



IPF POWERLIFTING

VOLUME VI: ISSUE I

JANUARY 2015

Official Publication of the International Powerlifting Federation

IPF PRESIDENTS MESSAGE—GASTON PARAGE

My Dear Friends:

I trust this message finds everyone well. I hope your holidays were both enjoyable and restful. I will begin by saying 2014 was one our most successful years. We're expecting nothing less in 2015. Next week, Mr. Scheiber and I will travel to Lausanne, Switzerland for a meeting with the IWGA, where they will announce and award the bid for the 2021 World Games. Currently, the finalist cities are: Lima, Peru; Ufa, Russia and Birmingham, Alabama, USA. During our visit to Lausanne, we're going to meet with the officials from the IOC Sports Department to review our application, which will be resubmitted this coming year. As an organization, we remain highly optimistic on successfully reaching the goal of achieving IOC Recognition. I must tell you, recognition is in our sight and we're continuing to move forward in both a positive and productive manner. Recently, though, there have been questions reference to the approval and license fees — namely the new requirement for belts and singlets. I have answered every message which has come across my desk, from the member federations, requesting the reasons for the cost increases. My replies have consistently been the same and they're the identical explanations which I gave at the IPF General Assembly in Denver. However, I believe it to be important to share with you those reasons once more, in this month's President's message. Now to the explanations. During several of our visits to Lausanne, the IOC and IWGA requested we improve on several of our organizational priorities. Those priorities include the following — Anti-doping, and increasing the number of Out-of-Competition Tests (OCT), blood testing, etc. Additionally, we were also required to improve our media presentation — live webcasting, magazine, newsletter and our use of social media to promote our sport and athletes! As a result of these mandates by the IOC and the IWGA, we've been able to successfully meet the requested objectives. However, along the way, we've been required to hire skilled consultants to perform the professional work to meet those objectives. Also, I'm very pleased to see nearly all of our member federations, regions and sponsors have embraced these changes and I'm both thankful and appreciative of their support. However, there are a few which remain resistant to change. So, I must tell you this change is for the better and the executive committee, under my leadership, will continue to press forward, together, to achieve our goal of IOC recognition. In closing, I shall continue to remain open to all of your questions, comments and most importantly your ideas. I wish everyone a very happy and successful year. Thank you very much! — **Gaston Parage, President, IPF**



INSIDE THIS ISSUE:

IPF PRESIDENT'S MESSAGE	1
IOC—IWGA ANNOUNCEMET	2
NEW SECRETARY GENERAL	2
SPECIAL OLYMPICS AGREEMENT	3
IWGA ATHLETE OF THE YEAR	4
IPF COACHING COURSE	5

IOC APPROVES CLOSER COOPERATION WITH IWGA

MONACO (08/12/2014) The International Olympic Committee has approved a recommendation resulting in closer cooperation with the International World Games Association (IWGA). Recommendation N° 6 says: The IOC and the International World Games Association should closely cooperate regarding the sports program composition and their respective evaluations.” The decision was taken unanimously during an Extraordinary Session of the IOC on Monday. The recommendation is part of the Olympic Agenda 2020, a ‘strategic roadmap’ for the future of the Olympic Movement.

IWGA President and IOC Member José Perurena was very pleased about what the decision meant for The World Games. He received congratulations from several of his IOC colleagues and International Federations after adoption of the recommendation. 6. “This decision enhances tremendously the status of supports The World Games in an enormous way. Working in cooperation with the IOC is essential for us to raise the level of competition and organization of our Games,” said José Perurena.

He also clarified that close cooperation with the IOC required outstanding standards for The World Games 2017 in Poland.: “We want to demonstrate that our sports are on the same level as the Olympic sports,” José Perurena added, “and we aim to deliver superb Games.

At the same session, the IOC adopted the recommendation to launch an Olympic TV Channel. Yiannis Exarchos, Olympic Broadcasting Services’ CEO, informed the members of the IOC that this channel will showcase not only Olympic sports. The new platform will also open a window on non-Olympic sports. To achieve this, Olympic Broadcasting Services plans to cooperate with the IWGA , complementing coverage of these sports on The World Games Channel, launched by IWGA in May 2014.

