Doping Presentation presented at the Seminar.



# IPF IN REYKJAVÍK INTERNATIONAL GAMES — ICELAND

**T**he Icelandic Powerlifting Federation invited the President of the IPF, Mr Gaston Parage to visit Iceland in January 2016 at the time of the Reykjavík International Games (RIG). IPF General Secretary, Mr Robert Keller, accompanied Mr Parage on this visit. The RIG is a multisport competition held annually in January in Reykjavík, Iceland. This year saw competitions in 21 sports. More than 400 competitors from 40 nations came to compete. The RIG-Powerlifting competition, which is on the IPF calendar, witnessed three world records overseen by international referees. The powerlifting event of RIG was broadcast for a whole Saturday afternoon live on Icelandic television.

During his stay Mr Parage visited several powerlifting clubs and had meetings with people at the forefront of sports in Iceland. He had a meeting with representatives of The National Olympic and Sports Association of Iceland as well as Mr Illugi Gunnarsson, Minister for Sports, Education and Culture. During

his visit the IPF President informed our minister Mr Gunnarsson of the worldwide sport of powerlifting who already followed Icelandic Powerlifting with great interest and is knowledgeable on its growth and progress.

On the whole Mr Parage's visit raised awareness of powerlifting in Iceland and brought the sport forward. Seven years ago, The Olympic and Sports Association established The Icelandic Powerlifting Federation. From that time the powerlifting movement in Iceland has been under the jurisdiction

of the Icelandic Anti-Doping Organisation. The sport has enjoyed extraordinary growth. There are now more than 1,300 registered lifters out of a total population of 320,000.

It was an honor for The Icelandic Powerlifting Federation to host Mr Parage and Mr Robert Keller, IPF Secretary General. On the behalf of The Icelandic Powerlifting Federation we thank Mr Parage and Mr Keller for visiting our country and helping us promote our sport.

Sigurjón Pétursson, IPF Vice President



# Y'ALL WERE FIXIN' FOR SOME LIFTIN'

/ by Christina Chamley

**T**hey say, "Everything is bigger in Texas" – and the 2016 Classic World Championship in Killeen, Texas certainly lived up to the old adage.

156 new World Records were witnessed! • The biggest number of nations attended an IPF event, 56 in total • An enormous program of nearly 700 elite lifters participated • 17 year old LeeAnn Hewitt deadlifted an Open World Record of 238kgs • Video of Ray William's 438kg Squat has had over 1 million views!

## THE CHAMPIONS OF CLASSIC



### **Best Open Male:**

Perennial favourite **Sergey Fedosienko RUS** in the -56kg class blitzed the opposition with World Record Squat, Bench, Deadlift and Total to win Best Male.



### **Best Open Female:**

**Jennifer Thompson USA** at 60kgs of body weight bench pressed a phenomenal 141.5kgs and won Best Female with a total of 476.5kgs.



## Best Sub Junior Male:

**Cameron St. Amand**

**CAN** -105kg class with a WR SJ Squat of 290, a WR SJ Bench of 177.5kgs, a WR SJ Deadlift of 300.5kgs and a WR SJ Total of 783kgs.



## Best Junior Female:

**Sara Cowan CAN** -84kg class with a Junior WR Squat of 197.5kgs, Junior WR Deadlift of 212.5kg and a Junior WR Total of 520kgs.



## Best Sub Junior Female:

**LeeAnn Hewitt USA**

84+kg class totalled a Junior WR of 615.5kgs. She took World Records in the Squat and Bench and an Open World Record Deadlift of 238kgs!



## Best Male Master:

**USA's Tony Harris**

-120kg M2 totalled 865kgs including WR M1 and M2 Squat of 337.5kgs and WR M2 Deadlift 335kgs.



## Best Junior Male:

**Anatoli Novopismenny**

**UKR** -93kgs with a Junior World Record Total of 812.5kgs and a Junior Squat World Record of 290.5kgs



## Best Female Master:

**Priscilla Ribic USA**

-74kg M1. With a World Record M1 Deadlift of 205kgs and a World Record M1 Total of 487.5kgs





## CHAMPION PERFORMANCES



**Ray Williams USA** WR Squat



**John Haack USA** WR Deadlift



**John Paul Cauchi AUS** WR Deadlift



**Ana Castellain BRA** celebrates!



**Jezza Uepa NZL** WR Squat



**Brett Gibbs NZL** WR Deadlift



**Sofia Loft Open** WR Total



**World Champion - Bonica Lough USA**



**World Champion - Kimberly Watford USA**

## CHAMPION CLASSIC TEAMS



**Sport brings nations together – Teams (Lebanon, Egypt and Syria)**



**Welcome back! After 17 years the Republic of Kiribati returns to the IPF as an Independent Nation.**



**Cameroon brought their power all the way from Africa!**



**The tiny Pacific Island Nation of Kiribati makes it all the way to Texas and takes home the medal!**



**Team Peru welcomed at the IPF Classic World Championships**



**Team Mexico had a great time at the Classic World Championships!**

# ELEIKO IPF POWERLIFTING

The entire Eleiko Powerlifting assortment is certified  
by International Powerlifting Federation (IPF).





