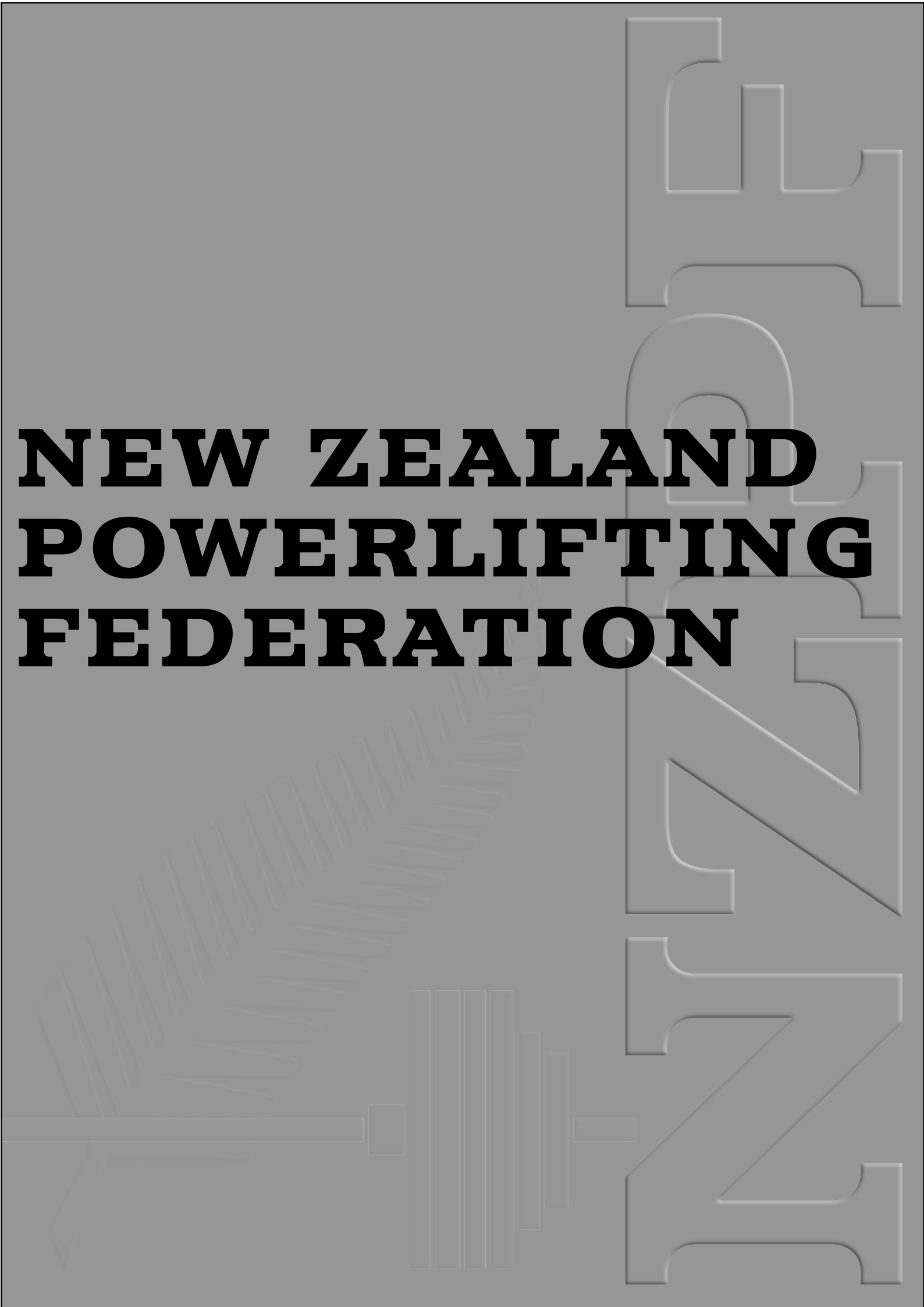


NEW ZEALAND POWERLIFTING FEDERATION



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The team from the World Open Men's and Women's Champs relax after a job well done



Message From The President



Dear Friends of Powerlifting

As another busy year of lifting comes to an end, I would like to talk to you about some of the changes in powerlifting this year and what we can expect for the next few years.

At the Annual General Meeting in August the members present asked me if I would like to stand for President again and I accepted as I felt I could help move the sport in a positive direction and also because we have an excellent supporting National Executive Committee.

Powerlifting has seen a lot of milestones this year. We have the largest membership the sport has ever seen, we have had representatives in every world event this year other than the Open Bench and we have run the first National 'Raw' event. The various associations have run many events, right from the novice competitions for entry level lifters to the NZ National Championships in Tauranga.

Financially we are very healthy and have given several grants to local associations to run events as well as fund international lifters. This year we doubled the amount of funding for competitions in NZ. Our major benefactor, SPARC(Sport and Recreation NZ), continues to support powerlifting with regulator investments and I believe we have given them a good return with membership numbers, participation and results.

Next year the New Zealand Powerlifting Federation will focus more on performance coaching with a new team created to assist with high performance lifters, but also identifying grassroots coaching and providing support at that level as well.

As a NSO(National Sport Organisation), we are committed to zero tolerance to doping in Sport. This year we had one only adverse finding which was for cannabis, a relatively minor offence. More effort will be spent on educating lifters, particularly new ones on the risks of using supplements and medications that could result in a positive test.

This magazine/booklet contains a lot of useful information and would suggest you keep it handy so you can refer to it. The information on records will be linked to the NZPF website, OPF (Oceania Powerlifting) website, CPF(Commonwealth Powerlifting) website and IPF (International Powerlifting) website as the records are continuously updated.

On behalf of the NEC and myself, I wish you all great prospects for both yourself and your lifting in 2012.

