



INAUGURAL ISSUE

FALL 2016

NGA NATURAL *mag*

Drug-Free Athletes of America

POSE LIKE A CHAMP

HELPFUL HINTS FROM
EARL "THE PEARL"

2017
SCHEDULE
GET PUMPED!

REBOOT TIME?

POSITIVE RELATIONSHIPS

INTERVIEW WITH MARLO DIANA

AN INSPIRATION

+ WHICH
WHEY
FOR YOUR
HEALTH

THE
PROPER
PLANK



NEO GENE MATRIX

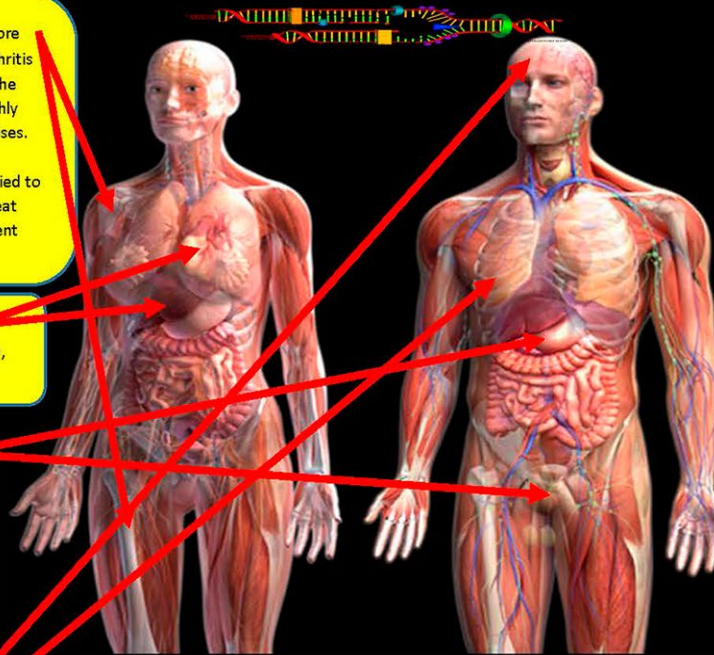
"Know your genetics to know yourself!" – Apollos

Caucasian/Whites Suffer more from Osteoporosis and Osteoarthritis (Bone Degenerative Disease) in the U.S. - These conditions alone highly discourage weight bearing exercises. Do you or does your trainer understand this? Are they qualified to train you? Do you know how to eat and exercise to prevent permanent damage from these diseases?

Spanish/Latinos Suffer more from Heart Disease(s), Stroke and Liver Disease.

African/Blacks Suffer more from Diabetes Type II, High Blood Pressure, and Prostate Cancer - Beta-Blockers are a common drug prescribed for these illnesses. Do you or does your trainer understand Beta-Blockers?

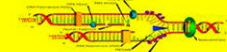
Asians Suffer more from HIV/AIDS, Hepatitis B, Suicide, and Lung Cancer.



Did You Know?

75% of the things that we eat are tied directly to the culture in which we were raised? See where your cultural and ethnic relevance and adaptations affect your health. Whether you know or accept it or not we are susceptible to something!

YOUR DNA STRAND



Sources: National Health Institute, Asian Media Group

Get your full Self-Discovery Genetically Infused EATING and EXERCISE plan today for only **\$1.00**. LIMITED TIME SPECIAL FOR **NGA MEMBERS ONLY!** Go to www.neogenematrix.com or call Toll

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REALITY CHECK: Out of more than 1000 personal trainers polled, only 3.5% knew what Osteoporosis is and only 2.7% actually knew what Osteoarthritis is. Not knowing if you are PRE-DISPOSED to a particular MEDICAL CONDITION will inevitably cause you to become ill. Often, a serious medical condition is caused by you not knowing and a personal trainer not knowing the proper precautions to take. I've seen too many cases where within a few months after a client is no longer under the supervision of a trainer have life debilitating problems due to the personal trainer's lack of proper precautions that affect the client long after the training sessions end. In nearly 100% of these cases the client not the trainer made the connection.

Our product, The NEO GENE MATRIX confronts all of these issues with one system. We assess each person's Genotype, Family History, Cultural Adaptations and Religious Preference(s). We take time to understand the WHOLE person. Take it even further with our patented Genetic Testing Kit Program.

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2. SELF-DISCOVERY, Family Genetic History custom designed EXERCISE / WORKOUT plan
3. 15 Minute PHONE CONSULTATION with LIFE FITNESS World's Best Personal Trainer Finalists, BENJAMIN APOLLOS
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6. 25% discount on our personal trainer mentorship and continuing education programs



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NGA ATHLETES OF THE MONTH

These 18 NGA Pro Athletes have been randomly selected from the: 2015 NGA Pro Universe held in Florida on November 14, 2015 and the 2015 NGA Pro World Championships held in New Jersey November 7, 2015.

Go to the following link: [NGA's Photo Album](#) LIKE your favorite athlete or athletes. The athlete with the most LIKES by the end of **Halloween October 31st** at 11:59pm will receive a **FREE** entry and two tickets for:

NGA Pro World Championships on November 5th in East Orange, NJ

AND THE

NGA Pro Universe Championships on November 12th in Coral Springs, FL



ROW 1 (L to R): JANUARY: Rebecca Fairorth, Antony Richburg
FEBRUARY: Jaquelyn Bryant, Resh Michael
ROW 2 (L to R): MARCH: Tania Valdes, Kyron Moses
APRIL: Gabriela Dominguez, Carlos Brevard
ROW 3 (L to R): MAY: Jodi Lynn German, Adam Gonzalez
JUNE: Melissa Johnson, Victor Egonu
ROW 4 (L to R): JULY: Alicia Salzbach, Urosh Tasic
AUGUST: Neslande Joseph, Catt Campbell
ROW 5 (L to R): SEPTEMBER: Adrienne Baldwin, Kica Loliyong

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Welcome

Letter from the Editor

The NGA is happy to introduce our debut issue of NGA NATURAL Mag. This has been a long awaiting venture that we have always wanted to pursue. I believe that we have reached a level of achievement that we can no longer hold back on this endeavor. In this magazine, we will share with you stories of extreme accomplishments, training tips, NGA contest results, competition strategies and many other avenues for a healthy lifestyle that are of interest to our present and future readership.

Thank you to all those who have helped make our dream of publishing this magazine possible. As we take on this huge venture, we are seeking contributing writers, photographers, and advertisers for future issues.

With the NGA bodybuilding competition 2016 coming to a close in the next two months, we will be working diligently to bring you our first issue of 2017 the beginning of the new year.

With that being said I'd like to wish you all a Happy, Healthy, & Safe Holiday Season!



Francine Bostinto
NGA Vice President

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Cover by Lana B. Callahan



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"The oldest natural and most reputable bodybuilding organization established in 1979."

— Andrew Bostinto, President & Founder, The National Gym Association, Inc.

The Importance of Posing

BY EARL SNYDER

EARLPEARLSNYDER@LIVE.COM

Did you ever wonder why you didn't win your class or place higher than you thought you would? Most of the time when this has happened it was because of your posing. There are many times when registering the athletes that we see they have a great physique. We think that person looks really good and has a good chance of winning. However, when they get up on stage, they don't know how to pose correctly and therefore get lost in the lineup. I have seen competitors that look good and know how to pose correctly. They are the ones who place or win their class.

It is confusing to me. You put so much time, energy, and effort into lifting weights, doing cardio, and meal planning, but you don't put the time into practicing posing. Posing is one of the key ingredients to being successful on stage. I always said, "It's not what you have, it's how you display it for the judges".

Practicing your posing does several things for the outcome of your contest. First, it makes you more fluid and gives you confidence. Secondly, how you practice is how you are going to perform on stage. I judged 21 shows last year and I can tell which athletes have practiced and which ones that have not put forth much effort. This shows in their stage presence as well. When I see a bodybuilder or physique competitor that is hitting a pose and shaking, more than likely it is a sign that they have not practiced much. The longer they are on stage, the more uncomfortable they may feel. I have seen athlete's legs start shaking after transitioning on their turns. In the judge's eyes, we see this as being uncomfortable without confidence and therefore can lose points. This is a sign of the lack of practicing. We, the judges can pick up on this easily. Alternatively, if an athlete has been

practicing their transitions/hitting the poses, they exude confidence and fluidity. Again, the judges pick up on this.

Also when practicing posing, you should adjust your poses or transitions to where it makes you look better. This can even change when your body changes (dropping the body fat). The more you practice, the harder the body becomes. Every pose provides a way for you to look better.

When I started competing internationally, I thought the winner was always whoever had the best body. I realized that it wasn't just about having the best body, but that the posing aspect of it was equally as important. I've witnessed other international competitors that didn't look as good but placed higher in the Universe. After evaluating what I could have changed, I came to the conclusion that it was the posing. They posed a lot more aggressively, and demanded the attention of the judges. That's when I broke down posing as a whole for each mandatory pose. Posing is an art. It doesn't matter if you are a bodybuilder, physique, figure or bikini competitor, your transitions and posing has everything to do with your placing on stage. It is all about making yourself look bigger, tighter and better than your competitors...presenting the entire package!

This is what gave me the idea to create my posing DVD, "Posing Like A Champion". In the video I go into detail on how to make yourself look bigger, tighter & all around better when posing. If you put more time into your posing, you will be "Posing Like a Champion" and will be placing higher at your shows! ■



Earl "The Pearl" Snyder
 NGA Promoter Relations / Promoter PA
 2x Mr. Universe - Spain & France
 2x Pro World
 2x Pro Master World
 NPC National Champ – 1st
 3x Team Universe Winner
 NPC USA Champ – 1st
 Competed all over the World –
 over 15 different countries

KevinTobeyStudios

2016 NGA North American Championships & Ed Cole PRO Classic

State College, PA – July 23, 2016

NGA Promoter: Earl “The Pearl” Snyder



BY TERRI WHITSEL
NGA COMMUNICATION EXECUTIVE
TERRI.WHITSEL@GMAIL.COM

Left:
Patrick Carr,
new NGA Pro,
with Earl Snyder

Center:
Classic Physique
Division
Left to right
Ray Ricke,
5th Place

Jeff Scavo,
3rd Place

Randy Landrum
4th Place

Patrick Carr,
1st Place,
new NGA Pro

Dominique Pardovani,
2nd Place,
new NGA Pro

The 1st annual NGA North American Championships & Ed Cole PRO Classic was the 1st show of its kind. We had competitors from 11 different states and even one from Guiana.

Held in State College PA, Home of the Nittany Lions – Penn State, AST was the main sponsor, who flew in one of their reps, to consider athletes for sponsorship.

For a small show, the competition was very tough. There were many compelling athlete stories, which they elaborated to the audience in the finals. The crowd was loud and very supportive to the athletes and loved hearing the stories.

We had a lot of 1st time competitors that did very well and performed their best on stage.

All of the PROs came in with great conditioning. In the Pro Men’s Master Bodybuilding you

had Kris Troup, who always brings a hard conditioning physique, come up short against Randy Landrum, who won a lot of Pro shows. Randy brought his massive physique to the stage and ended up victorious. In the Pro Open, you had Randy Landrum come up against North Carolina’s Jay Johnson. Jay had his sights on the North American Championships, by bringing his top notch physique to the stage and ended up winning the Pro Open Class.

In the Pro Women’s Figure, these ladies came prepared. It was Lorraine Depass edging out Alicia Coleates for the title.

After looking at the Novice class, it was hard to believe that these competitors had never won or placed in a show before.

In the Grand Master’s class, you had Floridian Al Vaughn, conquer the class with his championship physique. He had an outstanding routine, which brought him the best poser.

Shannon Pugh brought her amazing physique to the stage. Shannon won the transformation

class last year. She stayed on target to win the Women’s Physique open class as well as the Open Women’s Bodybuilding class. If you think you have excuses to not compete, you should talk to Shannon. She overcame a lot of obstacles to get to the stage.

Patrick Carr came in tight and conditioned to win not only the middleweight Physique, but won the overall to turn Pro.

In the heavyweight division, there was a battle for the top 3. Fernando Titus ended up 3rd in this class, while George Grime and Dominique Partovani were battling to take home the Gold. Dominique edged out George for the victor. This was a battle to be seen.

In the Open Figure, Emily Brown, who won the Figure Short class went up against tall class winner Ebony Fenstermaker. Ebony brought her great physique to the stage to prevail as the victor for the overall.

The Classic Physique division was the toughest. These athletes were very close. You had many tough physiques in this class. Ray Ricke

cracked the top 5, followed by Randy Landrum in 4th. Jeff Scavo, who did his homework and looked good, came from California to place 3rd. Dominique Pardovani and Patrick Carr battled it out to see who would win the Classic Physique title. When all said and done and the smoke cleared, it was Patrick Carr that took the title “NGA North American Champion.” Both of these competitors will do great in the Pro shows.