*"The greatest discovery  
of any generation is  
that a human being  
can alter his life by  
altering his attitude."*

# *The Champion Mindset*

*By Matt Gary, USA Powerlifting  
Coaching Chairman*

**E**lite strength is elusive and rare. Few possess it and scarcely any can sustain it. Those who display their supremacy for significant time gravitate toward greatness. However, the number-one difference between elite powerlifters and the all-time greats is a winning mental approach called the champion mindset.

Far beyond having favorable genetics, phenomenal consistency, tireless work ethic, optimal training protocol, and sustained health is the mental capacity to retain greatness. The famous American philosopher and psychologist William James said, "The greatest discovery of any generation is that a human being can alter his life by altering his attitude." Truth be told, successful people usually have better attitudes than those who are unproductive.

A champion mindset includes several, noteworthy characteristics. It starts with the ability to compartmentalize one's thoughts, but also incorporates decisiveness,



efficiency, being mentally strong, and the habit of remaining positive at all times. All five qualities are necessary for the approach to be effective. It's one thing to say, "I have a positive outlook and see the bright side of situations." It's quite another to put that perspective into action.

The first characteristic of a champion mindset is the ability to compartmentalize information and thoughts. Many variables can affect a powerlifter's performance. On game day, competitors must consider variables like climate, location, time of day, size of their flight, weight loss, and travel to name a few. While all of these factors can influence performance, many of them are uncontrollable. Lifters with a champion mindset are able

to put things in their proper place and not worry about insignificant matters. I often remind my lifters, "Focus on your process and what you can control because everything else is trivial." There's nothing you can do about the competition schedule, venue, climate, your competitors, or flight size. Wise coaches and competitors factor these into their strategic plan but don't waste time focusing on them. Time spent worrying about unimportant things is time lost that could have been devoted to crucial aspects of one's preparation.

**Understanding that there's always a choice automatically puts you in control. Oftentimes the options aren't necessarily good but recognizing the ability to take command of your situation gives you advantage.**

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the favorable circumstances. Toss aside negativity and fill the mind with optimism. It's like taking out the trash. Any negative thought that serves to impair judgment or dampen mood is considered rubbish. Select the best scenario that increases the odds of your success and delete everything else. It's winning the moment.

Our sport is a wonderfully worthwhile pursuit where the personal achievement and relationships built along the way can trump the expense of time and effort. Nevertheless, everything in life comes at a price and powerlifting is no different. It demands a lot from its athletes. If you want to excel, it's costly in terms of effort and time. In order to sustain progress, lifters must pour their foundation with years of consistent hard work, have attention to detail in training, and remain relatively healthy while balancing other priorities. While most recognize the importance of mentality, it's seldom a focal point. Reward yourself and embrace it as a key element of your long-term development. Powerlifting is a labor of love where you cannot escape the consequences of your actions. The more you put into your mental training, the more likely you are to see positive results. After all, you reap what you sow and you must first believe it to achieve it.

by systematically planning their annual training plan based around their competition schedule. On game day, weigh-ins are always two-hours before the start of competition. Warm-ups must be performed in a timely fashion so when the bar is loaded and your name is called, you're ready and have your entire 60 seconds to receive the command. 30 seconds are allocated to exit the platform and lifters must submit their next attempt to the scorer's table within 60 seconds. Throughout the competition experience, coaches and lifters must

manage time efficiently lest they avoid, procrastinate, and miss opportunities. Performance suffers if you can't process information and make quick decisions. Powerlifters face adversity like everyone else. Things don't always go your way. We may arrive in top form only to encounter unforeseen circumstances beyond our control that disrupt our plans. Those who are mentally strong not only survive but also put themselves in a situation to thrive. Some refer to it as an iron will or an indomitable

spirit. These rare breeds switch their perspective and see success as the only option. While a personal record attempt may seem beyond the realm of possibility, their faith is deeply rooted in their consistency, effort, and preparation. By virtue of their body of work, they truly believe they will overcome any obstacle in their path. A winning mental approach is a positive outlook. No matter the circumstance, the glass is invariably half full. The choice is always simple. Alter the viewpoint to accentuate