Best regards,

Steve Lousich

New Zealand Powerlifting President

CALENDAR FOR 2012

To view the NZ Powerlifting Calendar follow this link -

<http://nzpowerlifting.co.nz/calendar>

"...we have had representatives in every world event this year other than the Open Bench and we have run the first National 'Raw' event."

NEC MEMBERS

Who are they and what do they do?

The NEC is the governing body that runs the New Zealand Powerlifting Federation.

Each member has a certain responsibility such a doping control, membership management, day to day correspondence, liaisons to various Government Depts and organisations.

The NEC has goals each year to met including raising finance for funding associations, training and promoting referees and assisting lifters to reach international level events.

All of the members are volunteers and contribute their skills because of their passion of the sport.

Introducing...

NZPF President - Steve Lousich

I am a sales manager for Elgas and live in Ashburton with my partner Tania. I have been lifting since 1982 and have represented NZ at 15 World Championships events and lifted at nearly every Oceania Champs since 1992.

I am also a Category One international Referee and the Chief Examiner for the Oceania region. I also sit on the Appeals, Anti-Doping and Technical Committees of the IPF.



Name: Leighton Best - NEC Delegate for Canterbury

Occupation: Chartered Accountant with Fulton Hogan

Other: Secretary and Treasurer Powerlifting Canterbury and Eastside Barbell Club.

Powerlifting: Started powerlifting in 2005, Provincial Referee

NZ Open record holder 93 and 105kg classes

Titles:

2006 – 2011 Canterbury Bench Press Champion.

2011 – National Bench Champion.

2011 – Gold Medal National 3 lift 93kg class

2007 – Gold Medal Commonwealth Champs 82.5kg class



Marie Soffe - High Performance Manager & NEC Delegate for Otago

As the High Performance Manager I am responsible for co-ordinating programmes and resources for the improvement of athletes and coaches.

Also I am responsible for ensuring that the high performance management team provide assistance and guidance to our athletes and coaches.

The High Performance Management team consists of Stephen King – National Coaching Director North Island, Rennie Soffe – National Coaching Director South Island, Steve Lousich – National Referees Examiner and IPF Representative and myself as Manager.



Continued over page...

NEC MEMBERS

Who are they and what do they do?

Introducing...



Julian Perry -NZPF Secretary

Julian is based in Tauranga and also coaches a number of lifters at the local Gym. He has been lifting for nearly 20 years and is also a Category 1 international referee.



Darren Neves - NZPF Vice President & Auckland Secretary

Darren lives in Auckland and despite only lifting a few years is putting up some big totals. He manages the Auckland website and has recently just passed his provincial refs exam



Mike Gardiner - NZPF Vice President

Mike lives in shaky Canterbury and trains at the CSPC Gym. He has been a lifter for many years and competed at World level with a best of a silver Medal.



Stan Hallmond - NEC Delegate for Northland

Stan is one of the longest serving members in NZ Powerlifting. A former NZPF President, Vice President, World Champs Representative and Category 2 International Referee. Stans Lives in Whangarei where he is a big supporter of Northland Powerlifting

Continued over page...

NEC MEMBERS

Who are they and what do they do?

Introducing...



Craig Ebborn - Auckland Delegate

Craig is huge supporter of powerlifting in Auckland. A past Auckland President and now a National Referee, Craig will be the Meet Director for the Commonwealth Champs in 2013.



June Johnson - NZPF Treasurer

June is also another long serving member and manages all of the finances of the NZPF as well as the memberships. A former world record holder in the Deadlift and also a Category 2 International Referee



Simon Weaver NZPF- NEC member for Central Districts, APA committee member and treasurer of Auckland Powerlifting Association.

While not powerlifting Simon is a Technical Director for Aurecon (engineering consultants) and specializes in Fire Engineering.

He has lifted competitively since 1994 and achieved a best career total of 857.5 kg at the 2007 Nationals. Simon has also attended 4 open World Championships between 2000 to 2003 as well as numerous other World Championships.

Simon's key interests in powerlifting include the promotion of raw lifting and making the sport more inclusive to the huge amount of talent that we have in New Zealand.



Paul Sellars- NEC Delegate for WBOP

Paul is also WBOP secretary and past President. He is very active in local powerlifting promotions always helping and giving his time to the sport. Paul is a national referee and lifted for many years.

RESULTS

WORLD MASTERS BENCH

In April we had four lifters attend the World Masters Benchpress Championships in Rodby, Denmark.

WOMEN

Marie Soffe – Otago M2 72kg class 100kg Total Silver Medal. National, Oceania & Commonwealth Records

Tania Pitt-Guthrie - Canterbury M1 63kg Class 97.5kg Total 4th Place. National, Oceania Records



Marie blasts up 100kg to claim Silver in the 72kg Masters 2 Women's class and push the French Girl into 3rd Place.



Tania Pitt-Guthrie & Marie Soffe share a not so serious moment.



An awesome effort



Tania tries to lockout 105kg in a bid for bronze in the Master 1 womens 63kg class.

For full results visit the link below...

http://www.powerlifting-ipf.com/fileadmin/data/results/2011/World_Masters_Bench_Press/Women/scoresheet_w.htm

RESULTS

WORLD MASTERS BENCH

In April we had four lifters attend the World Masters Benchpress Championships in Rodby, Denmark.

MEN

Rennie Soffe - Otago M2 93kg Class 215kg Total
Silver Medal. National, Oceania & Commonwealth Records

Steve Lousich - Canterbury 120kg Class 245kg Total
Bronze Medal. National, Oceania & Commonwealth Records.



Referees:

Tania Pitt-Guthrie (Cat 2)
Steve Lousich (Cat 1)

For full results visit the link below...

http://www.powerlifting-ipf.com/fileadmin/data/results/2011/World_Masters_Bench_Press/Men/scoresheet_m.htm

RESULTS

PACIFIC INVITATIONAL

In July Powerlifting Australia held an International Invitational in Melbourne, Australia. Three nations participated including Australia, NZ and the USA.

