

# EVENT PACKET

## ARIZONA NPC

# ATHLETES & JUDGES WORKSHOP



GARY UDIT  
NPC ARIZONA CHAIRMAN  
NPC, IFBB, OLYMPIA JUDGE



FREE POSING SEMINARS  
FOR EACH DIVISION

"WHAT ARE THE JUDGES  
LOOKING FOR?"

PRESENTED BY:

- GARY UDIT (NPC ARIZONA CHAIRMAN)

IFBB PRO Q & A

### SPECIAL GUESTS

GARY UDIT  
ANDREA SHAW  
WHITNEY JONES  
JAKE WOOD  
LENDI MURRAY  
ALINA POPA  
ALEX SACASA

# MARCH

9:00  
AM

# 14 20 26



RSVP in advance by following the link at [wingsofstrength.net/npcaz2026/](http://wingsofstrength.net/npcaz2026/)

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*Toxic Angelz  
Bikinis*



WOLFpak

**BUM**  
ENERGY

**THE BAR**  
PROTEIN BARS

WEIGHT  
**WR**  
ROOM

SUNNS  
COFFEE  
CO. 2025



STAY PAWSH  
— PET SITTING —

SudzZen  
Naturals



UPSIDE FITNESS  
— MOVEMENT & STRENGTH —



*Fitness By Aims*  
LIFESTYLE. FITNESS. NUTRITION



THE DIAMOND  
STANDARD  
Health. Optimized.

UNCONTAINABLE

**muscle**egg

**fungies**



FIRESTONE PHYSIQUE COACHING



**AK SPORTS  
NUTRITION**



# **ATHLETES & JUDGES WORKSHOP**

## **AGENDA**



**8:00 AM**

**DOORS OPEN**

**9:00 AM**

**WELCOME ANNOUNCEMENTS**

**9:30 AM**

**CONTEST RULES & TIPS**

**10:00 AM**

**WHAT ARE THE JUDGES LOOKING FOR**

**10:30 AM**

**PREPPING FOR A SHOW!**

10:30AM: TANNING (PRO TAN)

11:00 AM: WOMEN'S SUITS (COLLECTIONS BY COLLINS)

