IPF Presidents Message—Gaston Parage

Dear Friends:
I trust this months newsletter finds each of you well. We’re now at the midpoint in the year and there are three (3) important points I need to share with you.

1. Application for Referee Examinations.
When National federations put forward candidates for referee examinations, please use the new online application form can be downloaded from the IPF website under “Services – Contracts –Forms”. The link can be found here: CLICK HERE. Applications should be posted latest 3 months ahead of a championship. The written category II examination is conducted by a computer program and each candidate may bring his/her own computer. If the candidate does not master the English language, he/she must also bring with them a translator.

2. Nomination for World championships.
A new system is developed to make all National federations able to post their nominations directly. Each President or Secretary General of the national federation must send request for login and password to Alexandre Kopayev. Each Federation will get only one password to login. The e-mail address is: good-lift@mail.ru and Alexandre will send you login and password to access the system. This means that all nominations for World Championships should be done by the President or Secretary General of your National Federation. Please note that federations must also send the nomination list to IPF Championship Secretary Gaston Parage and to Meet Director of each Championship. It is needed to make proper preparations for the Championships. Also for some of the championships the Whereabouts forms needs be filled in. That must be done at latest with the end of the preliminary nominations. If you need further information, you may contact the IPF Championship Secretary Gaston Parage.

3. La Manga Strength Centre.
IPF and EPF met in February with La Manga Club management to agree about 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 important as part of the ongoing fight for IOC recognition. La Manga club is a luxurious environment for our athletes to train. On offer are 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. Special thanks to all of our IPF Member Federations. Gaston Parage, President, IPF
Gaston Parage, IPF President, was invited by the Slovak Bodybuilding, Fitness and Powerlifting Association (SAKFST) for their 50th anniversary celebration in the beautiful city of Zilina. During Gaston’s speech at the anniversary celebration, he congratulated and thanked the former President and now honorary president, Mr. Michal Capla for his many years of exceptional service to SAKFST, the IPF and to the IFBB.

Gaston also wished the new President Milan Cizek continued success and pledged his continued and full support to SAKFST. Special thanks were also given to Pavol Muller who has been the chief representative for Powerlifting that past 20+ years. Pavol was surprised by this acknowledgement, but Gaston assured him that his work is appreciated for Slovakia is one of the best organizations in IPF.

Overall, the 50th anniversary shows us the sports of powerlifting, bodybuilding and weightlifting can collaborate and work together.

The IPF would like to send their special thanks go out to the Minister of Education, Chairman of the Parliamentary Committee on Education, Science, Youth and Sport for organizing this event.

Congratulations to all — Robert Keller
The International Powerlifting Federation take a major step forward with the introduction of the first coaching education programme at La Manga Club, Spain. The course is designed to train and educate powerlifting coaches from around the World. The coach education programme will promote and develop excellence in coaching, improving their knowledge and skills in the theoretical, technical and practical aspects of Powerlifting coaching. The curriculum 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, technical rules, Anti-Doping education, sport management, sport and nutrition and other related subjects.

The next course of study will be held on October 15—18, 2014. The registration deadline is September 14, 2014. For details of how to enrol into the course, please contact Ralph Farquharson at: Tel: +34 966 733367, Mobile: +34 650041559, E-Mail: ralph@europowerlifting.org
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
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
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Spain
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E-Mail: Ralph@europowerlifting.org
www.powerlifting-ipf.com
Application form for the IPF Coach Licence Level II

At
La Manga Club Resort – 30389, Cartagena, Murcia, Spain
15—18 October 2014
Closing date for application 14th September 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 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 receive 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
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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 powerlifting’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...