Note: Article was sourced from the IWGA Webpage.



MEET THE NEW IPF SECRETARY GENERAL — ROBERT KELLER

Dear members of the International Powerlifting Federation.

Mr. Emanuel Scheiber has resigned from his position as the Secretary General of the International Powerlifting Federation. After receiving Emanuel's letter of resignation, I contacted Robert Keller, the President of the North American Powerlifting federation, and requested he assume this position. Ladies and gentlemen, knowing Robert for the past 15 years, I can personally assure each of you that he is the right person for the job. He has the education, knowledge, time and experience to fulfil this important position for the IPF. Robert has been involved with the sport of powerlifting and weightlifting for 41 years. He participated as an athlete for 25 years and has served the IPF in many different capacities — Member of the IPF Technical Committee, Member of the Anti-Doping Committee, Editor of the IPF Newsletter, USA National Team Head Coach for the Junior and Open squads, Chairman of the USA Powerlifting Technical Committee, President and IPF Executive Board Member for the North American Region, and most importantly, Secretary General for the North American Powerlifting Federation for a period of 10 years with the specific mandate from the IPF to develop and cultivate the region since its start-up in 2003.



Robert was quite honored when I requested him to accept this position and I'm quite pleased to inform you, he has graciously accepted my offer. Afterwards, I recommended to the Executive Committee that Robert be appointed as new Secretary General. The Executive Committee, unanimously, accepted Robert and therefore I have the pleasure to inform each you that Robert Keller is now the interim Secretary General of the International Powerlifting, until November 2015, where he must stand before the congress to be elected. In closing, I would like to congratulate Robert and wish him much success in his new position. I look forward to working with him. I want to also take this opportunity to thank Emanuel for his excellent work on behalf of the IPF. Emanuel has been retained by the IPF as a consultant, mainly concentrating on the IWGA World Games the IOC recognition process as well as our sponsor contracts. Congratulations to both Robert and Emanuel. Thank you very much.

Gaston Parage. President, International Powerlifting Federation

SPECIAL OLYMPICS SIGN AGREEMENT WITH THE IPF

Dear Presidents, Secretary Generals and Members of the IPF,

On behalf of the IPF, I want to inform you about an agreement that has been reached between the IPF and the Special Olympics and what our role will be in progressing this exciting new partnership.

The IPF and SOI have agreed that the Special Olympic Powerlifters can be members of our national Federations as they themselves do not have an overarching Federation. Presently, the SO athletes only have a World competition every four years at the Special Olympics.

So why have we negotiated this agreement and what benefit does it bring to both the SOI and the IPF?

The benefit for the SO Powerlifters in joining our member federations is that they will have access to a larger lifting community, coaching clinics, assistance from our referees and officials. Their membership base will potentially grow in the future by becoming part of our large and professional powerlifting federation. Of course they will have also have the benefits of sports insurance as covered by their membership in our Federations. Membership in our Federation will also potentially provide them with a platform for their own World Championships, if membership numbers allow.

From the IPF's point of view, we welcome this partnership as it helps us to demonstrate our commitment to providing high-standard, inclusive athletic opportunities for all, which of course is one of the steps towards our IOC aspirations. It will also be of benefit to our member Federations as it provides us an opportunity to take part in Special Olympics Games in the future. The rules in SO Powerlifting are nearly the same except for some small differences. Thus this partnership will open doors for our referees, coaches and officials to take part at the Special Olympics Games.

Having Special Olympics powerlifters join our member federations may carry a financial benefit as well, as it should improve the likelihood that federations will be granted requests for government funding. Government funding is also important from the perspective of Special Olympics, whose athletes are not accustomed to being charged to compete.

The 2015 Special Olympics Games are coming around fast so it may not be possible for our partnership to commence in time for that event but it depends entirely on how fast member federations get in contact with SO Athletes and starting working together. We will encourage our Board Members to forward the contact details for each region to the member nations so that communication and co-operation can commence.

Every two years the IOC organises a congress meeting focusing on sport for all and it is pleasing that we can increasingly demonstrate that ours is truly a sport for all. I will prepare a submission to this congress to present our sport as a sport for all.

