



President Report

PRESIDENT REPORT TO THE 7TH EBFF CONGRESS

18th May 2008
Playa de Aro – Spain

The EBFF is the soul of the IFBB

Welcome to the friendly Mediterranean coast of Playa de Aro, Cataluña, Spain.

It is a great pleasure to meet all of you again to summarize the very busy 2007 season and the progression of the different EBFF programs as well as to establish the necessary steps to keep the progression of our sport and lifestyle in Europe.

On behalf of the EBFF, and personally, I wish to express our appreciation and thanks to Major Joan Giraut, Deputy of Sports for Playa de Aro and to the City Hall of Playa de Aro for their support for the organization of these championships.

Special thanks to our dear friends Carlos and Jose Ramos and Bernardino Perez who, together with our IFBB Patron Joan Campolier and the enthusiastic Spanish and Catalonian Bodybuilding Federations, have made possible this event sacrificing time from their private lives providing human resources, energy and determination that make possible these championships.

Since 1982 with the World Junior & Master Championships in Malaga, Spain has hosted more than 20 European and World Championships; this speaks very highly and is evidences of the long term spirit of solidarity that the Spanish Bodybuilding Family has for our sport and lifestyle.

This 2008 European Men's Championships is possible due to all the technical and human support; but is happening mainly because of the passion for our sport of all the athletes, officials, delegates, judges and supporters who are taking time off from family and business and are contributing to make bodybuilding the magnificent reality that it is nowadays.

My special thanks to all and each of the members of the EBFF Executive Council; to all our national members, the ones that are here and the ones that are in their countries and cities contributing on a daily basis to our strength...THANK YOU!!

In 2007 Europe kept its characteristic great support to the IFBB Programs, contributing with the organization of the World Women's Championships in Santa Susana; the first edition of the World Classic Bodybuilding Championships in Playa de Aro, one of the most promissory happenings in the last year in our sport and the World Junior's & Master's Championships in Budapest, Hungary.

From the European Men's Championships organized in Baku, Azerbaijan, by our colleague Rauf Bunyatliyev we went after the European Women's Championships in Cacak, Serbia, to the exotic destination of Tyumen, in Siberia, Russia, in which Eugene Koltun with the support of the Tyumen Government, Vladimir Dubinin and the Russian Federation hosted the European Junior's & Master's Championships, giving the final impulse to this project established three years ago by the EBFF that will have this year its continuation next June in Budapest.

Starting its first edition in 2003 and for the fifth consecutive time, Santa Susana, the nice Spanish Mediterranean city hosted the Women's World Championships that settled a new record in the participation of athletes and countries, achieving great success in the broadcast retransmission through Eurovision satellite that served images of our athletes to over 125 TV channels worldwide.

Amongst other important achievements we have been honored at those championships with the presence of IOC Honorary Life President H.E. Juan Antonio Samaranch.

Our sport was honored and gifted participating in the first edition of the European Games, held in Kiev, Ukraine, past July; a multisport event that is settling a historic landmark for the sport in Europe in which bodybuilding is taking a prominent role. The great organization capacity of Igor Deliyev, supported by the Ukrainian Bodybuilding Federation, lead by our Executive member Andrey Dolgokir made the success easier. IOC member and former Olympic champion Sergey Bubka was present at our finals.

After the very successful participation of the European athletes at the World Championships in Jeju, South Korea, our continent played again a protagonist role hosting the World Junior's & Master's Championships in Budapest, Hungary; an event that incorporated a very complete sport program in which all the categories from Junior to Master and from Fitness to Bodybuilding created inspiration. A special mention to the +60 year old category that with all those fantastic athletes gave new evidence of the important role of bodybuilding as the most effective support through its lifestyle to the anti aging therapies. Soon the categories +65 and +70 will bring more evidences of this important role that our sport is playing as a service to society.

Playa de Aro, our host city for this 2008 event, the city in which, originally in 1968, was held the first Spanish Bodybuilding Championships; and in 2007 hosted the Classic Bodybuilding World Championships, in its first edition was joined by an outstanding number of countries and athletes; numbers that for sure will be surpassed in the second edition of these championships, again in Europe, in the city of Kaliningrad.

