

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

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

NAC

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

NBBF/IFBB

AUG. 22 2009: "MUSCLE BEACH"
Vlissingen

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

OCT. 4, 2009: THE ATLAS CUP (NEW DATE)
Open B
Middelburg

OCT. 10, 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

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, 2009: CAC CHAMPIONSHIPS
St George, Grenada

OCT. 10, 2009: GRAND PRIX SLOVAKIA (WOMEN)
Surany, Slovakia

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

OCT. 18, 2009: INTERNATIONAL AUSTRIA CUP
Vienna, Austria

OCT. 22-26, 2009: EASTERN EUROPEAN CHAMPIONSHIPS
Khanty-Mansiysk, Russia

OCT. 24, 2009: GRAND PRIX PEPA (NEW DATE)
Opava, Czech Republic

OCT. 24, 2009: BELGIAN FEDERATION CUP
Brussels, Belgium

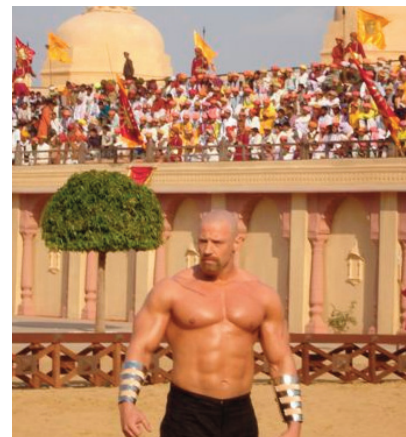
OCT. 31, 2009: GRAND PRIX SLOVAKIA (MEN)
Trnava, Slovakia

NOV. 1, 2009: HIGH TATRA CUP (MEN BB AND CBB)
Poprad, Slovakia

NOV. 13-15, 2009: WORLD JUNIORS & MASTERS CHAMPIONSHIPS
Bialystok, Poland

NL BB NEWS

RISING STAR



Bodybuilder Roy Bronsgeest is a growing celebrity. Roy appeared in the live stage shows of Gerard Joling, in Ahoy (Rotterdam) and has been to India for the recording of the Bollywood movie VEER in which he plays the part of an undefeatable gladiator who has to battle against leading player Salman Khan. And now Roy also appears in the TMF videoclip of Fedde Le Grand's 'Are You Scared of Me'. Go Roy! (Photo: Roy Bronsgeest)

DUTCH SUPERBODY CHAMPION

At the Artemis Cup 2009, Jos de Graaf won First Place in the Superbody I Class. More on this promising Superbody on pages 124 & 125 in this MMNL.



(Photo: Jos de Graaf)