As with all the goals and activities that the IPF works on, this venture can only progress with the help of you all and I hope you recognise this wonderful opportunity for inclusive sportsmanship and a mutually beneficial partnership. I invite and encourage you all to embrace this partnership and take this significant step forward.

Gaston Parage

President, International Powerlifting Federation



**Special
Olympics**



CARL CHRISTENSEN — CANDIDATE FOR IWGA ATHLETE OF THE YEAR



Congratulations to Carl Yngvar Christensen, IWGA Athlete of the Month for November 2014. Carl Yngvar Christensen (24) from Norway came a long way to the World Championships in Aurora, Colorado to break the combined total world record in Powerlifting (3 lifts) with 1230 kg (490 kg in squat/ 350 kg in bench-press/ 390 kg in deadlift). Important — Vote for Carl as Athlete of the Year here: www.theworldgames.org

Note: Article and Pictures reprinted from the IWGA Website.

IPF / EPF AGREEMENT WITH LA MANGA CLUB—SPAIN

International Powerlifting Federation and European Powerlifting Federation Form an Agreement with La Manga Club, Spain to Develop a World Class Powerlifting High-Performance Centre

Introduction

The International Powerlifting Federation (IPF) and European Powerlifting Federation (EPF) have had discussions with La Manga Club management to develop a world-class Powerlifting high-performance centre, located in Murcia, South East Spain.

Aims

The aim of the partnership is to raise the profile of Powerlifting by taking a quantum leap forward in the facilities that are available to Powerlifters, coaches and referees within the sport.

Objectives

1. Provide world-leading training facilities
2. To ensure that IPF and EPF members reach and sustain their optimum level of performance and achievement
3. To delivery high level coaching and referee education for the sport
4. To develop a model on which to develop regional training and coaching facilities

Facilities

Agreement has been reached between IPF, EPF and LMC to develop a fully equipped Powerlifting high-performance centre. This would incorporate an area consist of 4 to 6 lifting platforms, 6 Eleiko bars and plates (435Kg per platform), 6 Eleiko Racks and benches. This is in addition to the excellent training facilities already in existence that includes a comprehensive range of cardiovascular and strength-training equipment, incorporating a range of machines and free weights.

Accommodation

La Manga Club is a 5* Hotel with 192 guestrooms. In addition to these facilities there is a purpose-built athletes village comprising deluxe 1, 2 and 3 bedrooms apartments and 60 guestrooms.

Catering

La Manga Club has a Grand Ballroom that can cater for up to 400 people. There are 4 board rooms, a banquet lobby, and a large terrace with spectacular views. There are more than 20 bars and restaurants, shops, banks, petrol station, pharmacy, and medical centre onsite.

Other facilities at LMC

- 8 full-size grass pitches for Football and Rugby
- 2 Cricket pitches plus warm up pitches
- 28 Tennis court
- 3 x 18 hole Golf Course, North, South and West
- A 25 meter indoor swimming pool, steam room and sauna
- 5 outdoor swimming pools

IPF / EPF AGREEMENT WITH LA MANGA CLUB—SPAIN

Benefits of this High-Performance Centre

1. Support continuous development of Powerlifting as a sport by raising the profile of the sport to enhance our profile for IOC recognition .
2. To provide a top-quality facility for the IPF coach and referee education programme, ensuring consistent and standardised coaching and referee standards for the sustainable future of the sport, and further strengthening our positioning for IOC recognition.
3. To provide athletes with a year-round warm weather training and vacation facility, thereby increasing participation.
4. To provide a world –class venue for future World and European championships

Where Located

La Manga Club sport resort is located in South-East Spain and is within easy travelling distance of 3 international airports. It benefits from unique natural surroundings and mild sunny weather all year round

Voted One of the World’s Top 3 Sports Resorts

La Manga Club has a huge range of world class sports and leisure facilities and over the years has regularly provided training camps for teams, clubs and sportsmen including:

1. The England National football squad
2. Spanish National Football squad
3. Great Britain - Tottenham Hotspur and Chelsea Football Team
4. Spain - Real Madrid and Barcelona
5. Germany - Bayern, Munich
6. Netherland - Ajax
7. The Irish National Rugby union Squad
8. A number of Great Britain Rugby League Team
9. Hosting the Davis Cup
10. Host several Spanish golf tournaments

