

PURE POWER 2005

2nd Edition

April 2005

NOVICE/QUALIFYING COMPETITION 2005

The first competition to kickstart 2005 was the novice qualifying competition which was held at Eaglehawk Y.M.C.A on the 13th of February.

We seen some new novice lifters take to the platform for the very first time, and all seemed to handle the nerves quite well, and were able to produce some very good entertainment for the crowd, in fact I would like to point out, it was a massive turnout of spectators, which helped encourage a few lifts over the line.

The Best male lifter of the day was Paul Frangioni, with Judy McGrath securing best female lifter.

The day seen 12 lifters compete in many varieties of weight and age groups,

including one lifter which at the age of 79, performed outstandingly and it is a credit to her to be able to even consider walking onto a powerlifting platform, not to mention competing, well done Margaret Rodda of Maryborough. (Trained by Adam Mazzon).

A big thankyou to the following people for assisting on the day,

Ward, (Announcer)

Ross, (Meet Director)

Julie, (Referee)

Paul Anderson (Spotter/Ref)

Ben Dyett (Head Referee)

I keep saying it and will continue to, that day's like these are not possible without the continued help,



Support, and commitment which some give, also thanks to those who assisted in setup and clean up on the day, the new setup arrangements worked extremely well when all pitched in, the exercise taking only a very short period of time with the extra hands. No records were broken on the day.

Scott York (Vice President)

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Special points of interest:

- Supporter reconigition.
- New Bench Shirt rules
- Competition results from Novice/Qualifier
- T-Shirts for Nationals
- Helpers required for the Victorian Championships 2005.

PROUDLY SUPPORTING DRUGFREE POWERLIFTING



Ballarat

Be impressive.

Corporate Design & Print Solutions

A big thank you goes to Bruce & Helen of Kwik Kopy In Ballarat, for their marvelous efforts in assisting with all the copying of the newsletter, entry forms, calendars etc, also for laminating all of our membership cards, and providing us with envelopes and address labels for **FREE..** As an Executive Member of the Victorian Drugfree Powerlifting Association I am delighted to be involved with such a professional team, who deliver well in excess of expectations and always to the highest standard. Any printing/Design etc quieres can be made on (03) 53 312288.

WORDS OF WISDOM FROM ABOVE

Current office bearers of the VDFPA are as follows:

President: Barry Wilkes

Vice President: Scott York

Secretary: Vacant

Treasurer: Liz Dando

Record keeper: Daryl Dando

Meet Director(s): John Clow/
Ross Knight/Bob Parker.

Referee co-coordinator:

Barry Wilkes

News Letter: Scott York

Long standing President and current lifter Mr Barry Wilkes



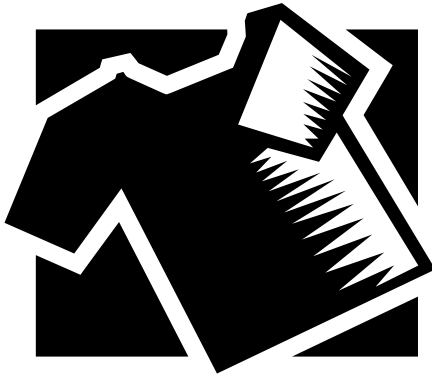
A warm welcome is extended to our new members and also to current members returning after the Christmas break. I hope that we are all eager to return to the lifting platform and inspired by the holding of the World Single Lift Championships in October 2006, to be held at Eaglehawk. Congratulations to those who lifted and assisted at the February Novice/qualifying competition. Be assured first time lifters will improve on their efforts as they compete and be involved in our organization. The Victorian State titles are to be held in May, and those intending to lift should remember to have their entries in by the due date. No Late entries will be accepted. I look forward to catching up with everyone on May 15.

Barry Wilkes.

(President

BENCH SHIRT REQUIREMENTS

The World congress has concluded on the following, and the motion passed:



Move that supportive bench shirts must be single ply, fitting similar to a standard T-shirt covering the entire torso (shoulders and chest), both front and back with closed seams (no open seams would be allowed anywhere on the shirt).

Refer to back page for further instructions.

