

WHAT'S ON-NL2009

UPCOMING BODYBUILDING/FITNESS/FIGURE CONTESTS - BB NEWS

By Jolanda Beuving

Hi guys!

My name is Jolanda Beuving, and bodybuilding is my sport! Having been an active and successful bodybuilding athlete myself, I now want to help the new generation of athletes reach their ultimate goal. I am an NBBF trainer in the categories Body Fitness, Fitness Aerobics and Figure. From my own gym, Beuving Sport Mijdrecht, I give advice on posing, diet and training, and I also own my own modeling agency, Fitness Models. In What's On I'll try to give you all the information you want to read on national and international events and competitions in the field of Fitness/ Bodybuilding. In every MuscleMag Netherlands I will select the most important agenda items for you.



Do you think important agenda items are missing? Mailto: redactie@musclemedia.nl

Titles of Jolanda: Dutch Champion 2000, Miss Universe 2004, Miss Universe & Mister Universe 2004 (Duo with Yorick Bakker), World Champion and Overall winner 2004 (Miss World).

YBF

MAY 17, 2009: THE ARTEMIS CUP
Open competition/ Selections World Championship NAC
Kennemer Theater
Kerkplein 1 te Beverwijk
Info: ybf@planet.nl /
info@yourbodyfederation.net

NOV. 29, 2009: OPEN DUTCH CHAMPIONSHIPS
Kennemer Theater
Kerkplein 1 te Beverwijk
Info: ybf@planet.nl /
info@yourbodyfederation.net

NAC

MAY 17, 2009: SELECTIONS WORLD CHAMPIONSHIP NAC
Kennemer Theater
Kerkplein 1 te Beverwijk
Info: lcj.spijkers@kpnplanet.nl /
info@kneetsgym.nl

JUNE 6, 2009: WORLD CHAMPIONSHIPS
Het Congresgebouw
Den Haag
Info: lcj.spijkers@kpnplanet.nl /
info@kneetsgym.nl
Tickets: Presale € 35 (Kneet's Gym),
doorsales € 39

MID-NOVEMBER 2009: Mr/Miss Holland NAC 2009
Exact date will follow

NBBF/IFBB

APR. 5, 2009: THE HERCULES
Open B
Middelburg

APR. 19, 2009: THE DUTCH CHAMPIONSHIPS
Open A
Schiedam

AUGUST 2009: "MUSCLE BEACH"
Exact date will follow
Vlissingen

SEP. 27, 2009: WBC (New)
Open C
Mijdrecht

OCT. 11, 2009: THE ATLAS CUP (NEW DATE)
Open B
Middelburg

OCT. 18, 2009: THE GRAND PRIX (NEW DATE)
Open A
Amersfoort

*Registrations have to be received by the member administration and the competition commissioner of the NBBF at the latest two weeks before the competition date:
marcelhoningh@gmail.com -
pappamike@hotmail.com*

Questions for NBBF:
*Competition organization: Hedwig Samson,
hedwig.s@planet.nl*
Guidelines for athletes:
*Head of the NBBF jury, Liona Bergmann,
lionabergmann@gmail.com*
About the NBBF board:
*NBBF Secretary, Juliette bergman,
juliettebergmann@gmail.com*

2009 IFBB / EBFF INTERNATIONAL CALENDAR OF EVENTS

APR. 18, 2009: INTERNATIONAL FRANCONIAN CHAMPIONSHIPS
Hallstadt, Germany

MAY 22-24, 2009: EUROPEAN MEN BB AND CBB CHAMPIONSHIPS
Novi Sad, Serbia

JUN. 26-29, 2009: EUROPEAN JUNIORS AND MASTERS CHAMPIONSHIPS
Baia Mare, Romania

MAY 29-JUNE 01, 2009: EUROPEAN WOMEN AND MEN FITNESS CHAMPIONSHIPS
Bratislava, Slovakia

JUL. 18-19, 2009: WORLD GAMES
Kaohsiung, Chinese Taipei

AUG. 28-29, 2009: NORTH AMERICAN CHAMPIONSHIPS
Cleveland, Ohio

SEP. 10-12, 2009: SOUTH AMERICAN CHAMPIONSHIPS
Lima, Peru

SEP. 30 - OCT. 04, 2009: CAC CHAMPIONSHIPS
St George, Grenada

OCT. 16-19, 2009: WORLD WOMEN CHAMPIONSHIPS
Como, Italy

OCT. 17, 2009: GRAND PRIX PEPA
Opava, Czech Republic

NOV. 13-16, 2009: WORLD JUNIORS & MASTERS CHAMPIONSHIPS
Bialystok, Poland

NL BB NEWS

ROELLY WINKLAAR OVERALL WINNER OF THE ARNOLD CLASSIC AMATEUR MEN 2009



Team Holland (Nina Loos, Marvin Nagelbloem, Robin Brantz, Roelly Winklaar) has competed at the Arnold Classic Amateur 2009 IFBB Pro Bodybuilding with great success. There were big line-ups and the competition was tough, but Roelly Winklaar became Champion in his own class and in the overall competition - America loves him!
(Photo: Liona Bergmann)

SASKIA SALEMINK MAKES A WISH COME TRUE



If you're a fan of the television entertainment show Mooi! Weer de Leeuw you have certainly seen the performance of IFBB PRO Saskia Saleminck on Saturday February 7th. Saskia made a wish come true for wannabe Bodybuilder Ed. His wish was to learn to pose from a pro. Saskia taught the audience about tanning, training and poses. Missed the show? Check out www.uitzendinggemist.nl
(Photo: Weners)