# LIFT HEAVY, LIFT CLEAN, POWERLIFTING SINGAPORE

/ By Shreya Acharya

Competitive Powerlifting in Singapore started off with a small group of enthusiasts who came together to give an identity to the sport and build its future. In 2014, Powerlifting Singapore gained IPF recognition and since then sent teams to the 2014 and 2015 Asia/Oceania Championships, and the 2015 Classic World Championships. Despite the young age of the sport, Singaporean athletes have brought home several medals and made a mark in many hearts.



The Singapore Powerlifting Open 2016 (SPO16) was held on 9 and 10 April at the OCBC Arena and saw some of the country's strongest lifters putting up a show on one platform, breaking numerous national records in the process. The hall was packed with a full audience as it was the first time that the stage hosted raw and equipped lifting.

One of the founding members of Powerlifting Singapore, Corinne "Kia" Bianca, played not only the role of meet director, but also competed in the Women's Open U72kg class. SPO16 was the nation's first meet that held an all-women's flight. "It's incredible to have so many strong women on the platform, cheering for each other and demolishing national records. We have sent female lifters to Hong Kong, Uzbekistan and Texas, USA to compete with the best of the best," Kia noted. "Although this

was the first time we had enough female lifters to make an all-women's flight, it certainly won't be the last!"

Another notable highlight of the event was 18-year old Daniel Nobel, who broke 11 national records along with squatting and deadlifting the heaviest load in the country. He totaled 780kg with a 285kg squat, 160kg bench, and 335kg deadlift, winning the Junior and Open Men's 120+ category and the hearts of the audience with his energetic performance. Daniel was also officially awarded the world record for breaking the U120kg Sub-junior deadlift in Uzbekistan last December.

Hidayat Qasim was the first Singaporean athlete to compete as an equipped lifter on the official platform. The novelty of gear rubbed off on the crowd that went roaring as they saw big loads

being pushed. "The adrenaline rush of lifting loads beyond what my body is capable of was absolutely tremendous and that totally brought my fascination for powerlifting to a whole new level," Hidayat grinned. "I hope I was able to entice the audience and initiate a thought process that powerlifting can actually be a very challenging sport that requires teamwork, an intricate learning curve and technical precision. When you have that covered and you do your best during competition, it can be very rewarding." Hidayat aims to represent Singapore at the World Games, and also to encourage and help others in their foray to equipped powerlifting as an experienced coach and strength athlete.

While powerlifting in Singapore is young and growing, the committee has worked hard to make an international name for our



athletes as well as their organization of volunteers. "I hope people continue to support the vision of IPF standards and drug free competition in Singapore, as well as look for ways to collaborate within the strength sports community and bring together many athletes with the same vision," Kia speculates, "Lift heavy. Lift clean!"

In the span of two years, Singapore has seen the sport gain more recognition and also its athletes' rapid progression, coupled with a few stand out stars. "It's also extremely gratifying to know there

is an entire community of strength athletes and sponsors in Singapore who support drug-free sport." With their first unofficial competition held in a dingy sports hall, Powerlifting Singapore has indeed come a long way, now holding their own meets that are up to international standards with world-class competitors. Prominent names in the local and regional industry such as The Gym Nation and Solitude of Strength continue to sponsor the competitions, with its reach growing year after year.

Powerlifting Singapore will hold the

Singapore Powerlifting Invitational (SPI) in October 2016 that will feature the best competitors from the country and around the region. It will also be the last qualifier for the Asia/Oceania Championships in Christchurch, New Zealand at the end of this year.

Photos by Nathan Sagar, Anthony Tan, and Shreya Acharya  
Logo design by Zenn Tan

# Arnolds IN Africa

By Heather Leighton

The South African powerlifting Federation (SAPF) was delighted to be a part of the first Arnold Classic Africa festival held from 27-29 May 2016 in the Sandton Convention Centre in Johannesburg, South Africa.

powerlifting was included as one of over 45 sporting codes, including the traditional strength sports like weightlifting and strongman, as well as more cerebral pursuits like chess.

The powerlifting events consisted of Classic and Equipped powerlifting, Classic and Equipped bench Press, and a fun Double Deadlift Challenge. Subjuniors, juniors, masters and open lifters competed for overall honours in combined

weight divisions, setting 43 new South African National records. Overall Best Lifter awards in the Classic powerlifting events went to Michelle Letcher and Sean Manders, both Master 1 lifters who also went onto compete at the World Classic powerlifting Champs in Killen, Texas USA.