In the Bodybuilding Open class, it was Big John Chelednik who was the victor in the heavyweight class as well as the overall. I am sure that we will see John on the Pro stage this year.

I want to thank the NGA, the athletes, and the vendors for supporting the NGA North American Championships.

The Ed Cole Achievement Award was earned by Alvis Vaughn for his perseverance in overcoming a major health obstacle. Ed Cole was a long time competitor who fought and overcame cancer and even competed in the midst of his setbacks. The show was dedicated to his memory and sponsored in part by his wife Marie Cole. ■

Right:
Pro Men’s
Bodybuilding
Left to right
Randy Landrum,
2nd place

Joe Ortiz of AST Sports
Science (sponsor)

Jay Johnson,
1st place

How much protein should I eat to grow?

DR. MARCO ZANETTI (THE ITALIAN WIZARD)
FIBBN PRESIDENT
NGA CHIEF EXECUTIVE OF DEVELOPMENT
NGA PROMOTER (ITALY)
MARCOZANETTI123@GMAIL.COM



Growing With Protein

How much proteins should I eat to grow? This is one of the most frequent question a nutritionist receives from a Natural Bodybuilder.

Protein is not the only essential element to grow your muscle. Muscle tissue contains water, glycogen, fat and also protein. Muscle contains only 20% of protein, so I can tell you that you won't grow if you are not hydrated sufficiently. One pound of muscle has 100 grams of protein. So basically if you want to grow one pound of muscle the only surplus of protein that you would need is 100 grams, over a month period. Divide that up for 30 days and you get 3-4 grams of proteins to be added to your maintenance level, can you believe it? Well it is not that simple and answering that question this way might not be correct, because during your digestion, metabolism and exercise you'll lose a lot of protein as well and mathematics is not always the best approach to calculate the necessary needed proteins. We need proteins for enzymes, hormones production, and transporters. Protein is everywhere and what you need is more than a simple calculator. There is always a protein turnover and a classic 200-pound athlete might have a protein turnover of 400 grams and if you don't eat enough proteins you will find yourself losing at least 5% of this amount daily and that is 20 grams lost over a period of a day, 600 grams in a month. So you need to eat protein, but a sufficient amount to provide the needed quantity to

compensate the turnover and a little bit more to over compensate and grow. We search to resolve a problem with protein loss adding more protein and probably exaggerating on the amount. However, you need to give a look at the big picture and consider that increasing calories even with carbs and fats will help your body to grow more than simply adding protein to your diet because your body will use the carbs and fats for the body's turnover and it won't waste too many essential amino acids. Therefore, increasing calories to grow is more important than increasing protein. Look at the big picture, if you have high fats and carbohydrates than you don't need to worry about protein as much, and you can have an average amount. Different is the case when you are cutting your fats and carbs to get your perfect stage shape. In that case make sure to increase your protein ratios because your body will otherwise increase your muscular protein turnover.

Remember your body's muscle mass will increase only if all the conditions are met for an anabolic state (different approach for a doped athlete on which rules are changed because of the use of anabolic steroids). But here we talk about Natural athletes and we focus on their protein need. So if you are on a bulking phase my suggestion is 1.5 grams of proteins per 2.2 pounds of bodyweight, but make sure that your overall calories are a little over your maintenance level. If you are on a cutting phase increase your protein 2-2.5 grams just to make sure not to lose too much body mass. **More tips to come for you Natural Monsters ...**

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HIGH ANTIOXIDANT FOODS

BY PETER N. NIELSEN
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High Antioxidant Foods are substances that help prevent certain types of cell damage, especially those caused by oxidation.

When certain types of oxygen molecules are allowed to travel freely in the body they trigger what is known as oxidative damage which is the formation of free radicals

Free radicals are very dangerous to the body’s tissues and have been connected to cancer and premature aging. The body uses antioxidants to prevent itself from the damage caused by oxygen.

Oxidative damage plays a major role in disease today and has been linked to health conditions like heart disease, cancer and dementia.

Most fruits, vegetables, and herbs contain antioxidants such as vitamin C, beta-carotene, flavonoids and lycopene. There is no RDA or Daily Value set for antioxidants.

The levels of antioxidants is evaluated by ORAC

Score (oxygen radical absorption capacity) and tests the power of a plant to absorb and eliminate free radicals.

These measurements were developed by the National Institute of Aging and are based on 100 grams of each food or herb.

Some of the benefits of consuming antioxidant rich foods include:

- Slower aging
- Healthy glowing skin
- Reduced cancer risk
- Detoxification support
- Longer life span

Other antioxidant rich foods include: pomegranates, strawberries, kale, red wine and wild caught salmon. Try and consume 2-3 servings daily of these high antioxidant foods for optimal health.

Also, along with food, herbs and essential oils of plants are extremely high in antioxidants. ■

Foods List

- 1 **Goji Berries:**
25,000 ORAC Score
- 2 **Wild Blueberries:**
14,000 ORAC Score
- 3 **Dark Chocolate:**
21,000 ORAC Score
- 4 **Pecans:**
17,000 ORAC Score
- 5 **Artichoke:**
9,400 ORAC Score
- 6 **Elderberries:**
14,000 ORAC Score
- 7 **Kidney Beans:**
8,400 ORAC Score
- 8 **Cranberries:**
9,500 ORAC Score
- 9 **Blackberries:**
5,300 ORAC Score
- 10 **Cilantro:**
5,100 ORAC Score

Herbs List

- 1 **Clove:**
314,446 ORAC Score
- 2 **Cinnamon:**
267,537 ORAC Score
- 3 **Oregano:**
159,277 ORAC Score
- 4 **Turmeric:**
102,700 ORAC Score
- 5 **Cocoa:**
80,933 ORAC Score
- 6 **Cumin:**
78,800 ORAC Score
- 7 **Parsley (dried):**
74,349 ORAC Score
- 8 **Basil:**
67,553 ORAC Score
- 9 **Ginger:**
28,811 ORAC Score
- 10 **Thyme:**
27,426 ORAC Score

“Choose your food wisely... add some antioxidants to your diet and you’ll be pumping-up your immune system.”

PETER N. NIELSEN



Interview with Marlo Diana

BY TERRI WHITSEL
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Marlo Diana, NGA PRO Bodybuilder from Scranton, PA, is a force to be reckoned with. What makes him so fierce? His life experience that would have taken an ordinary person off the map. I sat down with Marlo in early July 2016 and asked him to tell me about what makes him the man he is today. Here is his story:

Terri Whitsel (TW): Tell me your beginnings in fitness.

Marlo Diana (MD): I began working out at the age of 9 at a local gym and I loved it right from the beginning. My first bodybuilding competition was at the age of 15. I even judged a show when I was 16 in Marina DelRay, California.

TW: Who were some of the people you trained with when you were young?

MD: Barry Demay and The Flexing Dutchman to name a few. I had the opportunity to train in California for a year. Then I came back to PA and won the Mr. Jr. Pennsylvania competition. I've been addicted to this sport ever since.

TW: So tell me about your setback.

MD: In 2000, I was involved in a serious car accident. The result was a compound fracture and a brain injury. I was bedridden for 4 months. I had reconstructive surgery to restore my left quad and brain surgery and ended up having 4 total surgeries.

TW: As a bodybuilder, being bedridden for 4 months must have been brutal.

MD: The physical aspect was obviously extremely difficult. I experienced rapid weight gain after surgery. I had to learn to walk again and also had to re-learn basic motor skills due to my brain injury.

TW: How did it affect you mentally?

MD: The mental aspect was actually the hardest part. I started to become

depressed, as you can imagine. I began to question my self-worth; was all this work that I'd put ahead of me even worth it? I felt like a failure. I had put so much work into building my body and to have it all taken away in an instant I felt like life was just stacked against me. I felt all my training up until then was for nothing.

TW: How did you overcome the mental aspect of recovery?

MD: I remember my doctor was involved in fitness and weightlifting. When we were talking one day about my weight gain, I told him that if I ever got on stage again people would throw eggs at me. He said to me, "That's great...eat them!" It was people like my doctor that helped me pick myself up and keep pushing forward daily. I could not do it on my own. I needed positive people in my life.

TW: When did you get back on stage?

MD: I returned to the stage in 2004 and I turned Pro in 2009. My comeback made me more aware of and in-tune with other athletes that have experienced physical and mental setbacks. It actually helped me grow as a person and enabled me to help others who dealt with depression. This experience has helped to learn to eat cleaner, include more antioxidants and leafy greens in my diet. I thank God for giving me the strength to deal with everything. I also had a great mentor, Earl "The Pearl" Snyder. Over the past 10 years, Earl has taught me to be a better person mentally and physically. By following his principles, I learned to heal the healthy way. He taught me one of the most important pieces of the bodybuilding puzzle: it's not how big you are, it's how good you look and how you present your package. He taught me to be humble and to realize that I am a winner, just by stepping on stage.

TW: What advice would you give to other competitors who have experienced setbacks?

MD: Expect to get knocked down. Expect to get back up. You will be stronger just for going through it. Everyone will experience a setback whether it be physical, mental, job related, a relationship, or family. Believe in yourself and your self-worth. Do not remain a victim...rise to be the victor. The only time you lose is when you give up. ■



Marlo resides in Scranton, PA where he owns and operates a pizza shop, has an active acting career and of course, competes as an NGA Pro.



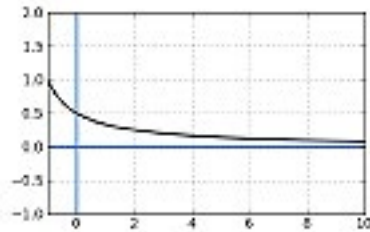
Love the Journey

BY DR. NICHOLAS M. LICAMELI, PT, DPT
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Model: Lex Kovacs
Photo by: Kaycie Davis@theKCstudio

It's important to have an end goal in mind, but it's more important to love the journey while on your way towards that goal.

When I look at training, I have an end goal of a perfect physique that I'm striving for, and once I get it I will then happy. That's not how I look at training and bodybuilding. I know there's no perfect physique that I'm trying to get to. It's like an asymptote, which is when a line approaches another line and gets closer and closer but never quite touches it (see picture below).



(Find a Function's Horizontal Asymptote, 2016)

There's no end goal of a perfect physique, but I love the journey of striving for it.

In life, you can't focus on the goal of getting a promotion at work, or getting a lot of money, or a big house, or an expensive car; if you don't love the journey to get to it.

If you're the kind of person that looks at your week and in the middle of the week you're saying to yourself, "3 more days until it's Friday!" "2 more days until it's Friday!" "It's finally Friday!" If you do not love your "everyday life," you're setting yourself up to be unhappy. There's no "oh I'll be happy eventually" You have to love that journey of getting to that goal of being happy.

It's like the person who hates running and says to another person, "I gained ten years on my life because I ran everyday." Then the other person says, "Yea, but you spent your life running..."

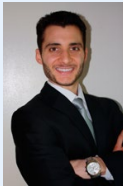
If you don't love running, is extending your life 10 more years worth it? Now if you love running, that's a perfect situation because you're loving that daily grind of getting to that goal of living another 10 years (that's obviously not a scientific fact that if you run everyday you will live 10 extra years, it's just meant to help explain my point). If you love running and love that daily grind, then it's absolutely worth it. But if you hate running and hate your "day to day," is that 10 years worth a lifetime of unhappiness?

So yes, set high goals for yourself. Set long-term goals. Have dreams. Just don't forget to love the means to your end. You have to love the journey.

When you love the journey, you won't struggle to find will power. From the outside looking in, our way of life may seem like a sacrifice, but not to the ones doing the sacrificing so long as we love the journey.

"When a person has a vision that transcends himself, that focuses on an important cause or project that he is emotionally connected to, then the real course of least resistance is to put service above self. To such a person it is no sacrifice. To an outside observer it would appear to be a sacrifice because he is denying some present good... Rather than being the course of most resistance, sacrifice is the course of least resistance to one who is deeply, spiritually and emotionally connected to a cause or a calling or the serving of another." (Covey, 2004, p. 317).

Find a journey that you're passionate about and is true to your core values. Find that beautiful intersection between your talents, skills, passion, and conscience and use it to help people. Leave a legacy of meaningful contribution that makes the world better because you were here. If you love that grind, I think your going to be much happier in striving for your goals. ■



Dr. Nicholas M. Licameli, PT, DPT
Nick is a doctor of physical therapy and professional natural bodybuilder. He graduated summa cum laude from Ramapo College of New Jersey with his bachelor's degree in biology, then furthered his education by completing his doctoral degree in physical therapy from Rutgers School of Biomedical and Health Sciences (previously the University of Medicine and Dentistry of New Jersey) at the age of 24. His knowledge of sport and exercise biomechanics, movement quality, and the practical application of research combined with personal experience in bodybuilding and nutrition allows him to help people in truly unique ways. He views bodybuilding through the eyes of a physical therapist and physical therapy through the eyes of a bodybuilder. His passion lies between his love for the journey of bodybuilding, education, and helping others.