Results: Women

Sonia Manaena - Otago 84+ Class

Squat:225

Bench:157.5

Deadlift:242.5

Total - 625kg 1st Place

All lifts National, Oceania,
Commonwealth & M2 World Records
with Deadlift M1 World Record

Tania Pitt-Guthrie - Canterbury 63kg

<http://www.powerliftingaustralia.com/>

Results: Men

Simon Weaver - Auckland 120kg Class

Squat 325

Bench No Lift

Deadlift 280 - No Total

Steve Lousich - CPA 120kg Class

Squat: 265

Bench: 240

Deadlift: 220

Total 735kg 2nd Place.

Benchpress Commonwealth M1
Record.

JUNIOR WORLD CHAMPS

Three lifters attended the World Juniors in August/September in Moosejaw, Canada.

Results: Men

John Strachan - Auckland 66kg Class

Squat:210

Bench:150

Deadlift:200

Total 560kg 7th Place.

Brett Gibbs - Central Districts 74kg Class

Squat:230

Bench:150

Deadlift:210

Total 590kg 11th Place

Andrew Burge - Auckland 93kg Class

Squat: 280

Bench: No lift

Deadlift: 260 No Total



The Junior World team and coaches



The Getstrength training team

RESULTS

WORLD MASTERS

In October one lifter attended the World Masters also in Canada in St Catherines.

Results: Women

Serena Perry - WBOP 72kg Class

Squat:140

Bench:95

Deadlift:150

Total:385kg 5th Place.

All lifts National & Oceania Records

Coach: Julian Perry

Referees:

Serena Perry (Cat 2)

Julian Perry (Cat 1) Jury

http://www.powerlifting-ipf.com/fileadmin/data/results/2011/World_Masters_Powerlifting/Women/scoresheet_w.htm



Julian and Serena Perry - also referees at the Masters World Champs



Serena squats 140kg to finish 5th in a very tough competition with personal best total of 385kg

OPEN WORLD CHAMPS

In November three lifters attended the Men's and Women's Open World Champs in Pilsen, Czech Republic

Results: Men

Brent McCormack 83kg class

Squat:280kg

Bench:187.5kg

Deadlift:250kg

Total 717.5kg 17th Place

Andy Mahon 105kg class

Squat:350kg

Bench:195kg

Deadlift:310kg

Total 855kg 11th Place



Andy squats well over 330kg on a regular basis



Brent taking in some of the sights around the Czech republic

http://www.powerlifting-ipf.com/fileadmin/data/results/2011/World_Men_Women/Men/scoresheet_m.htm

IPF news

This year at the world champs Congress elections were held with very few changes in the hierarchy.

The most notable was the retirement of the Chairman of the Technical Committee John Stephenson from Jersey, and his replacement Hannie Smith from

South Africa. No rule changes were brought as this will happen next year.

Congress Minutes: For a full record of the minutes follow this link.

http://www.powerlifting-ipf.com/fileadmin/data/Congress/Minutes_GA_2012.pdf

Records

National Records - Powerlifting Equipped and Unequipped.

As there are new weight classes this year there are naturally a large number of new records. National Records can be broken at North Island, South Island and Nationals or at international level events. There must be a minimum of three Nationals Referees present.

Powerlifting Equipped

<http://nzpowerlifting.co.nz/uploads/records/12%20Nov%202011%20-%20National%203%20Lift.pdf>

Powerlifting Unequipped

[NZRawMen281111.xls](#) [NZRawWomen281111.xls](#)

Benchpress Equipped

<http://nzpowerlifting.co.nz/uploads/records/12%20Nov%202011%20-%20National%20Single%20Bench%20Press.pdf>

There are no bench-only records unequipped as yet.

Oceania Records- equipped and unequipped

Oceania Records can only be broken at Oceania competition level or higher. There must be three qualified category one or two referee and World Records can be attempted.

<http://oceaniapowerlifting.homestead.com/records.htm>

Commonwealth Records- equipped and unequipped

<http://commonwealthpf.homestead.com/records.htm>

World Records- Equipped

<http://www.powerlifting-ipf.com/44.html>

Qualifying Standards

The qualifying standards determine the level required to compete at various competitions. For example gold standard means you can compete at the Open Worlds, silver at the Commonwealths and bronze at the Masters events.

At multi-age events there are standards set for each age and weight category. Elite is open to any lifter of any age to qualify for additional funding.

Recently the NEC made the decision to use the equipped standards less 15% to use as unequipped standards.

Also to qualify for an event you can now use an equipped qualifying competition less 15% to use for an unequipped event or if there are no events left in the year to qualify for, retrospectively use and equipped competition you have competed in less 15% to use for an unequipped competition.

You must have done the qualifying standard within 12 months of the international competition you want to compete in. For international events, you must have competed at the Nationals.

<http://nzpowerlifting.co.nz/uploads/info/NZPF%20Qualifying%20Standards%20and%20How%20they%20work-%202011.pdf>

Qualifying—how do I go to an International Event i.e. Oceanias, Commonwealth, Juniors, Open or Masters Worlds?

If you have complied with the above you need to fill in the following:

[Powerlifting\NZPF Documents\Application to compete or be a team official in international competition.pdf](#)<http://oceaniapowerlifting.homestead.com/records.htm><http://commonwealthpf.homestead.com/records.htm><http://www.powerlifting-ipf.com/44.html>

You must have done the qualifying standard within 12 months of the international competition you want to compete in. For international events, you must have competed at the Nationals.

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Please be aware I must receive this before the preliminary nomination cut off date which is 60 days out from the competition. After I have received this I will let you know what to do from there.