**12:00 PM**

**Q+A WITH IFBB PROS**

**1:00 PM**

**POSING BREAKOUTS**

**3:00 PM**

**RAFFLE GIVEAWAY**

**3:15 PM**

**PHOTOS WITH IFBB PROS!**

# **ATHLETES & JUDGES WORKSHOP**

## **POSING BREAKOUTS**



### **BIKINI:**

**AIMEE DELGADO, AYSE BELLA MORGAN-AKYUZ**

### **FIT MODEL:**

**ALEX ROSS**

### **WELLNESS:**

**RENEE HERSHEY, WYNTER ADAMS**

### **FITNESS / FIGURE:**

**WHITNEY JONES, SALLY WILLIAMS, KATY ELIZABETH**

### **MEN'S PHYSIQUE:**

**BRIAN MOTLEY, ALTON CRAIG**

### **WOMEN'S BODYBUILDING / WOMEN'S PHYSIQUE:**

**ANDREA SHAW, ALINA POPA, DIAMOND RADIYOVECH**

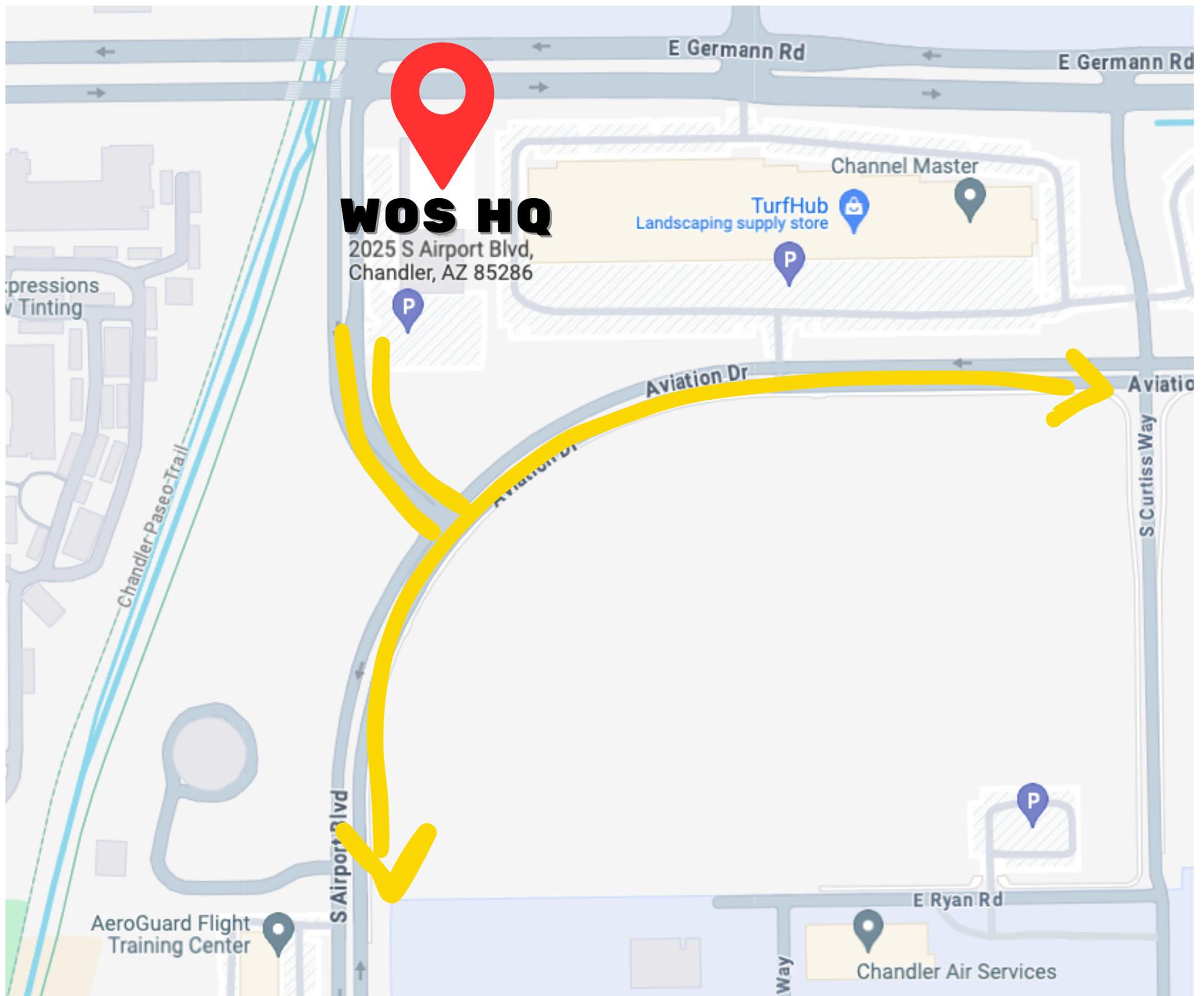
### **CLASSIC PHYSIQUE / MEN'S BODYBUILDING:**

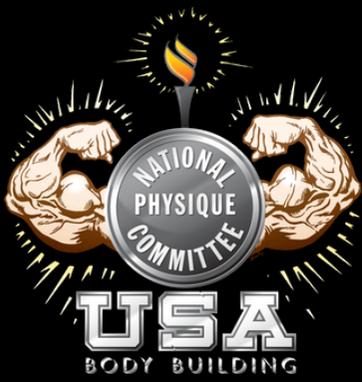
**DENNIS JAMES, GARRETT FIRESTONE, ROBERT TIMMS**

# PARKING



- LIMITED PARKING AVAILABLE!
- PULL UP TO THE BACK DOOR TO UNLOAD
- STREET PARKING AVAILABLE ON AIRPORT BLVD (YELLOW LINES)





# **NPC ARIZONA** **2026 CALENDAR**



**APRIL 4: NPC/IFBB TRIPLE O DYNASTY**

**MAY 2: NPC VALLEY OF THE SUN CHAMPIONSHIPS**

**MAY 30: NPC AZ STATE CHAMPIONSHIPS**

**JUNE 13: NPC SUN CITY SHOWDOWN**

**JUNE 20: NPC DENNIS JAMES CLASSIC**

**JULY 18: NPC PHOENIX IRON GAMES**

**AUG 22: NPC/IFBB RISING PHOENIX**

**AUG 22: NPC AZ WHITNEY JONES NATURAL CLASSIC**

**OCT 17: NPC WHITNEY JONES CLASSIC**