Nearest Airport to La Manga Club

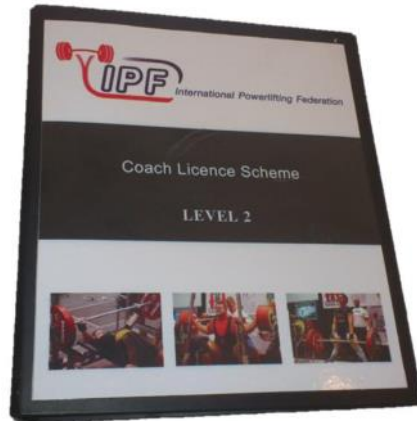
Murcia airport approximately 35Km

Alicante airport approximately 150Km

New International airport in city of Murcia due to open in 2014 – approximately 45Km



IPF COACHING LICENSE—COURSE DESCRIPTION / OUTLINE



Course Manuel

OBJECTIVES

The IPF is designed to train and educate coaches from around the World. The programme attempts to promote and develop excellence in coaching. The Course provides coaches with a systematic way to improve their knowledge and skills in the theoretical, technical and practical aspects of Powerlifting coaching.

ORGANISATION STRUCTURE

The IPF will organise two coach licence scheme, level II and Level I. They are intensive, concentrated, and intermediate level courses. The courses will be organised from May to December each year depending on demands. See the attached application form for the course. The duration of the course will be 3 days.

GENERAL SUBJECTS

The curriculum of the theoretical part (general subjects) deals with the art and science of coaching powerlifting, the content of the theory courses cover the Broader education of the programme and includes the following subjects: training theory, sport psychology, exercise and conditioning, coach in action, strength training and injuries, women and sport, youth and sport, disability and sport, technical rules, Anti-Doping education, sport management, sport and nutrition and other related subjects.

SPECIALISATION

The Sport Specialisation component has two parts: technical and practical. The technical part provides sport-specific information, which includes classroom instruction, sport-specific presentation, participatory activity and formal evaluation. The content includes coaching information pertaining to Powerlifting. These courses apply coaching principles. Skills, training methods, strategy and tactics, detection and correction of errors as well as psychological preparation are among the topics covered. The practical component involves actual coaching experience, practical lessons. The practical part of the programme involves applying theoretical and Technical knowledge to actual coaching situations, coaches coaching will be evaluated by on-the-scene observation. The practical and technical parts will also contain home assignments.

IPF COACHING LICENSE—COURSE DESCRIPTION / OUTLINE

EXAMINATIONS

The exams will consist of written and practical. Examinations in the sport of Powerlifting consist of sports theory and sports practice. The examination is taken before an IPF International coach. Participants who completed the course with a final Examination and pass will receive an IPF Coach Diploma and membership card.

PRECONDITIONS FOR APPLICATION

- Recommendation from your National Powerlifting Federation or Ministry of Sport or Sport Council
- General knowledge of the English language if not you must bring a translator
- Information regarding the condition of your health
- Copy of valid passport

COURSE FEE

650 EURO per person

THE COURSE FEE WILL INCLUDE THE FOLLOWING:

1. Course Manuel
2. Instruction
3. Examinations
4. Accommodation include breakfast and evening meals
5. Transportation to and from the airport
6. The use of all facilities of the LMC (sport centre)
7. All participants of the course will receive a IPF official course T/Shirt
8. Successful participants will receive IPF Diploma
9. Successful participants will receive IPF membership card

Contact details

Ralph Farquharson
Calle Galena 5, Casa 44
Villapiedra, Orihuela Costa
03189
Alicante
Spain
Tel: +34 966 733367
Mobile: +34 650041559
E-Mail: Ralph@europowerlifting.org
www.powerlifting-ipf.com

The logo for ELEIKO, featuring the brand name in a bold, blue, sans-serif font. The letters are thick and blocky, with a registered trademark symbol (®) at the end of the word.