DOPING SECTION

Notifications - WADA, ADAMS, DFS

In 2003 the IPF agreed to join WADA (World Anti-Doping Authority) as a signatory. As the IPF is trying to gain IOC (International Olympic Commission) recognition as part of the process of becoming part of the Olympics, it was necessary to adopt WADA's anti-doping programme. As the NZPF is a member of the IPF, we also are required to follow the WADA code.

Testing in New Zealand carried out by (DFS NZ) Drug Free Sport NZ who are also a signatory to the 2003 WADA Code (The Code). DFS NZ has their own Anti-Doping Code called the SADR (Sports Anti-Doping Code) which is based on the WADA code but is modified for NZ. DFS NZ tests in a number of other sports as well as powerlifting and is a Government Agency with many powers.

Powerlifting in NZ is tested more than other sports on a percentage basis with approximately 30% of our lifters tested each year. Unfortunately we have had a number of positive tests in the last few years. Some are due to lifters trying to beat the system by cheating but some are lifters unaware of either what a banned substance is, how long it can stay in the body or lack of knowledge regarding the TUE (Therapeutic Use Exemption) system.

Powerlifting has over the years spent a lot of time educating lifters about banned substances through mail outs and clinics. There are a number of resources online, the best being the DFS website www.drugfreesport.co.nz

The most important thing to remember is ask if you're not sure about a supplement. Generally most of the supplements sold in NZ are approved and ok to use, but be aware of anything imported from Europe or the US. One of the problems seems to be traces of banned substances found in seemingly safe supplements which have been contaminated in the manufacturing process.

Since the drug cannabis was put on the banned list we have had two or three cases of this and DFS reports approximately 60% of its positive tests are cannabis related. Although the effects of cannabis aren't obvious by the time the competition, the drug is still in the system several weeks and sometime months after consumption. The level is based on the frequency of the user, but even casual use can stay in the system for several weeks.

What is worse is that the sanction for cannabis is the same as it is for steroids-up to two years.

TECHNICAL SECTION

Rules of Powerlifting

http://www.powerlifting-ipf.com/fileadmin/data/Technical_Rules/IPF_rulebook_01_2012.pdf

Approved Lifting Equipment

The important change here is the possible removal of the APT pro wrist gear.

<http://www.powerlifting-ipf.com/51.html>

Raw Rules

[IPF RAW RULES.doc](#)



As far as competition goes, there are two important time frames to remember. You need to be on the drug testing programme 3 months before the Nationals. In addition you need to be on the programme for 6 months before breaking records in any competition including the North or South Island Champs. This should not be an issue as we require membership to be complete by the end of March.

Each year the NZPF sends out a useful form called 'conditions of membership and competition' which tells you some of the important details regarding the drug testing programme and the time frames. We will also send out the 2012 Drug Free Sport Athletes guide. But to have an advanced look here is a direct link

<http://www.drugfreesport.org.nz/site/drugfreesport/nz/files/Documents/NZ%20Sports%20AntiDoping%20Rules//2012%20Sports%20Anti%20Doping%20Rules.pdf>

LIFTER PROFILE

Andy Mahon: 36 years old

Maintenance Fitter at NZAS

Best lifts & Titles

Squat 350kg - NZ & Oceania record 105kg class - Bench press 200kg -

Deadlift 310kg - Total 855kg - NZ record 105kg class

Oceania silver medal 625kg total 82.5kg class 2004

Commonwealth Bronze 285kg deadlift & Bronze Total 720kg 90kg class 2005

11th Total & 8th squat Open World Champs 2011



In 2001 I was training at a local Invercargill gym where I ran into an old school friend and power lifter Brent McCormack. He challenged me to give it a go ,so with that I started training at Brian Jenkins Gym with Brent and did my first comp soon after lifting 160 squat 100 bench and 180 dead. Happy to total but knowing I could do better I kept me coming backI was hooked.

Over the time I've been involved with Power Lifting people that have influenced me the most are the likes of Noel Frank benching 200.5 at 82.5, Mike Gardiner Dead lifting close to 4x body weight and the legend of NZ powerlifting who I always like to measure myself against to see how far away from the top I am - Derek Pomana 365kg squat and 882.5kg total at 100kg class....382.5kg squat, 367.5kg dead and 970kg Total at 110kg class.

At the world champs last year I watched the Jaroslaw Olech do 365.5 ,217.5,320 a massive 903 total at 74kg class.....and a 40 year old from Luxembourg win my class(105kg) with a 400kg, 257.5kg, 370kg a 1027.5kg total, this has changed my perspective on boundaries.

I often have people say to me there must be a point where you're at your strongest and you can't improve anymoreI guess this must be true but if you train hard and smart, eat well and stay injury free who's to say when you are at that point.

Powerlifting for me is about setting goals, creating a plan and committing to it ...No Excuses!!

To train for the squat bench and deadlift I now believe that the best improvements come from squatting benching and deadlifting 2-3 times a week with a variation of percentages and reps .The muscles needed to complete each lift are being worked by training the lift.

I typically train in 6-12 week cycles with a max out or test out session at the end to see where I'm at.The first phase will be high volume low percentage work (60-70% of 1 rep max) with no equipment, to increase strength and refine technique.

Monday

Squat 5-8 sets x 5 reps 60%

Bench 5-8 sets X 5 reps 60%

Dead 5-8 sets X 5 reps 60%

Wednesday

Front Squat 5 sets X 5 reps at whatever I can do

Good mornings 5 sets x 8reps

Incline press 5 sets X 5 reps at whatever I can do

I add in any assistance work on this night to strengthen weaker areas triceps, lower back etc

Friday

Squat 5-8 sets x 5 reps 60%

Bench 5-8 sets X 5 reps 60%

Dead 5-8 sets X 5 reps 60%

I'll stick to this for 3-6 weeks building up to 70% for the last week. Then I'll do a comp phase which will decrease in volume but crank up the percentages with add equipment with one lift per session.

