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PROFESSIONAL LEAGUE

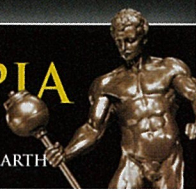


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# JUDGING INTERNATIONAL 101

As part of the IFBB's educational program to keep competition judges current, IFBB Vice President for Central America Javier Pollock and his executive assistant, Christine Williams, have assembled some of the IFBB's most important executives to discuss the changes in judging regulations for bodybuilding, fitness and body fitness.

The two-day IFBB World Judging Seminar will be held June 20-21 at the Sonesta Maho Beach Resort & Casino, located in Simpson Bay on the island of St. Maarten in the northeast Caribbean.

IFBB judges are required to renew their cards every three years by being "tested" as a judge at an international competition (this unofficial score is compared to actual scores) and by attending a judges' seminar.

All six IFBB official sport disciplines are presented during the seminars, including basic rules, responsibilities, order of the contests, attire, the scoring system and assessment criteria. Lectures will be delivered as PowerPoint presentations and details will be illustrated with pictures taken of the best athletes in the world displaying compulsory poses, quarter turns and free routines at IFBB world and continental championships.

The seminar is open to any federation members who wish to attend, and attendance is mandatory for Central American and Caribbean Bodybuilding Federation-area judges who hope to be selected to judge any championship competition. As a result, CACBBF President Giovanni Arendez is looking forward to the presence of many Central American and Caribbean delegations at the seminar.



**IFBB Vice President for Central America Javier Pollock and Executive Assistant to the Vice President Christine Williams**

## CECIL LAKE



**Cecil Lake in his bodybuilding prime**

As St. Maarten prepares to host the IFBB World Judging Seminar in June, the CACBBF tips its hat in recognition to one of the island's judges, Cecil Lake.

Lake competed in the iron sport from 1975 until 1982. He won the Mr. Netherlands Antilles championship five times over the course of his bodybuilding career. In 1978 and 1979, he was awarded "Sports Man of the Year" in the Netherlands Antilles.

Also in 1979, he was the first Netherlands Antillean to place in the Central American & Caribbean Championships, taking third. In March of that year, Lake received a Diploma of Honor award from Ben Weider.

Lake became the first St. Maartener to take part in the Pan American Games in Puerto Rico in July 1979, where he placed fifth in the lightweight category. A few months later, in October 1979, he also competed in the World Bodybuilding Championships in Columbus, Ohio, placing 18th out of the 25 competitors.

In 2004, Lake became president of the St. Maarten Bodybuilding & Fitness Association. He is now an SMBBFA adviser.

Over the years, Lake has motivated and inspired many athletes with his continued involvement in organizing bodybuilding championships. **FLEX**

**For the most current information related to the IFBB amateur organization, including contest reports, rule changes, press releases and updates, visit the IFBB online at ifbb.com.**