At the beginning of 2008, Europe launched the first edition of the Princess Kalina Fitness Cup, held in Sofia on March 15th, under the name of our IFBB Special Adviser Princess Kalina of Bulgaria. The championships were a great celebration for fitness, getting great attention by the international press agencies, media and TV.

In a meaningful ceremony at the opening of Princess Kalina Cup, together with Princess Kalina, in representation of the IFBB, I presented our highest IFBB international award, the IFBB Gold Order, to King Simeon of Bulgaria in recognition of his successful dedication to the promotion of sport and healthy lifestyle worldwide.

Another meaningful international world level event, held this time outside Europe, in

which the EBFF played a key role was the first edition of the Amateur International Championship at the Arnold Classic Weekend, a project originated at a meeting held in Barcelona with Jim Lorimer.

More than 40 international events and over 400 national and regional competitions have been organized by the EBFF / IFBB and our national federations in the continent during the past season.

International television gave a great coverage in Santa Susana, at the European Men's and Women's Championships in Baku and Cacak, Princess Kalina Cup; at national level the World Junior's & Master's Championships; and many other events.

This entire intense program was based on the principle that is the driving force of our continental federation, a solid team working spirit that is already legendary in the IFBB. Inspiring all of the IFBB and getting stronger and more meaningful as a sign of identity through every achievement.

In January 2008, a very busy and successful meeting hosted by the Italian Federation with the support of the Province of Como by the long term IFBB friend and International Judge Ivano Bianchi, current Vice Governor of Como, the EBFF had its Executive Meeting in this beautiful city; in which our Executive Board worked during a complete weekend, preparing the 2008 Program, Proposal for the European Congress and different activities, including a nice and meaningful ceremony, in which the President of the Como Region, H.E. Leonardo Carioni, met all the EBFF Executive members and received the IFBB Medal.

NEW SPORT DISCIPLINES

As everybody knows, since 2002, year of the EBFF foundation, our federation has been responsible to incorporate new sport disciplines in the IFBB Program (women's bodyfitness; men's fitness; classic bodybuilding); contributing not only with the concept, but as well with the effective realization of the first events of these disciplines.

A special mention to the most recently incorporated discipline, Classic Bodybuilding, which is a real driving force of our future growth in the launching of new bodybuilding inspiration for thousands of youngsters worldwide to enroll in our sport.

In 2008 the European Championships in Playa de Aro includes for the third time the European Classic Bodybuilding Championships and a program that will have the colophon with the World Championships of this modality at Kaliningrad from 21st to 24th November.

The first World Classic Bodybuilding Championships in Playa de Aro was a fast and efficient reply to the difficulties to incorporate this category in the, already settled before 2006 Congress, program for the World Bodybuilding Championships in Jeju. The problem was efficiently solved with the first separate edition of this category, held at Playa de Aro.

Classic Bodybuilding has already been a very successful discipline that has proved its capacity to grow as a single program event, that in the future will expand the number of

categories and competitors. It will be key to allow thousands of athletes worldwide to join competitive bodybuilding; giving them the opportunity to keep performing this modality in the future, or after acquiring enough experience, pass into the bodybuilding championships.

The national federations that implemented this modality, have already experienced a successful growth in the incorporation of new athletes, giving as well inspiration to more and more local clubs and associations to launch this type of events for their associates.

The heavy increase of competitiveness and muscle size of the top athletes that our sport experienced in the last years, brought a systematical decrease in the number of social local events with the consequent weakness of our sport at local gym level. Now Classic Bodybuilding is reversing in a fast and efficient manner these numbers. The consequences are already noticed by our national federations.

EURO ELITE

The Elite Champions Tour achieved during 2007 a nice increase in the number of events that is continuing in 2008.

The Elite concept has been successfully incorporated in other Continents, to the point that the original Euro Elite name is now transformed to Elite Series, keeping the successful formula of an attractive program with well distributed prize money and clear rules of participation.

Another nice success for the IFBB launched in Europe.

Our top amateur athletes are not suffering any more the limitations in the number of events in which they can compete per year (traditionally only the continental and world championships); with Elite Series they have available many first class championships.