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2016 NGA 'Old Navy' Natural Pro/Am Bodybuilding, Figure, Physique and Bikini Classic - Super Pro Qualifier

Birmingham, Alabama - July 9, 2016

NGA Promoters: Scott Hults and Michael Jackson



Left:
Darryle Lee - Pro BB Master winner

David Weinstock - Pro BB Grand Master winner

Chris Tippins - MW BB & Overall winner, new NGA Pro

Center: The athletes were pleased as we returned to Birmingham for the sixth year to Homewood

High School with its great stage, sound system and dramatic lighting, the pump up area, the back stage refreshments and their 2016 NGA 'Old Navy' Classic sports bag with the official 2016 show t-shirt and a Snickers bar.

The contest started on time and ran smoothly. It was a "competitor's show," run by competitors who know what athletes want and need. Many of the competitors were repeat contestants from last year and many said they would like to come back next year for the 10th annual 2017 NGA 'Old Navy' Natural Pro/Am Classic on July 8, 2017. Others said they would encourage their competitor friends to join them on stage. As always, it was a fun show. And next year's 10th Anniversary show will be our best competition ever.

In addition to the NGA 'Old Navy' Open amateur show, seven Master Pro bodybuilders,

four Grand Master Pro bodybuilders and two Master Pro Figure competitors were on stage to compete in the NGA 'Old Navy' Natural Master Pro Bodybuilding and Master Pro Figure Classic. Darryle Lee from Spring Hill, TN won his first Men's Master Pro Bodybuilding title and David Weinstock from Davie, FL won the Grand Master Pro title for the second year in-a-row. Melanie Coleman from Winston, Georgia won the Master Figure Pro title.

In the amateur competition, NGA Pro Card eligible classes needed five or more competitors entered for the Open Division and five or more competitors entered for the Masters Division. NGA Pro Cards were awarded to eight athletes in this Super Pro Qualifier. Chris Tippins from Montgomery, AL won the Middleweight title and the Overall title. Chris also crossed over and won his NGA Pro Card in Men's Physique. Paul Redmer

from Acworth, GA, already an NGA Master Pro, was awarded his NGA Open Pro Card by winning the Lightweight class. Perry Navarro-Davis from Biloxi, MS took the Heavyweight title and is now a new NGA Pro Athlete. Perry crossed over and won his second NGA Pro Card in the new Men's Classic Bodybuilding Physique class. Matthew Davis from Rantour, IL also won an NGA Pro Card in that division. Andy Bostinto, NGA Chairman, authorized the awarding of two NGA Open Pro Cards in the new Men's Classic Bodybuilding Physique division. Tony Gray from Michie, TN won his NGA Pro Card in the Men's Masters Classic Bodybuilding Physique class.

Bikini Open Champion, Zoey Anders, 17 years-old from Birmingham, AL won her NGA Open Bikini Pro Card. Congratulations to our eight new NGA Pros! ■

Right:
Perry Navarro-Davis, Classic Physique winner, new NGA Pro

Zoey Anders, Bikini Open winner, new NGA Pro

5 Tips for Staying Motivated To Compete

BY BENJAMIN APOLLOS, M.DIV., MCPT, BA, AA
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BENJAMINAPOLLOS@GMAIL.COM

1. Make a permanent decision that this is a LIFESTYLE for LIFE change!

Being fit is a way of life and being in contest shape at all times is a commitment for life! Don't start exercising under the assumption you can do it for a few months, get the results you want, and then stop. Enter into this new phase of your life with the understanding that it is a FOREVER lifestyle change. Resolve to stay in contest shape. Now that Andy Bostinto (President & Founder of the NGA), has created platforms for us to compete well into our 70s. Hence, we have no excuse for "slacking."

2. Embrace the NEW YOU!

You are a new creature now, set aside with God given talents and opportunities that people will envy for the rest of your life! Focus on the benefits of working out, how great you feel and the energy you have. Don't ever use exercise as punishment or you will start to avoid it!

3. At First, set immediately attainable goals.

Resolve first not to get distracted or off track. Set short attainable goals, such as in 6 months, I will compete in the All City Championship and in 12 months, the All Region Championships.

4. Journalize and become your own writer.

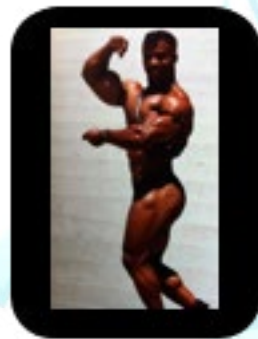
PAUSE! Just think of how good you feel when you look at photos from high school and look and compare those photos to your first contest photos. I bet you feel the energy already.

5. Reward thyself.

If you are like me, you may never think of rewarding yourself. To not be confused with doing something for yourself such as go out to a nice place to eat or seeing the latest movie; rewarding yourself is to plan to give yourself a special treat, something that you almost never do. Now that you know the rules, only you know what a "REWARD" looks like to you.

For more information on this article, contact Benjamin Apollos at (844) 885-5433.

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Heavy or Light: A Misnomer

BY DR. MARK PACHECO
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STRENGTH & HEALTH GYM (BAKERSFIELD, CA)
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The world has become complicated, and people have become more opinionated than they were in simpler days. This has caused division among societies that leads to all sorts of evil. The truth is that if we looked past our pride and tried to understand each other; we would discover that we have more in common than we realize.

Bodybuilding is no different when it comes to taking sides. With so many different opinions out there, it is no wonder that the same arguments persist through the ages. Some experts say train heavy, some say train light. Some say low volume and some say high volume. Others claim that this exercise is better than that exercise. But who is really right and who is wrong? The fact is that at the end of the day you are all right and you are all wrong. To find the most effective 'formula', one must learn to think outside the box.

"Using no way as a way, having no limitation as limitation." -Bruce Lee, Tao of Jeet Kune Do

One major error I see in bodybuilding opinion, is the subject of recovery. I have never heard any of the so called 'experts' discuss anything beyond that which pertains to muscle recovery. As a chiropractor, my training made me well aware of joints and connective tissue and how they are intimately involved in training.

Have you ever heard about the cashier, who after years at the cash register, develops carpal tunnel syndrome? This occurs as a result of repetitive use accumulative trauma. How much more will these structures be compromised over time, by weight training?



When you sprain an ankle, how long does it take to heal? A minimum of 6 – 8 weeks right? Joint and other connective tissue have poor blood supplies, and therefore slower 'healing' times. Skeletal muscle has a rich blood supply, therefore after a severe bicep workout the muscle is recovered, or 'healed' enough to train again in five to seven days.

For this reason, it is imperative without exception that all weight trainees implement a heavy/light 'active rest' protocol that utilizes a variety of different movements into their training. This application insures that, while the muscles are always trained hard, joints and connective tissues are taken into consideration in terms of their slower recovery rate.

Only after this concept is understood and embraced, will the trainee then push past previous sticking points, un-impeded towards reaching their goals; and do so while greatly minimizing the risk of injury. ■



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Hypertrophy Training for the Natural Bodybuilder

BY JOSH MILLER
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When looking at your muscle anatomy, you will find 2 different types of muscles: Type 1 (slow twitch), Type 2 (Fast twitch). Type 1 muscle fibers are more resistant to growth, produce a low power output, but resist fatigue and can recover quickly. The muscle group we are concerned with for a Natural Bodybuilding program is the Type 2 (Fast twitch) muscle fibers. The type 2 muscle fibers have a much higher potential for growth and power output (which is what a Natural Bodybuilder wants to accomplish). Type 2 muscle fibers tend to fatigue at a much faster rate than the Type 1 muscle fibers.

With consistency in your weight training program, you can train so that you build more of a particular type of muscle fiber. With ongoing strength training, you can develop more type 2 muscle fibers, which will produce muscle hypertrophy (increase in the size of your skeletal muscles).



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How to train for muscle hypertrophy?

To get your muscles growing, you need to subject the muscle to stress levels that they have not been introduced to before. This is referred to as progressive tension overload. There are several ways to accomplish this:

- Perform more repetitions
- Increase the amount of weight you are lifting
- Decrease your recovery time

These approaches will create micro trauma (tiny tears in muscle fibers), which your body will then repair by increasing the amount of protein going into the muscle, therefore causing the muscle to grow back stronger and larger if proper nutrition is in place.

Assuming proper nutrition is in place, adding more weight to the bar and applying high volume, multiple set programs (6-12 reps, 3-6 sets) have been proven to be the most effective methods to develop muscle hypertrophy. These approaches create greater hypertrophy for 2 reasons:

1. The increased workload is more effective at creating micro trauma because of the extra time under stress, thus causing more muscle fibers to be recruited
2. High volume, multiple set programs are more effective at increasing the body's natural production of testosterone and growth hormone.

Micro trauma stimulates an increase in protein synthesis and muscle growth is positively affected by a number of hormones that are released after weight training. High volume, multiple set programs cause more micro trauma and greater natural hormone secretion.

Example of High Volume workout:

Deadlift:	5 x 6-10
Barbell Rows:	4 x 10-12
Seated Rows:	4 x 10-12
Dumbbell Rows:	4 x 10-12
Lat Pulldowns:	4 x 12-15

So the end result -- more muscle! ■



Josh Miller
B.S. Degree in Exercise Science
NGA Pro Bodybuilder
NGA Pro Physique
NGA Chairman and Promoter, KY
Owner of Transformation Personal Training, Winchester, KY

2016 NGA Lebanon Valley Pro/Am

Lebanon, PA - July 16, 2016

NGA Promoter: Paula Franklin

Pro Figure Championship Bodybuilding Show

The NGA Lebanon Valley Pro/Am is a huge show representing the Northwest Pennsylvania for the second year. We were supported by Optimum Nutrition, She-is-Competition and Squat-for-Tots, Iron Fit Gym and Studio 10 Cosmetics. Saturday, July 16, 2016, the day began with the Pro Bikini and ending with Pro Men Bodybuilding. The amateur classes represented their class with professionalism and tough competition. There were over 37 competitors to present his or her talent to the stage. The morning prejudging show began at 11am and ended at 2pm. The highlight of the show was Rachel Tama, Kids division. She came to the stage prepared with clean

quarter- turns and her evening routine graced the crowd. Ray Ricke, brought Michael Jackson to Lebanon Pa, what a wonderful performance Rachel Tama and Ray Ricke won best poser. Bryan Dozer won best team with his support and sportsmanship during the competition. It is fun to have an event in one place. We want to extend a special Thank you to Iron Fit Tanning and Studio 10 Cosmetic; with you the competitors would not have had winner stag appearance. It was a pleasure meeting appearance. It was a pleasure hosting a show where professional athletes can come together and represent the NGA Lebanon PA all Natural Bodybuilding Show. ■



Pro Physique - (L to R): Dimetri McKamey, Jr., 3rd Place; Jason Prophet, 1st Place; Justin Taylor, 2nd Place; Bryan Dozier, 4th Place



Dimetri McKamey Jr:
Pro Men Physique,
3rd Place



Umar Jones:
Pro Men Bodybuilding,
2nd Place



Randy Landum:
Pro Men Bodybuilding,
1st Place



Ray Ricke:
First timer men
physique evening
show as Micheal
Jackson



Nicholas Licameli:
Overall Bodybuilding,
new NGA PRO winner with
Paula Franklin

The Proper Plank

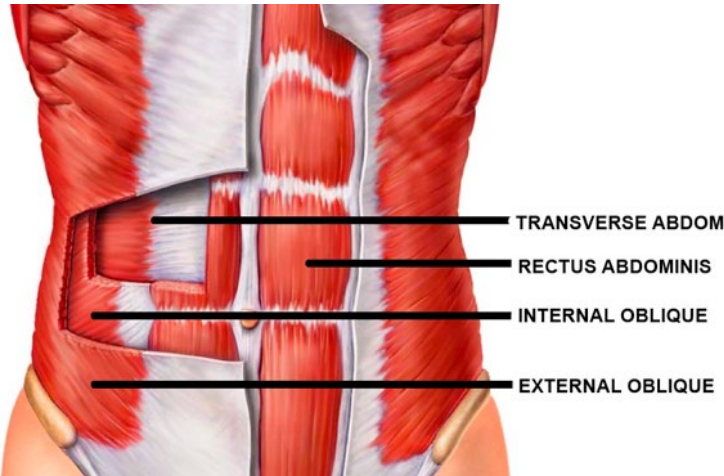
BY DR. NICHOLAS M. LICAMELI, PT, DPT
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The plank is one of the best exercises for improving total body strength and spinal health. In order to perform the plank safely and effectively, pay close attention to the position of the lower back and pelvis.

