

# INTERNATIONAL POWERLIFTING FEDERATION NEWSLETTER



## IPF POWERLIFTING

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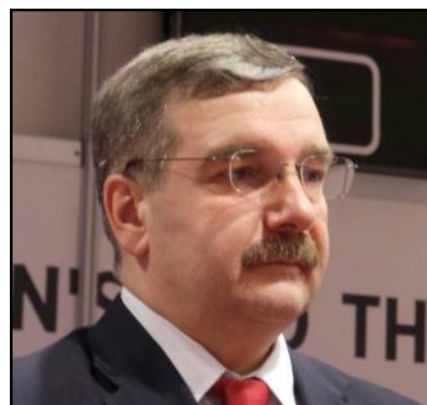
### IPF PRESIDENTS MESSAGE—GASTON PARAGE

Dear member federations of the IPF,

I am pleased to say we have reached one more step forward in becoming more efficient and professional with our championships. The Nomination system is now working on the internet and each of our member Federations can now add their own lifters to the nomination system. This allows each Federation to nominate their lifters within the time limit set without others becoming involved—it will be simple and less time consuming for everyone.

For those Federations who will be nominating their lifters, please request a password from Alexandre Kopayev. Each Federation will receive only one password, I suggest, nominations should be the responsibility of the secretary, secretary general or the President. You can also pass this password to your responsible person(s) for each age categories i.e. Open, Sub-junior or Junior, or Masters or bench press. The system procedures are simple—the Federations responsible official who adds the names of the nominated lifters, will be checked and confirmed by the Championship Secretary before he/she allows the names to be added to the webpage. You will need to fill in what is requested, otherwise the system will not add your lifters. When the deadline is reached, no more nominations will be allowed to be added to the system by the Federations, but you will need to inform the championship secretary and send additional information directly to him.

After the closing date, it will be then up to the EC to decide if your late nominees can be added or not. Normally, one or two days, will not be a problem but when it takes more then it will be definitely too late. All those who have problems can contact Sasha or email your nominations directly to the championship secretary. He will then add it on the list. If you have any question's please don't hesitate to contact me. Like everything that is new, we might experience a few problems. So allow me to thank you in advance for your understanding and I hope everything will work smoothly. Please do not forget to send your visa support form, your hotel accommodation and nomination forms the both the organizer with a all copies to the championship secretary. Thank you. **Gaston Parage, President**



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## IPF COACHING LICENSE — LA MANGA, SPAIN

Dear Friends of Powerlifting:

Today, I am very proud that we've started with the first IPF Coaching License. This is again a new and big step forward in the IPF. This has been a dream of mine for some time and now it has come to pass. Special thanks to the IPF Coach Commission who has worked hard to develop this program and who made sure that my dream came true — Thank you!

I hope that all of our member Federations' takes the opportunity and the chance to take part at the first coaching license that will be held in La Manga Clubs Sports resort, La Manga, Spain. This license makes sure that our coaches

get the necessary education and knowledge of a coach. It is now not enough to coach a lifter at the competition without some form of credentials. Coaches need more! They need to know the rules, to teach their lifters how to train successfully and to take care and fulfil their responsibilities as coaches and take care of their lifters.

The parents of our lifters trust that our coaches are taking care of the athletes, especially the sub-junior and junior lifters. They want to make the coaches have the required knowledge of our sport and therefore they need to be able to fulfil their responsibilities as a coach. I truly hope that our first coaching license will have the necessary success as this is also very important for the IOC recognition and it will also show the coach commission that the work they have put in was not for nothing.

The IPF and EPF meet with La Manga Club Management and agreed to a package of Eleiko Equipment for the development of the IPF/EPF Powerlifting High Performance Centre at the famous La Manga Club, Spain. This Centre is very important, as it is part of the on going fight for IOC recognition.

The La Manga club is a luxurious environment for our athletes to train. The Center offers four star accommodations with full or half board, plus access to a wide range of other sport, leisure and medical facilities. This first-class unique setting offers athletes, coaches, officials and their families the opportunity to combine training with relaxation. The training camp will not be just for training, coach and referee education. We are encouraging athletes and their family to come and enjoy the fabulous environment La Manga club have to offer!

To close, the high performance Centre will provide will teaching the necessary skills to coaches that will elevate the performance of our athletes. Overall, the center will offer what is provided to professional sports teams. These conditions, will have a positive impact upon the mind-set of people involved in the sport, and perceptions of those outside the sport. For more information's please feel free to contact Ralph Farquharson, Chairman of the IPF Coach Commission at: [ralph@europowerlifting.org](mailto:ralph@europowerlifting.org)

Thank you very much for your support!

