



NIPF Directors Report for 2014 AGM Valley Leisure Centre 06/12/14 1000hrs

Introduction

The NIPF was initiated in Dec 2011 as a specific sporting body with a simple remit to promote and develop powerlifting in NI linking to GBPF and NGB and IPF and IGB. After the collapse of powerlifting in Sep 2011 under NIWLA we decided to see what could be done to change the situation with a few dedicated souls. It is amazing to think that only 36 months ago there was a vote to decide whether it was worth closing competitive powerlifting in NI

Today we have a small, overworked but talented committee. The dedication and drive they exhibit is simply staggering and I hope each member past and present appreciates the sacrifice these few have made for the many.

Committee Review

I would like to thank Richard Mullan for his previous work as the NIPF CEO as he lead the NIPF from conception in NOV 2011 until he stepped down due to work commitments end of Dec 2013 over 2 years where Powerlifting in N.I has changed dramatically

Dec 2013 was the start of a new committee, we now had a strong management team and as the CEO I could see great potential as the skill set we now collectively had was top notch.!

I sincerely appreciated their efforts, input and assistance while part of the committee – its often a thankless job that happens outside the limelight of the platform.

Of particular note is the work Rob Newman has done on the website and facebook pages. In addition moving the NIPF to electronic payments for lifters and the online entry and membership forms has had an incredible effect on the efficiency of administration during membership and competition applications. Along with Julie who has organised and restructured all our paperwork and records. Chris Dorrian along with “The Duke” have dedicated time and effort to progress additional much need referees.

Roy who developed Bootcamp and careful selection of our national team, Jacqui and John who work tirelessly to make this as we now all know is the best ran federation in the UK. Also Niall Nugent for the expertise of his graphic design work all year .

Once again I can honestly say that through the ups and downs of the past year, it has been a privilege to work along side these dedicated people for the benefit of our federation.

Directors Reports



. Competition Director report – Jacqui Pope

This year has been a definite success in terms of the smooth running of the competitions: well done to all involved!

22nd Feb'14 Deadlift championships- fully supported with spotters/loaders and admin - competition ran smoothly.

31st May'14 Maxx Power 3 lift - fully supported with spotter/loaders - competition ran smoothly.

30th Aug'14 Push pull Irish muscle power -fully supported with spotters/loaders - brilliant event - great exposure for NIPF - great turnout to support.

27th Sept'14 Raw Power - fully supported with spotters and loaders - competition ran smoothly.

18th Oct'14 Bench press championships - fully staffed with spotters/loaders - competition ran smoothly.

13th Dec'14 Raw power Juniors and masters - still to come.

All in all very good year in terms of structure and smooth running from weigh in to the flights running to schedule. Julie now pre prints all paperwork with additional copies and everyone is briefed and knows what is happening on the day. A great example of this organisation coming in to play was the weigh in of 65 lifters in 1.5 hours at Push pull at the waterfront leading to what can only be described as a definite highlight of the NIPF year. Lots of planning went into this event to ensure its success.

No competition has been left short of spotters loaders and admin and there have been more than enough at every event this year. Shortage of referees was a concern and Chris organised 2 referees courses we now have Kyla qualified of the back of it.

All competitions with the exception of the push pull in Aug'14 were held in the Valley and this was logistically easier in terms of the kit however the Waterfront made a great venue and it would be great to get at least one event again this year away from the Valley. Irish muscle are still to confirm for 2015.

Focus for the coming year:

- More focus on increasing sponsorship, already working on this Hench being one.
- More on providing goodie bags for support staff, this did happen this year but not at every competition.
- Rotas for setting up who is doing what on the day at certain times, it all ran smoothly this year but do we need all spotters and loaders/admin there all day as an



example. Rota would be done in advance and communicated to all concerned including those setting up.

- Catering options at each event.