We were pleased to have IPF Cat 1 referee Claudia Nagata and IPF Cat 2 referee Joel Ridings



in action at the Arnold Classic Africa, having extended their stays in South Africa following the World Classic bench Press Championships the previous week.

SAPF President Hannie Smith and Vice President Heather Leighton had the opportunity to present Arnold

Schwarzenegger with some mementos of the event – a presentation set of medals, and a bust of Nelson Mandela – after which Arnold spoke to the powerlifters about his love for powerlifting, and what the sport had meant to him in his career. The full video of Arnold's speech can be found on the IPF Facebook page.



## NEW ZEALAND

### Powerlifting on the rise! / By Ana de Joux

The New Zealand Powerlifting Federation (NZPF) is the official governing body for the running and development of powerlifting in New Zealand. There are six regional powerlifting associations within NZPF each with its own committee and constitution.

New Zealand is a small island nation in the Oceania region with a population of just four million but what it lacks in size and population it sure makes up for in passion and performance on the powerlifting platform both locally and internationally.

Powerlifting in New Zealand has seen significant growth with membership increasing over the years with more than 600 lifters registered in 2016.

New Zealand has a proud history across the years producing several IPF World Champions. Precious



McKenzie, Derek Pomara, Maria Brightwater-Wharf, Sonia Marsiana, Irish Muldrock, Joel Hintz and Brett Gibbs to name a few. With the recent growth and some quality lifters coming through we will no doubt see more New Zealand athletes competing on the World stage and winning Championships. New Zealand had 26 lifters

competing at the IPF World Champs in Killen, Texas in June. Check out some of best lifters in action.

In New Zealand we have a saying "Kia Kaha" (pronounced: keeyah) which comes from the Indigenous Maori people of New Zealand and it means "Be Strong". We wish all athletes the best in their future IPF competitions.



# LIFTING IN THE SPIRIT OF SPORT SOCIAL PROJECT GATOVO, BELARUS

In the small village of Gatovo on the outskirts of the Belarusian capital Minsk, an Orthodox priest by the name of Konstantin Murtykin has been busy bringing hope and salvation to his community. In more ways than one.

Not so long ago, 2000 young people in the village had no gymnasium or sports centre available locally in which to train. So Konstantin and a group of Belarusian powerlifters set about to create a gymnasium behind the Church where young people could train in powerlifting and other sports. In a harmonious combination of spirituality and sport, the powerlifters also got involved in making beautiful icons for inside the church.

That's when the IFF and its official partner Eleiko joined in to support this worthy community project, sharing the cost and donating sets of Eleiko racks and weights for the gym.

Thanks to the selfless efforts of Konstantin, the powerlifters, IFF and Eleiko this wonderful social project created something very special for the benefit of the young people of this community, maybe bringing even more hope and salvation to some.



# BENCH BATTLE DENMARK



At a beachside resort on the wild Danish South Coast, the biggest bench press championship in the world raged for six days. 500 Athletes from every age group and every weight class powered up and battled it out producing thrilling contests and amazing feats of strength and skill. On what many are calling "the best powerlifting platform ever", 88 World Records were set and many unforgettable moments created.



The Power and the Glory: With a massive 124kg World Record Gunda Finais won Barchhaus GER catapulted into the history books as the first woman to press over 2000 kils points. At just 5 kgs bodyweight she won Women's Champion of Champions.



Rising Super Star: Sub-Junior Daniela Koleszisk RUS benched a Sub-Junior and a Junior World Record 140kgs in the -57kg division, becoming the Number 1 Sub-Junior Woman by a long shot.



Rare talent: Russian Sub-Junior, Dawid Grzegorzczuk presses 275kgs in the -105kg div for the win and Overall Best Sub-Junior Male.



Jonathan Leo USA 120+kg div, narrowly beat Fredrik Smulter FIN as Overall Best Male Lifter with a Press of 392.5kgs.



Shingo Ueda JPN - 120kg Open



Vladimir Gerasimov 105kg Open



Outstanding: Kevin Jaeger GER  
thrills with a World Record  
343.5kgs in the -120kg Junior div  
and wins Champion Junior Male.



Yasufumi Kimura 59kg Open



Golden Couple: Husband and Wife, Kenneth and Marcela  
Sandvik FIN took the Gold in each of their divisions (120+kg M1  
and -52kg Open). Kenneth also won Overall Best M1 Male.



