NGA Dave Spindel Pro Classic and Potomac Cup

Freedom High School, Woodbridge VA

August 2nd 2014

Promoters: Pam & Sarah Spindel

Head Judge: Medina Roberts

I write general comments and reviews for all my shows. I was the head judge for this show and wrote down my notes as best I could but it was more difficult while head judging. I apologize if the notes are a little less than usual. My business partner, Mo, helps translate the scribble and “Medina” English into something hopefully you all understand. It is her writing in these notes and I want to explain this now. We composed an index of terms for many of you to read and see more than just your individual comments. If you have more questions, please email at mandmxtreme@gmail.com. I particularly would like you to contact me if you have specific questions when I make comments on your posing. I offer clinics and work with clients sometimes who just want the posing coaching so please do not be shy or hesitate to contact for further assistance or clarification. We will be hosting a lot more through our Facebook page and advertising too see check out our Facebook page on <https://www.facebook.com/mandmxtreme?ref=hl> and <https://www.facebook.com/NGAHistoric?ref=hl>

Also I will be judging more shows and promoting the first annual “Historic Fredericksburg” next October which is a pro-qualifier and two shows in one which is 2X the opportunity to gain pro cards. Visit our website to register and facebook page: [www.mandmxtreme.com](http://www.mandmxtreme.com) to register.

Below are my comments for each competitor and explanation of terms. I use particular terminology when describing how to best improve your own physique and presentation for the stage for future shows. Below is a more extensive description of some of the terms you will see used in my reviews:

*Improve on your Conditioning*: Conditioning refers to being able to see the separation of muscle groups very clearly because the athlete has prepared his or her body in a very lean state. For men’s bodybuilder’s this can be as low as 2-4% body fat and the striations and vascularity are visible. When I give feedback to improve conditioning, I am referring to how you may need to try a different type of diet for next show to get to an even leaner place for stage where the muscles are popping out more and body fat is a little lower. This could also be achieved by staying 2-3 weeks longer on the same diet used for your show or finding a different diet or different approach to get leaner in your own physique and tighter on stage.

*Bigger shoulder*: In bikini competitors, I look for a swipe on the muscles to show each one and I call these peek-a-boo lines. So when I ask for bigger shoulder, I am looking for a bigger swipe on shoulder and I want that peek-a-boo lines for the bikini competitor. You need to be tight and muscular but you don’t have the deeper muscle lines like figure.

*Holding water*= Hydration is such a huge factor in training for a show and is particularly important just days before the show. The body needs enough water in its system so that the liver can metabolize stored body fat and allow the glycogen from carbs to be converted into the muscle. Competitors must consume adequate amounts of fluids particularly over a gallon or even 2 gallons because if water is restricted, the muscles actually lose their fullness. The body when dehydrated can’t burn the body fat for energy and so the excess water is stored under the skin which is what is referred to as “holding water”. It smooths out the appearance of the skin so that the athlete won’t be looking as hard. Restricting the water causes the body to hold it. If water is being flushed out of the system, the muscles shrink and lose that full look..And so to counter that, many athletes “carb up” with the belief that the muscle is being fed with glycogen to improve its shape and fullness and create better muscle separation. When the athlete tries to do this in a dehydrated state, the carbs get converted to glucose but the glucose is not able to enter into the muscle unless there is enough water for the chemical reactions to occur that allow the muscle to convert the glucose. So the glucose is converted to stored fat which is not the intention of the athlete. I know this is the opposite of what you are trying to do.

Often times, holding water happens with the gluts particularly. Many of athletes start to carb up too early and so the glute muscles begin to hold water. The muscles then don’t look as tight on stage as a result of some change happening in your diet and hydration.

*Overall muscle size body* = Your symmetry and muscle definition is great! But in your line-up with bigger guys in bodybuilding, I need more overall muscle size as you are stacked up with the other competitors so that next time you can place higher to be rewarded for your amazing body and hard work. I would recommend performing high load and low reps for a heavy off season regimen to build that muscle size. Whenever I refer to overall muscle size, I am recommending you to lift very heavy in your off season competition prep overall and to feed the muscle as well to gain muscle size for future shows.