2015 Competition Calendar

21/2/15 Bench Only

11/4/15 NI 3 Lift Senior Men and all Ladies

Possible Push Pull TBC

12/9/15 NI 3 Lift Mens - Juniors and Masters

7/11/2015 NI Deadlift

I have thoroughly enjoyed this year and thank everyone who has supported and look forward to a fantastic 2015 with the NIPF.

Jacqui Pope

Performance Directors Report - Roy McLean

NB important changes to explain new competition format next year

Lifter Development Report 2014

2014 has been another year of progressive development for the NIPF. Membership has increased to 176. At the time of writing we have 50 female members and 126 male members.

At the start of the year we organised a coaching day entitled 'Powerlifting Bootcamp' which was fairly well received.

Unfortunately GBPF have not yet completed their Powerlifting coaching course.

The following have represented NIPF at the British Level in 2014:

Dessie Scott
Colin Wright
Abigail McLean
Ethan Brownlee
David Carlton

The following have represented NIPF on the GBPF team at World Level in 2014:

Dessie Scott (Silver Medal)



Colin Wright (Gold Medal)
Ricky Mullan (Silver Medal)
Ethan Brownlee

General Lifter Population Trends

Two noteworthy trends have been observed.

1. The steady growth in female members. This was very evident at the Ladies and Senior Men Raw Power competition where 20 ladies and 20 men competed on the day.
2. The steady decline in equipped lifting. Probably less than 5% of our membership have competed equipped this year in any shape or form. This is well illustrated by the fact we have now only one male and one female legitimate equipped full powerlifting total since last year's 4 Nations.

Another interesting development was the influx of members who are resident in Eire. These currently number 12.

General Lifter Performance Trends

Wilks

Despite numerous drug test suspensions and a fair number of last year's top performers not renewing membership the top 10 male Wilks performances are broadly similar. All are in excess of 400 points.

On the female side great progress has been recorded in the classic category with some 30 points improvement year on year.

Records

After a slight concern due to a ruling at the GBPF AGM, NIPF were allowed to continue with allowing British Record attempts at our own competitions. Abigail McLean, Davy Carlton and Jacek Stanek availed of this opportunity. Abigail and Davy together with Ethan Brownlee, Ricky Mullan and Colin Wright also set records in British competitions.

Recommendations

A top priority for our calendar is to enable lifters to progress to British, European and International competition. We need to avoid clashes with these competitions and also give aforementioned lifters the opportunity to qualify for the next year's events. Ideally 2 opportunities to compete at the local level.

Understandably other organisations petition us not to clash with their events. However we as an IPF affiliated Powerlifting organisation must not put such regards ahead of the needs of our most committed athletes.

As one of the duties outlined in our constitution is to provide fair competition thought needs to be given to the MAX Power and RAW Power formats. With almost no-one currently



competing as equipped are we really having two classic Northern Ireland champions. It is of benefit to our members to have two opportunities each year to compete in a full powerlifting meet, however we need to differentiate more clearly between these events.

Another consideration is the available organisational manpower. This unfortunately has not grown in line with member numbers. The feedback received is that they wish to return to hosting only two 3-lift competitions in 2015.

Therefore circumstances dictate the following compromise:
Divide the overwhelming demand for full Classic Powerlifting competitions into two member groups. Facilitating flexibility, by allowing members outside the targeted group to apply to compete as guests in extenuating circumstances. e.g. Qualification for GBPF competition.

RAW POWER : All females and senior males NI Classic championship

MAX POWER : Junior and Masters male NI Classic championship, also if reasonable demand NI equipped championship.

Roy McLean

Marketing Director Report _ Robert Newman

Marketing / Webmaster Report 2014

The aim for 2014 was to re-brand the website to match the existing branding created by Niall for the entry forms/posters. This was carried out in the early part of the year and during this change the website was coded to be more flexible

in terms of adding content and to improve the turnaround time in getting content added.

