



IPF POWERLIFTING

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IPF PRESIDENTS MESSAGE—GASTON PARAGE



The World Classic Powerlifting championships held in Salo Finland this past week was a great success for the sport of powerlifting. The competition was historic in nature, as this was the largest championship in IPF History -- nearly 800 lifters (!)

Overall, the lifting by the athletes was exceptional and provided a great show for our viewers via the live stream. The venue was exceptionally prepared with plenty of the space in the warm-up, the preparation, and performance areas. The facilities allowed for the athletes to set numerous World and European Records. Well done.

The IOC Sports Department visit was historical in nature as this was the first time ever, an IOC official attended one of our championships. I want to offer my sincere thanks to Mr. Christian Wassmer from the IOC Sports Department for traveling all the way to Salo to meet with Robert Keller, Emanuel Scheiber and I to review our IOC application (continued on Pg. 2)

IPF President Gaston Parage (right) with Mr. Christian Wassmer (left) from the IOC Sports department. Mr. Wassmer enjoyed 2 days of the IPF World Championships in Salo, Finland and had discussions with the IPF and also the lifters! The IPF is also privileged to have had Mr. Wassmer present the medals at the victory ceremonies!



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IPF PRESIDENTS MESSAGE—GASTON PARAGE

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I must inform you, the meeting went very well and it was reported to us now that we fulfill 99 % of the acceptance criteria to be recognized as an IOC Sport. During our meeting, we received constructive feedback from Mr. Wassmer on what remains to be fulfilled. Rest assured my friends, I will personally see to it, by this July, we shall complete the remaining criteria. Of course, I shall keep you updated regarding this matter.

The IPF Media Team

The work performed by our Media Team under the leadership of Eric Rupp was simply exceptional. The streaming of the championship was of extraordinary quality and I would like to express my sincere thanks to each member of the team for another job well done. Notably, Eric, Christina, Sabine, Heinrich and Ralph. You've made a significant impact and the athletes and member federations appreciate your time and efforts. Again, well done. Also, I want to thank each one of you for your help with our Facebook IPF Fan Page. Since Sundsvall we've reached 69.000 likes. Presently, we're in race with Eleiko, one of our partner organizations on which one of us will reach 100,000 likes first. If the winner is the IPF, we'll be given additional sponsor funds. An excellent incentive for our organization. Let's get this done.

The Staff Members and Referees

A big thank you goes out to the speakers, the computer secretaries, the loaders, the coaches and officials, our sponsors for a job very well done. A championship of this size and magnitude is not very easy to handle and therefore we should not focus just on the small errors that were made, but instead, the overall great success of the championship. Honestly speaking, the only downfall, was the member federations did not send enough referees. Also, a large number of referees skipped their assignments. When nominated referees do not fulfil their responsibilities, the burden falls onto the other referees, which have been scheduled for other assignments.

I shall convene a meeting with both the EC and the Chairman of the Technical Committee to find a solution. Going forward, I can tell you this, referees not fulfilling their responsibilities and assignments shall be placed on notice. So, thanks to all the officials and referee's, especially Hannie Smith and Johnny Wiklund who were present for the entire 10 days of lifting from early in the morning until late in the evening. Also, I want to thank those referees who helped us more often to make sure we had enough referee's for each session. The speakers were sensational and the famous Geno Biancheri traveled all of the way from USA to help us out. My special thanks to all.

The Finnish Organizers

Tapio Ruhonen his son Jarno and their entire Team did an exceptional Job in directing this championship. So, I want to send my sincere thanks to you both and to your team for a job very well done. Special thanks to both Ilka Sepillä and Jari Rantapelkonen for your assistance as well. Your work made a difference in success of the championship. Thank you!

Finally, I want to send my special thanks to all of the sponsors of the IPF to the organizing team for an outstanding championship! I want to also send my sincere thanks to the city of Salo and the mayor of the city who was present at the opening ceremony and at the banquet. I look forward to seeing everyone next year in Killeen, Texas, USA.

Best regards

Gaston Parage

President, International Powerlifting Federation

ELEIKO CONTEST



IPF and Eleiko

Social Media Sponsorship Challenge!

Our major sponsors Eleiko Sports have thrown down a social media challenge to us:

Who can be the first to 100 000 "likes" on Facebook?

But it is not just for bragging rights - there's sponsorship money on this!

If Eleiko wins this challenge they will provide the IPF with additional sponsorship money.

And if the IPF wins, Eleiko will DOUBLE that amount!

Currently Eleiko is sitting at 42 000 likes and the IPF on 69 000.

So come on nations, let's get moving on this!

We must all work together to get our IPF Facebook page "likes" up.

Remember: Increasing our Facebook page "likes" is also critical for our IOC Recognition.

So lets respond to the challenge!

How you can help:

Increase the interesting content on your national and regional Facebook pages.

Promote your stars from your region with photos and videos on your Facebook page.

Advertise news and events relevant to your nation and region.

Most importantly:

Regularly encourage your members to "like" the IPF Facebook page. And provide links to it on your page.

