

A Message from Head Judge Sandra Bueckert



When I started weight lifting at 16, it was a thrill to see how far I could take my physique. I couldn't wait to get into the sweaty basement of Mr. C's Gym in Edmonton. I was often, the only female in that gym. I lived to train.

As part of the course, I started competing and won multiple events. Unfortunately, the higher I rose in the ranks, the more disillusioned I became with bodybuilding due to the rampant presence of steroids in the sport.

Specifically, I recall one judge at a national event telling me that I had the potential to go very far; however, in order to reach the next level, she suggested that I would need to turn to drugs (aka, steroids). That was the last time I competed with that organization.

After the birth of two children and what seems a lifetime later, I was encouraged back into bodybuilding by my husband Doug. During a 15-year hiatus, my desire to be a competitive bodybuilder lay latent; however, my disillusionment with steroids in the sport kept me away. After a decade and a half later I entered a bodybuilding event where I won my class and the overall title.

However, once again as I moved up to the next level, much to my dismay I was gravely disappointed to see that drugs were still very alive in the sport. However, this time instead of withdrawing from the sport which I loved I began my search for a "truly" natural bodybuilding organization that I could believe in. And since finding the INBA, I haven't looked back.

As the Head Judge for INBA Canada, I take my commitment to natural bodybuilding very seriously. In my role, I work hard to ensure that fair and impartial judging is undertaken at INBA Canada events through a standardized and regulated judging process. As the head judge I am also very committed to leading the judging panel during competitions, as well as providing each judge with the necessary training and education that is required for them to meet with the high standards of INBA Canada.

On a personal note, I know that many of you have either left bodybuilding or are searching for an organization that will "respect" you by providing a platform for natural athletes. We have heard you and we are listening. I know that you will find bodybuilding with INBA Canada to be more "in tune" with your point of view of what "natural bodybuilding" is all about.

Additionally, for female athletes who are looking to compete in figure and fitness model categories, take heart. We realize that there is controversy and concern about these events, specifically with the increasing presence of muscle mass and lack of femininity.

Personally, I know of many female athletes who are frustrated by the fact that excessive muscularity is being rewarded in these types of categories.

INBA Canada knows that you are seeking other alternatives to stay competitive and are pleased to offer Canadian female athletes three distinctively different categories that respect the hard work and effort that you put in to developing your natural physique.

To clearly define the category parameters, I have worked together with Executive Director Karen Machura, who is also a natural competitor, to develop judging criteria for the Athletic-Physique Challenge (Figure) and Model Search categories.

In the development of these parameters we have worked hard to ensure that we have set out for you – the female competitor – an outline, aided by sample pictures, of what the judges will be looking for. For example in the Athletic-Physique Challenge (Figure) category the judges will be rewarding athletes for balance and shapely muscle development, while penalizing them for excessive muscle and/or extreme leanness.



My friends, I have lived the commitment that it takes to train and compete. Amongst family and career obligations, I know that the demand can be overwhelming; however, finding the right organization to compete with makes all the difference in achieving your fitness goals and dreams and makes all the effort worth while.

If you are looking for a competition that will reward you for the development of a natural physique – whether you're a bodybuilder, figure or model competitor – we are looking for you.

On behalf of the executive and the judging panel, I invite you to challenge yourself at a truly natural event and compete with INBA Canada -- we look very forward to meeting you.

Sandra Bueckert
Head Judge, INBA Canada