IPF COACHING COURSE—APPLICATION



International Powerlifting Federation (IPF) Coach Licence Level II

At La Manga Club, Spain from 15 – 19 April 2015

Sanctioned by the International Powerlifting Federation

And

Spanish Powerlifting Federation

Invites the IPF member nations to participate in the

IPF coach licence level II course 15th to 19th April 2015

Please note: all information is posted only for information purposes. All candidates must be selection by the IPF Member nation, all hotel bookings must be done by IPF-Member nations, NOT by individuals.

Course Manager: Ralph Farquharson - email : ralph@europowerlifting.org

Tel : +34 966 733 367 - Mobile +34 650041559

Correspondence & Visa support :

Ralph Farquharson – email: ralph@europowerlifting.org

Tel : +34 966 733 367 - Mobile +34 650041559

Accommodation & Transport:

Ralph Farquharson – email: ralph@europowerlifting.org

Tel : +34 966 733 367 - Mobile +34 650041559

IPF President: Gaston Parage, rue Pasteur, 1, L-4642 Differdange, Luxembourg

Mobile Phone : +352-621165214, Fax : +352-582696,

Email : Gaston.Parage@powerlifting-ipf.com

Host City : La Manga Club Resort, 30389, Cartagena, (Murcia), Spain.

Date: 15 – 19 April 2015

Venue : IPF High Performance training centre, La Manga Club Resort, Spain.

Tel: +34 968 331 234

Accommodation:

Los Lomas athlete's village, La Manga club resort, 30389, Cartagena, (Murcia), Spain. Tel: +34 968 331 234

IPF COACHING COURSE—APPLICATION



COURSE FEE: 650 EURO per person, include accommodation breakfast, lunch and evening meals, airport transfer, course Manuel, Instruction, use of the facilities of the LMC (sport centre, Successful participants will receive IPF Diploma, IPF membership card and course T-shirt

All application form must be sent to Ralph Farquharson; email: ralph@europowerlifting.org

Tel : +34 966 733 367 - Mobile +34 650041559

Copy of application form together with payment to IPF Treasurer: Dietmar Wolf.

email: Dietmar.Wolf@powerlifting-ipf.com

Course fee is payable to the following IPF Account:

Name of the account: International Powerlifting Federation
Name of the Bank: Caisse d'Epargne de l'Etat du Luxembourg
Account number: (IBAN) LU57 0019 1300 4802 3000
Bic Code: BCEELULL
Address: Place de Metz L-2954
Luxembourg

Payment must be received at the above mentioned bank account with copy of payment together with the application form to the IPF Treasurer Mr. Dietmar Wolf email: Dietmar.Wolf@powerlifting-ipf.com

Please note no application will be accepted without paymentat.

Arrivals/Transportation:

Transport from Alicante airport to La Manga club resort is included in the course fee.

Please send your detailed travel itinerary to the Course Manager: Ralph Farquharson - email: ralph@europowerlifting.org

Tel: +34 966 733 367 - Mobile +34 650041559, so that the transfer can be arranged.

Training facilities available at the venue. **All candidates must bring with them their training kit, include shoe, belt, lifting suit, knee wraps or knee sleeves etc.**



IPF COACHING COURSE—APPLICATION



APPLICATION FORM FOR THE IPF COACH LICENCE LEVEL II

At
La Manga Club Resort – 30389, Cartagena, Murcia, Spain
15—19 April 2015
Closing date for application 12 March 2015

Requirement for booking

Full name and surname: _____ Nation _____

E-Mail: _____ Date of birth: _____

Contact Number _____ Mobile: _____

Full postal address including post code: _____

Name of National Federation or Ministry of Sport or Sport Council: _____

Valid passport number: _____ Expire date _____

Arrival date: _____ Time: _____ Airport/flight Number: _____

Departure date: _____ Time: _____ Airport/flight number: _____

Nearest airport to La Manga Club Resort is as follows: **Alicante airport and Murcia airport, Spain**

Please note Accommodation cost is base on staying in twin room. If you require single room the cost will be extra

Health Questionnaire

Please answer the following

- | | | | |
|---|-----|------|---------------------|
| 1. Have you been advised by your doctor against exercising? | Yes | – No | please state |
| 2. Are you recovering from an illness or operation? | Yes | – No | please state |
| 3. Are you on any medication? | Yes | – No | please state |
| 4. Do you suffer from high blood pressure/low blood pressure? | Yes | – No | please state |
| 5. Do you have a heart condition? | Yes | – No | please state |
| 6. Are you Diabetes? | Yes | – No | please state |