*Bigger particular muscle size* = Keep up with those squats, deadlifts, and lunges if I am asking for more muscles in your legs like glutes and hamstrings. I would recommend performing high load and low reps for a heavy off season regimen to build that muscle size. I describe what needing bigger shoulder is in a different section. Mostly I ask for you to work on building a particular muscle because it helps give you better symmetry and more balanced look in whatever class you are competing. Each class for bodybuilding, physique, figure, and bikini, needs to have the muscle lines either “peeking” out like in bikini or very designated and deep like bodybuilders. So, each athletes’ feedback will be different for muscle size based on what class he or she is competing in and how his or her own body is built and presented on stage. The athletes goal should be to create that symmetry which I talk about below so I look for even, balanced physique.

*Better symmetry*= Symmetry in a physique means that the muscle mass is distributed evenly for a balanced look. Symmetry can be determined partially through genetics and is influenced by body type too. Knowing one’s body type and predisposition through genetics is part of learning how to improve your symmetry. The judges feedback to build more of a particular muscle group size is to help create more symmetry and balance in your look. For those with more of an endomorphic type (pear shape and larger waist) physique, diet, cutting weight to become leaner and particularly working on the abs will often be the focus. Ectomorphic types (small bones, long arms, and naturally leaner) typically need to really focus on arm size because it is a problematic area.They will also need to focus on overall weight gain. The ectomorph has a small bone structure which can enhance symmetry by creating an illusion of greater size. So genetics do play a factor so I can give feedback on how to help get better symmetry through gaining size in a certain muscle group, but genetics does have a role on inherently working to one athlete’s advantage over another based on body type. The mesomorph, narrow waisted/broad shouldered and muscular, is at the best advantage for their genetics predispose them to be leaner and most muscular naturally. To help you develop better symmetry, I look at your body type and identify the weak points and recommend which muscle groups to develop more fully for better symmetry.

Amateur

**Men’s Novice (Light/Middleweight/Heavy)**

**#**28- I placed third. You have amazing potential and are a great athlete with a good body for the stage. To improve, I want to see more muscle definition and separation by preparing for the show with a little more improved conditioning (this means a little longer on your diet or a slight change in your approach). I see particularly the areas in your legs, your quads, are your tough area because it looked a little like you were holding water. Please read my general notes for all competitors on holding water. With a little more conditioning and slight change in your diet prep towards your next show, I know you will bring a tighter and even better look as you have much to be proud of this time around and look forward to seeing you again!

#29- I placed seventh. You have much to be proud of and were in a great class out there. I would like your off season homework to be to work on building bigger quads and glutes, so there would be lots of heavy squats and leg extensions and presses in your workouts. Practicing your posing to be a little more smooth and show off your body in the best way possible will also help you in the future. Keep working hard!

#30- I placed fifth. Wow, at 18 years of age, you definitely impress me with your potential and great body especially your shoulders! To help with your symmetry, I would like you to build your glutes and practice a slightly different or longer approach with your diet in your next contest prep to get a little tighter for stage and I noticed your glutes holding a little water. This is not uncommon in those closing hours before show for men’s bodybuilders and please see my general notes on this. Way to go, be proud, and keep coming back!

#31- I placed second. Your overall muscle symmetry and size was very impressive and you brought a great look and presentation to stage! To improve for next show, I would recommend staying a little longer on the diet or making slight changes to give you an even tighter look. You already look so great and I want to see just a little tighter physique for it is about improving that look on stage each time and I congratulate you on a great look today and look forward to seeing you again!

#32- I placed fourth. I loved judging you on stage...I loved your energy and your look. What I would like to see bigger to help your shape and symmetry is to build your quads in the off season; so, I’m giving you homework to lift heavy on those squats, presses, and extensions. I feel you looked even better in the evening so take note of your nutrition and hydration through out the day to help with future shows. Congrats and hope to see you again!

