

South Central Trojans

Dear Coach:

South Central High School would like to take this opportunity to invite your student athletes to compete in our **10th Annual Power-lifting Meet on Saturday February 25, 2012**. The meet will be held in our high school building, and will include **Bench Press, Dead lift and Squat**. The rules are enclosed. Please have your athletes bring their own belts, and chalk if they would like to use it. There will be **no lifting aids permitted (wraps, shirts, suits etc.)**.

Locker rooms and concessions will be available. This meet is for grades 8-12. Girls are welcome to compete, and there will be **three (possibly four) separate girls' divisions**.

Weigh-ins will be 9:30 – 10:30 a.m., and competition will start at 10:45 a.m. A brief coaches' meeting will be held to discuss competition rules and answer any questions.

Registration fee is \$10.00 per lifter. Student admissions will be \$1.00 and Adult admissions \$2.00. Awards will be given to the top **seven lifters** in each weight class and Trophies to the top **three teams on the boys' side. There will be two trophies for the girls' side.**

The meet will be held at the high school gymnasium, at 3305 Greenwich-Angling Road, Greenwich. If coming into town on US 224 from the east, turn right at first road past the fire station (Townsend Street), and continue on this road. Outside of town, it changes to Greenwich-Angling Rd. The High School will be the first building on the left. If entering town on US 224 from the west, turn left at the police station on Townsend Street and follow directions above.

If you are interested in participating in our meet, please let me know either by filling out the following form, by email **bkiesel@south-central.org**, or reaching me by phone. Individuals are welcome; a team is not mandatory. Please feel free to call with any questions. We look forward to seeing you there.

Sincerely,

Brian Kiesel
S.C. Strength Coach

School Phone: 419-752-3354
Home Phone: 567-351-6040

South Central Power-Lifting Meet Rules

Weight Classes:

Light weight:	125 lbs, 135 lbs, 145 lbs, 155 lbs
Middle Weight:	165lbs, 175 lbs, 185 lbs, 195 lbs,
Heavy Weight:	210 lbs, 225 lbs, 250 lbs and Unlimited

Dress:

All contestants shall wear shorts and a t-shirt. No pants will be allowed during the competition. Lifters will not be allowed to wear wraps, suits or shirts designed to aid in the lift. Lifters must provide their own belt. No devices may be placed on the bar that will provide the lifter with special comfort while performing a lift. (Ex.: tape on fingers) Contestants will be allowed to tape their wrists with athletic tape. Contestants must provide own tape and chalk.

Opening Lifts and Attempts:

During weigh-ins contestants will declare their opening lifts in all events. If contestants desire to compete in a higher weight class, they must do it at this time. Each contestant will be given three attempts for each event.

Bench Press Rules:

The Lifter will assume a supine position on the bench. The Lifter can unrack the weight by self or with the help of their spotters if so desired. The lifter then lowers the bar to their chest. Then raise the bar to a position where his arms are locked out straight. When he receives the judge's signal of good lift he can then rack the bar. The lifter may lock out one arm before the other. The bar must at all times be stationary or moving upward, at any time the bar begins to lower the attempt will be disqualified. The bar may hit the supporting rack as long as the bar does not move downward. Weight belts may be worn during bench press.

Reasons for Disqualification of the lift include:

1. Bouncing the bar off of chest
2. Touching of the bar by the spotter other than unracking weight
3. locking feet around the bench legs
4. Raising the buttocks off of the bench
5. Racking the bar before judges signal
6. Racking the bar before arms are locked out
7. Taking foot off of floor

Deadlift Rules:

The lifter must raise the bar with two hands from its original position on the platform to a position where he is standing erect. Type of handgrip of the bar is optional. To complete a lift both knees must be locked out and shoulders thrust back. Once the judge signals that a lift is good the lifter must lower the weight slowly back to the platform. Both hands must be in contact with bar when the weight contacts the floor. A belt must be worn at all times during the lift. Any effort used to raise the bar will be declared an attempt. The lifter may use chalk, no baby powder will be allowed. The lifter must wear soled shoes. No straps, gloves, or tape on fingers will be permitted. The bar may stop or progress in an upward motion, but may not start to move in downward motion.

Reasons for disqualifications:

1. Not locking out knees or failing to thrust shoulders back.
2. Dropping the bar to the floor with out maintaining control with both hands
3. Hitching (rocking or bouncing the weight up to gain an advantage)
4. Supporting the weight on thighs
5. Making a second recovery attempt
6. Not wearing a belt

Squat Rules

No knee wraps or Squat Suits will be permitted. The lifter will un-rack the bar and step back and remain in the upright position until the weight is under control. The bar must be across the back of the shoulders in a horizontal position. Hands must be gripping the bar at all times. The lifter shall bend at the knees and lower his body until the bottom of the thighs (hamstrings) is at least parallel with the floor. Each lifter will have the choice of a signal from the judge that indicates he has reached the position. The lifter will recover to the upright position, knees locked, and wait for the judges signal to rack the bar.

Reasons for disqualifications

1. Failure to wait for the judges signal of a good lift
2. Taking hands off the bar during a lift
3. More than one recovery attempt
4. Failure to assume the upright position at the beginning or end of the lift.
5. Failure to have the bottom of the thighs reach parallel
6. Losing control of the bar as to leave the platform
7. Any touching of the bar by spotters
8. Touching the leg with arms or elbows during the lift

Declaring Second and Third Attempts:

The contestant must give his next attempt before the next contestant begins or he will lose his next attempt. The same procedure would apply following the second attempt.

South Central Trojans Power-Lifting Meet

School _____

Coach _____

We will be bringing _____ lifters on February 25th, to the S.C. Power-Lifting Meet at the High School.

Any questions, please feel free to call Brian Kiesel.

Please indicate how many girl athletes you may be bringing _____.
You may also call or email to confirm the number of lifters coming.

School # 419-752-3354

Home# 440-773-7408

bkiesel@south-central.org

My son or daughter _____ has my permission to participate in the Power-Lifting meet at South Central High School on Saturday February 25th, 2012.

Parent/Guardian Signature _____

***South Central High School
10th Annual
Power Lifting Meet
(No lifting aids permitted)***

Date: Saturday, February 25th

Weigh Ins: 9:30 – 10:30

Competition Start: 10:45

Entry Fee: \$ 10.00

Awards: boys – top seven in each wt. class; Girls – top five in each wt. division

Team Awards: Boys - three team trophies, Girls – Two team trophies

***Boy's wt. Classes: 125, 135, 145, 155 light wt. division
165, 175, 185, 195 middle wt. division
210, 225, 250, Unlimited. heavy wt. division***

Girls: There will be three possible 4 separate wt. classes divisions decided day of meet.

Concessions available:

***Admission: Adults \$2.00
Students \$1.00***

***Address: 3305 Greenwich-Angling Rd; Greenwich , Ohio, 44837.
Rules and more info can be found on School web site (www.south-central.org).***

***Any questions, contact:
Meet Director: Brian Kiesel, strength coach
bkiesel@south-central.org
419 – 752 – 5304 work
440 - 773- 7408 cell***