Gaston Parage, IPF President



## **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:

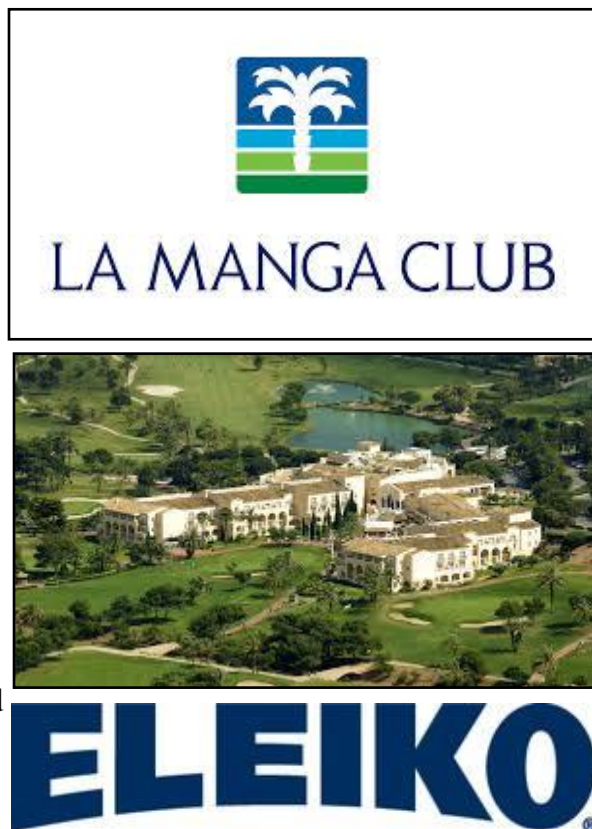
1. The England National football squad
2. Spanish National Football squad
3. Great Britain - Tottenham Hotspur and Chelsea Football Team
4. Spain - Real Madrid and Barcelona
5. Germany - Bayern, Munich
6. Netherland - Ajax
7. The Irish National Rugby union Squad
8. A number of Great Britain Rugby League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

### Nearest Airport to La Manga Club

Murcia airport approximately 35Km

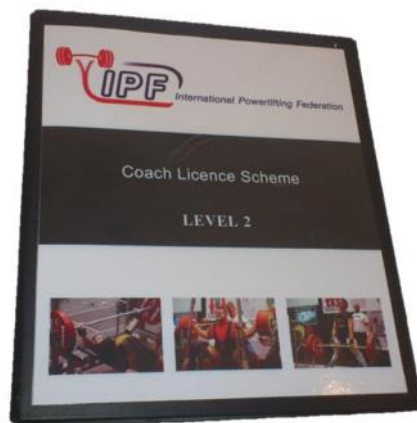
Alicante airport approximately 150Km

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**

600 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](mailto:Ralph@europowerlifting.org)  
[www.powerlifting-ipf.com](http://www.powerlifting-ipf.com)

## IPF COACHING COURSE—APPLICATION



### APPLICATION FORM FOR THE IPF COACH LICENCE LEVEL II

*At*  
***La Manga Club Resort – 30389, Cartagena, Murcia, Spain***  
***18<sup>th</sup> to 21<sup>st</sup> June 2014***  
***Closing date for application 19<sup>th</sup> May 2014***

#### 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 | <b>please state</b> |
| 2. Are you recovering from an illness or operation?           | Yes | – No | <b>please state</b> |
| 3. Are you on any medication?                                 | Yes | – No | <b>please state</b> |
| 4. Do you suffer from high blood pressure/low blood pressure? | Yes | – No | <b>please state</b> |
| 5. Do you have a heart condition?                             | Yes | – No | <b>please state</b> |
| 6. Are you Diabetes?  | Yes | – No | <b>please state</b> |

## 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  
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## INTERNATIONAL POWERLIFTING FEDERATION NEWSLETTER

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INTERNATIONAL POWERLIFTING  
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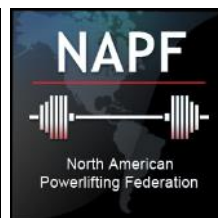
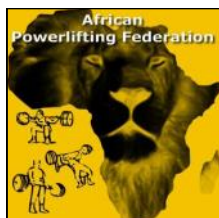
## International Powerlifting Federation

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 every fourth year, following the year of the Summer Olympics.

### IPF REGIONAL FEDERATIONS



The Project Committee Members implementing the historic IPF / EPF Agreement at La Manga, Spain. From left to right, Jiri Hofirek—Czech Republic; Ralph Farquharson—Spain; Gaston Parage—Luxembourg; Jari Rantapelkonen—Finland; Sandro Rossi—Italy; Miriam Busselot—Belgium; Arnulf Wahlstrom—Norway (missing).