There was a news item section added so that we could add announcements and link to them in Facebook so that hit as big an audience as possible. There are plans to make this more flexible to allow the committee to easily add news items without having to do any manual coding.

There was a project ongoing throughout the year to digitise all the results so that we would have a full collection of results in a consistent format. This also means that we now can keep records consistently up to date and accurate.

New rankings section has been added to the website so we can see the best lifts performances of the year to date. This will run from one four nation's tournament to the next and will make the selection of the four nations team much easier and also allow the lifters to see what kind of standard is likely to be required to make the team each year.

There has been an articles section added and this will be added to going forward with contributions from our experienced lifters.

The anti-doping section of the website has been updated with extra information and will continue to highlight our efforts in attempting to make our sport drug free.

There are plans for next year to add a multimedia section with photos/videos etc from competitions. Another possible addition to the website that is being explored is the possibility of purchasing record certificates however this is very early in the planning stages.



Robert Newman.

Communications Director Report - Julie Bradley

I have thoroughly enjoyed spending a lot of my free time assisting the NIPF during 2014. Combining spreadsheets, numbers, music & powerlifting has been a dream for me(!)

Main duties performed this year were:

- * Dealt with approx 200 queries via Facebook and email, which I always aim to respond to promptly.
- * Completed competition paperwork, competitors info pack & spreadsheet preparation for competitions this year. Revised paperwork to make it more efficient & redesigned to look more professional.
- * Assisted or managed at the admin table for all 6 competitions and managed spreadsheet & populated results.
- * In conjunction with Robert Newman I looked at historic competitions and NIPF records, & updated accordingly. I aim to capture NI records on the day at competitions, & communicate them to Robert within days of each competition for website update.
- * Supported the admin duties for the NI 4Nations team via Facebook & accompanied to Glasgow
- * Other ad-hoc duties for other committee members in relation to spreadsheets and figures (cos I love them!)

Julie Bradley

Financial Directors report accounts to be closed as per 31/12/14

NIPF have generated an income of £11470

We have spent bank fees , website fees, medals, trophies , venue
Drugs tests 31/08/14 one test £799

£1681 in paypal £2046 in bank account. =£3727 left in the account with Raw power to still fund

Financially it was very important to leave sufficient funds in the 2014 accounts to enable the purchasing of 2015 medals and trophies and to also have funds to continue our anti doping at every competition.



2014 Objectives Review

Objective	Outcome
A minimum of 90 members by Dec2014.	ACHIEVED 176 members
5 NIPF competitions organised and run successfully in 2014.	ACHIEVED we ran 6 !
At least 1 international competition attended by NIPF team in 2014.	ACHIEVED European and worlds attended
At least 5 NIPF members qualify and attend a British Championship in 2014.	ACHIEVED
A minimum of £750 in the NIPF bank account at close of accounts in Dec 2014.	ACHIEVED over £2000 will remain after raw power
Hold 4 NIPF seminars for NIPF members in 2014. Seminars will be targeted to develop novice lifters. Seminars will be targeted to develop NI Team members.	ACHIEVED -1 x Boot camp , 3 x 4 nations at hench.
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Enhance media coverage and availability of NIPF information. 5 newspaper reports submitted and published regarding NIPF in 2014. 2 reports in national level newspapers NIPF website up to date NIPF facebook page up to date	ACHIEVED – several newspaper reports were submitted and printed The website has been updated and facebook page is used frequently and appropriately.
NIPF to continue to invest in competition equipment to add to its already long list of benches and bars etc	ACHIEVED- invested in a new deadlift jack and 2 additional weight plate holders.
Have the support of at least 1 appropriately trained/cleared development officer	ACHIEVED – NIPF has agreement with Newtownabbey Council for funding of equipment and is stored at Viking Barbell.
Have a complete and experienced Ladies team for 4 Nations. Have the support of at least 1 lady lifter development officer	ACHIEVED – FULL TEAM ! GREAT POOL OF LADIES TALENT RACHEAL BELL ACHIEVED BEST LIFTER AT 4 NATIONS.
Identify 1 OTHER facilities suitable as “Powerlifting Centres of Excellence”. Adequate equipment for powerlifting training Have full time powerlifters training in the facility. Use facilities for novice/team seminars	MISSED – Viking Barbell working well and is almost for the first time breaking even.
Investigate and promote the Paralympics sport of Powerlifting in NI. Integrate with GB development Identify a facility in NI to assist in sport	ACHIEVED – Investigation MISSED – Integration, after several conversations it seems that para would be keen to get traction in NI but level of support from sport development