CALLING REF'S, SPOTTERS, LOADERS

The Victorian Championships are just around the corner, and in preparation for this volunteers are required in all areas of Refereeing, Spotting, Loading, Desk, and general assistance. If you are available on the 15/05/05 please advise the Meet Director which will be John Clow of how you may be able to assist. Remember that many hands make light work. You may contact John on 0409 442800 or john@fernwoodfitness.com.au

If anyone is considering sitting a Referee's exam you can do so by contacting our President Mr Barry Wilkes and he will obtain the required paperwork etc. for you.

T-SHIRTS FOR NATIONALS

The association is considering a t-shirt print for the 2005 National Titles, and it requires all interested members to contact myself with quantities that would like to be ordered, the final price will be given at a later date but I would assume the cost will be approx \$20-\$30 a t-shirt, the print is also still undecided and depending on costs to get a whole new design, we may still run with the one that has been used in previous years just with current dates.



**T-SHIRTS
FOR
2005**

If attending Vic's please advise me if you are interested on the day, if not please either phone or email me with quantities that you require.

I am also trying to find a contact who may even want to sponsor us for the cost of the t-shirts, and maybe all we will have to pay for is the print.

Any suggestions regarding t-shirts please forward to Scott York, my contact details appear on the back page of the newsletter. Refer to page 6 for full details on design.

NEW DRUG CONTROL OFFICER

Most may not know him but Wayne Buhagier (Budge) is taking over the role of Drug Control Officer, who will replace the infamous weightlifter amongst us Scott Bailey, much will go unchanged for the moment but you will see Wayne now if you are chosen to be tested.



**DRUG
CONTROL**

100%

Pure Power

There were no Drug Tests conducted at the Novice/Qualifying competition but it is predicted that out of comp tests will be initiated previous to the Victorian Championships being held, aswell as testing on the day of Competition.

AN EXTRACT FROM THE W.D.F.P.F RULEBOOK 1996

M. RULES CONCERNING DISQUALIFICATION DUE TO MISCONDUCT: Any lifter or coach, who by reason of misconduct on or near the competition platform which is likely to discredit the sport, shall be officially warned. If the misconduct continues, the Jury (or referees, in the absence of a Jury) may disqualify the lifter and order the coach to leave the venue. The team manager must be officially informed of both warning and disqualification.

TRADING POST

ITEMS FOR SALE:

- 4 x Pairs of Power Plus knee wraps @ \$ 35 per pair
- 1 x Pair of Wrist Wraps @ \$ 22
- 2 x Pair of figure 8 wrist wraps for deadlift training @ \$ 20 per pair

Any enquires please contact John Clow on 0409 442800
 John is also donating all proceeds from the sale of any of his equipment to the association.

If anyone has anything for sale or any announcements etc, I will be leaving a page for this in our newsletter, just post or email what you want there and I shall enter it.

CORPORATE T-SHIRT DESIGNS

The following designs are my ideas for our t-shirt print, displaying text both front and back, upon approval and commitment from members this may be the design for our corporate t-shirts. Any comments regarding the design or other ideas can be emailed to scotty_0901@bigpond.com or phone me on 0418122730. (Scott).

I believe this would be best printed on Black T-shirts however I also believe we could do a White t-shirt aswell and just change the text colour to blue rather than the orange.

Front of t-shirt



Power is in bright orange with pure being white

Back of t-shirt



V D F P A INC

V.D.F.P.A Inc in bright orange, rest in white text.

www.drugfreepowerlifting.com

**VICTORIAN DRUG FREE POWERLIFTING
ASSOCIATION**

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PURE POWER

Visit
www.
Drugfreepowerlifting
.com.au



Check out the quickly developing website too, sure to catch your eye if you have not visited the site for some time. More way's we are striving to make communication and obtaining information easy.

The new bench shirt rule is effective immediately, anyone currently using a denim bench shirt that is open seamed, I suggest that you investigate alternative versions as you will not be permitted to use the current ones.

Please be careful upon choosing apparel to wear at our Vic'c and nationals, as stated at Feb comp, most apparel worn at Feb comp will not be able to be worn at future competitions, so any novice lifters etc that were in shorts as an example you will need to obtain a soft suit to lift in. The only other one I would like to mention is prints on T-shirts, you may not wear anything that is distasteful, or anything that could discredit the sport. Advertising brands etc is also not allowed, you may however advertise your gym, club or association as long as it falls within the guidelines of being acceptable.