



Official Publication of the International Powerlifting Federation

IPF PRESIDENTS MESSAGE—GASTON PARAGE

Dear lifters and officials from our IPF affiliated Nations,

We have just received sad news from the IOC Sports department regarding our IOC recognition application. Unfortunately, this administrators ejected our application for the following reasons:

1. Equality of male and female members on the EC Board

They appreciate that we have improved in this area with the appointment of Eva as Athletes Speaker on the Board but as you know, equal means about 50% to 50%. I have explained the situation and said we consider this as an important issue and we will work to resolve this issue in the near future.

2. Participation on Multi Sport Games

They mentioned that the guideline from the IOC says that a recognized sport should be a part of a minimum of 3 multi sport games. The IPF is currently only participating in the World Games. The IOC propose that we should working to get in the Commonwealth Games and the University Games. This is now work in progress.

3. Sport for all Commission

The IOC claims that we still have no Sport For All Commission, which is a high priority for them. I explained that we already founded the entourage committee and that we also no included the athletes speaker in the Executive Committee. Both things we also included in the constitution but this is an issue we have to resolve.

As with these types of applications, we do expect the road to success to be hard and long. It is frustrating as we have always complied with the IOC requests. We will not give up and will continue to do our best to make sure that we improve and comply with the required criteria's. Of course I will keep you informed as and when we make progress. To close, I would like to take this opportunity to wish everyone a very Merry Christmas and Happy New Year.

My sincere and best regards, Gaston Parage, IPF President



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IPF APPOINTMENTS

Dear all,

It is a pleasure for me to welcome Eva Speth (pictured left) as the Athletes speaker and EC member of the IPF. She is the first woman athletes speaker and also the first women on the EC board.



I am confident, Eva will be working very hard to fulfill her duties as EC member and athletes speaker. She is also the Chair women of the women's committee, so you can see, she will be quite busy in the near future. I wish her good luck in her new role and I would ask for full cooperation and support from all EC members as well as those who will be working with her.

Rosina Polster (pictured above, right) has been appointed by the EC members to the role of Media Officer. She is also the first women to take over this responsibility. She is well qualified for this position having extensive experience with the German Federation. I know everyone within the IPF will congratulate Rosina and give her their full cooperation and support.

We are an equal opportunities organization. Women are an integral part of our sport, so it is only fitting we continue to recognize those who have the ability and talent to help govern our organization.

In the name of the IPF and my colleagues on the EC board I welcome both.

Best regards

Parage Gaston
IPF President

IPF TECHNICAL COMMITTEE—HANNIE SMITH

New Procedures for Proposing Technical Rule Changes.

All proposals for Rule changes must be send not later than 31 March 2014 to the Technical Chairman Hannie Smith.

After this dateline no more proposals will be accepted. The reason is that we have to send it to the different Commissions and after that to the rule group for decisions.

Best regards
Hannie Smith
Chairman, IPF Technical Chairman

MESSAGE FROM EVA SPETH –GERMANY

Dear all,

First, thank you all for having placed your trust in me at the Congress in Stavanger.

Although most of you already know me from many competitions as an athlete, Anti-Doping Officer or Team Manager, or because I am the Chairwoman of the IPF's Women's Committee, I'd like to introduce myself to you.

For more than 25 years I have been involved in powerlifting. In the early eighties I started out training in a local sports club in my home town Chemnitz (called Karl-Marx-Stadt at that time). From the first moment I was sure that this is exactly the right sport for me. Only a few years later, I took part in regional competitions in the disciplines squat and bench press; deadlift was added in 1990. Most of the time I was the only woman in a real "men's sports", but I was accepted by the other athletes.

In 1988, on the eve of the peaceful revolution in Germany, I became Head of Powerlifting in my local sports club in Chemnitz. That was a difficult period because the whole society was about to change and I am proud that I was able to guide a rather unknown club to the top-level of German powerlifting in 1994. In parallel to my honorary position I participated in further training courses and achieved the referee's national license as well as a license as coach in powerlifting.

Although it may seem rather unbelievable from today's perspective, in the past, there were no International Masters Championships in powerlifting for both men AND women. The first European Masters Championships in powerlifting for participants of both genders took place in Valencia, Spain, in 1995. This was my first international competition and I achieved second place. One year later, in 1996, the first IPF Masters Championships were held in New Delhi, India, and I won the Silver Medal there. As I embrace challenges, I also took part in the Open World Championships in Bench press as Master II and was able to finish third in 2009.

In a long career as an athlete I was 3 times World Champion in Masters Powerlifting, 7 times World Champion in Masters Bench press, 3 times European Champion in Masters Powerlifting, 13 times European Champion in Masters Bench press and 33 times German Champion in Powerlifting and Bench press.

Sport requires both the athletes and the officials! Of that I am convinced. For this reason, I was acting as a referee on national competitions and as an Anti-Doping Officer for IPF, EPF and the national federation.

Since 2001, I have been responsible for the German Masters Bench press Team, which is one of the most successful teams on international level. In addition to that, since 2007 I have been acting as the Chairwoman of the IPF's Women's Committee.

When we meet each other at competitions, we mainly speak about powerlifting. But this is only one side of life. On the other side, we have to earn a living, take care of our family etc. Therefore, I would also like to tell you something about my life beyond powerlifting. I studied Electrical Engineering at the Technical University in Chemnitz and finished with a diploma degree. After graduation I started a family and my now grown-up sons were born. Later on, I worked full-time for different companies in Germany and the U.S. as a software developer and network specialist. Currently, I work for a global player in the healthcare sector.

I look forward to seeing you in Northumberland at the World Masters Bench Press Championships. It would be great if you would just come by for a chat.

Best wishes, Eva Speth



COACHING COMMISSION

Dear all,

Today I am very proud that we have started with the first IPF coaching license.

This is again a new and big step forward in the IPF. I am personally very happy we have reached this situation with our coaching programme.

Thanks to the coach commission who have been working hard on this and who have made this all possible.

I hope that all our member Federation's taking the opportunity and the chance to take part at the first coaching license who will be held in La Manga Spain. This license make sure that our coaches get the necessary level of technical education and knowledge required to be a coach.

It is not enough to coach a lifter at a competition. A coach should be technically qualified and competent to coach lifters. They must also provide a duty of care towards all their trainee's.

The parents of our lifters-place their trust in the coaches that are looking after their sons and daughters. They are also required to provide a duty of care and a safe place to train and compete.

I hope that our first coaching license will have the necessary success as this will also be useful for IOC recognition and it will also show the coach commission has provide the IPF with a course that will of a high level.

Thank you in advance

Best regards,
Gaston Parage, IPF President



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COACHING COMMISSION



APPLICATION FORM FOR THE IPF COACH LICENCE LEVEL II

At
La Manga Club Resort – 30389, Cartagena, Murcia, Spain
18th to 21st June 2014
Closing date for application 19th 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 | 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 |

COACHING COMMISSION

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
 E-Mail: ralph@europowerlifting.org
 Phone: +34 966 733367, Mobile: +34 650041559



INTERNATIONAL POWERLIFTING FEDERATION NEWSLETTER

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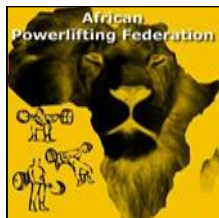
International Powerlifting Federation

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



2013 IPF Hall of Fame Inductees — Congratulations!!



Robert Wilks - Australia



Larysa Soloviova - Ukraine



David Ricks - USA