Be sure to follow these steps the next time you perform a plank:

- 1. Squeeze your glutes and contract your abs (rectus abdominis AND transverse abdominis), which will pull your pelvis into a slight posterior pelvic tilt (think slightly rounding your back).

In order to contract you abs, you want to engage both your rectus abdominis (6 pack muscle) and transverse abdominis (deep stabilizer muscle, much like a corset or weight belt). To contract the rectus abdominis, imagine bringing the ribs and front of the pelvis together. To contract the transverse abdominis, imagine the feeling when cold water reaches your navel when walking into a pool. When contracting the transverse abdominis, there should be no actual spinal movement, just compression and stabilization (again, like a corset or weight belt).



Dr. Nicholas M. Licameli, PT, DPT
Nick is a doctor of physical therapy and professional natural bodybuilder. He graduated summa cum laude from Ramapo College of New Jersey with his bachelor's degree in biology, then furthered his education by completing his doctoral degree in physical therapy from Rutgers School of Biomedical and Health Sciences (previously the University of Medicine and Dentistry of New Jersey) at the age of 24. His knowledge of sport and exercise biomechanics, movement quality, and the practical application of research combined with personal experience in bodybuilding and nutrition allows him to help people in truly unique ways. He views bodybuilding through the eyes of a physical therapist and physical therapy through the eyes of a bodybuilder. His passion lies between his love for the journey of bodybuilding, education, and helping others.

- 2. Keep your head and neck in a straight line. DO NOT LOOK UP. Your tailbone, mid back, and head should all be in line with each other (see picture below).



- 3. Imagine isometrically pulling your elbows and feet together.
- 4. Once you assume the proper position, maximally contract every muscle from your toes to your fingers but DO NOT HOLD YOUR BREATH.
- 5. When coming off of a pwlank, slowly lower your knees to the floor (see picture below). DO NOT let your hips/pelvis drop to the floor.



A common mistake I see is treating a plank like a marathon rather than a sprint. Instead of thinking, "How long can I hold a plank for?" think "How short can I hold a plank for?" The idea being: The harder the contraction, the shorter the duration.

Add planks to your training to improve total body strength and reap the benefits of a healthy spine.

Be sure to check out this video as well as the rest of the Feel Good Friday series on my YouTube channel at the following link: <https://www.youtube.com/watch?v=Lrt6aGnbrHU>



WHEY FOR HEALTH?

BY DR. CHRISTOPH KLUPEL
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Any serious athlete knows that it is virtually impossible to achieve major muscle gains without high-quality protein supplementation. The harder an athlete trains, the more important dietary protein becomes for maximizing muscle repair and maintenance of muscle building processes. Protein also plays a vital role in hormone and enzyme production, and also maintaining the immune system.

Whey concentrates and isolates are rightfully the protein supplements of choice among modern athletes. whey protein is one of the best proteins for muscle building, boasting a far higher biological value, (BV) and a higher PER (protein efficiency ratio) than any whole food proteins.

But what is the best whey protein supplement, especially when considering long-term health?

Whey protein isolate provides the highest percentage of pure protein (90%-96%) at the lowest calorie content due to the elimination of lactose and fats. However, the isolate manufacturing process depletes some of the valuable health-promoting components of whey.

High-quality whey concentrate usually supplies about 80% protein, with minor amounts of fat and lactose still present. Whey concentrate also includes a variety of health-beneficial components, including certain

growth factors, healthful lipids (CLA) and phospholipids, plus lactoferrin and immunoglobulins, which improves immunity.

Each type of whey has its own distinct advantages. Both can be safely considered as true health foods, as long as they haven't been adulterated with artificial sweeteners, chemical flavorings, colorings, and other health-hazardous additives to make them more tasteful and attractive. Unfortunately, these additives are commonly found in many, if not most, of the whey formulations commercially available to athletes. The artificial sweeteners used in many whey protein powders, such as aspartame, sucralose, and acesulfame, should be of particular concern.

Aspartame is a member of the excitotoxin group of compounds and is the most dangerous of all artificial sweeteners. Its three components – methanol, aspartic acid, and phenylalanine – become a potentially deadly health hazard when isolated from their original food sources. Neurotoxic methanol, which makes up 10% of aspartame, is metabolized into formaldehyde and formic acid, which are both deadly cancer-causing poisons. Phenylalanine (50%) and aspartic acid (40%), the other two components of aspartame, when ingested in their isolated form are fused together by methanol. In this form, no digestion is required and they quickly enter the brain and central nervous system, over-stimulating brain cells to death and causing many neurodegenerative and neurological disorders.

Sucralose, which is a chlorcarbon poison, was discovered during the development of an insecticide. Cyclamate has been banned in the United States for its cancer-causing potential. Acesulfame K, which contains the known carcinogen methylene chloride, can cause mental confusion, and liver and kidney disorders.

Taken together, it becomes obvious that the most vital issue for any health-conscious athlete is not whether to choose whey concentrate or whey isolate for protein supplementation, but rather to select the purest, most unadulterated, unflavored high-quality whey protein powder. For those that require flavor enhancement, blending in a bit of fresh fruit is a quick, simple, and healthy option. ■



REBOOT Time?

BY LAURA GRAY
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CERTIFIED SPORTS NUTRITIONIST
PRESIDENT – MUSCLE WINGS, LLC
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Positive Relationships



As you embark on a journey of new or renewed fitness goals, consider the relationships you have in your life. An important component to fitness success is surrounding yourself with relationships that can enhance your goals as well as provide you with a positive environment.

Evaluate the current and past relationships in your life; Friends, family, co-workers, and acquaintances. Determine how they can be a positive force to encourage and assist you as you strive to reach your fitness goals.

Start with a plan that includes short and long term goals. Ask yourself: what types of positive reinforcements motivate you? Pull from all sources available; trainers/coaches, partnering with a "reliable" person to workout with, visual motivators of people or images you are encouraged by, journaling, listening to inspirational and motivating audio tools, internet, and social media sites. Find out what works best for you and pull from these sources. You will find yourself re-evaluating decisions you've made. This is a good thing. You should be re-evaluating on a regularly basis and as often as possible.

Criticism will come at you from all angles, and not all criticism will be positive. Be prepared and consider the source and use the criticism as a way to evaluate which relationships you want to cultivate and keep and which ones you may need to give a break from your life. Let's be truthful here, people you care about may not be positive when you share your fitness goals, but give them a little break and try not to be too hard on them. If it was

easy everyone would be fit!

When you begin to see results, take the time to evaluate the relationships that are getting you closer to your goals and the relationships that are moving you away from your goals. When evaluating the relationships around you, determine how they contributed to your "results" whether positive or negative. You will have less success in some areas and more success in others, but the cool thing is you can always "REBOOT" and begin again.

When you have those "bad" days where you find yourself being pushed and pulled in all directions from all the relationships that are swirling around you on a daily basis, remember you are the determining factor. Acknowledge and thank those relationships that give you positive feedback and positive encouragement. Negative feedback can be used to your advantage so it's up to you to turn negatives into positives.

Positive Relationships are a key factor to keeping you on your path to success. Embrace and cultivate the relationships that understand and support your "nutrition" and exercising routine. Keep your nutrition "dialed" in, your exercising routine "safe" and "consistent" and your fitness journey on a line that is as straight to success as possible. Make your journey your own and make those relationships in your life count. ■

Be well, be safe, be fit.

NGA Pro/Am Kentucky Natural Classic
April 2, 2016
[NGA Promoter: Josh Miller](#)
PRO Figure - Masters
1. Wendy Doran
2. Ruth Ruscello-Miller
PRO Men's BB
1. Mike Porter
2. Anthony Collier
3. Scott Michels
4. Peter Fitschen
5. Ben Sonnier
6. Darryle Lee
7. Monroe Harrison
8. Pete Pitrone
Figure - Open A
1. Amy Evert
2. Lindsey Franklin
3. Makayla Wallace
4. Linda Stahl
Figure - Open B
1. Ruth Ruscello-Miller
Overall & NGA Pro Card
1. Pamel Pinkston
2. Carley Gutman
3. Kemberlee Hilliard
Figure - Masters
1. Amy Evert
2. Christy Barnette
Bikini - Open A
1. Courtney Dylan Norris
NGA Pro Card
1. Stacy Rogers
2. Lindsey Franklin
3. Kylie Virgin
4. Lisa Crowe
5. A'Lisha McKinney
6. Renae Cannon
Bikini – Open B
1. Kristen Bentley Jones
Overall & NGA Pro Card
1. Lindsey Brewer
2. Kelly Frost
3. Cathy Blue
4. Michelle Law
5. Dora Sims
6. Lakin Daniels
Bikini - Masters
1. Stacey Rogers
NGA Pro Card
1. Kelly Frost
2. Lisa Crowe
3. A'Lisha McKinney
4. Christy Barnette

6. Dora Sims
Women's Physique - Open
1. Pamela Pinkston
2. Donneta Rice
3. Cheryl McGuire
Men's Physique - Open LW
1. Marcus Higgins
2. Brandon Fryer
3. Ryan Duty
Men's Physique - Open MW
1. James Glenn
2. Troy Coop
Men's Physique - Open HW
1. Johnnie Hilliard
Overall & NGA Pro Card
1. Colin Turner
2. Kenneth Warlick
3. Troy Coop
Men's Physique - Masters
1. Johnnie Hilliard
2. Kenneth Warlick
3. Troy Coop
Men's BB - Open LW
1. Jacob Roach
2. Scotty Haire
3. Brandon Fryer
4. Gary Campbell
Men's BB - Open MW
1. Matt McCleod
Overall & NGA Pro Card
1. Cody Berry
2. Tamer Abdelnoir
Men's BB - Open LHW
1. Johnny Spears
2. Robert Young
Men's BB - Open HW
1. Ben Blshop
2. Derek Fugate
3. Wes Harris
4. Kenneth Warlick
Men's BB - Masters
1. Johnny Spears
NGA Pro Card
1. Samuel 'Scottie' Haire
2. Gary Campbell
3. Kenneth Warlick
4. Troy Coop
Men's BB - Novice
1. Jacob Roach
2. Gary Campbell
3. Brandon Fryer
4. Cody Berry
5. Robert Young
6. Wesley Harris
7. Tamer Abdelnoir
8. Kenneth Warlick

Men's BB - Juniors
1. Matt McCleod
2. Jacob Roach
3. Brandon Fryer
4. Cody Berry
Men's Physique - Juniors
1. Colin Turner
2. Brandon Fryer
Bikini - Juniors
1. Courtney Norris
2. Michelle Law
NGA Mr. & Mrs. Utah Natural Championships
April 9, 2016
[NGA Promoters: James & Bianca Purtell](#)
Bikini - Open Short
1. Chelsea Patterson
Overall & NGA Pro Card
1. Tina Cardall
2. Aubri Goodfellow
Bikini - Open Tall
1. Madelena Raglione
2. Chantel Booker
3. Sarah Vaughn
Bikini – Masters Grand
1. Karen Wright
2. Carolyn Flitton
Figure – Open Short
1. Kari Webster
Overall & NGA Pro Card
1. Lisa McGonegal
2. Kate Turner
Figure – Open Medium
1. Jody Hatch
2. Sherise Hunt
Figure – Open Tall
1. Kelsey Montgomery
2. Adiloa Vainuku
Figure - Masters
1. Kari Webster
2. Jody Hatch
3. Adiloa Vainuku
Figure – Masters Grand
1. Lisa McGonegal
Men's Physique - Open Med
1. Matt Heidrich
2. Erik Little
3. Jeffery Brammer

4. Jacob Martin
Men's Physique – Open Tall
1. Kyle Turner
Overall & NGA Pro Card
1. Ryan Moser
2. Nic Cameron
3. Waylon Webster
Men's Physique - Masters
1. James Flagg
2. Cody McBride
Men's BB - Open LW
1. Juan Sucuzhanay
2. Kaden Abplanalp
3. Aaron Hutchinson
4. Jared Hatch
5. Stacey Yeager
Men's BB – Open MW
1. Stephen Butterfield
Overall & NGA Pro Card
1. Greg Whitney
2. Josh Nalder
3. Tim Christensen
Men's BB – Open HW
1. Courtney Sorensen
Men's BB – Masters
1. Greg Whitney
2. Stacey Yeager
Bikini - Novice Short
1. Tricia Buss
2. Jaimie Hatch
3. Carissa Davis
4. Mandy Livas
5. Karen Wright
6. Lori Larson Hall
7. Carolyn Flitton
Bikini – Novice Tall
1. Leah Darrow
2. Lauren Richens
3. Quincie Clark
4. Kelley McLean
Men's Physique – Novice Sht
1. Daryl Lenhard
2. Sno Sibe
3. Kolbe Payne
Men's Physique - Novice Tall
1. Tyler Bills
2. Sione Taunauta
3. Justin Burk
4. James Flagg
5. Cody McBride
NGA Mr. Anthracite Natural Championships
April 9, 2016
[NGA Promoter: Warren Egebo](#)

