

DEAR ROSA

ARNOLD CLASSIC INVITE

Hi Rosa,

I wanted to write to congratulate you on your recent invitation to the Arnold Classic Figure International. Being the most prestigious International event for professional figure competitors, you must be so excited to have been selected to compete amongst the world's best. This is an outstanding achievement and I just wanted you to know that you are an amazing ambassador for the sport. I

know you will make Australia proud. Congratulations once again and all the best with your prep.

Thanks,

Katherine,
NSW

Hi Katherine,

Thank you so much for writing and for sharing your best wishes. It means a lot to me. I am absolutely thrilled and honoured that I've been invited to

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compete in the most prestigious bodybuilding and fitness event in the world. There is no doubt this will be one of the most important competitions of my career and I am 100% focused and committed to bringing my absolute best this season. I managed to place in the top ten at all my shows in 2009 and I hope to do even better in 2010. It has been a dream of mine to compete at the Arnold since 2003 when I first started lifting weights. Receiving an invitation from the Arnold office in December was the best Christmas present ever.

I hope to inspire other ladies like yourself to work hard and pursue their dreams. I have always believed that anything is possible if you put your mind to it. The IFBB has provided me with so many opportunities and I couldn't think of a better federation to compete for. I sincerely thank Paul and Carole Graham for everything they have done for the federation and sport of bodybuilding.

Love,

Rosa

I WANT TO COMPETE!

Dear Rosa,

I have been watching your career since 2003 and I am amazed at how much you have achieved and your continued success to date. I have always wanted to compete and believe 2010 will be my year. I would love to compete for the IFBB because of the opportunities available with that federation, however, I just don't think I am up to that level. Is it true that the females must carry quite a lot of muscle mass? I have also heard the IFBB do not drug test. I just want to know that I will be judged fairly.

Simone,
Melbourne

RALPH DE HAAN



JUAN CARLOS LOPEZ

Hi Simone,
I'm very excited to hear you will compete in 2010. Sounds like you have been thinking about this for a long time. Set yourself some goals for this year and then do everything possible to make your dream a reality. You can do it.

I would like to point out that the IFBB is by far the largest and most successful bodybuilding federation in the world. It's the original federation in which Arnold Schwarzenegger competed in and they have competitions all over the world. In 2006 I placed 4th in the World Championships in Spain in which I was drug tested. The IFBB has many levels and categories for competition. In the figure category for example, we have a novice and open division for State and National level.

The novice division would be ideal for you, this being your first contest. It would also be a fantastic opportunity to meet other ladies just like yourself and at your level. One thing to keep in mind Simone is that we are not looking for size in the figure category. When judging the figure girls we will first assess the symmetry of the competitor followed by the muscularity and you should not be carrying too much muscle or be extremely vascular. We look for a physique that is well balanced.

It is important that IFBB figure competitors look feminine, fit and athletic. You might like to refer to the figure category as a body shaping contest rather than bodybuilding. I believe you should go with your heart and if competing for the IFBB is what you ultimately have your sights on, then go for it. I am so proud to be a part of the IFBB and I have never looked back since first stepping out on stage in 2003. I have appeared in over 100 publications, television commercials, infomercials and radio interviews. Many other federations will claim to be the best and make many promises but at the end of the day there is only one federation that is way ahead and that is the IFBB.

Don't settle for second best Simone, reach high, achieve above and beyond and be recognised for your results.

Good luck,

Rosa

COLUMBUS OR BUST!

Hi Rosa,
Congratulations on your Arnold invite. It's been well overdue and deserved. I'll be travelling to Columbus for the show and I'm so excited that I will be seeing you on stage live! It's been a dream of mine for a long time and you are such an inspiration to me. What other shows do you plan to do in 2010? I heard there is a Pro Figure show scheduled in Australia later in the year? That would be awesome to have you compete on home soil. Congratulations Rosa and best of luck this year.

Sandra,
NSW

Hi Sandra,
Thank you! I am elated to say the least. It's an amazing feeling to be working towards a show I have always dreamed of competing in. Very excited about the year ahead, that's for sure! I will be starting off with the Arnold followed by the New Zealand Pro on March 20th. We also have a Pro Figure show scheduled for July here in Australia so you can expect to see me at that one as well. I am very excited about competing in my home town again after so many years, and to have my two boys by my side will make it even extra special. I do hope to do a few more shows in the USA later in the year but for now I will be focusing on the ones mentioned above. Thank you for your support and I look forward to meeting you at one of my shows very soon.

Good luck,

Rosa **M&F**

Rosa-Maria Romero is Australia's most successful figure competitor and looks forward to answering all your questions! Email your questions now to: rose@fitrose.com

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