Chupriniko 66kg Open

# REFUSING TO ACT HIS AGE



It's obvious,  
people just need to  
get in and do it.

**A**t 77 years of age a powerlifting club started up in Svend Stensgaard's gym where he trained for health and fitness. He thought powerlifting might be something fun to do. Seventeen years later he is still competing, representing his country and can bring a packed stadium to its feet.

Early in Svend's powerlifting training it became obvious he was actually very strong for his age and that with correct technique he would be capable of setting records in his age division. So it was that Svend committed to competitive powerlifting and to this day he trains six days a week, riding his bicycle to the gym training for a couple of hours then riding home.

At the World Bench Press Championships in Denmark and in front of 15 members of his family, Svend benched 80kgs and received more applause than any other lift of the championships. He loves the social aspect of training and competition most of all and everyone seems to love him.

Svend has enjoyed sport and physical training all his life starting as a footballer at the age of seven. He has done gymnastics, multi-sport events, was a football trainer, and played table tennis. Far from having concerns about himself lifting at his age, Svend believes that lifting is very good for his health and wellbeing.

But programming Svend isn't quite like programming other lifters. His coach, Steen Wissing has to build in more time for recovery and less max work which is hard to do with an athlete like Svend as he wants to train at 100% all the time! They are obviously doing something right because apart from the occasional cramp in bed, Svend has no ongoing injuries holding him back.



Maybe the secret is in his diet? "At my age, I eat what I like!" Svend laughs "but I must be a bit careful what I eat so I don't gain too much weight, but I am comfortable in the -83kg class." Svend says there is no secret, "it's obvious, people just need to get in and do it." He recommends that everyone do some type of sport regularly believing the only reason he can do powerlifting at this age is because he have maintained being active all of his life.

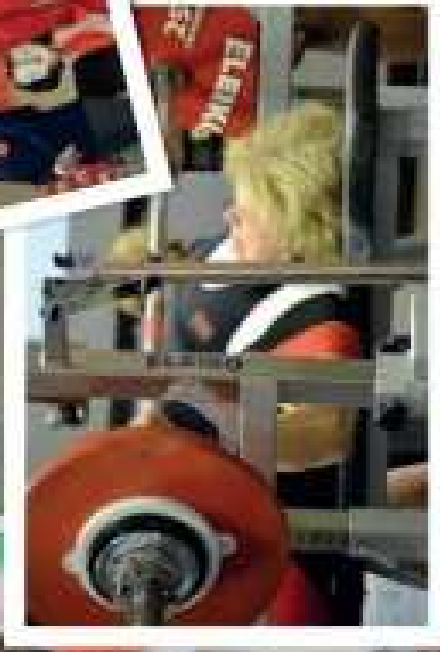
With 4 children, eleven grandchildren and a wife who is very proud of him, maybe it's as simple as a happy, healthy, active life with a positive attitude, which Svend has in abundance.

By Christina Chamley  
Translator Steen Wissing



# A GLIMPSE INTO THE FIRST CLASSIC BENCH WORLDS SOUTH AFRICA

By Heather Leighton



**T**he first ever IPF World Classic Bench Press Championships was held in Potchefstroom, South Africa, from 15-21 May 2016.

Over 250 lifters representing 25 countries participated. Although quite a bit smaller than the Equipped Bench Press event held the previous month in Denmark, this first

World Classic Bench Press Championships was a great inaugural championship for what will no doubt become one of the most competitive events on the IPF calendar.

Over 30 World records were set during the championships, along with scores of regional and national records. South

Africa, the host nation, fielded a team of 40 lifters and claimed 12 World Championship titles.

The Best Open Male and Female Lifter awards went to Daiki Kodama of Japan, and Daiva Zaroviene of Lithuania, respectively. The competition ended in fine style with a massive world record bench of 282.5kg by Super

Heavyweight lifter Thomas Davis from the USA. IPF President Gaston Parage thanked the lifters, coaches, loaders, referees and volunteers for making the championship a success, and added a reminder to all countries to assist their lifters by sending referees to international events.

# STRONG FAMILY BONDS IRON MEN OF IRAN

/ Mahdi Saghaei, Christina Chamley

**Meet the Saghaei Family - Iranian Father and Sons Competing at the Classic Bench Press World Championships.**

Fifty-year-old father Reza and sons Mahdi 17 and Hossein 16, demonstrate something important about the sport of powerlifting – that this is a sport for all, as generations of the same family train and compete together, strengthening family bonds and enjoying the benefits of sport for life.

