



International Powerlifting Federation | North American Powerlifting Federation | Dominican Powerlifting Federation

Official Invitation

The International Powerlifting Federation, the North American Powerlifting Federation and Dominican Powerlifting Federation invites all IPF/NAPF member federations to the:

IPF Trainer Education, Level 2
Santo Domingo, Dominican Republic
October 9-11, 2026

At
Santo Domingo, Dominican Republic
Preliminary Closing date for the application is August 9th 2026

Instructors

Dietmar Wolf – email: dietmar.wolf@powerlifting.sport / Mobile: +47 958 53 606
Pjotr van den Hoek – email: pjotr.van.den.hoek@powerlifting.sport

Contacts

Please direct any questions to:

Alex Alvarado - email: alexalvaradoalvarado@yahoo.com / Mobile: 1 (787) 607-0132
Robert Keller - email: robert.keller@powerlifting.sport / Mobile: 1 (954) 790-2249

Course costs

500 USD. Payment information will be provided to the confirmed participant.
Participants are responsible for their accommodation and food costs.

Dates

October 9 to 11, 2026

Location

Santo Domingo, Dominican Republic

Airport

Las Américas International Airport (SDQ)

Course content IPF Trainer Education Course, Level II

This course is designed to provide the participant with the basic skills and general knowledge required to work as an effective Powerlifting coach and athlete trainer. These basic skills and general knowledge touch on strength and powerlifting training and should support you effectively in your work, but also give you the opportunity to provide a flexible working area within strength



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and powerlifting training. Furthermore, this education should help you to effectively achieve the goals set for the athletes as well as to look after their health aspects.

The content of the **IPF Trainer Education, Level II** course includes:

1. Teaching lifting technique in the squat, bench press and deadlift
2. Training planning and programming
3. Advanced training techniques
4. Women's considerations in strength training
5. Stretching and injuries
6. Equipped Lifting
7. Nutrition
8. Anti-Doping and Refereeing Rules
9. Nomination Goodlift System
10. Written examination

The applicant should have a basic knowledge of strength and powerlifting training.

Eighteen (18) course places are available. Should it be necessary, the available course seats will be distributed fairly between the applicants/nations.



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Application Form

Each member federation is allowed to submit up to two (2) candidates and two (2) alternates.

Member federation: _____

	Name	Last name	email
1.			
2.			
Alternates			
1.			
2.			

Please send the course application form to:

Alex Alvarado

E-Mail: alexalvaradoalvarado@yahoo.com

Robert Keller

E-Mail: robert.keller@powerlifting.sport

Note: After the deadline to submit candidates (August 9th, 2026), each nation will receive confirmation of their seats with the corresponding invoice and payment information. Candidates will be confirmed on September 9th, 2026