Monday

Squat 3 sets x 3 reps 60%

Bench 5 sets x 4 reps 60%

Deadlift 1-2 sets 1-2 reps 80% equipped

Wednesday

Squat 3 sets x 3 reps 60%

Bench 1-2 sets x 1-2 reps 80% equipped

Deadlift 3 sets x 3 reps

Friday

Squat 1-2 sets x 1-2 reps 80% equipped

Bench 5 sets x 4 reps 60%

Deadlift 3 sets x 3 reps 60%

I will build up to 90-95% on my equipped lift for the last week then have an easy week just doing one or two work outs with 60% before comp day at the end of the week. Training all three lifts per workout can be taxing on the body; this is why I never train two nights in a row.

I believe in a balance diet of fresh food and a good protein drink to help growth and recovery. For the future I'm hoping to total close to 900, set new NZ, Oceania and commonwealth records and place closer to the top 5 at the open world champs.

LIFTER PROFILE

Serena Perry

Category: Master 1 / Weight class: 72kg

Started Lifting in 1995 and have lifted every year since

Best Lifts:

Squat - 146kg / Bench - 95.5kg / Deadlift - 150kg / Total – 385kg

Records:

Squat: 140kg (NZ), Benchpress: 95kg (NZ/Oceania), Deadlift :150kg (Oceania), Total: 385kg (NZ)

Titles:

Multiple Waikato/BOP Provincial Champion

North Island Champion: 1997, 2006, 2008

National Powerlifting Champion: 1998, 1999, 2001, 2007, 2009, 2011

National Benchpress Champion: 2002, 2004, 2005, 2006, 2007, 2008, 2009,

Oceania Powerlifting Champs: 1998-Bronze, 2002-Gold

Oceania Benchpress Champs: 2004-Gold, 2010-Gold

Commonwealth Powerlifting Champs: 2007 - Bronze

World Master Benchpress Champs: 2005 - Bronze, 2006 – 4th place, 2009 - Bronze

World Powerlifting Champs: (Open) 2003 - 11th place, (Masters) 2011– 5th place

Training Outline

Tuesday: Squats, pause squats, stiff legged deadlifts, leg press, abs

Thursday: Bench, incline dumbbells, close grip, frenchpress, light pull downs, prone holds

Saturday: light squats, deadlifts (sumo), conventional deadlifts (light to moderate) 5 x5, light bench – 50 – 60% - 5 x3, pulley row

High volume in the off season for conditioning
Peaking cycles – 8-10 weeks' periodization cycles for each lift.

Along the same lines of Cathy Millen, June Johnson and Derek Pomana used to do ending with a heavy triples which is what I generally open with as 1st attempts.

Influences On Lifting

These have been varied from June Johnson to Derek Pomana. From watching Steven Kings perfect squat form to Julian's cracking the hip during training sessions :)

Even with referring, the way Charlie Johnson, Steve Lousich and Stan Hallmond referee has been a big influence on my own refereeing.

Precomp Preparation

The last week is just light training focusing on technique, trying to eat and sleep well to get some good recovery. Make sure lifting gear and food is in order and trying to keep nerves at bay by trying to relax.

Always have 1st attempts sorted out, generally what I did for an easy triple during training. I have a plan but it's always flexible depending on how I am feeling on the day. It's always about the total. Sometimes a personal best total can be achieved even when you are not 100%.

Nutrition

Mainly just trying to eat clean. I keep supplements to a minimum, only taking protein powder and a good multivitamin. Drink lots of water throughout the day.

Future Aspirations

The main one is to improve my total. Improve my ranking at world champs and to lift as long as possible. Improve my refereeing as well and would like to become a Cat 1 referee.

Advice for new lifters

Be consistent, be patient – good things take time, always strive for perfect technique and train hard!
Don't be afraid to ask advice from experienced lifters
Most important have fun and enjoy it.

Extra

This will be my 17th consecutive year of lifting and I am still enthusiastic about the sport. I have made some really good friends not only in NZ but from all around the world and it's always good to catch up at various contests.



Referees Section

promotion process.

In Powerlifting, we have several levels of referees. The first is Club Provincial which requires an 80% pass in a written exam. Club Provincial Referees can referee in novice competitions.

Second is Provincial Referees, which requires a 90% pass in a written exam. Provincial referees can referee up to National level but you must be on the third level as a National Referee to adjudicate records. The National Exam is a practical one, overseen by a Cat 2 or Cat 1 referee.

After national is international, and the first grade of international is Category 2. To pass this you must pass a written exam with 90% and a practical exam by 90% and this can only be done at an international event.

All referees, no matter what level must wear the appropriate official referees outfit, which for men is gray trousers, white shirt and navy blue blazer. For women it is the same except they can wear a skirt or blouse.

Cat 2 referees are identified by a light blue tie and blue 'Category II' badge on the breast of the jacket. The next grade is the highest which is Category 1, and these referees have usually been refereeing for some years as a Cat 2 before passing the harder practical exam. A red tie and badge is worn by the Cat 1 referee. Both Cat 1 and 2 referees can referee at world events including world records but Cat 1 referees can also serve on the jury. There are over 500 Cat referees worldwide.

The only more senior level referees are Technical Committee members. There are only about 12 in the world and they are often chosen as jury presidents and referee examiners for other Cat 1's. The TC members are also responsible for proposing rule changes to congress.