Citing their father as their inspiration, the high schoolers train alongside Reza four days per week, two hours per day. Their father keeps a watchful eye on them as he coaches them in correct technique, building their strength, healthy and safely. Drawn to the IPF, the family values high standards, well-organised events and the fight against doping in sport.

"Sport in any form and field is necessary and advantageous for human society and we are proud to be suitable examples of students who engage in high level sport," says Mahdi. "We hope to achieve great things and raise the flag of Iran all over the world through our sporting abilities."

And there have been many achievements from this family. Reza has won numerous gold and silver medals at championships in Asia, Arabia and Africa. Now the boys are competing and winning medals as well.

"I am so happy and satisfied to practice in the gym with my father and brother and then we gather at home together to revise, discuss and plan our training and our strategies" says Mahdi.

"Our father is a good example for our progress. I think it is unique that the three of us go to the Asian and World competitions all together and that we support each other as sons and father, it is so joyful. But I must also say we very much appreciate our mother for her support through the years of training and competition," Mahdi explains.

"Our father's hope is for us to be engaged in sport always and to set our goals towards world rankings in powerlifting. He also wants us to be honorable in school to achieve in both our sport and studies."



# THE FIRST IPF UNIVERSITY CUP

by Christina Chamley



For many, mystery surrounded the host city of Minsk for the first IPF World University Cup. Nonetheless with a spirit of pioneering adventure, teams of University students from around the world leapt at the chance to compete in this historic event in what they were to discover is

the delightful city of Minsk. The Belarus Powerlifting Federation welcomed us with the warmest of hospitality and put on an event befitting the first IPF World University Cup.

Competing as University Teams, 155 lifters from 17 nations took part in this event.



Top right: Best Male Lifts: Piotr Sachowski Military University of Technology (POL)

Bottom right: Best Female Lifts: Emily Jackson Northampton University (USA)

Top left: Best Male Team Lift: Ohio State University

a-3 left: Best female Team Lift: Northampton University







# FAST FORWARD TO WORLD CLASSIC CHAMPIONSHIPS 2017

The Belarus Powerlifting Federation will also host the World Classic Powerlifting Championships in 2017. Organizers are meticulously preparing everything in what promises to be an outstanding championship, perhaps one without equal. You don't want to miss this one!

The 2017 World Championship will be held at the Minsk Sports Palace!

Picture yourself in the beautiful surrounds of venue.

# FROM THE GROUND

By Andrew Richardson



**W**ith the success of the inaugural World University Cup in Belarus, more and more University Powerlifting Clubs from around the globe are looking to get onboard with this new annual event. Now in its fourth year, the Teesside University Barbarians Powerlifting Club in North East England is growing from strength to strength in membership and achievements. Andrew Richardson shares his experience of starting this University Powerlifting Club combining “brains and brawn” to create a club that’s going places.

## Why start a University Powerlifting Club?

**1** It’s important to understand why you want to start a club. There were six main reasons I wanted to start our club:

**2** I wanted to train with a group of people regardless of experience and ability.

**3** I wanted to promote the sport of powerlifting, as it is an unreal sport!

**4** I wanted to be a better coach with hands-on experience helping others.

I want to be a strength and conditioning coach, so the best way to do this is by practicing these skills.

**5** I wanted an opportunity to apply what I learn from my Sports Science Degree to real life scenarios.

**6** I wanted to be a better lifter.

Most importantly, I wanted to have fun with like-minded individuals and be able to train hard and eat ungodly amounts of food without judgement.



## Planning for the Club

I was excited and nervous at the same time. Fortunately, I had a lot of good friends around me to give me support and bring ideas to the table.

We have a development plan which we use each year and update it on a regular basis. It is a go-to guide and what the key individuals in the club should be following. Goals and aims should be set out at the start of each year with all members present so everyone can agree on what they want to do.



**All coaches and members**

**should be continuously striving to be better.**

### Things You'll Need

A committee made up of Chairperson, Treasurer and Secretary. All three positions help each other in club matters.

You will need Head Coach and Assistant Coaches. They coach all the members, provide them with training programmes, lead the sessions, warm-ups/cool-downs, nutrition plans etc.

You will need someone who understands how to run a business or has experience being part of a business. They will have a better understanding on how to market the club and be able to make a profitable return so the club can invest in better equipment for example.

You will need a Graphic Designer for your club logo and equipment. If you have a friend who is into drawing or product design, ask them to help design a club logo for the gym, on a banner, clothing etc.