Every new "like" we get, helps us towards our goal:

First to 100 000 "likes"

AND IOC RECOGNITION

THE IPF COACHES CERTIFICATION COURSE

Dear members of the IPF,

The next coaching license will be held on October 14 to 18 in La Manga (see below the application and information) . Coaches who have taken part in the La Manga program to date, have all confirmed that they have found the experience very valuable and have learned a great deal.

The reason we have created this coaching license is to ensure a very high standard of knowledge and application to the coaching of our athletes.

Especially regarding to our sub juniors and juniors lifters. IPF coaches must know their responsibilities and be able to assure the athlete's parents that their children are in safe hands.

In future, it may be a required that coaches hold such a license in order for them to operate as IPF coaches, so now is the time to go to the course and get certified.

It is also essential for our IOC recognition that we have well-trained coaches which the correct qualifications o ensure consistent and high standards throughout our sport.

The program has been well designed and constantly being revised. Therefore, it is now up to responsible individuals and nations to access it.

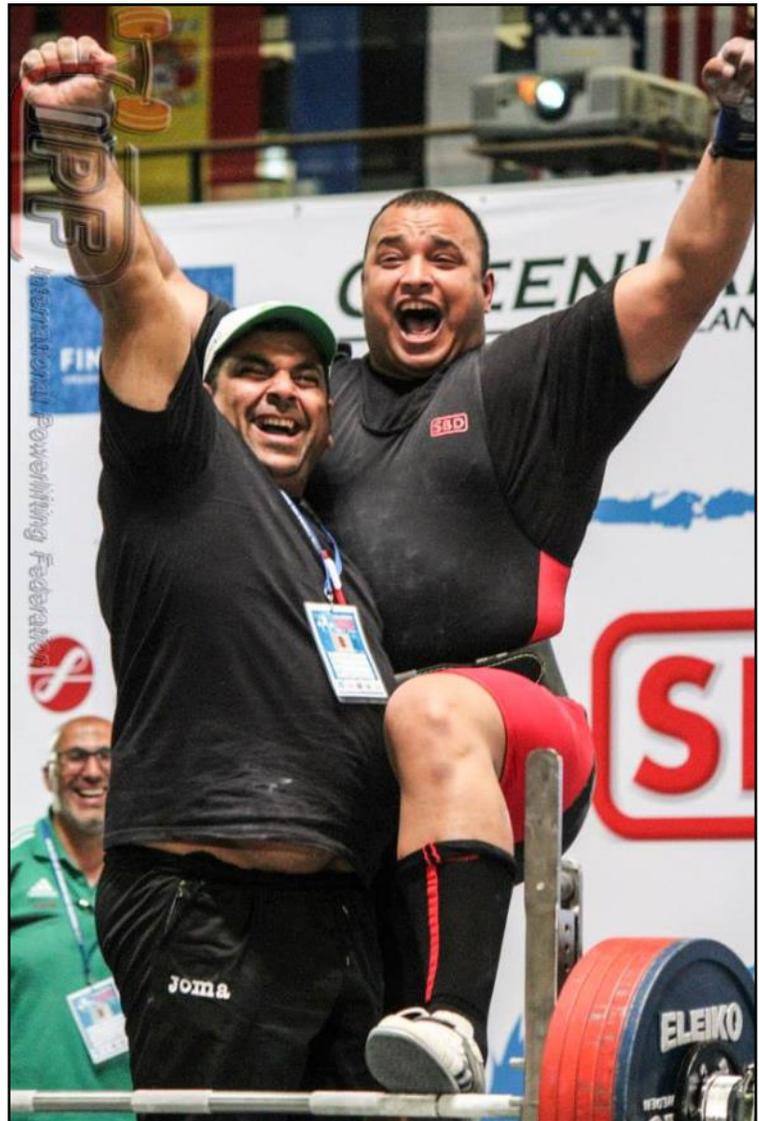
I kindly ask everyone to direct some time and money to send coaches to La Manga, to show that you value the course and value our IOC recognition.

IOC recognition is not just about submitting lots of paperwork, it is about what we're doing to constantly improve our sport.

Now it is up to you to help us to bring our sport forward. Please send one or two coaches to the next course we plan to have this October and both you and the IPF will see the benefit. Thank you everyone in advance for your contribution.

Best regards
Gaston Parage

President, International Powerlifting Federation



Knowledgeable Coaching is paramount to the overall success of any athletic program. The IPF Course is exceptional and member federations are encouraged to register their National Team Coaches to become certified and improve their skills. The course in La Managa shall provide to coaches the necessary information for your athletes to excel.

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 14—18 October 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 14th to 18th October 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: 14 to 18 October 015

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
14 to 18 October 2015
Closing date for application 15 September 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 Diabetic? | 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

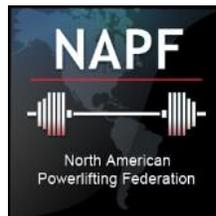
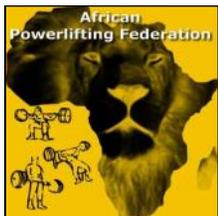
International Powerlifting Federation

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



Announcement

**WATCH THE IPF CLASSIC WORLD POWERLIFTING
CHAMPIONSHOPS FROM SALO, FINLAND
ON EURO SPORT**

Dates and Times will be sent to all
Member Federations by email and will be posted on the
Facebook Fan Page and the IPF Website.

