



DEAR ROSA

MOTIVATION

Dear Rosa,

First of all, congratulations on your recent 9th place at the Sacramento Pro Figure in California. Twenty-six girls is a big line-up and to place in the top ten is a fantastic achievement. Finally you are being noticed, though after viewing pictures of the show I still feel you should have been in the top five. Hang in there Rosa and keep doing what you are doing. They can't ignore you for much longer!



I am a figure competitor from Brisbane and have been competing since 2006. This year I qualified for the IFBB Nationals, which was a dream come true, but unfortunately and to my disappointment I did not place where I had hoped. I found that after the show I was extremely upset and felt like I just wasn't good enough to compete in this sport. It took me a while to snap out of it and I am only just starting to feel better about the whole experience.

I look at you and I wonder what keeps you motivated and focused to keep going. So many times you have been overlooked at shows and yet you come back better each time. How do you do it, Rosa and is there any way you can help me to have the same mentality as you? I want to compete and my ultimate dream is to win an Australian title.

Tatiana

Dear Tatiana,

Thank you! I am happy to have placed 9th. You are right, twenty-six ladies and definitely one of the best line-ups I have competed in all year. So I was happy to have made the top ten cut. Once again, I was the highest placed foreigner so I'm on the right track!

I understand how you might be feeling regarding your recent placing. Sometimes it can be hard to accept especially when you know you have put in the hard yards and are in the shape of your life. But you need to remember this is a very subjective sport

and just because you do well in one show, does not necessarily mean you will do well in all of them.

For example, I placed 16th at the Atlantic City this year and the following week went on to place 6th at the Tournament of Champions. I wasn't surprised at all because I have seen it happen time after time. Different judges, different opinions. One thing is for sure, I never lose sight of what I want.

My advice to you is take one show at a time and strive to be the best you can possibly be each time you step out on stage. Get as much feedback from the judges as you can and make the changes to accommodate their requests. Remember that figure is not only judged on your physique but also hair, make-up, bikini, tan just to name but a few. You need to present your best overall complete package to the judges and this can take years to perfect – trust me, I know!

I entered my first contest in 2003 and I am still learning to this day. The guidelines for figure are also constantly changing so it is important you keep up with these. I would also recommend viewing footage from US contests, as you may be able to gain some helpful tips for your next show. Tatiana, stay focused, use the off-season wisely and work on your weaker points so that you can perfect your body and make an impact at next year's National Championships.

Train hard and follow your dreams.

Good luck in the future,

Rosa





TANNING

Dear Rosa,

Can you please tell me what tanning colour you use to compete? There are so many products on the market and I am not sure which one to use. Hope you can help.

Maria

Hi Maria,

I've used many products and have narrowed it down to two: Pro Tan and Jan Tana. However, I would recommend trying a few and then deciding for yourself what looks best with your skin tone. As a pro figure competitor we are required to use Jan Tana. Two to three applications and you're done, it's that easy! Jan Tana is a mousse and can be applied by yourself. It doesn't run or streak and dries instantly. You can also have this sprayed on which will result in a more even application. Pro Tan's end result is very similar to Jan Tana but it is much more difficult to apply. I would recommend having someone else do this for you, as it is a liquid and can easily run and streak. You would require anywhere from 5 to

8 applications of Pro Tan to have the same effect as Jan Tana. It is very important you remember to exfoliate prior to tanning and moisturise your skin so the result is even. The last thing you want is a blotchy tan on stage.

I would also recommend waxing at least one week before you tan to avoid the skin getting irritated. In the past I have also used Contest Colour, which was great. All of these products can be purchased here in Australia from most supplement stores, but I recommend you do so in plenty of time. Some places tend to sell out and stock can take up to three weeks to get here from the US.

Good luck at your next show,
Rosa

SOFTER PHYSIQUES?

Dear Rosa,

I've been competing for almost two years now and I am hooked! I've been following your career closely and I want to congratulate you on everything you have achieved and continue to do so. You've become a fitness icon here in Australia and have set the standard for future figure competitors.

I am hoping you might be able to clarify a question for me with regards to posing. I have noticed that recently figure athletes from the US appear to be posing a lot less hard than in previous years. Girls are not flexing and quarter turns look more relaxed, a bit like model turns. Why the change? I thought we were meant to flex to show our muscles? I am just a little confused and not sure how I am meant to pose. I look forward to your reply.

Fiona

Hi Fiona,

Good question! You have obviously been watching closely. Yes, you are correct in saying that pro figure girls from the US are flexing a whole lot less these days. The judges are rewarding ladies who present a more streamlined look. That means less muscle with an overall fit and balanced appearance. They are taking into consideration hair, make-up, tan and suits. The whole package basically and it is preferred that we do not flex at all. I would suggest

following these criteria yourself especially if you are planning on competing overseas or perhaps gaining your pro card at a later stage.

Personally, I much prefer the streamlined look that was introduced in 2008. To accommodate this I have altered my training techniques and incorporated circuit training into my daily routine. Because my body is well developed, it is just a matter of keeping it conditioned, toned and well-balanced. I am no longer lifting super-heavy weights and my repetitions have increased from 10 to, 15 to 20. Hope this helps with your question.

Stay focused,
Rosa

BODYFAT

Hi Rosa,

I'm a 20-year old personal trainer who's interested in competing in figure/fitness competitions next year. I'm from The Shire, this will be my first year competing and I don't know much about dates of events in the New Year. I'm currently at 17% bodyfat and wondering how much time I would need to prepare to reach around 10% bodyfat. Thank you for your help.

Kelly

Hi Kelly,

Thank you for your email. It normally takes anywhere between 12 to 16 weeks to diet down for a show but this can vary from person to person. It all depends on how much muscle you are carrying and how much weight you will need to lose. Send me some pictures if you can and I will let you know exactly what I think after a taking a good look at you.

It took me seven months to prepare for my first show because I needed to build muscle on to my frame in order to be competitive, so I used the time wisely and it paid off in the end. I normally recommend six months to prepare, that is, three months to sculpt/build then three months to trim down.

With regards to competition dates, I recommend you contact each federation and speak to the promoter in order to finalise dates and locations. The sooner you do this the better, as you will benefit from the extra time you have to prepare.

Best of luck with your prep,
Rosa **M&F**

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