#33- I placed you first. You have a great body for stage and especially an amazing back! Your symmetry was really great too! My feedback to improve would be to focus just a little more on getting a little tighter look for stage overall by just a little longer on the diet as I noticed you were holding a little water in your legs. Keep competing and coming back, you have great look and confidence in this sport!

#34- I placed you sixth. You had an even better look in the evening portion of the show. This means your meal plan post pre-judging helped you get a better, tighter, fuller look for evening portion so take note of exactly what you did and ate after the morning portion so that you can repeat that in your next pre-judging contest prep. Many times change happens between these two portions of the show and for you it was a better change. You have a great body and potential, and I would like you to build your quads in the off season to help get more of a line in muscle separation and improve your symmetry. Pleasure to judge you and keep coming back! Best of luck!

#35- I placed you eighth and want to recognize that this was a bigger class and you all did a great job! To help you improve, I would recommend for your physique, to build overall more muscle with a heavy off-season lifting program. To improve your presentation, practice those mandatory poses a little more in your next contest prep to bring you to a greater level of condfidence and smooth presentation of your body in the best way possible to all of us judges. Wish you luck and hope to see you again!

**Novice Figure**

#38- You have such great symmetry and great potential in this sport. In your first time out, I really congratulate you for your hard work and presentation and what you brought to the stage. For improvement, I would recommend working on building more in your glutes and quads to create a more visible line her in muscle definition. You are a gorgeous young lady~ Keep working hard and congrats again!

#39- You also have such great potential! You have great glutes and legs and I would like to see your glutes even just a little tighter on stage next time and see my general comments above on feedback about how to get a little tighter as this often means a slightly different approach or length of time on your diet. Overall, a little leaner look for stage and working on building bigger shoulders in the off season will help you improve next time. Keep going and I look forward to seeing you again!

#40- I congratulate you on your wonderful presentation. I loved your smile and posing. You have an amazing body and showed it off well in the best way possible. To improve, I recommend a slight change in your diet approach in contest prep or stay on it a little longer to get tighter in your glutes particularly. Keep working hard, you have a great body!!

**Men’s Master’s (35+ Lightweight)**

#43- I placed you fourth and feel as I have seen you before in judging that this time you looked your best ever! To improve, see my general notes on getting bigger overall. This will help you for future by concentrating on a very heavy overall lifting regiment to gain size. The sport is about continuing to improve your physique and presentation each time for stage and I am so happy to keep seeing you doing just that. Be proud and keep going.

#44- I placed you fifth. You have a lot of potential and I want you to keep going because you have good quality muscle. And to improve I recommend building your abs a little deeper and feeding your muscles to make them fuller for next time. This could mean a slightly different approach in your diet prep especially in last few days before stage. Your body looks great, you have an amazing back and so much room for growth in this sport. So focus on those areas to build and work on your posing particularly in your back pose, to open it, and show off in the best way possible. Keep working hard because you have a great body and potential!

#45- I placed you third. I really liked your back and your physique. The area to improve is in your posing because you were closing your back in your presentation so your posing did not show off your body in the best way. Work to improve this part in your overall presentation on stage and in off season, I recommend working on heavy squats, lunges, and exercises to build your glutes. Keep going, you have great potential!

#46- I placed you second. You have a great physique, especially your back! I want to see your conditioning just a little tighter (longer or slight change on diet approach) because that will be the difference for you to bring you to next level. Keep practicing your posing to bring a confident and best presentation for your body. Great job and look forward to seeing you again!

#47- I placed you first. From my position as head judge, I recorded and remember you most for not only your amazing physique but also your routine and presentation too. Congratulations! The entire package of physique and presentation was amazing!

**Men’s Master’s (40+ Heavyweight)**

#35- I placed you sixth. See feedback from Men’s Novice.

#44- I placed you fifth. See feedback from Men’s Master’s 35+.

#45- I placed you third. See feedback from Men’s Master’s 35+.

#46- I placed you second. See feedback from Men’s Master’s 35+.

#47- I placed you first. See feedback from Men’s Master’s 35+.

#51- I placed you fourth. See feedback from Men’s Master’s 50+.