IPF COACHING COURSE—APPLICATION

7. Do you suffer from Epilepsy? Yes – No **please state**
8. Are you Asthmatic? Yes – No **please state**
9. Do you currently have any muscular injuries? Yes – No **please state**
10. Is there any other information or problems that you feel may be relevant to you undertaking the course? Yes – No **please state**

If “Yes” explain:

Declaration

I hereby confirm that I am fit to undertake the course, and I will not hold IPF or its staff responsible for any personal injuries suffered through the undertaking of the course, whether occurring during participation or any activity or not.

Signed: _____ Date: _____

Course fee is payable to the following IPF Account:

Name of the account: International Powerlifting Federation
Name of the Bank: Caisse d'Epargne de l'Etat du Luxembourg
Account number: (IBAN) LU57 0019 1300 4802 3000
Bic Code: BCEELULL
Address: Place de Metz L-2954
 Luxembourg

Please note once payment has been received the course manual will be sent to you

Please return this application form to

Ralph Farquharson
 Calle Galena 5, Casa 44
 Villapiedra
 03189
 Orihuela costa
 Alicante
 Spain
 E-Mail: ralph@europowerlifting.org
 Phone: +34 966 733367, Mobile: +34 650041559

REHBAND





INTERNATIONAL POWERLIFTING FEDERATION NEWSLETTER

Robert Keller
Editor, IPF Newsletter
Office of the Secretary General
International Powerlifting Federation

Post Office Box 291571
Davie, Florida 33329, USA
Tel: +1.954.790.2249
Email: rhk@verizon.net

INTERNATIONAL POWERLIFTING
FEDERATION
WWW.POWERLIFTING-IPF.COM

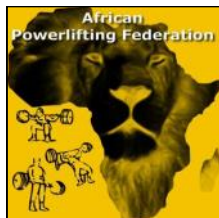
International Powerlifting Federation

The **International Powerlifting Federation (IPF)** is the governing body of Powerlifting internationally. The **IPF** is comprised of member federations from 90 countries on six continents.

The **IPF** is responsible for fostering international competition by sanctioning regional and world championship events. Each year, top competitors from around the world compete in seven **IPF** World Championships - the World Men's and Women's Powerlifting Championships, World Junior and Sub-Junior Powerlifting Championships, World Master's Powerlifting Championships, the World Bench Press Championships, World Master's Bench Press Championships and the Open, Junior and Sub-Junior Classic Cup (Raw).

The **IPF** is also responsible for coordinating power lifting's participation in the World Games. The World Games is an international multi-sports event hosted by the International World Games Association (IWGA), under the patronage of the International Olympic Committee (IOC). The event consists of official sports and demonstration sports selected from those not included in the Olympic Games. The Games are held

IPF REGIONAL FEDERATIONS



To: Regional Federation Representatives:

As you know, each year, our Anti-doping Rules (14.2.1) require each member federation to report their National Anti-doping statistics to the IPF by no later than 31st of March. All results from the member federation national level Anti-Doping Controls, carried out within their jurisdiction, during 2014 shall be reported. The reports should be sent to the IPF Anti-Doping Administrator, Sabine Al-Zobaidi at the following email:

sabine.al-zobaidi@powerlifting-ipf.com

Additionally, the reports must state the total number of In-Competition tests and Out-Of-Competition tests conducted within the nation for that year (further broken up into male and female numbers of tests) and the number of Anti-Doping Rule Violations occurring in the nation for that year, with the substance or method indicated for each case. The report must also state the identity of the laboratory or laboratories analyzing samples for the nation for that year. Failure by a National Federation to provide this report by 31st March of the previous year, shall result in a fine of **EUR 500** and the National Federation will be suspended until the fine is paid and the national report is provided. Preferably, I'm requesting each region to collect this data and send to Sabine by early March if not sooner. So, please begin contacting your regional member federations as soon as possible to begin collecting this data. Of course, if you require assistance, please let us know. Thank you for your assistance.

Robert Keller

Secretary General, International Powerlifting Federation