Men's Physique – Open MW
1. Dave Evans
Men's Physique – Open HW
1. Travis "Featherhawk" Snyder
Overall & NGA Pro Card Best Poser
1. Donald Deibler
2. Dante Picarelli
Classic Physique - Open
1. Emilio Jack
Men's BB - Open MW
1. Greg Emiliani
Best Abs
1. Emilio Jack
2. Caleb Shilko
3. Dave Evans
Men's BB - Open LHW
1. Chadwick Thomas
Overall & NGA Pro Card
1. Donald Deibler
2. Dante Picarelli
Men's BB - Open HW
1. Scott Rizzardi
2. Dan Bound
Men's BB - Novice MW
1. Greg Emiliani
Overall
1. Emilio Jack
2. Caleb Shilko
3. Dave Evans
Men's BB – Masters 40+
1. Scott Rizzardi
2. Dave Evans
Men's BB - Novice LHW
1. Donald Deibler
2. Dante Picarelli
Men's BB - Novice HW
1. Scott Rizzardi
2. Dan Bound
Men's BB - Juniors
1. Donald Deibler
2. Dante Picarelli
Champ's Gym of Minersville, PA
Most Representative Gym
NGA Lee Banks Natural Championships
April 23, 2016
[NGA Promoter: Lee Banks](#)
Bikini - Open
1. Fairlight Matthieu
NGA Pro Card
1. Kelsey Majcher
2. Brittany Martinez
3. Tracy Simonds

5. Hsienchi Dy
6. Megan Wallace
Bikini - Masters
1. Tracy Simonds
2. Natalie Donald
3. Angela Barrera
Figure - Open
1. Michele Ward
NGA Pro Card
1. Alyssa NGA Prokos
2. Asha Brown
3. Melissa Rousseau
4. Cherlouna Charles
Figure - Masters
1. Michele Ward
NGA Pro Card
1. Asha Brown
2. Melissa Rousseau
3. Allie Asmead
4. Cherlouna Charles
Women's Physique - Open
1. Michele Ward
2. Samantha Powell
Men's Physique - Open LW
1. Raymond Cooper
2. Fernando Warren
Men's Physique Open - MW
1. Tyler Williams
Men's Physique Open - HW
1. Brandon Faison
Overall & NGA Pro Card
1. Hans Price
Men's BB - Open LW
1. Alpha Smith, Jr.
Overall & NGA Pro Card
1. Johnny McNeal
2. Oscar Cruz
Men's BB – Open LHW
1. Cordell Waddey
2. Richard Foster
Men's BB - Open HW
1. Raymond Leavell
Men's BB - Masters 40+
1. Daron Monroe
2. Raymond Leavell
3. Randall Garner, Jr.
Men's BB - Masters 60+
1. Dale Szaflarski
2. Richard Foster
Bikini - Novice
1. Fairlight Matthieu
2. KeAunnie Bryant
3. Megan Wallace
4. Brittany Martinez

5. Angela Barrera
Bikini - Teen
1. KeAunnie Bryant
Figure - Novice
1. Melissa Rousseau
2. Allie Asmead
Men's Physique - Novice
1. Ricco Kellogg
2. Mark Anderson
3. Fernando Warren
4. Edward Eng
Men's BB - Novice
1. Daron Monroe
2. Johnny McNeal
NGA 1st Annual NGA Pro/Am Rocky's NEO Championships
April 30, 2016
[NGA Promoter: Rocky Taumoepeau](#)
PRO Figure
1. Ruth Ruscello
PRO BB
1. Peter Fitschen
2. Jeremy Goldizen
3. William Reddick
Men's BB - Masters
1. Joseph Toth
2. Johnny Spears
Bikini - Open
1. Heather Wheeler
2. Courtney Patrick
Figure - Open
1. Abbey Harder
2. Jennifer Mims
3. Nia Holmes
4. Alisha Smith
Figure - Masters
1. Betty Thomas
NGA Pro Card
1. Abbey Harder
2. Jennifer Mims
3. Jennifer Mims
4. Nia Holmes
5. Alisha Smith
Women's Physique - Open
1. Jennifer Mims
2. Betty Thomas
Men's Physique – Open Short
1. Tyler McGrath
Overall & NGA Pro Card
1. Ivory Elms
2. Jackson Ramsey
3. Josh Flores
Men's Physique - Open Tall
1. Michael Anthony

2. Doug Amburgey
Men's BB - Open MW
1. Ethan Michael Scott
2. Frank Shaffer
Men's BB - Open LHW
1. Phillip Thomas
2. Johnny Spears
3. Dominic Copley
Men's BB - Open HW
1. Kevin Byers
2. Doug Amburgey
Bikini - Novice
1. Courtney Patrick
Figure - Novice
1. Jennifer Mims
Men's BB - Novice
1. Frank Shaffer
2. Jason Hill
NGA Pro Atlas & 14th Annual NW Natural
May 7, 2016
[NGA Promoter: Allen Bowlden](#)
PRO Figure
1. Chrissy Reyna
2. Kari Webster
PRO Bikini
1. Jodi McLaughlin
PRO Men's BB
1. Greg Whitney
2. Stacey Yeager
Bikini - Open A
1. Alexandria Allen
Overall & NGA Pro Card
1. Jordan Mullard
2. Melissa Hinckley
3. Victoria Lawson
4. Ashley Hatcher
5. Jackie Hardin
6. Corah Edwards
7. Kaysa Cruse
Bikini - Open B
1. Anna Geist
NGA Pro Card
1. Laci Ball
2. Elizabeth Carter
3. Randi Schumacher
4. Britni Turbeville
5. Kassondra McGonegal
6. Erica Hughes
7. Carly Larson
Bikini - Open C
1. Lily Fontas
2. Gentry Tague
3. Quincie Clark

Bikini - Masters

- 1. Anna Geist
- NGA Pro Card**
- 2. Victoria Lawson
- 3. Jackie Hardin
- 4. Elizabeth Carter
- 5. Jane Carole Bunting
- 6. Reana Garcia Menchaca
- 7. Corah Edwards

Figure - Open

- 1. Sherise Allen
- 2. Stacey Hoffman
- 3. Jill Clayville

Figure - Masters

- 1. Mattie Mulick
- 2. Nicole Brown

Men's Physique - Open A

- 1. Christopher Huffman

NGA Pro Card

- 2. Luke Brands
- 3. Mark Stray
- 4. Robin Singh
- 5. Steven Rowell
- 6. Paramvir Singh

Men's Physique - Open B

- 1. Andy Swanson
- Overall & NGA Pro Card**

- 2. Jacob Larson
- 3. Austin Legg
- 4. Carlos Lopez
- 5. Tony Pittz
- 6. Mario Saldana

Men's BB - Open MW

- 1. Jason Maxfield
- 2. Josh Nalder

Men's BB – Open LHW

- 1. Hunter Pauley
- 2. Omar Poole
- 3. Derek Cook
- 4. Kyle Reed

Men's BB – Open HW

- 1. Darren Conroy
- Overall & NGA Pro Card**
- 2. Tyson Davis

Bikini – Novice A

- 1. Megan Moore
- Overall**
- 2. Reana Garcia Menchaca
- 3. Bibiana Ramirez
- 4. Elizabeth Haro

Bikini - Novice B

- 1. Brittany Boren
- 2. Shelby Heyrend
- 3. Amy Dompeling
- 4. Jane Carole Bunting

5. Anna Grachanin

Bikini - Novice C

- 1. Jillian Kovis
- 2. Jayla Rasmussen
- 3. Brooke Douglass
- 4. Dana Vineyard
- 5. Natalie Korth
- 6. Haley Ball
- 7. Teddianne Webb

Figure – Novice A

- 1. Mattie Mulick
- Overall**
- 2. Nicole Brown
- 3. Antonia Salutregui

Figure – Novice B

- 1. Beth Hargreaves
- 2. Chelsi Spencer
- 3. Jesse Mamula

Men's BB - Novice

- 1. Christian Price
- 2. Ethan Bunce

Men's BB - Teen

- 1. Ethan Bunce
- 2. Griffin McMahon

**NGA 16th Annual Pro/Am
Mr. & Ms. Philadelphia**

May 7, 2016

NGA Promoter: Warren Egebo

PRO Figure

- 1. Charmaine Beatty

PRO Men's Physique

- 1. Dimitri McKamey
- 2. William Rudart
- 3. Greg O'Brien

PRO Men's BB

- 1. Mike Porter
- 2. Brandon Maston
- 3. Umar Jones
- 4. Joe Patton
- 5. William Rudart
- 6. Heru El Bey