For a full listing of NZ Referees:

[Powerlifting\AGM Reports\Report 2011 Referees.doc](#)

NZ Rankings 2011

[Powerlifting\Qualifying & Records\NZPF-Female-3-Lift-Rankings-Nov2011.pdf](#)

[Powerlifting\Qualifying & Records\NZPF-Female-Benchpress-Rankings-Nov2011.pdf](#)

[Powerlifting\Qualifying & Records\NZPF-Male-3-Lift-Rankings-Nov2011.pdf](#)

[Powerlifting\Qualifying & Records\NZPF-Male-Benchpress-Rankings-Nov2011.pdf](#)



RAW POWERLIFTING

- The ultimate test of strength

By Simon Weaver

The new phenomenon known as raw powerlifting is currently sweeping the world. Many countries are hosting their own raw nationals and these are very well attended. The IPF is staging in 2012 the inaugural IPF classic cup, which is effectively the raw worlds. New Zealand just recently hosted the inaugural Raw Classic Cup in Wellington, last December.

What is raw powerlifting?

Raw powerlifting is powerlifting without equipment which gives substantial mechanical advantage to the lifter. This precludes the use of knee wraps, squat suits, deadlift suits, erector and bench shirts. Belts, knee sleeves, wrist wraps and lifting shoes are still permitted as these are seen as providing structural support rather than mechanical support, and can have a significant role in injury prevention.

Whats behind the raw movement?

Powerlifting equipment has gone through considerable advances over the last 30 years with some arguing that equipped lifting makes the numbers lifted farcical. Often the winning lifter may not be the strongest but is the one who has mastered his squat suit or bench shirt the best. Equipped lifters seem to be getting asked more frequently - what can you lift without the equipment. Powerlifting, in its raw form was originally created as a sport because weightlifters in the 50's and 60's used the powerlifts (known as the 'strength set') to gauge their true strength levels. Now powerlifters are often seen gauging their strength levels on the raw lifts even though they compete equipped. Furthermore powerlifting conversation seems to be, how can I maximum my numbers by tweaking my bench shirt etc, rather than how can I get stronger - so now the sport as gone full circle with many wanting powerlifting to be go back to its roots, the ultimate test of strength.!

Advantages of lifting raw:

- Getting stronger. Training time for most is finite and limited for most. Less time putting on knee wraps, squat suits and bench shirts means more time training to get stronger!
- Saving money. Being a fully equipped powerlifter can cost in the \$1000 of dollars.
- Better photos and no more having to explain why everyone walks like a mummy - lifters look more like athletes again.
- More competitions a year. Raw lifting is more friendly on joints and central nervous system and allows powerlifter to do what they love more often.
- Inclusivity rather than exclusivity. Makes it easier for novices to get into the sport both technically and financially.
- Competitions are faster and can be more exciting for the public to watch.
- Lower chance of a catastrophic injury such as a bench shirt blow out at maximal weight.

Disadvantages of raw lifting

- Smaller poundages on the platform. If you only want to focus on the numbers raw may not be for you.
- No more increases in lifts by spending another \$300 on the latest suit or bench shirt. The only way to lift more weight is to get stronger.

- No more excuses on missing lifts because the shirt or suit was not on quite right. Unfortunately in raw, lifts are generally missed because you were not strong enough.
- Low number of competitors doing raw competition. This is a valid issue at the moment as equipped lifting is the main game in town. However raw lifting is only growing and in many countries is starting to surpass the equipped lifting numbers. Some recent international competitions, such as the South Pacific Games are now only permitted in the raw format.
- Less spectacular lifts for the audience - this one holds as long as the public are in the dark about how much equipped lifting can add to each lift.

How does raw lifting affect the powerlifts?

Many training article in recent years have been aimed at maximizing poundages in equipment. Certain modifications need to be made for a lifting raw especially as prolonged equipped lifting may have left lifters very weak in certain areas.. Raw lifting for each lift is outlined below.

Squats

The massive hip support provided by todays squat suits have encouraged lifters to squat with a wider stance. Most peoples raw squat in its optimal position tends to be substantially narrower lifting raw. Further raw lifting has no assistance from knee wraps and the knee extensor muscle group (quads) need to be more emphasized in training. Exercises such as pause squats, high bar squats and front squats are excellent compound movements to building up relatively weak hips and knee extensor muscles from years of equipped powerlifting.

Bench Press

Like the squat (arguable more so) lifters wearing bench shirts have been encouraged to use as wide a grip as possible. Using a wide grip in equipped lifting decreases the range of motion and allows a tighter bench shirt to be used and hence more poundage.

However, while raw lifting, individual levers play more of a role in determining the optimal technical which will vary depending on a lifters strengths (chest, triceps etc) so a wide as possible grip is probably not optimal for most lifters.

In training the raw bench press it is still important to train all the important muscles as in equipped lifting (i.e. triceps, upper back, lats etc) however more emphasis needs to be spend training the shoulders and chest which have a similar function to a bench shirt. Exercises such as full range bench press, dumbbell press, incline press, and shoulder press are excellent exercises to work these muscle groups.

Deadlift

The deadlift is least affected by equipment. Despite claims from various equipment manufactories many of the worlds top deadlifters still lift raw even when deadlift suits are permitted. The sumo deadlift does get more benefit than the conventional deadlift. Hence a lifter may do more conventional than sumo when lifting raw. Regardless of what lift is chosen training for the deadlift is unlikely to change significantly going from equipped to raw.

Conclusion

Raw powerlifting has been for many year coming however looks set for big things in 2012 and beyond. From less stress free and more enjoyable competitions, opening up the sport to novices and making powerlifting more financially palatable, raw lifting, has many positives to offer members of NZPF.

Look forward to seeing many of you lifting raw in 2012.

Dispensations

how they work

By Steve Lousich

A dispensation is essentially a request to be excused from competing in a competition for a reason beyond your control. The reason you must apply for one is that the NZPF works on a progressive qualifying system starting from the novice level competitions at the beginning of the year right up to the World Champs at the end of the year.