You will need access to a Physiotherapist

and/or Sport's Therapist. What I would say is get a link with a local physio/sports therapist and have your club members only go to him/her. The physio/therapist could offer discounted rates due to increase in clients and help advertise your club.

You will need a Public Relations Officer or simply someone to admin social media.

You will need someone to do all the posts, answer Facebook questions, direct people to towards the right information, post about any club developments and engage the community.

Monthly meetings to monitor how the club is developing are essential. You need to get everyone together each month in the same room to make sure targets are being hit. This will also help members stay social with one another and discuss how to better reach your goals.

A yearly strategic development plan made up of short, medium and long term goals is a smart way to proceed. This allows



you to plan what needs to be done in the immediate future and what your club hopes to accomplish in the next year.

You will need to establish the club's aim and ethos. What does it represent and stand for? Does it have an identity? For a business, this would be the brand that customers become familiar with.

You need to identify your target audience. Are you just targeting powerlifting? All sports? Beginner, intermediate, elite lifters?

Try to develop local support. Get support from friends, family, local press and council to promote your club and make it clear that you want to put something back into the community. The more familiar the community is with your club, the more support you will receive.

Make connections with members who are regional/national referees. Sticking with the sport of powerlifting, if you want all your members to be clued up on the rules, have some of them complete the referee training course and become national refs. This will not only help the members who become refs, but will also benefit your entire club.

Try to link in a member to your regional/national federation. This allows your club to have a say in events that will affect it on a regional and national scale. This will increase your visibility and garner more support.

Source a good training facility (ideally your own place if possible). This means you can

train how you want to train not how a gym owner wants you to train. Having your own place means you can design it your own way and have equipment you really need.

If you are a university student, have the support of your Student's Union. A student's union backs students and will support them.

Be prepared to do fundraisers. Do car washes, bag packing, charity events (bloodlit for reps), anything, to help raise awareness for a local charity to promote your club and raise a bit of money for the club.

Engage in continuous education. All coaches and members should be continuously striving to be better. This means always learning new ways to maximize performance.

### What I have accomplished from doing all of this?

I am a better coach and lifter and I have a wider friends circle. I am Student Development Officer for all of YNEPF (Yorkshire North East Powerlifting Federation) and now Assistant Coach for the IPF (Irish Powerlifting Federation) Team. More importantly, I just enjoy what I do — helping others, making people stronger, seeing friends empowering themselves to be better at life, fitness, education, and work. I hope you find this helpful in setting up your own club.

**I just enjoy what I do — helping others, making people stronger, seeing friends empowering themselves to be better at life.**



# IPE CALENDAR 2016-2017

**08-10**  
Western European  
Powerlifting  
Championships  
/ Israel

**23-25**  
Arnold Sports  
Festival - Europe  
/ Barcelona, Spain

**02-08**  
Men's and Women's  
Masters World  
Powerlifting  
Championships  
/ London, UK

**12-16**  
IPE Coaching  
Certification  
/ La Manga, Spain

**13-15**  
European Masters  
Bench Press  
Championships  
/ Hainan, China

**20-22**  
African Powerlifting  
Championships  
/ Port Elizabeth, South  
Africa

**27**  
NAPE Central  
American Classic  
Sub-Junior &  
Junior Powerlifting  
Championships  
/ San Jose, Costa Rica

**27-29**  
10th Annual NAPE/  
FESUPO Pan-  
American Regional  
Bench Press  
Championships  
/ San Jose, Costa Rica

**13-19**  
Men's and Women's  
Powerlifting World  
Championships  
/ Orlando, USA

**4-11**  
Asia/Oceania Classic  
Powerlifting & Bench  
Press Championships  
• Oceania Equipped  
Powerlifting & Bench  
Press Championships  
Chengdu, New  
Zealand