PRO Men's BB - Masters

- 1. Joe Patton
- 2. Dr. Neil Cohn
- 3. Heru Tle Bey

Bikini - Open Short

- 1. Leandra Yost
- Overall & NGA Pro Card**

- 2. Vanessa Ortiz

- 3. Debra Kowalski -Kunkle

- 4. Reina Lopez

- 5. Jeanean Beke

Bikini - Open Medium

- 1. Marielizabeth Rueger

- 2. Teresa Moore

- 3. Ina Godfrey

- 4. Lauren Ruth

Bikini - Open Tall

- 1. Nancy Cress
- 2. Tina Hack

Bikini - Masters

- 1. Debra Kowalski-Kunkle
- NGA Pro Card**

- 2. Nancy Cress

- 3. Ina Godfrey

- 4. Tina Hack

- 5. Jeanean Beke

Figure - Open Short

- 1. Jill Moroz

NGA Pro Card

- 2. Olga Brodsky
- 3. Danielle Barnes

- 4. Kristi Tutorow

- 5. Dana Maiorini

- 6. Thelma Clarke

Figure - Open Medium

- 1. Marielizabeth Rueger
- NGA Pro Card**

- 2. Alicia Espinosa-Woody

- 3. Cathy Avery

- 4. TerryAnn DeAngeles

- 5. Holly Shuman

Figure - Open Tall

- 1. Kerri Gecht

Overall & NGA Pro Card

- 2. Sarah Whoric

- 3. Nikki Treat

- 4. Ebony Fenstermaker

- 5. Amy Pittman

Figure – Masters 35+

- 1. Cathy Avery

NGA Pro Card

- 2. Alicia Esponoso-Woody

- 3. Holly Shuman

- 4. TerryAnn DeAngeles

- 5. Dana Maiorini

- 6. Amy Pittman

- 7. Thelma Clarke

Women's Physique - Open LW

- 1. JuJu McClain

Overall

Women's Physique - Open HW

- 1. Lauren Roseman

Women's Physique – Masters

- 1. JuJu McClain

- 2. Lauren Roseman

Men's Physique – Open LW

- 1. Justin Taylor

Overall & NGA Pro Card

- 2. Javan Jones

- 3. Peter Boulajeris

- 4. Patrick Villafuerte Joson

- 5. Daryl Sawyer, Jr

- 6. Michael Kind

Men's Physique – Open MW

- 1. Greg Becker

NGA Pro Card

- 2. Michael Rowlands

- 3. Dean McCartney

- 4. Nick Ribaudo

- 5. Josh Smith

- 6. Troy Leazier

Men's Physique – Open HW

- 1. Troy Hayward

NGA Pro Card

- 2. Robert Jones

- 3. Joshua Drake

- 4. Joseph Dumont

- 5. Sawyer Pascoe

- 6. Richard Sitek

- 7. James Kirk

- 8. Jeffry Leo

Classic Physique - Open

- 1. Umar Jones

NGA Pro Card

- 2. Greg Becker

NGA Pro Card

- 3. Dimitri McKamey

Best Abs

- 4. Carl Wittig

- 5. Nick Daisy

- 6. Tyler Jaworowski

Best Poser

- 7. Anthony Osborne

Men's BB - Open LW

- 1. Ron Dukes

NGA Pro Card

- 2. Keith Green

- 3. Damar Sasongko

- 4. Joseph Drum

- 5. Nick Iacono

- 6. Nick Daisy

- 7. Paul Bryan

Men's BB - Open MW

- 1. Fernando Hernandez

- 2. Tom Gregg

- 3. Kenneth Greene

- 4. Maximilian Angle

Men's BB - Open LHW

- 1. Timothy Rodriguez

Overall & NGA Pro Card

- 2. Walter Copeland

- 3. Shaun Parker

- 4. Anthony Osborne

Men's BB - Open HW

- 1. Shane Ondarza

NGA Pro Card

- 2. Nathaniel Bryan

- 3. Stephen Stewart

- 4. Jim Traynor

- 5. Sherman Newton

- 6. Mark Hawkins

Men's BB - Masters 40+

- 1. Ron Dukes

NGA Pro Card

- 2. Damar Sasongko

- 3. Nathaniel Bryan

- 4. Kenneth Green

- 5. Sherman Newton

- 6. Mark Hawkins

Men's BB - Master's 50+

- 1. Paul Bryan

- 2. Bruce Fischer

Bikini - Debut

- 1. Vanessa Ortiz

- 2. Teresa Moore

- 3. Ina Godfrey

- 4. Nancy Cress

- 5. Reina Lopez

- 6. Lauren Ruth

- 7. Tina Hack

Figure - Debut

- 1. Olga Brodsky

- 2. Nikki Treat

- 3. Kristi Tutorow

- 4. Terryann DeAngeles

- 5. Holly Shuman

Men's Physique - Debut

- 1. Greg Becker

- 2. Michael Rowlands

- 3. Nick Rabaudo

- 4. Joseph Dumont

- 5. Richard Sitek

- 6. Sawyer Pascoe

- 7. Christopher Collins

- 8. Michael Kind

- 9. Troy Leazier

- 10. Jeffrey Leo

Men's BB - Debut

- 1. Joseph Drum

- 2. Stephen Stewart

Men's BB - Novice LW

- 1. Joseph Drum

- 2. Nick Daisy

Men's BB - Novice MW

- 1. Fernando Hernandez

- 2. Kenneth Greene

Men's BB - Novice HW

- 1. Timothy Rodriguez

Overall

- 2. Walter Copeland, II

Men's BB - Novice HW

- 1. Stephen Stewart

- 2. Jim Traynor

- 3. Mark Hawkins

- 4. Chase Michael

Men's BB - Junior's

- 1. Carl Wittig

- 2. Nicholas Iacono

- 3. Maximilian Angle

- 4. Chase Michael

**NGA Gator Classic
Championships**

May 14, 2016

NGA Promoter: Bill Mora

Bikini - Open Short

- 1. Amanda Lappas

- 2. Anays Dimmick

- 3. Kami Rojas

- 4. Heavenly Figueredo

- 5. Anna Schmid

- 6. Ariel Cleary

Bikini - Open Tall

- 1. Meagan Eaves

Overall & Pro Card

- 2. Sarah Klosterman

- 3. Amey Sanders

- 4. Kristen Burns

- 5. Sheneal Jones

Bikini - Masters 35+

- 1. Amanda Lappas

- 2. Anna Schmid

- 3. Kami Rojas

- 4. Sheneal Jones

Figure - Open Short

- 1. Kimberly Fite

- 2. Shawna Rolland

Figure Open - Tall

- 1. Amanda Wheeler

- 2. LeAmada Hunt

Figure - Masters 35+

- 1. Kimberly Fite

- 2. Shawna Rolland

- 3. LeAmada Hunt

Women's Physique - Open

- 1. Meagan Denison

Men's Physique - Open LW

- 1. Chris Kelly

- 2. Dylan MacEwen

Men's Physique - Open MW

- 1. Mustafa Hunbuthathah

Overall & Pro Card

- 2. Tyler Clark

- 3. Stephen Beaugrand

Men's Physique - Open HW

- 1. Brandon Smith

- 2. Ahmed Albaxati

3. Austin Hatney	2. Kimberly Stromberg
4. Hubert Tate	3. Jenna Bidoglio
Men's BB - Novice	4. Jennie Laurent
1. Austin Hatney	5. Marielizabeth Rueger
2. Bob Hinkle	6. Carly Desimone
NGA Mr./Ms. Santa Rosa Natural Championships	Figure - Open
May 14, 2016	1. Dehabah Sylvester
NGA Promoter: Laura Gray	NGA Pro Card
Bikini - Open	2. Jenna Bidoglio
1. Ana Sandoval	3. Anna Konecka
NGA Pro Card	4. Vernecia Adams
2. Harvna Nukui	5. Cassandra Lipsey
3. Maria Ramirez	Figure - Masters
4. Charlie Czechowski	1. Cassandra Lipsey
5. Jillian Bischoff	Women's Physique - Open
Figure - Open	1. Vernechia Adams
1. Ashley Casimiro	Men's Physique - Open
2. Meghan Andrew	1. Zaius Eason
Men's Physique - Open	NGA Pro Card
1. Aaron Alboc	2. Rodney Addison
2. Jose Dealba	3. Orion Woodard
3. Juan Padilla	4. Kevin Rhein
Women's Physique - Open	5. Calvin Lashley
1. Ashley Casimiro	Men's BB - Open LW
Men's Bodybuilding - Masters	1. Damar Sasongko
1. Scott Warden	Overall & NGA Pro Card
Men's Bodybuilding - Open	2. Ben Ciccarelli
1. Ace Baldwin	3. Nicholas Licameli
NGA Pro Card	Men's BB - Open MW
2. Demitrius Curley-Holman	1. Justin Borrow
3. Aaron Albor	2. Christopher Clarke
4. Jose Dealba	Men's BB - Open LHW
5. Scott Warden	1. Eugene Borcan
NGA Pro/Am Garden State Championships	2. Stephen Downey
May 14, 2016	3. Stephen Stewart
NGA Promoter: Pete Diaz	Men's Masters - Over 45
PRO Bikini	1. Damar Sasongko
1. Alicia Salzbach	Bikini - Debut
2. Ashley Robinson	1. Nandi Bell
PRO Figure	2. Kimberly Stromberg
1. Jennie Laurent	3. Jenna Bidoglio
2. Kerri Gecht	4. Carly Desimone
3. Damaris Watlington	5. Michelle Ortega
4. Marielizabeth Rueger	Figure - Debut
PRO Men BB	1. Dehabah Sylvester
1. Zaius Eason	2. Jenna Bidoglio
2. Julian Brown	3. Vernecia Adams
3. George (Joe) Patton	4. Carly Desimone
Bikini - Open	Men's Physique - Debut
1. Nandi Bell	1. Rodney Addison
NGA Pro Card	2. Orion Woodard
	3. Kevin Rhein
	4. Ali Khan
	5. Gary Williams
	Men's BB - Debut

1. Ben Ciccarelli	Men's BB - Open HW
2. Christopher Clark	1. Doug Amburgey
Men's BB - Novice	2. Brent Ransom
1. Christopher Clarke	3. Michael Morosko
NGA Toledo Glass Sceptor	Bikini - Debut Short
May 14, 2016	1. Jamie Nowakowski
NGA Promoter: Ryan Rollison	2. Amanda Fellhaver
Bikini - Open Short	3. Courtney Hischika
1. Dominique Simmons	4. Danette Rzszezotarsk
Overall & NGA Pro Card	Bikini - Debut Tall
2. Jamie Nowakowski	1. Emma Schultz
3. Courtney Hischka	2. Zyishia Bailey
4. Kimberly Kaniadakis	3. Tarasita Kellerbauer
Bikini - Open Tall	Bikini - Novice
1. Emma Schultz	1. Courtney Hischika
2. Zyishia Bailey	2. Kimberly Kaniadakis
3. Tarasita Kellerbauer	Men's Physique - Debut MW
Figure - Open	1. Christian Williams
1. Tamera Menard	2. Corey Rightnower
2. Betty Thomas	3. Aaron Butler
Figure - Masters	Men's Physique - Debut HW
1. Rene Mason	1. Matt Ely
Men's Physique - Open LW	2. Stone Moses
1. Joe Mazono	Men's Physique - Teens
Men's Physique - Open MW	1. TJ Halko
1. Christian Williams	2. Diego Cotes
NGA Pro Card	3. Trevor Cotes
2. Jared Milhoan	Men's BB - Debut
3. Corey Rightnower	1. Dan Lopez
4. Blake Teel	NGA Heart of America
5. Aaron Butler	Natural Classic
Men's Physique - Open HW	May 14, 2016
1. Matt Ely	NGA Promoter: John Abraham
Overall & NGA Pro Card	PRO Bikini
2. Stone Moses	1. Taylor Stephenson
3. Caleb Helline	2. Nicole Sullivan
4. Doug Amburgey	3. Stephanie Spaniol
5. Youseff Georges	PRO Figure
6. T.J. Halko	1. Melissa Johnson
7. Keith Reid	2. Tiffany Clarke-McCray
Men's BB - Masters	3. Wendy Doran
1. Desmond Phillips	4. Tiffany Benson
2. Michael Morosko	PRO Men BB
Men's BB - Open LW	1. Mike Porter
1. Jed Lee	2. Ben Goins
2. Matt Groce	3. Mark Dick
Men's BB - Open MW	4. Peter Fischen
1. Jamison Chicolini	5. Thomas Schnep
Men's BB - Open LHW	6. Scott Michaels
1. Silas Merkel	7. Douglas Backstrom
Overall & NGA Pro Card	8. Robert Pickerell
2. Travis Wurz	Bikini - Open Short
3. Tolga Hatay	1. Amanda Crawford
4. Codey Bachelor	Overall & NGA Pro Card

2. Julie Jacobs	4. Matt Estock
3. Olivia Riggins	5. Michael Cortese
4. Monica Morello	6. James McKenzie
5. Laura Herrera	Men's BB – Open MW
Bikini - Open Tall	1. Richie Cialabrini
1. Heather Matthews	2. Ebong Stancil
2. Candace Hart	Men's BB – Open LHW
3. Cassic Maguire	1. Trent Peterson
4. Mindy Teschner	NGA Pro Card
Bikini – Masters	2. David Hammond
1. Heather Matthews	3. Justin Stajduhar
2. Candace Hart	4. Shane Hawley
3. Lynn Cook	5. Rusty Batty
Figure – Open Short	Men's BB – Open HW
1. Taylor Black	1. John Shea
2. Kaitlyn Ryan	Men's BB – Masters 40+
3. Crystal Crayton	1. David Hammond
4. Violet Holmes	Overall & NGA Pro Card
Figure – Open Medium	2. Brent Julius
1. Hannah Sullivan	3. Ebong Stancil
Overall & NGA Pro Card	4. Rusty Batty
2. Jessica Huffman	5. James McKenzie
3. Tiffany Linton	6. Rene Garza
4. Stephanie Mulvaney	Men's BB - Masters 50+
5. Tara Messer	1. Rusty Batty
Figure – Open Tall	2. John Shea
1. Heather Nash	Bikini - Debut
2. Bianca Jones	1. Amanda Crawford
3. Candice Kryzaniak	2. Monica Morello
Figure – Masters	3. Laura Herrera
1. Heather Nash	4. Mindy Teschner
2. Crystal Crayton	Figure - Debut
3. Lynn Cook	1. Jessica Huffman
4. Violet Holmes	2. Tara Messer
Men's Physique – Open Short	3. Taylor Black
1. Brandon Baxter	4. Kaitlyn Ryan
NGA Pro Card	5. Crystal Crayton
2. Derek Wiseman	6. Candice Kryzaniak
3. Aaron Bergthold	7. Violet Holmes
4. Jacob Force	Men's Physique - Debut
5. Jake Quinn	1. Brandon Baxter
6. Rob Seaman	2. Erick Janik
Men's Physique – Open Tall	3. Joe Pellowski
1. Brendon Buff	4. Jay Akcay
Overall & NGA Pro Card	5. Jacob Force
2. Jeremy Tippey	6. Ryan McGovern
3. Eric Janik	7. Jake Quinn
4. Joe Pellowski	8. Rob Seaman
5. Jay Akcay	Men's BB - Debut
6. Ryan McGovern	1. Michael Cortese
Men's BB – Open LW	2. Corey Garza
1. Zach Welch	3. Jerverous Johnson
Overall & NGA Pro Card	4. James McKenzie
2. Joe Miksan	5. Shane Hawley
3. Brent Julius	6. John Shea