The formula includes the incorporation of the most talented national athletes, joined by high ranking athletes from other countries. A limited number of great quality competitors take part in a program that lasts not more than two hours, being very attractive for spectators, financially sounding for organizers, deserving a growing attention in the fitness industry for sponsorship as ideal places to promote their products.

This season, events in New Zealand, South America, Gulf area and, possibly, in South Africa will be incorporated to the program.

More information can be found at IFBB and EBFF websites.

Pawel Filleborn, one of our most experienced officials, former athlete and current chairman of the IFBB Judges Committee is in charge of the international coordination of this series.

We encourage all the national federations to study the rules and become involved in these attractive championships that, amongst other benefits will contribute

tremendously to maintain our best athletes in line with our program of events, in the IFBB Family.

EUROPEAN JUNIOR'S & MASTER'S CHAMPIONSHIPS

The project, originally launched in 2003, has been consolidating progressively and is now becoming to be organized on a yearly basis, giving our Junior & Master athletes the opportunity to enjoy more events.

This activity is very important in both areas because it is giving the most talented Junior athletes the opportunity to achieve more experience, before stepping to the senior events, and as well is giving our Master athletes in the different age and weight classes the opportunity to keep performing their favorite sport, providing with their excellent physiques the best example of the bodybuilding lifestyle benefits.

Last year, the Russian Federation, with our IFBB Vice President Vladimir Dubinin and Eugene Koltun, and the full support of Tyumen Governor Mr Vladimir Yakushev, organized a very efficient championships that is having continuation this year in Budapest, Hungary, next 6th to 9th June in which the Hungarian Federation with Istvan Huber and Zita Osiyemi will put again their great experience and working capacity to hold a contest that will have great international participation.

We encourage all our national federations to send all their Junior & Master male and female teams to participate in these championships.

TELEVISION

Since the EBFF Foundation in 2002 television has been one of the areas pinpointed as more necessary for our future development.

The relationship with European Broadcasting union (Eurovision) started in 2003, keeping during these years a consistent dynamic growth, incorporating since 2004 the regular retransmission of all our European Championships, satellite broadcasted to many channels in Europe and other continents; including the regular presence of our sport program at Eurosport, followed by several national TV channels. Specific agreements with the Russian NTV Plus, video clips provided to press agencies and news programs on a regular basis.

The images of the European Championships are, since 2006, available to other Continents, contributing to the international promotion of the IFBB activities, improving relationships between the national television and our national federations, helping to place bodybuilding and fitness in the main stream of sport news; something critical for our future growth worldwide.

Copies of these programs are provided to regional, local and cable companies in order to distribute this effective tool to a wider range.

Eurovision, Eurosport and all the many other channels that provide our images bring a huge opportunity to attract fans and new viewers internationally, being as well a great

promotional tool for our sponsors and an attractive source of incorporation for more companies to our Sponsorship Program.

These TV actions are going to be supported by the increasing activities, that under the name IFBB TV are in the process to be launched progressively; part of these starting actions of this program incorporates championships, interviews and video clips, being already available through IFBB website; and will incorporate progressively more material with the final goal of providing regular timing retransmission programs.

The future development of our relationship with television includes the increasing number of television channels that will take our images, the adoption of webcam retransmissions for our Elite events and the consolidation of the IFBB TV.

PRESS COMMISSION & MEDIA

Our effective EBFF Press Commission lead by Andrew Michalak is working on a daily basis in close relationship with the IFBB Press Commission and its chairman Pierre Scatolini.

An effective team that provides regularly news through one of the most impressive tools that we can find nowadays in any international sport federation website, the IFBB Newsletter.

The IFBB Newsletter, already published in six languages (Arab, English, French, Polish Portuguese and Spanish), is in continuous expansion, taking in to consideration that this communication tool has only 1 year of existence and looking to the impressive numbers of visits, we have to realize that the Press Commission is working in the right direction with the unique purpose to inform our officials and athletes, promoting our sport and provide to the companies that join our Sponsorship Program a very attractive support for their marketing.

The Press Commission started as well regular news release, addressed to specialized magazines.

The plans for 2008 include the delivery of results and pictures from the championships, immediately after the program finishes.

