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1. Introduction

Welcome to the new powerlifting year and it looks to be another big one with a packed programme for lifters. This year the NZPF is focusing more on development of the sport within NZ and increasing participation

2. Oceania's and Oceania Benchpress Champs

The Oceania/Oceania Bench Champs turned into a huge event with more than 130 lifters from 7 nations attending. The organisers, caught by surprise at the level of participation, struggled to run a three day competition in just two days with minimal resources and time was definitely their enemy.

The NZ team eventually comprised of 34 lifters and although the results are available on the OPF website and the NZPF website some great milestones were reached.

- ✚ Largest team ever sent internationally
- ✚ 26 Gold Medals won
- ✚ 9 Best Lifter Awards
- ✚ 10 Teams Titles
- ✚ Best Overall Open Men's Team
- ✚ Only 4 bombs....

3. Oceania Benchpress 2007

On the 21st April the Canterbury Association will be running the Oceania Benchpress Champs at the Performance Gym in Heaton Street, Timaru. This date has been confirmed so if you want to compete you must do the following:

- ✚ Have completed a competition by the 16 March in bench only. This could include the National Bench Champs 2006, The Oceania Bench Champs 2006 or a provincial bench champs from 2006 but not before the 22nd April 2006.
- ✚ Have completed and sent to me by the same date an application for international competition and code of conduct form.
- ✚ Remember qualifying does not guarantee selection.
- ✚ Team selection will take place on the 18th March and all those who applied will be notified by post of their selection or non-selection.
- ✚ Payment to CPA of your entry fee

4. This year's calendar and poster.

The calendar is out and posted on the website. Remember these are not set in stone because of conflicts, holidays etc you must wait for an entry form before arranging travel to avoid the costly exercise of rebooking travel. Please, most of you know when the major events are on, so **ask if you haven't received an entry form 4 weeks from the proposed event. The exception to possible changes in dates is the Oceania Bench, the National Champs and the National Bench Champs. These dates have been confirmed.**

We still have plans to introduce a generic poster to be sent to all the associations, members and as many gyms as possible with details like: important contest dates, contact details for associations, stuff like that. Hopefully this can be re-used year after year.

The International Calendar is also out and lists all the international events for the next three years.

5. Registration and drugs forms

This year's registration and drug forms are out and are available from the NZPF website or the local association secretaries. Payment must be made to your local association secretary along with the local association's fees and cheques made out to the local association. The secretaries will then compile the information and send the forms and payments on to June.

National TUE's (therapeutic use exemption) can be obtained from Drug Free Sport NZ on 0800 drugfree. These are needed if you need to take a banned substance (i.e. asthma medication) International TUE's can be downloaded from the IPF website www.powerlifting-ipf.com or the NZPF website and then forwarded to me fully completed and signed.

6. Clinics and work shops

On the 24th March the NZPF will be holding the first powerlifting workshop/seminar at the AUT Institute in Aorangi Road, Northcote, Auckland. We have reduced this to a one day programme and jammed as much information into it as possible.

This is a great opportunity to learn a great deal more about the sport and the following subjects will be covered.

Rules and rule changes
Preparation for a competition
Sports Injury Prevention
Sports Drug Information
Speakers on the three lifts
Practical demonstrations

There is no charge for this but you need to bring your own lunch snack etc. Coffee/tea will be available. Please contact your local secretary who will then pass the info on to me. We need to know you want to attend by the end of Feb at the latest. A letter will be sent to those with the programme etc.

7. Changes to the IPF rules.

- ✚ As of the 1st January yet another set of rules was introduced, all of these changes are listed on the NZPF website www.nzpowerlifting.co.nz

8. Applying for an international competition

This was covered in the last newsletter but I have repeated it as it is very important.

Virtually anyone can go to an overseas competition, but you must have done the following:

- ✚ Have done the qualifying total for your weight and age class in a competition refereed by three provincial refs and in the last 12 months.
- ✚ Have competed in the National Championship event pertaining to the event i.e. 3-lift Nationals for a 3-lift international event, unless notified other qualifying standards or exemptions have been allowed
- ✚ Completed a application for international competition and code of conduct form

- ✚ Be financial to both local association and NZPF
- ✚ Have been on the drug testing programme for at least three months

If for any reason you can compete due to injury, sickness or whatever you must apply for a **dispensation in writing**. This must include supporting material i.e. doctor certificates.

In extreme or unusual circumstances, the NZPF may grant a blanket dispensation due to a late announcement of a competition, where there would be little chance to compete in the necessary qualifying competition, or traveling costs would be prohibiting.

9. Commonwealth Champs

Canterbury powerlifting have also taken on the rather unenviable task of holding the 2nd Commonwealth Champs on the 6th – 9th December. This will be held in Christchurch and the venue is yet to be decided but the Town Hall Complex is the most likely.

This is an open event at the moment, which means all lifters can apply to lift but must have done the **silver** qualifying total. There is no junior's or master's sections at the moment.

Have a fantastic year and good luck to you all

Yours in strength

Steve Lousich
NZPF President