**Men’s Master’s 50+**

#50- I placed you first. I felt that you have such great potential and a great body for stage! Especially juding this class, everyone looked good! To improve, I recommend working on your diet/contest prep to either change or stay a little longer next time to get tighter in your glutes. I make general comments in my section before indivdual feedback that you may read to further clarify. Great job today and look forward to seeing you again!

#51- I placed you second. This was a great class. My recommendation to improve presentation is to wear darker tan color on stage. You can never be dark enough. You have a great physique and congrats!

#35- I placed you third. See feedback from Men’s Novice.

**Bikini**

#55- I placed second. Congratulations, you really looked great! You are gorgeous and have great conditioning. To improve, if you work on feeding your muscles with a slightly different diet/approach to give your muscles a fuller look, it would help you improve your look for stage even more. I loved your body and you glutes especially and I congratulate you, this was a beautiful class and you are a beautiful competitor.

#56- I placed first as I loved your confidence and presentation and amazing body, especially your shoulder. Great job on your posing and brining it. You looked beautiful, this was a great class! Congrats! You really brought it to stage and showed off a great body! Look forward to judging you in the future!

#57- I placed third. Congratulations. Your presentation and smile was great for stage! You are very cute and have great potential. To improve, I recommend building bigger shoulders and lifting heavy shoulder in your off season. Keep going and best of luck to you!

#58- I placed ninth. You are very cute and have much to be proud of in this show and potential to improve in the future! I would recommend a slightly different approach or change in the diet and length of time in contest prep on your diet to get overall a little leaner especially in your abs and tighter glutes. Read my general comments about this. Also, as you practice posing and presentation, the part I would like you to focus is your walk. This should be a little different to bring a more fluent, smooth and confident presentation. Keep going and good luck in future!

#59- I placed fifth. Do not hang your head in this placing, you have much to be proud of! You are very cute and did great with your smile and posing to us judges. You have great glutes- loved this part on your physique most! Now, I want you to build bigger glutes to give you even better look for stage! You got this! Please keep going in the sport, you are beautiful!

#60- I placed seventh. Do not be discouraged, this was a big class and you looked gorgeous! I do recommend to improve that you read about my general comments above on how to become tighter for stage with improved conditioning. This could be changes to your diet approach or staying longer on it. I wish you luck in the future and keep working hard!

#61- I placed fourth. You have a great body and lots of muscle! This is a good thing except that in your class for bikini, you appear just a little too masculine for stage and so you are beautiful and just need to get a little softer look by slightly changing your diet in contest prep to be a little softer on stage.

#62- I placed sixth. You are a beautiful competitor! For improvement in your physique and look for stage next time, I recommend staying on your diet longer or slightly changing it and to read my general notes on holding water because this happens to many athletes and I could tell you were holding a little longer. Also, to help with your symmetry, I’d love to see a litte more of a peek-a-boo line in your shoulder I call this so it pops just a little and peaks out more for next time! Keep working hard, you have a beautiful body!

#63- I placed eighth. You are a very beautiful competitor and I feel what will bring you even higher in your placing is if you build overall in the off season and come to stage a little fuller. Work on lifting heavy in your shoulders to also help with your symmetry. Your conditioning is great and now I’d look forward to seeing you again just a little fuller for stage! Hope to see you again and good luck!

**Figure Open**

#66- You have an amazing body and are so gorgeous! I love your curvy body and look on stage! You rocked it! To improve, I want you to work on getting tighter glutes for stage so you would slightly change the amount of time or type of diet in your contest prep for next time. Keep working hard, you look amazing!

#69- You have such a great presence on the stage and I absolutely loved your presentation! You have a great physique and amazing back! To improve, I noticed you were holding water and want you to read my general feedback on how to improve upon that with changes in contest prep diet. Also, I’d like you to work on building bigger glutes in the off season, so lift very heavy squats and lunges and presses. You are so beautiful and I want to see you back again!

#96- You did a beautiful job on stage and have much to be proud! For an even better look next time, I’d like you to work on your presentation by practicing your posing to help present your body in the best way and with more confidence. Also, building overall more muscle in off season, will help you fill out for even greater quality of muscle for future shows. Keep working hard!