Both, continental and international commissions are working in close relation with our Headquarters in all the above mentioned, and many other, projects, remaining at full disposal of our national affiliated federations as a source of work communication for their news.

It is important that the IFBB Press Commission was created as a direct consequence of the great experienced achieved in the European Commission, created in 2003.

This effective Newsletter is the consequence of the team work that every week takes the monumental mission to produce news and pictures; translate them to different languages and take all the necessary technical steps to meet, with punctually, the millions of followers worldwide every Tuesday evening (GT).

Apart from Pierre Scatolini and Andrew Michalak, other officials that deserve special mention are Dr Adel Fahim, responsible for the Arab language Newsletter; Pawel Filleborn (Polish edition); Mauricio Arruda (Portuguese edition); Bill & Wanda Tierney, together with the IFBB Headquarters are in charge of the English edition; and Pierre Scatolini with his son Lorenzo, the French edition and the overall coordination.

The news is provided on a regular basis by many national federations as well as by Executive members like Paul Chua (news from Asia); Mauricio Arruda (kinesiology news).

Photographers like Pawel Kleineder, Erwan Grey, Nenad Vuvckovic, Arnold Tokko, and many other contributors, are behind this success. On behalf of our federation, I wish to extend our thanks and appreciation to all of them.

EDUCATIONAL PROGRAM

The Educational Program, in preparation since 2003 and on duty since 2005, is another service provided by the EBFF to all the IFBB affiliated members.

The IFBB is now marketing, through many of our national federations, directly to the final consumer in countries in which the program is still not available the following courses: Personal Trainer; Advanced Trainer; Sport Nutrition Specialist; and Advanced Nutrition.

The courses are available through the IFBB and are being adopted progressively by our National Federations that find in them a powerful educational and marketing tool; a meaningful source of financial support for the National Federation; a positive image due the clarity of the courses and the services that can be provided through them to the sport community; a prestigious diploma with the internationally respected and well known IFBB logo.

WORLD JUDGES SEMINAR TOUR

This program, started in 2007, is following its activities in 2008 giving the opportunity to update the acknowledgement of rules and unify criteria to our international judges.

The material, prepared by our EBFF Vice President, chairman of the IFBB Judges Committee, Pawel Filleborn, includes very well prepared and comprehensive power point presentations, test examinations and an additional CD supportive material.

This year the courses have been provided already to African & Middle East countries (Cairo in March); to Central American countries (Managua, past April) and European judges (Playa de Aro); these courses will be followed by other ones scheduled for South America, Caribbean and Asia.

In 2007 the courses were provided to judges in the South Pacific, Oceania, Europe, Asia and South America.

The benefit of this educational service is already evident at national and international level.

RELATIONSHIP WITH OTHER INSTITUTIONS

Bodybuilding nutrition and exercise techniques are the most effective anti aging tool.

This concept is being intensively promoted in the last two years as one of the most strategical areas of expansion for our sport, settled already at the 2006 Ostrava IFBB Congress.

The main reasons to impulse these activities are:

- A very effective way to fight against the potential negative image and wrong perception of our sport
- A good promotion of the huge possibilities of bodybuilding as a way to build a better health for everybody

Amongst other specific actions we can mention the launch of the book REVITALIZACION, presented at the Spanish Olympic Committee Headquarters at the beginning of this May, printed by Aguilar, the largest editorial Spanish group, that will be translated to other languages.

This guide, made in cooperation with former Olympic athlete and prominent sport official, Bernardino Lombao, and my wife Nieves, in her capacity as pharmacist, will be another step in this direction.

REVITALIZACION is a complete guide, that incorporates bodybuilding & fitness lifestyle to the average populations.

In the last century, the life expectation has increased drastically, but it is easy to realize looking around us that we are living longer, but not better; in a world in which stress, sedentarism and obesity lead the society to the early loss of vitality, energy and health.

Bodybuilding weight training and a proper nutrition have proved to be the most efficient and easiest method to be applied to slow down or reverse the aging process.

All of us have in mind the magnificent presence of our +60 years old champions, who can easily inspire the concept and image of healthy champions.