Bikini - Novice	2. Nina Lascano
1. Amanda Crawford	3. Harmony Danner
2. Julie Jacobs	Figure - Open
3. Heather Matthews	1. Rochelle Knight
4. Olivia Riggins	NGA Pro Card
5. Monica Morello	2. Katelyn Hunt
6. Laura Herrera	3. Jonalyn Marelic
7. Cassie Maguire	4. Yelena Bredikhina
8. Mindy Teschner	5. Brianna Valencourt
Men's Physique - Novice	6. Emily Barnes
1. Brendon Buff	Women's Physique - Open
2. Brandon Baxter	1. Jonalyn Marelic
3. Erick Janik	2. Yelena Bredikhina
4. Jeremy Tippey	3. Bonnie Wang
5. Joe Pellowski	Women's BB - Open
6. Aaron Bergthold	1. Jonalyn Marelic
7. Jay Ackey	2. Bonnie Wang
8. Jacob Force	Men's Physique - Open
9. Ryan McGovern	1. Robert Hanley
10. Jake Quinn	2. Ron Yamaguchi
11. Rob Seaman	Men's Physique - Masters
Figure - Novice	1. Ron Yamaguchi
1. Jessica Huffman	Bikini - Debut
2. Tiffany Linton	1. Elizabeth Stevens
3. Stephanie Mulvaney	2. Nina Lascano
4. Crystal Crayton	3. Harmony Danner
5. Taylor Black	Figure - Debut
6. Tara Messer	1. Katelyn Hunt
7. Kaitlyn Ryan	2. Brianna Valencourt
8. Bianca Jones	3. Emily Barnes
9. Candice Kryzaniak	Women's Physique - Debut
10. Violet Holmes	1. Heather Taplin
Men's BB – Novice LW	Men's Physique - Debut
1. Michael Cortese	1. Robert Hanley
2. Matt Estock	Men's Teens
3. James McKenzie	1. James SanNicolas
Men's BB – Novice MW	Bikini - Novice
1. Rene Garza	1. Elizabeth Stevens
Men's BB – Novice LHW	2. Nina Lascano
1. David Hammond	3. Harmony Danner
Overall	Figure - Novice
2. Jerverous Johnson	1. Rochelle Knight
3. Shane Hawley	2. Katelyn Hunt
Men's BB – Novice HW	3. Brianna Valencourt
1. John Shea	Women's Physique - Novice
Men's BB – Teens	1. Yelena Bredikhina
1. Corey Garza	2. Bonnie Wang
2. Jerverous Johnson	Men's Physique - Novice
NGA Physiques Northwest Championships	1. Robert Hanley
May 21, 2016	Transformation
NGA Promoter: Marlina Velasco	Jonalyn Marelic
Bikini - Open	Winner
1. Elizabeth Stevens	Emily Barnes
	Heather Taplin
	Bonnie Wang

NGA Pro/Am RAIN Western State Championships
 May 21, 2016
 NGA Promoters:
 Paul & Sandra Hickey

PRO Bikini

- Chelsea Patterson
- Brooke Mangum

PRO Figure

- Jo Lawrence
- Chrissy Reyna
- Veronica Malloy
- Kari Webster

PRO Men's BB

- Elvir Tatarevic
- Stephen Butterfield
- Mark Tilden
- Ron DeBry

Bikini - Open A

- Jamie Hatch
- Tia Green
- Rachel Gonzalez
- Brittany Stoddard
- Tricia Buss
- Stephanie Hughes
- Tess Vrska

Bikini - Open B

- Madalena Ragilone
- Anna Geist
- Christine Lilywhite
- Melissa Saccani
- Sharamie Nelson
- Laci Ball
- Brittany Anderer

Bikini - Masters

- Anna Geist
- Tricia Buss
- Nicole Kashino

Figure - Open

- Krystal Weidman
- Robin Belnap
- Holly Barraclough
- Erica Escalante

Figure - Masters

- Robin Belnap

Women's Physique - Open

- Karen Rager

Men's BB - Open LW

- Nafe Hosea
- Edwardo Molina
- Christopher Knight
- Jared Hatch

Men's BB - Open HW

- Tyson Davis
- Tim Christensen
- Omar Pooele
- Micah Gogan
- Chris Thredgold
- Gary Rager

Men's BB – Masters

- Nafe Hosea
- Ray Ross
- Gary Rager

Bikini - Novice A

- Rachel Gonzalez
- Brittany Stoddard
- Stephanie Hughes
- Nicole Kashino
- Tess Vrska

Bikini – Novice B

- Christine Lilywhite
- Melissa Saccani
- Amber Clarke
- Brittany Anderer

Bikini - Moms

- Jamie Hatch
- Brittany Stoddard
- Christine Lilywhite
- Tricia Buss
- Tess Vrska

Bikini - Women in Uniform

- Stephanie Hughes

Figure – Novice

- Krystl Weidman
- Erica Escalante

Figure - Moms

- Krystl Weidman
- Erica Escalante

Men's BB - Novice

- Mario Corrales
- Micah Gogan
- Chris Thredgold

NGA 36th Annual Annapolis Championships

May 22, 2016

NGA Promoters:
 Pam & Sarah Spindel

Bikini - Open Short

- Kiraly Krisztiha
- Megan Von Kolnitz
- Gigi Carnes

Bikini - Open Tall

- Samantha Saxton
- Jessica Paine

Bikini - Open Tall

- Gigi Carnes

Figure - Open Short

- Tyneka Pack
- Ada Chan
- Amy Nguyen
- Carol Brecht
- Sandra Eller

Figure - Open Tall

- Gifty Weefur
- Sarah Stanley

Figure - Masters 35+

- Ada Chan
- Carol Brecht
- Sandra Eller

Women's Physique - Open

- Myra Mackall

Men's Physique - Open LW

- Joshua Lewis
- Kevin Abbey
- Carter Huddleston

Men's Physique - Open MW

- Dominic Belnomi
- M.J. Linkous
- Eili Kaganoff
- Thomas Ellis

Men's Physique - Open HW

- Dexter Phillip
- William Minor

Men's BB - Open LW

- Kevin Abbey
- Garth Richmond

Men's BB - Open MW

- Matthew Owen
- Michael Dalton

Men's BB - Open LW

- Kevin Abbey
- Garth Richmond
- Michael Dalton
- Patrick Bailey
- Dominic Belnomi
- Austin Torggler
- Eili Kaganoff

Men's BB - Open LHW

- Bruce Simpson

Men's BB - Open HW

- Patrick Brown
- Adrian Harley
- Toby Wolfe

Men's BB – Masters LW 35+

- Michael Dalton
- Patrick Bailey
- Keith Kimmons
- Lorenzo Mesina, Jr.

Men's BB – Masters HW 35+

- Bruce Simpson

- Patrick Brown
- Adrian Harley

Men's BB - Masters 50+

- Bruce Simpson
- Garth Richmond
- Marcus Charleston
- Toby Wolfe

Men's BB – Masters 60+

- James Webb

Bikini - Novice

- Kiraly Krisztiha
- Megan Von Kolnitz
- Charity Webb
- Lilytte Tagala
- Jessica Paine

Figure - Novice

- Ada Chan
- Gifty Weefur
- Sarah Stanley
- Ay Nguyen
- Carol Brecht

Men's BB - Novice LW

- Dominic Belnomi
- Austin Torggler
- Kevin Abbey
- Eili Kaganoff
- Keith Kimmons

Men's BB - Novice HW

- Bruce Simpson
- Patrick Brown
- Adrian Harley
- Toby Wolfe

NGA Pro/Am Abraham Fitness Championships

May 28, 2016

NGA Promoter:
 Abraham Oluwole

PRO Bikini

- Gaby Dominguez
- Lori NewDby
- Shannon Markin

PRO Figure

- Shakira Turner

PRO Men's Physique

- Antony Richburg
- Catt Campbell
- Thomas Lazier, Jr.
- Mustafa Hunbuthathah

PRO Men's BB Masters

- David Weinstock
- Desmond Phillips
- Kevin Wakefield

Bikini - Open Short

- Shannon Mocer

NGA Pro Card

- Joy Smith
- Roberta Faresi
- Tanya Taneva
- Dayle Lloyd

Bikini - Open Tall

- Jasmine Flores

Overall & NGA Pro Card

- Zoey Panzarino
- Amey Sanders
- Olga Grinyuk

Bikini - Masters 35+

- Joy Smith
- Tanya Taneva
- Janelle Rosenfeld

Bikini Model - Open

- Gaby Dominguez
- Amey Sanders
- Jasmine Flores
- Joy Smith
- Shannon Markin
- Roberta Faresi

Figure - Open

- Julie Peerson
- Carla Richardson
- Patti Mamula
- Amanda Wendel

Figure - Masters 35+

- Julie Peerson
- Patti Mamula
- Amanda Wendel

Women's Physique - Open

- Carla Richardson

Men's Physique - Open

- Jake Louke
- NGA Pro Card
- Giovanni Andujar
- Ali Alnajdi
- Chelsey Dugazon
- Kyle Botts
- Frandlely Bertrand

Men's Physique - Masters 40+

- Giovanni Andujar

Classic Physique - Open

- Roman Romanenko
- NGA Pro Card
- Joseph Vorobyou
- NGA Pro Card
- Catt Campbell
- Ali Alnajdi
- Mustafa Hunbuthathah
- Kevin Wakefield

Men's BB - Open LW

- Chris Casabal
- Joseph Carbone
- Dylan MacEwen

Men's BB – Open MW

- Oscar Munoz

Overall & NGA Pro Card

- Roman Romanenko
- Joseph Vorobyou
- Desi Brown
- Zachary Munoz

Men's BB - Masters 40+

- Desi Brown

Bikini - Debut

- Olga Grinyuk

Figure - Debut

- Julie Peerson
- Amanda Wendel

Men's Physique - Debut

- Ali Alnajdi
- Chelsey Dugazon
- Frandlely Bertrand
- Kyle Botts
- George Matthews

Bikini Novice

- Zoey Panzarino
- Shannon Mocer
- Joy Smith
- Olga Grinyuk
- Roberta Faresi

Figure - Novice

- Julie Peerson
- Carla Richardson
- Amanda Wendel

Men's Physique - Novice

- Jake Louke
- Kyle Botts
- George Matthews

NGA / FIBBN Italian Championships Finale

May 29, 2016

NGA Promoter:
 Marco Zanetti, FIBBN Pres

Figure - Open

- Krajewska Mariola
- Pedroni Anna
- Colella Liliana
- Vecchi Valeria
- Massimiani Loredana

Fitness Model

- Capiaghi Emanuele
- Generali Simone
- Lispi Leonardo
- Cerasani Vincenzo
- Signorini Alessandro

- Cicchini Andrea

Bikini - Open

- Colella Liliana

Women BB - Open

- Padovan Daniela
- Massimiani Loredana

Men's Physique - Open A

- Laveli Moreno
- Marino Cosimo
- Lavelli Gabriele
- Marino Fabio
- Cicchini Andrea

Men's Physique - Open B

- Emanuele Capiaghi

Overall & Pro Card

- Alessandro Bo
- D'ascanio Andrea
- Bartolini Ivan
- Malvasi Gianlorenzo
- Digironimo Daniele

Classic Physique - Light

- Grupillo Michele
- Crisantemi Sergio
- Cianfaglion Antonio
- Demitri Antonio
- Grego Gabriele
- Bellini Enrico

Classic Physique - Medium

- Dicamillo Luigi

Overall & Pro Card

- Marino Cosimo
- Februo Andrea
- Discristofaro Jonny
- Fabio Marino

Classic Physique - Heavy

- Capobianco Antonio
- Chiarottin Turi
- Parisse Massimiliano

Men's BB - Open

- Reggi Gabriele
- Overall & Pro Card
- Dicarlo Roberto
- Capobiano Antonio
- Bellini Enrico
- Discristofaro Jonny

Men's BB - Masters

- Grupillo Michele
- Ventaloro Marco
- Nocera Angelo
- Addato Michele

Men's BB - Juniors

- Minante Patrick
- Locrati Davide
- Torresin Riccardo
- Rampiconi Alessandro

- Dayle Lloyd

NGA Natural Mr. & Ms. California Championships

June 11, 2016

NGA Promoter: Johnny Carrero

Bikini - Open Short

- Zamira Powers
- Harun Nukui
- Micah Blakely
- Annette Bauer
- Stephanie Dean
- Julie Jordan

Bikini - Open Tall

- Janelle Bailey

Overall & NGA Pro Card

- Alesya Corsetti
- Tiana Neff
- Tracey Anderson
- Haley Lane
- Jessica Bamber Ryan