**Men’s Physique**

#28- I placed first. You looked so great! I love your smile, your physique, and confidence. Congratulations!

#73- I placed you fifth. You have a great body! It is so muscular and I feel you would be great in bodybuilding! Keep working hard and I look forward to seeing you on that bodybuilding stage with different posing the body that you have on stage will be presented even better!

#74- I placed you fourth. You do have such great potential and I want you to keep working hard as your body is great, but your presentation and confidence can be improved. It is tough when beginning in the sport to not look nervous on stage and this was a little hard for you to hide in this show, so keep practicing that posing and you will feel more natural and less nervous. Smile and look at judges and be confident...you go this!

#75- I placed you third. I would give you the same advice from other competitors in your class. You have such great potential and I want you to keep working hard as your body is great, but your presentation and confidence can be improved. It is tough when beginning in the sport to not look nervous on stage and this was a little hard for you to hide in this show, so keep practicing that posing and you will feel more natural and less nervous. Smile and look at judges and be confident...you go this!

#76- I placed you second. This was a great class you have a great physique too! The part that separated you from first was confidence. I need you to bring that confidence to stage because you have a great body! Keep working hard and improve your presentation by smiling and showing your confidence to us next time!

**Women’s Open**

#79- I placed third. Wow, you looked amazing. You had such clear separation of muscle and definition and I have not seen a women’s bodybuilder with your muscle looking that ripped in a long time! You deserve to be pro for the amazing body you have and brought to stage!

#80- I placed first.

#69- I placed second.

**Men’s Open Light**

#51- I placed second.

#83- I placed first. I loved your body and judging you on stage! You have great symmetry and quality muscle. In the off season, my homework for you is to build overall more muscle size! This will improve your look even more for stage for an even better physique! Congrats and keep going!

**Men’s Open Middleweight**

#50- I placed fourth.

#44- I placed fifth. See Master’s feedback.

#47- I placed first. See Master’s feedback.

#31- I placed third. See Men’s Novice.

#33- I placed second. See Men’s Novice.

#86- I placed sixth. You have such great conditioning and I really commend you here. I want you to further work on building your confidence to show off your body when you pose with confidence and practice opening your back! My recommendation to help improve your physique for stage for next time would be to build bigger shoulder and glutes and overall more muscle size as you have great quality and conditioned muscle and now is time to just get bigger!

**Men’s Open Light/ Heavy**

#45- I placed third. See Men’s Master’s feedback.

#46- I placed first. See Men’s Master’s feedback.

#89- I placed fourth. You have such great potential! You have an amazing back and presented really well with great posing! To improve your presentation, I’d recommend coming to stage with a little darker color as your tan can never be too dark and it draws out the muscle separation better by having darker color and also to improve your physique, I recommend concentrating on building your glutes and hamstrings in the off season. I recognize potential in you as competitor and hope to see you back on stage again soon!

#28- I place second. You have amazing potential and are a great athlete with a good body for the stage. To improve, I want to see more muscle definition and separation by preparing for the show with a little more improved conditioning (this means a little longer on your diet or a slight change in your approach). I see particularly the areas in your legs, your quads, are your tough area because it looked a little like you were holding water. Please read my general notes for all competitors on holding water. With a little more conditioning and slight change in your diet prep towards your next show, I know you will bring a tighter and even better look as you have much to be proud of this time around and look forward to seeing you again!

**Men’s Open Heavy**

#92- I placed first. You all looked amazing in this group. You particularly had amazing glutes which helped win you over the rest in your class. I am most proud of you as I’ve judged you before and you looked your best in this show and that is what it is about from show to show: to improve your physique and presentation and you did that! Be proud too!

#93- I placed second. Wow, I was most impressed by your muscle size! You have an amazing body and looked even better in the evening! You looked harder and your muscle definition was even better so take note of your nutrition post pre-judging to repeat in the future. My recommendation for improvement is just to change up your diet approach in pre-judging and contest prep by staying on it longer or altering to help get you tighter for stage. Great job!

#35- I placed third. See Men’s Novice.