The overall project includes the production of scientific articles, promotional material, brochures and cooperation with other institutions. There is already material available for the Medical & Scientific Committee of our National Federations for the use and implementation at national level; which can be provided by our IFBB Headquarters in Madrid on request.

We are establishing joint activities with the most prestigious institutions like the Olympic Committee, UNESCO, universities, International Anti Aging Academy; amongst a long list of organizations with who we are already establishing plans of cooperation.

The final goal is to spread with the maximum speed and efficiency the clear links that are between our lifestyle and health.

In this area is especially meaningful the settlement of an international conference at UNESCO Headquarters in Paris, with the concept 'Bodybuilding & Fitness, the most effective anti aging lifestyle'.

RELATIONSHIP WITH WADA

In other items of this agenda is included punctual information of the progression of our relationship with the World Anti Doping Agency, following the international sport directions emanated by IOC and GAISF.

I am very pleased to report to the Congress that the cooperation of EBFF and IFBB with WADA is progressing satisfactorily, with the subsequent increasing prestige and respect for our sport by the International Sport Community.

SPONSORSHIP PROGRAM

Companies like Met-Rx, Nutrytec, All Stars, Hardcore, Weider, Nutrend and Fitness.ee are joining our continental federation in a frame of Sponsorship Agreement established in mutual benefits.

All these companies, in their experience with us, find that our team working is key for success, and through our championships, work pages, educational events and other activities, find ideal places to promote their products, contact with consumers and open new markets. The huge increase of TV retransmissions is an additional benefit, opening the window to the promotion at the overall consumers market.

There is, in fact, a mutual need of the fitness industry for the sport activities and vice versa. Stronger companies and stronger fitness industry will help to build a stronger and more successful federation that with more activities, athletes, spectators, media and TV attention will hold to consolidate the fitness industry, helping the consumer to become closer to their products.

On behalf of the EBFF and the IFBB, I wish to thank all our sponsors for their consistent support and encourage all our national federations to establish their own Sponsorship National Programs to build in their countries this already successful international relationship industry / federation.

ACTIVITIES OF THE VARIOUS COMMITTEES

The Congress Agenda includes information and details of the various committees and Executive Committee member's activities.

This report is basically the overall picture of our federation, Executive members, Commissions, and national federations; representing the team work of our EBFF that I am proud and honored to lead.

I would like to finish this report conveying again my gratitude and thanks to all our Executive members.

IFBB Vice President Albert Busek, who with his passion and experience brings all his encouragement to us; giving effective support in many important matters.

Our EBFF Vice Presidents, Pawel Filleborn, Vladimir Dubinin and Jose Ramos, the three of them former competitive bodybuilders, are now performing successful activities as sport administrators; assisting as well the EBFF and IFBB with the organization of major championships and in all types of organizational and technical matters with Jose, who is carrying out in a very efficient manner, the position of Financial Director.

Axel Bauer, with his executive assistance, provides whenever is necessary very precise documents and professional advice.

Bill Tierney, another great former champion, who plays an essential role in his Committee and in the Executive Council.

Wanda Tierney, who in her key position as Executive Assistant to the President is providing great help to the Headquarters activities, handling together with her husband Bill, Mauricio Arruda and Priscila the preparation of this Agenda for the 2008 Congress.

The Judges Committee, with Pawel Filleborn, Erich Janner, Axel Bauer, Bill & Wanda Tierney, Gabriela Mlsnova and other dedicated officials, that make all our sport program run smooth and efficiently, putting in all the necessary energy to make things happen in the most discrete manner; with the additional challenging of the timing efficiency demanded by the increase in the number of categories, athletes and the more and more usual presence of television in our events.

Prof. Dr. Friedhelm Beuker, with Dr Francisco Abril and Dr Alfonso Martinez in the Medical Commission.

Benedetto Mondello, effective organizer of successful events and active official.

Andrew Michalak, in his capacity as Press Commission, is putting in all his experience and his always amazing knowledge of our sport and its athletes, becoming the right hand of Pierre Scatolini in the brand new IFBB Press Commission.

All of them, together with the members of the different committees, and our national federation leaders make this great team, the family that EBFF is.

A shared successful passion for bodybuilding and fitness.

With my thanks and best regards to all,

Rafael Santonja
EBFF President