To be able to compete at higher level competitions you must qualify at lower level competitions. For example-You want to lift at the World Champs in November. To compete at the World Champs (or any international) you must have competed at the National Champs.

There is also the need to have done the World Champs qualifying total 12 months prior to the World Champs. The qualifying total can be done at any event except a novice competition (i.e. at a provincial champs).

To compete at the National Champs you must have done a competition in the calendar year prior to the National Champs and qualified. Before the Nationals there is usually a Provincial or a North or South Island Champs.

But three weeks prior to the Provincial you injure yourself and cannot compete. This is the time to notify the NEC that you need a dispensation from lifting at the Provincial Champs but that you still want to lift at the Nationals (unless you are going to lift at the North/South Islands). As long as you provide evidence from a registered medical practitioner you have no problem.

Reasons the NEC will accept dispensations:

Medical- Sickness/Injury with medical cert
Family Emergency
Work but only unexpected demand
Family or Social Functions like a wedding

Reasons the NEC may not accept a dispensation request:

Financial hardship
Rostered Work

The NEC can also accept retrospective Dispensation requests in the unlikely situation something happened just before a competition, but you should apply with a couple of weeks.

[Powerlifting\NZPF Documents\Dispensation Flow Chart.xlsx](#)

Flow Chart For Determining Dispensation

Are you going to compete at a National Champs in either a three lift or single bench?

Yes

No

Are you a financial member of the NZPF and your Local Association?

Yes

No

Yes

If you wish to compete at World/Oceania/Commonwealth level you need to compete at the Nationals unless the World event is a month either side of the nationals. Are you sure you don't want to compete at the National Champs?

No

Ok then

Have you been a member of the above mentioned for a minimum of 3 month prior to the date of the National Champs?

Yes

No

Contact your local association for membership forms or obtain them from the NZPF website (www.nzpowerlifting.co.nz).

Have you done this?

No

Sorry, you will not be able to compete

Yes

Have you been on the drug testing programme for minimum of three months?

Yes

No

Did you provide a request for dispensation/exemption PRIOR to the competition including supporting evidence?

Yes

No

Have you competed in a local or regional provincial competition in either three lift or single bench?

Yes

No

Sorry, you may not be able to compete. Please contact local association

Have you qualified to the required level set in the NZPF Qualifying Standard based on age and bodyweight category in the previous 12 months after the last Nationals?
(see NZPF qualifying standards on website www.nzpowerlifting.co.nz)

Yes

No

You may be able to compete in a separate qualifier. Please contact local association to qualify.

Have you done this?

No

Yes

Contact your local association for entry forms or obtain them from the NPF website (www.nzpowerlifting.co.nz)

Have you entered the National Champs by completing the entry form and having it countersigned by the local secretary and included payment?

No

Yes

You're ready to go!

S.P.A.R.C

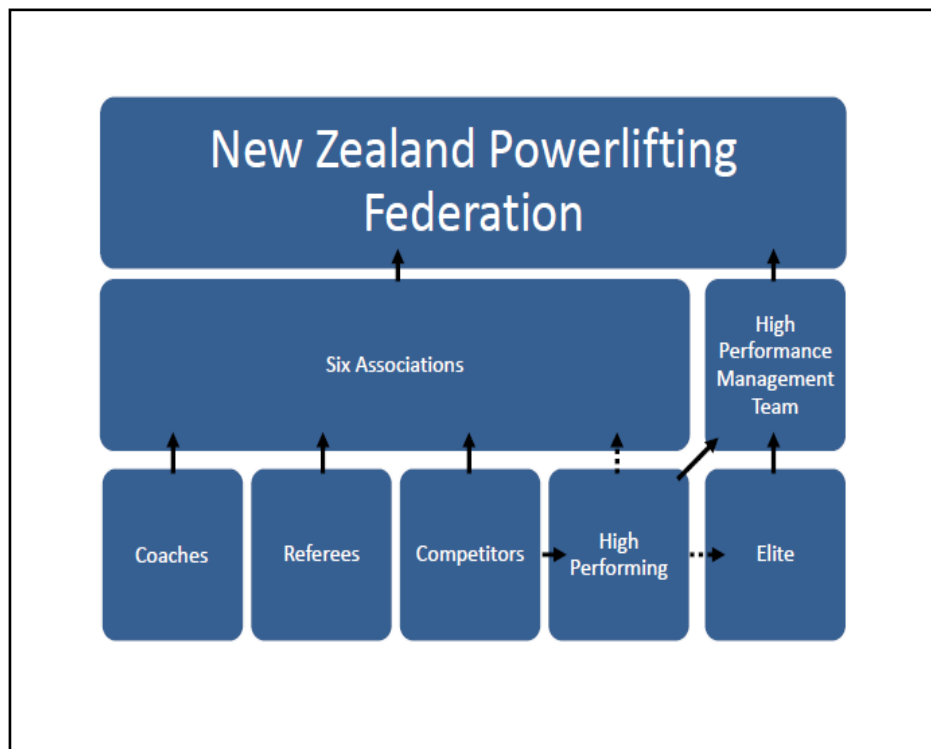
Why are we affiliated, High Performance Programme, PEGS, Getting funding from Academy of Sport.

By Marie Soffe

New Zealand Powerlifting Federation – Sport Development

NZ Sport (formerly SPARC) supports seventy-two sports throughout New Zealand; Powerlifting is one of those sports. Contained within the NZ Sport five year strategic development plan is for those sports to increase participation.

In response to this the New Zealand Powerlifting Federation (NZPF) has produced the following diagram to formalise its structure so that it can better utilise its resources to develop and grow the sport within New Zealand. It has also established a high performance management team (HP team) to assist our promising and elite athletes. The diagram below illustrates where the HP team fits into the NZPF structure.