development	very poor.
2014 Objectives Review	Continued
Have 5 new GBPF divisional referees Atleast One female	???????????????? Achieved Kyla Muholland
Conduct drug testing at a minimum of 2 competitions.	Achieved XXXX lifters tested at X competitions

Moving into the future: potential for 2015

The objectives for 2015 are based on the same simple and sustainable principle from 2012,2013 & 2014 – to promote the sport of powerlifting and enhance the lifters experience. Increasingly the objectives should be tailored to support strong maintenance of lifters and values. Funding for antidoping education and testing initiatives as well as education of lifter population on training/recovery etc so NIPF can make a legitimate push for better 4 Nations competition results as well as individual success at Local, National and International level competitions.

We look forward to including new faces in the committee as only with fresh ideas will we continue to progress. During 2014 it has been wonderful to watch the NIPF community continue develop – however we really need to stand together in 2015 as support is the single biggest risk to NIPF success.

Thank you for your support this year, I am very excited to see what can be achieved together in 2015.

**Committee to stand down and propose re-election
No written requests were received for any of the committee roles**

Re-elect the 2014 committee

- Vote the amended constitutional change for the NIPF to refuse membership to the NIPF if the committee suspects the individual of doping with PED's.



- Robert Newman / webmaster to refund the money or decide on an appropriate action.
- All competition fees and membership fees to remain the same as 2014
- Investigate alternative options than using IDTM as our only WADA testing company. Cost and out of competition testing is top priority.
- Any members wishing to show an interest in the roles
- Photographer – take photographs of lifters during our NIPF competitions. Post these on facebook and keep digital copies in an organised manor.
- Marketing – liaise with current and potential sponsors ensure they are kept informed of the competition dates and receive and collate requests from them.
- Press officer – be available to write short press release either to promote the competition or a post competition write up of the days events.
- Witten points received for the agenda from our current Aarons Gym , Chris Boyce
- AOB

2015 Objectives

Objective	Outcome
A minimum of 110 members by Dec2015.	
5 NIPF competitions organised and run successfully in 2015.	
At least 1 international competition attended by NIPF team in 2015.	
At least 5 NIPF members qualify and	



attend a British Championship in 2015.	
A minimum of £1000 in the NIPF bank account at close of accounts in Dec 2015.	
Hold 2 NIPF seminars for NIPF members in 2015. Seminars will be targeted to develop novice lifters. Seminars will be targeted to develop NI Team members.	
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Improve the availability of NIPF information. NIPF website redesign with new sections NIPF facebook kept page up to date	
NIPF to continue to invest in competition equipment if necessary.	
Have the support of at least 1 appropriately trained/cleared development officer	
Have a complete and experienced Ladies team for 4 Nations. Have the support of at least 1 lady lifter development officer	
Identify 1 other facility suitable as "Powerlifting Centres of Excellence". Adequate equipment for powerlifting training Have full time powerlifters training in the facility. Use facilities for novice/team seminars	
Have 4new GBPF divisional referees At least One female	
Conduct drug testing at a minimum of 3 competitions.	
To add committee support with new roles to assist and work with the NIPF Events Director 1. Press / photographer 2. Marketing Officer	

Brian Coombes
NIPF CEO



Northern Ireland Powerlifting Federation