**February**  
Date to be set  
Nordic Junior  
Championships  
/ Iceland

**March**  
**14-19**  
European Classic  
Open, Junior & Sub  
Junior Powerlifting  
Championships  
/ Tbilisi, Georgia

**April**  
**02-07**  
SportAccord  
Convention  
/ Moscow, Russia

**04-08**  
European Junior  
& Sub Junior  
Powerlifting  
Championships  
/ Czech Republic

**May**  
**19-22**  
World Open, Sub-  
Junior, Junior &  
Masters Classic Bench  
Press Championships  
/ Kansas, USA

**10-14**  
European Open  
Powerlifting  
Championships  
/ Malaga, Spain

**22-27**  
World Open, Sub  
Junior, Juniors &  
Master Equipped  
Bench Press  
Championship  
/ Rimini, Lithuania

**June**  
**14-25**  
World Classic  
Powerlifting  
Championships  
/ Moscow, Russia

**July**  
Date to be set  
Asian Indoor Games  
/ Astana, Kazakhstan

**04**  
15th NAPE General  
Assembly  
Orlando, Florida, USA

**05-08**  
15th Annual NAPE  
North American  
Regional Powerlifting  
Championships  
Orlando, Florida, USA

**05-08**  
11th Annual NAPE  
Caribbean Regional  
Powerlifting  
Championships  
Orlando, Florida, USA

**05-08**  
16th Annual NAPE/  
FESUPO Pan-  
American Regional  
Powerlifting  
Championships  
Orlando, Florida, USA

**11-15**  
European Masters  
Powerlifting  
Championships  
/ Prague, Czech Republic

**03-09**  
and University  
Powerlifting World  
Cup  
/ Port of Spain, South  
America

**20-30**  
IWGA World Games  
/ Wrocław, Poland

**August**  
**10-13**  
European Open,  
Juniors and Masters  
Classic Bench Press  
Championships  
/ Barcelona, Portugal

**27-03**  
Aug. Sept.  
World Sub-Junior &  
Junior Powerlifting  
Championships  
/ Orlando, USA

**September**  
**10-17**  
Commonwealth Bench  
Press & Powerlifting  
Championships  
/ Port Elizabeth, South Africa

**14-16**  
Western European  
Powerlifting Cup  
/ Hainan, China

**October**  
**06-07**  
Danube Cup  
West-Balkan  
/ Vrnjačka Banja, Serbia

**02-07**  
World Master  
Powerlifting  
Championships  
/ Orlando, Florida

**13-15**  
European Open,  
Masters & Junior  
Bench Press  
Championships  
/ Malaga, Spain

**13-19**  
World Open  
Powerlifting  
Championships  
/ Poland, Czech Republic

# REHBAND

# 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 E.C. can be found at: <http://www.powerliftingipf.com/federation/executive-committee.html>

**President:** Gerasim Petrov (Bulgaria)

**Vice President:** Sargisjan Petrosyan (Armenia)

**Secretary General:** Robert Koller (USA)

**Treasurer:** Einar Wold (Norway)

**Board Member for North America:** Dr. Hugo Velazquez (Costa Rica)

**Board Member for Asia:** Soham Faridhi (Iran)

**Board Member for Europe:** Arvid Weibezum (Norway)

**Board Member for Africa:** Alan Farquhar (South Africa)

**Board Member for Oceania:** To be confirmed

**Board Member for South America:** Julio Cesar Contreras (Brazil)

**Women's Representative:** Eva Spahn (Germany)

**Athlete's Speaker:** Pim van den Hoek (the Netherlands)

## FURTHER COMMITTEES

**Anti-Doping Committee**

**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 Commission**

**Encouragement Committee**

## IPF Committee in Focus: Youth Committee

/Committee Member Jennifer Thompson/USA



**Chairperson:** Pim Van den Hoek/NED

**Committee Members:**

Jennifer Thompson/USA, Megan Leighton/USA, Guntang Olsen/BI

"The IPF Youth Committee strives to put policies in place for a safe lifting environment for our younger competitors. Powerlifting is a fantastic sport that exceeds age limits, but it is important to foster our younger competitors in that technique of the lifts. Studies have shown that kids should not be lifting heavy weights until their growth plates are fused. For most young people this is about the age of 13 years old. That does not mean the youth should not be lifting, but

they should be focusing on perfecting their form and technique of the three lifts and not how much weight they lift.

Once our young athletes reach competition age, it is important for us to have procedures in place that parents feel safe with their children participating in our sport. For this reason, we take our role in their children's life seriously and make sure they are well taken care of when competing locally or abroad. We do this through background checks of coaches and providing information to coaches and parents on how to help the young athletes in competition and when teaching."

We have had a very successful program in the U.S. for those 11-13 years

old. We have special bars and plates the kids use that are not as heavy as a regular competition set. The kids in the eight to nine and then to eleven year age groups will count two completed lifts towards their total in each discipline. This helps encourage them to lift for fun and not necessarily more effort. We allow them to lift in our local meets with the encouragement of completing three great lifts with good form. The kids love competing because they get the loudest applause from the audience and other athletes. It truly is a shining moment for them and sends them to our sport. We also have a Youth Nationals every year. This gives them a taste of what it is like to compete against other kids their age. There is a positive warm environment the parents and coaches create to make this a special event for the kids and helps send them to our sport.