The HP team has been established to facilitate the development for promising and elite athletes, coaches and referees. The HP team members are:

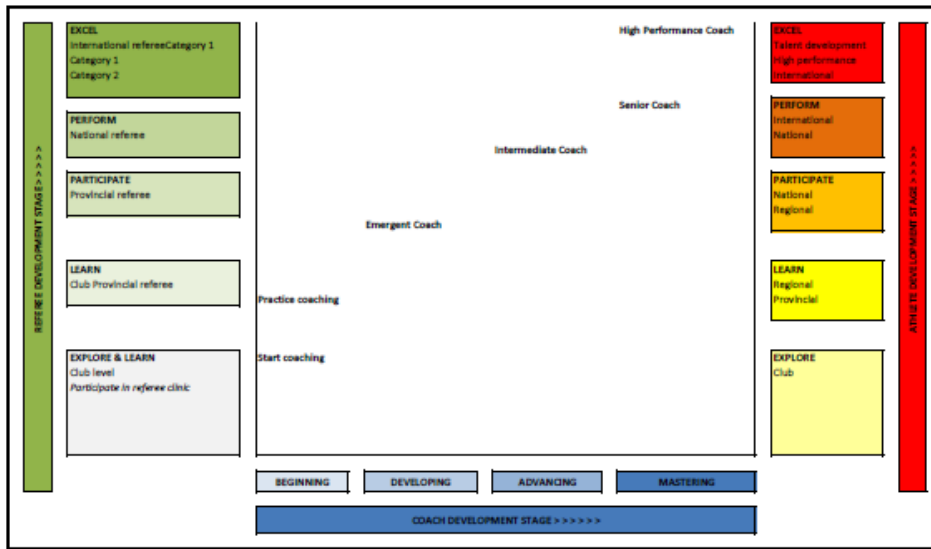
Marie Soffe.....High Performance Manager

Stephen King.....National Director Coaching – North Island

Rennie Soffe.....National Director Coaching – South Island

Steve Lousich.....IPF representative / National Referee Examiner / Drugfree Sport Liaison

The HP team is responsible for co-ordinating and developing programmes to assist coaches and provide support to athletes. It has produced a Development Matrix to formalise its structure for the growth, development and increased participation of powerlifting within New Zealand. The diagram below shows the escalation of development for referees, coaches and athletes.



Coaches

The NZPF future plan is to provide a coaching programme that will lead to accreditation and international recognition of that qualification. There are five stages of development: beginning, developing, advancing and mastering. The objective is to produce high performance coaches who will have the ability and skills to mentor and coach our promising and top performing athletes.

Referees

The referee framework is an existing structure established by the NZPF under IPF rules. The levels of referee are: club provincial, provincial, national and international referees – category 1 and 2.

Athletes

New and young athletes remain the responsibility of each association to provide support and guidance. A survey conducted in 2011 highlighted a serious issue in our sport; that our young athletes were leaving the sport because of a lack of motivation. The HP team believe that to prevent the attrition that associations need to make a concerted effort to mentor and strongly support these athletes. The HP team will provide support either directly to a promising or elite athlete or where an athlete already has a top performing coach provide support to that coach.

Marie Soffe - NZ Sport Liaison

Each year NZ Sport funds the NZPF on the basis that the sport of Powerlifting is growing in numbers not only in terms of athletes but volunteers as well. As Liaison I am responsible for providing regular updates and statistics to NZ Sport on behalf of the NZPF.

Record Keeper – NZPF, Record Keeper – South Island, Record Keeper – Otago (Southern)

The task of updating records and distribution is also something in which I am responsible for as well as issuing certificates for National records. To update records I require the original or scanned copy of the scoresheet signed by all three referees (displaying their status) before records are updated.

Otago Amateur Weightlifting Association – President (OAWLA / Southern Weightlifting)

As president of the OAWLA I am responsible for chairing meetings, keeping in touch with members and representing the Association. I am also on the NZPF National Executive Committee representing Southern Weightlifting. To assist with raising the profile of weightlifting locally I regularly attend the Sport Otago forums. In addition to the above I maintain our Associations website, manage events and regularly act as Team Manager when we have a team representing Southern Weightlifting at regional and national events.

Coach / Mentor

I have a Coaching Level 1 certificate and a degree in Sociology and Education. I mentor and provide support to a number of lifters not just within Southern Weightlifting but further north as well. Since May 2011 I have been coaching five Special Olympic Athletes. Fortunately I have a good band of helpers as our numbers leading into December 2011 have grown to nine.

Competitor

I compete when I can as I tend to miss out on occasions due to refereeing or managing events. To date I have competed at eight international events and feel privileged to have had the opportunity to represent New Zealand.

Coaching Corner - Accreditation, levels

By Rennie Soffe

The roll of the National Coaching Director South Island is to liaise with their North Island counter part and High Performance Manager.

Develop a coaching framework where by those taking part may obtain qualifications recognized by those outside of Powerlifting.

Facilitate training for coaches and lifters, Identification of up and coming lifters and if need be arrange coaching and mentoring utilizing NZ Powerlifting's network of experienced individuals and or outside sporting agencies.

At a local level, identify areas of concern and arrange seminars targeting the shortcoming. Where possible use local experienced lifters\ professionals to present the information, most recently Brent McCormack. The negative side to this is the group the seminar is targeting may not attend but on a positive note some of our lifters are proving to be talented presenters and are an excellent resource to be taped into, an area worth expanding on in the future?

Funnies...

Powerlifter



what my friends think i do



what acquaintances think i do



what society thinks i do



what my family thinks i do



what i think i do



what i really do

Olympic Lifter



What my friends think I do.



What my mom thinks I do.



What society thinks I do.



What other lifters think I do.



What I think I do.



What I actually do.