Bikini - Masters 40+

- Annette Bauer
- Tracey Anderson
- Ginger McGuinness

Figure - Open

- Kelly Clark
- Lucinda White
- Yvette Grabis

Figure - Masters 40+

- Kelly Clark
- Lucinda White

Men's Physique - Open A

- Juan Mendoza
- Julio Hernandez
- Tony Pratt

Men's Physique - Open B

- Tyler Spangler

Overall & NGA Pro Card

- Mark Stray
- Aaron Albor
- Robert Fagerness

Men's Physique - Masters

- Mark Stray
- Robert Fagerness

Men's BB Open - LW/MW

- David Reta
- Mike Sevilla
- Aaron Albor
- Scott Warden
- Tony Pratt

Men's BB Open - LW/HW

- Ryan Huffman
- Overall & NGA Pro Card
- Aaron Whitten

3. Luke Cassereau Men's BB - Masters 40+ 1. Aaron Whittel Overall & NGA Pro Card 2. Scott Warden 3. Tony Pratt 4. Ralph Allen Men's BB - Grand Masters 50+ 1. Robert Fagerness 2. John Smrstik Bikini - Teen 1. Janelle Bailey 2. Haley Lane NGA Pro/Am North Jersey & Women's Extravaganza June 25, 2016 NGA Promoter: Paul Hendricks PRO Bikini - Open 1. Alicia Salzbach PRO Figure – Open 1. Christine Tama 2. Jennie Laurent 3. Melissa Johnson 4. Marielizabeth Rueger PRO Figure - Masters 1. Christine Tama 2. Melissa Johnson PRO Women Physique - Open 1. Heather Lewis-Formichella PRO Men BB - Open 1. Randy Landrum 2. Zaius Eason 3. William Rudart 4. Matthew Owen Bikini - Open Short 1. Sabrina Craig Overall & NGA Pro Card 2. Megan Von Kolnitz 3. Jackie Mergner 4. Roberta Vascos Bikini - Open Tall 1. Christine Dorrien Bikini - Masters 35+ 1. Christine Dorrien Figure - Open Short 1. Sherry Perper Overall & NGA Pro Card 2. Rochelle Atengco 3. Megan Von Kolnitz Figure - Open Tall 1. Kyla Blazek 2. Vernecia Adams Figure - Masters 35-44 1. Kyla Blazek	2. Lauren Santarlaschi Figure - Masters 45+ 1. Sherry Piper Women's Physique - Open 1. Christine Tama 2. Vernecia Adams Men's Physique - Open LW 1. Kevin Rhein 2. Jean Cheridant Men's Physique - Open MW 1. Jude Cassion Overall Classic Physique - Open 1. Justin Barrow NGA Pro Card 2. Louie Urbano NGA Pro Card 3. David Sheldon 4. Bryan A. Dozier 5. Chase Sheldon 6. Ayman ElCheikh Ali Men's BB - Open LW 1. Nicholas Licameli 2. Kevin Rhein 3. Ayman ElCheikh Ali Men's BB - Open MW 1. Bill Shifflor Overall & NGA Pro Card 2. Justin Barrow 3. Louie Urbano 4. Mark Cato 5. Christopher Clarke Men's BB - LHW 1. David Sheldon 2. Shaun Parker Men's BB - HW 1. Dante' R. Poole 2. Selvon Bruce Whatley Men's BB - Masters 35-45 1. Bill Shifflor Overall & NGA Pro Card 2. Selvon Bruce Whatley 3. Ayman ElCheikh Ali Men's BB - Masters 46-55 1. David Sheldon 2. Rob Tursi Bikini - Debut 1. Sabrina Craig 2. Roberta Vascos 3. Maria Andino Figure - Debut 1. Rochelle Atengco 2. Kyla Blazek 3. Lauren Santarlaschi Men's Physique - Debut	1. Jude Cassion Men's BB - Debut 1. Mark Cato 2. Chase Sheldon Bikini - Novice 1. Jackie Mergner Figure - Novice 1. Sherry Perper 2. Megan Von Kolnitz Men's BB - Novice 1. Justin Bamon 2. Christopher Clarke 3. Mark Cato 4. Chase Sheldon 5. Ayman ElCheikh Ali 6. Rob Tursi NGA Titan Classic June 25, 2016 NGA Promoter: Jason Kaiman Bikini - Open 1. Ashley Noland 2. Jaime Quinn 3. Olivia Rochford 4. Justean Allen Figure - Open 1. Keather Geisler 2. Kaite Kalisek Men's Physique - Open 1. Nouvel Alzaher NGA Pro Card 2. Dennis Baltzell 3. Chris Lynch 4. Scott Gosselink 5. Garet Germundson 6. Harris Jakupovic 7. Robert Gomez Men's BB - Open 1. Jesup Fritsch NGA Pro Card 2. Wes Loffstrom 3. Michael Snyder 4. Matt Estock 5. Aldan Beslagic 6. Frank Jacobs 7. Chris Jones 8. Collin Quinn Men's BB - Masters 40+ 1. Michael Snyder 2. Frank Jacobs Bikini - Novice 1. Jaime Quinn 2. Liv Rochford 3. Justean Allen 4. Hannah Flanagan	Figure - Novice 1. Heather Geisler 2. Katie Kalisek Men's BB - Novice 1. Michael Snyder 2. Aldan Beslagic 3. Chris Jones 4. Collin Quinn Bikini - IA Residents ONLY 1. Ashley Noland 2. Jaime Quinn 3. Olivia Rochford 4. Justean Allen Men's BB - IA Residents ONLY 1. Michael Snyder 2. Aldan Beslagic 3. Chris Jones 4. Collin Quinn NGA “Old Navy” Natural Pro/Am Classic July 9, 2016 NGA Promoters: Scott Hults and Michael Jackson PRO Figure - Masters 1. Melanie Coleman 2. Amanda Perron PRO Men's BB Grand Masters 1. David Weinstock 2. Bufard Pigg 3. Randall Pickering 4. Curtiss Jones PRO Men's BB - Masters 1. Darryle Lee 2. Kevin Whaley 3. Gary Hinton 4. Ezekiel Davis 5. Paul Redmer 6. David Weinstock 7. Brian Hamby Bikini - Open 1. Zoey Anders NGA Pro Card 2. Melissa Merritt 3. Jill Miller 4. Marcy Ross 5. Diane Hamby 6. Darlene Karst Best Entertainer Bikini – Masters 35+ 1. Melissa Merritt 2. Jill Miller 3. Diane Hamby 4. Darlene Karst Figure - Open & Novice
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1. Quinchela Dent-Hess 2. Liz King 3. Monica Kampel Women's BB - Masters 1. Penny Gregory Men's Physique - Open 1. Chris Tippins NGA Pro Card 2. James Lowery 3. Derek McClain 4. Matt Leo 5. Matthew Trimble 6. Jeffrey McKitt 7. Josh Hallisey 8. Perry Navarro-Davis Classic Physique - Open 1. Perry Navarro-Davis NGA Pro Card 2. Matthew Davis NGA Pro Card 3. Zac Aldridge 4. Maltiece O'Neal El 5. Chris Tippins 6. Douglas, Owens 7. Matthew Nelson Classic Physique - Masters 1. Tony Gray NGA Pro Card 2. Brian Hamby 3. Jerry Wilson 4. Randall Pickering 5. Melton Harrell Men's BB – Open LW 1. Paul Redmer NGA Pro Card 2. Scott DeVaughn 3. Welsey Nelson 4. Josh Rabon 5. Bernard Cunningham Men's BB – Open MW 1. Chris Tippins Overall & NGA Pro Card 2. Maltiece O'Neal El 3. Will Glen 4. Matthew Nelson 5. Curtis Jones Men's BB - Open LHW 1. Douglas Owens Best Entertainer 2. Zac Aldridge 3. Tony Gray Men's BB – Open HW 1. Perry Navarro-Davis NGA Pro Card 2. Matthew Davis	3. Brian Hamby 4. Jake Phillips 5. Goodletttsville 6. Judah Lando 7. Eric Avancier Men's BB - Masters 60+ 1. Jerry Wilson 2. Melton Harrell Men's BB - Novice 1. Scott DeVaughn 2. Wesley Nelson 3. Will Glenn NGA Pro/Am Lebanon Valley Championships July 16, 2016 NGA Promoter: Paula Franklin PRO Bikini 1. Shadonne Legree PRO Figure 1. Michelle Buggs 2. Christine Tama 3. Lorraine DePass 4. Alicia Coleates PRO Figure Masters 1. Christine Tama 2. Lorraine DePass PRO Physique - Women 1. Marjorie Norland 2. Christine Tama 3. Lorraine DePass PRO Classic Physique 1. Umar Jones 2. Kenneth Green PRO Physique - Men 1. Jason Prophet 2. Justin Taylor 3. Dimitri McKamey, Jr. 4. Bryan Dozier PRO BB - Men 1. Randy Landum 2. Umar Jones 3. Kristopher Troup PRO BB - Masters 1. Randy Landum Bikini - Open 1. Ineika Jett NGA Pro Card 2. Crystal Woods 3. Teresa Morre 4. Marjari Smith 5. Brianna Saccurato Figure – Open Short 1. Emily Brown Figure – Open Tall	1. Ebony Fenstermaker 2. Rebekah Doran Men's Physique - Open 1. Ray Ricke Classic Physique – Open 1. Dimitri Mckanye, Jr. Men's BB - Open LW 1. Nicholas Licameli Overall & NGA Pro Card Men's BB - Open MW 1. Kenneth Green 2. Christopher Clark Men's BB - Open LHW 1. Michael Grella 2. Tim Zimmerer Men's BB - Open HW 1. Mark Hawkins 2. John Grabusky Men's BB - Masters 1. David Richardson NGA Pro Card 2. Kenneth Green 3. Tim Zimmerer 4. Mark Hawkins 5. John Grabusky Bikini - Novice 1. Crystal Woods 2. Paula Green 3. Marjari Smith 4. Brianna Saccurato Bikini - Kids 1. Rachel Tama Bikini Model - Novice 1. Crystal Woods Men's Physique - Debut 1. Ray Ricke 2. Mitchel Francis Classic Physique - Novice 1. Bryan Dozier 2. Ray Ricke Men's BB- Novice 1. Tim Zimmerer 2. Christopher Clark Men's BB - Juniors 1. Christopher Clark Men's BB – Military, Police, Fire 1. Randy Landum Bikini – Military, Police & Fire 1. Shadonne Legree 2. Paula Green NGA 5th Annual Mr. & Ms. Sioux Empire Championships July 16, 2016 NGA Promoter: Warren Egebo	Bikini - Open A 1. Amber Johnson 2. Nicky Kennedy 3. Kelly Vuong Bikini - Open B 1. Julie Cooper Overall & NGA Pro Card 2. Amber Wickstrom Bikini - Master 1. Amber Johnson 2. Julie Cooper 3. Kelly Vuong Figure - Open 1. Jennifer James Best Poser & Best Abs 2. Dawn Baumgartner Women's Physique - Open 1. Karen Harris Women's Physique - Masters 1. Karen Harris Men's Physique – Open LW 1. Casey Nicell 2. Peyton Reynolds 3. Cuong Nguyen Men's Physique – Open MW 1. Andre Handy Overall & NGA Pro Card 2. Jerome James 3. James Brown Classic Physique - Open 1. Jared Anderson 2. Jerome James 3. James Brown 4. Rev. Mark Ellingson Classic Physique - Master 40+ 1. Jerome James 2. Brad Reynolds Classic Physique – Master 50+ 1. Jerome James 2. Rev. Mark Ellingson 3. Brad Reynolds Men's BB - Open LW 1. Cuong Nguyen 2. Brad Reynolds Men's BB - Open MW 1. Jerome James 2. James Brown Men's BB - Open HW 1. Matt Mirowski Overall & NGA Pro Card 2. Jared Anderson Men's Physique - Junior 1. Peyton Reynolds 2. Casey Nicell Men's BB – Novice
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1. Matt Mirowski Overall	2. Kristopher Troup Bikini - Open 1. Morgan Roselli 2. Suzanne Lopez 3. Veronika Bogdanets Figure - Open Short 1. Emily Brown Figure - Open Tall 1. Ebony Fenstermaker Overall Women's Physique - Open 1. Shannon Pugh Men's Physique - Open LW 1. Ray Ricke Men's Physique - Open MW 1. Patrick Carr Men's Physique - Open HW 1. Dominique Pardovani 2. George Grimes	3. Fernando Titus Classic Physique 1. Patrick Carr NGA Pro Card 2. Dominique Pardovani NGA Pro Card 3. Jeff Scavo 4. Randy Landrum 5. Ray Ricke Women's BB - Open 1. Shannon Pugh Men's BB - Open MW 1. Kevin Whitehead 2. Jeff Scao Men's BB - Open LHW 1. Lee Meyers 2. Alvis Vaughan Men's BB - Open HW 1. John Chelednik Overall & NGA Pro Card Men's BB Grand Masters 60+	1. Alvis Vaughan Bikini Debut 1. Suzanne Lopez Figure Debut 1. Tia Dudukovick Men's Physique Debut 1. Pardovani Dominique Bikini Novice 1. Morgan Roselli 2. Veronika Bogdanets Figure Novice 1. Tia Dudukovick Men's Physique Novice 1. George Grimes 2. Fernando Titus Men's BB Novice 1. Lee Meyers 2. Kevin Whitehead
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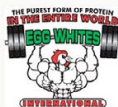
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