

2009 NATIONAL PHYSIQUE COMMITTEE ARIZONA OPEN

Achievement



Back Row L to R: Stacy Hoeder, Sharolyn Brandhagen, Tracy Seman and Amy Serrano
Front Row L to R: Kendall Kimball, Kristin Rooney, Heather Foster, Laura Rogers, Leslie Marcum, Patrice Hoeder, Brande Melton and Jennifer Golding

In an issue of *ImagesAZ Magazine* filled with pages of art, it would be remiss not to devote an article to that which has inspired artists for thousands of years – the human form. In 1490, Leonardo Da Vinci visually depicted the words of Roman architect, Marcus Vitruvius (1 BCE), in his classic drawing, the “Vitruvian Man.” Vitruvius wrote in his treatises of architecture, “De Architectura,” that the human body was the principal source of proportions for architecture, while Da Vinci’s drawing demonstrated perfect human symmetry. Today, the quest to provide artwork of perfect proportion still exists, as does the quest for perfection in physical form.

Ten ladies, who reside in the North Valley, recently competed in the “2009 National Physique Committee Arizona Open,” a body sculpting and fitness contest that examines the quest for perfection in human form. While each member had their own motivation for competing in the event, the idea of transforming their bodies into a symmetrical work of art was consistent.

“I think everyone has their own reasons for ‘why’ they want to compete in a fitness, figure, bodybuilding, or bikini contest. However, I think we’d all agree that seeing someone go through the training process and transformation is inspiring and infectious! Everyone wonders if their body could ever get that toned, cut, or defined,” Stacy Hoeder remarked of her most recent experience.

When Hoeder and fellow Sweat member, Jennifer Golding competed in the “2009 NPC Western Natural Bodybuilding Championships” back in March, it further sparked an interest in body sculpting competitions among their friends. “We had a great experience and did so well in the March show that we decided to do the following competition, which was in July. A lot of the members attended the March show and decided to jump on board and compete in the July Show also. Various members of Sweat who had serious potential or interest in resistance training were encouraged to join in,” Hoeder said. While

Sweat has had numerous competitors in the past, this was clearly the largest group to prepare for one show.

For twelve weeks, this group of ladies who vary in occupation from stay-at-home mom to business professional, trained six days a week, sometimes twice a day, and stuck to a strict diet in an effort to transform their bodies into walking masterpieces.

“We all had moments in the preparation process where times were very difficult. But, I think for me and maybe the others, it was the diet. Our diets were very strict and clean; consisting mostly of protein, vegetables, and complex carbohydrates. No sugar, salt or alcohol allowed. Protein shakes helped keep our protein and calorie intake up,” explained Hoeder. But this was where being able to rely on a close-knit team of friends, who were all going through the same experience, was beneficial.

But as the picture and following results demonstrate, the pain was worth the gain for these ladies.

Kristin Rooney - Junior Masters Short 2nd place

Tracy Seman - Figure Class E 8th place, Junior Masters Tall 3rd place

Heather Foster - Bikini tall 3rd place

Patrice Hoeder - Bikini tall 4th place

Stacy Hoeder - Figure Class D 5th place, Junior Masters Tall 9th place

Brande Melton - Figure Class B 5th place

Laura Rogers - Figure Class A 6th place

Jennifer Golding – Figure Class C 7th place, Junior Masters Short 7th place

Sharolyn Brandhagen – Figure Class E 9th place, Junior Masters Tall 8th place

Amy Serrano - Figure Class C 9th place, Junior Masters Short 11th place

March’09 NPC Natural Western USA Championship.

Stacy Hoeder - Figure Class C 2nd place and Figure Masters 2nd place

Jennifer Golding - Figure Class C 5th place

Laura Rogers, a contestant, coach, and owner of Sweat Gym commented, “There were 179 competitors at this show, which was a record. I’m so proud of the women from Sweat and what they each achieved! Collectively, we all had a great experience and individuals accomplished things that they never thought possible.”

Hoeder, who is thinking of competing again in 2010, concluded by saying “For those women that have the typical objections such as: I can’t because I work, I can’t because I have kids, or because of their schedules, the key problem is the word CAN’T!!! If you commit to yourself and have the right support from family and friends, anything is possible. You CAN do anything you put your mind to!!!”

It was that same mindset of positive imagery that inspired Da Vinci to draw, paint, and create things that were never thought possible. Da Vinci used the inspiration of Vitruvius to depict the perfection of the human anatomy in his art. These ladies found inspiration in the challenge to strive for perfection in physical form. They received motivation from a team made up of Josh and Laura Rogers and their training staff at Sweat as well as help from team consultants Kendall Kimball and Dr. Leslie Marcum, who competed themselves in November, 2008. Presentation of the human body is an art-form, perhaps nowhere is it more evident than among these contestants.

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