



Powerlifting Athlete Expectations

Practice Outline

Safety

Attendance

Attitude

Apparel

Palms up

Check system

Grade Policy

RFHS Activities Code/Handbook

<https://drive.google.com/file/d/0B9OfnlUisS2RUxMeWp0a2ISTVZxNzd6blBoUmg2ZjlLSnkw/view?usp=sharing>

RFPL

River Falls Powerlifting will follow and be held to the same standards of excellence as all other other River Falls sports.

Please read the link provided to the left.

Practice Plan



Daily

Warm up-5 min

Dynamic Stretch-10 min

Lift Warm Up

Working Sets

Auxiliaries

Group Focus Exercise

Cool Down/Rehab

Dismissal

Weekly - 4 groups: Squat, Bench, Deadlift, Bench Auxiliary

Each group will have a “go to coach”- training, goal setting, progress monitoring, weigh ins, adjustments - in collaboration with head coach.

Each group will be broken down to 3-4 lifters per station based on lifting numbers.



Safety



Proper Warm-up

Proper Spotting

<https://www.youtube.com/watch?v=ELW051-RTns>

When not using weights/equipment - put them away.

Shoes required everyday.

Belts

Importance of Rest and Rehab

Attitude and Culture: **BE PALMS UP!**



shutterstock.com · 151671593

There are 2 kinds of approaches and attitudes in any organized sport: Palms up and palms down.

A palms up athlete approaches the organization with a desire to contribute and give to their sport. They use their influence to make it better, giving freely of themselves. They lead in helping when there is work to be done, their energy, comments, and work ethic contribute to a positive environment that motivates and pushes their fellow athletes to reach their full potential.

A palms down athlete is a taker. They concern themselves with what the sport can give them. If they are frustrated they make negative comments, have poor body language, and do not give full effort - all things that detract and take away from the culture of the group and sport as a whole. When there is work to be done they avoid pitching in and helping.

Palms up respect their sport, their coaches, their peers, and most importantly themselves. They leave behind a legacy of demonstrating service leadership and selfless pursuit of excellence.



Attendance



In this club we expect great results as a byproduct of great effort. If you commit to be in this club, fulfill that commitment! Athletes should be dressed and ready to practice at least 5 minutes before the official start of practice.

Workouts are scaffolded - one workout prepares you for the next.

You need to be here every day unless you have a legitimate reason to be gone - sickness, Dr. appointments, academic requirements, family concerns, etc. If you need to be gone for any reason you need to contact the head coach as soon as possible and definitely before practice. Email is best: jeremy.carlson@rfsd.k12.wi.us

If an athlete has more than one unexcused absence they will forfeit their membership in the club.

Everyone has days they don't feel like practicing - start to view those days as opportunities to increase your mental toughness. If you are having issues with soreness or injury, let the head coach know and we may be able to adjust your workout.

As in anything in life - if you commit to something - follow through with your actions!

Other expectations



Seniors and captains will choose appropriate music to play at practice. If music is not appropriate, coach will choose.

Coaches need to be able to communicate with athletes so no phones or headphones are allowed at practice.

Headphones will be allowed at meets and for openers only. At meets they will stay in the athlete seating section.

Opener days, athletes will wear the same equipment as at meets.

A clean weight room is a safe weight room. All athletes are responsible to help with this.

Only cotton, non-hooded shirts should be worn to training. Dri-fit shirts can cause slippage with the squat and bench press, and hoods get in the way.

We will meet with coaches and athletes on a regular basis so be ready for meetings in addition to practice time.

Athletes will keep a detailed log of their workouts to help monitor progress and determine training changes, areas of weakness, and meet plan with their coach

Powerlifting Equipment



Powerlifting Equipment

We as a “Raw” Powerlifting team do not use equipment such as knee wraps, bench press, deadlift, or squat suits to aid us in our lifts- those who do are “Equipped”

If your lifter is serious about Raw Powerlifting, there is some equipment that we recommend.

Foot wear- To avoid injury, athletes are required to wear close toed footwear at practice at all times.

Briefs- boys must wear cotton briefs under their singlet. No compression or boxer shorts

Deadlift Shoes- In this lift the lifter is going to grab a bar from the ground. A lifter then wants his heels to be as close to the ground as possible to reduce the distance they need to go down and then back up. Deadlift shoes are flat soled shoes like Converse Allstars for example.

Squat Shoes- In this lift it is an advantage to have a raised heel which allows athletes to get a deeper squat while staying upright through their torso. This is also good for the bench press where an elevated heel allows for a more powerful heel drive.

More info on lifting shoes:

<https://www.mensjournal.com/gear/weightlifting-shoes-best-new-pairs-powerlifting-and-olympic-lifting/2-powerlifts-all-around-rebok-crossfit-lite-20/>

Eastbay Weightlifting shoes: https://www.eastbay.com/_/_/keyword-weightlifting+shoes

Rogue Lifting Shoes: <https://www.roguefitness.com/shoes/weightlifting-shoes>

Equipment continued

Wrist Wraps

For maximum drive on bench press and squats, elbow through knuckles should be in a straight line with no bend in the wrist. These are wraps that help keep the lifters wrists strait in the bench press. Some lifters like to use them for squats as well.



Belts

Powerlifting belts are used during weight training to support the back and assist to maintain the correct posture while lifting and injury prevention. Belts should be comfortable for the lifter to wear, with the right width and thickness.

Apparel



A cotton team t-shirt will be provided and athletes are encouraged to wear to practice and required for meets.

Knee sleeves are encouraged and will help support the knee and most athletes find it helps their numbers. These should be tight and require some effort to get on. See sizing chart on links

Yellow Jacket Knee sleeves:

2nd generation: <https://www.liftinglarge.com/Titan-Yellow-Jacket-Knee-Sleeves-Original>

3rd generation: <https://www.liftinglarge.com/Titan-Yellow-Jacket-Knee-Sleeves-Improved>



On deadlift days athletes need knee high socks and flat soled shoes

On days we do openers, athletes will wear the same gear required at meets. For meets, athletes will wear their team t-shirt, singlet, knee high socks

Team Sweat suit should be used during meet to stay warm and after for awards. Many athletes bring an additional blanket for this purpose.

Equipment regulations:

https://docs.google.com/document/d/10zuZcw90szmWPZDgJMBnhb1_Aes3VebhJyRKI8tRTus/edit?usp=sharing

Check System



Respect for coaches and adherence to the club rules are non-negotiable. When these expectations are not met there will be consequences.

If an athlete is disrespectful to a coach, makes a negative comment, shows up late to practice - anything that harms the culture of the team, a coach will tally a check. Each check will result in a conditioning exercise at the end of practice for the whole team.

Your entire life you will be asked to do things outside your comfort zone and in ways you would prefer to do differently. You will be expected to comply in those situations with a good attitude.

Grade Policy

VII. ACADEMICS

- A. Scholastic achievement should be the prime concern of the student; therefore, students participating in activities must maintain a passing grade in all of their subjects. Subjects are all classes for credit in which the student is enrolled during a marking period. Each term's grades will be the basis for the following terms eligibility. Eligibility for fall activities shall depend upon grades earned in the previous spring marking period.
1. Athletics - If the student fails to meet this academic standard, they will be subject to the following consequences. Ineligibility due to failure will start as soon as the AD or coach is made aware of the failure.

- a. Failure in one (1) subject during a marking period
 - i. Ineligible for 10% of the interscholastic contests (minimum 1). After the consequence is served a student must be passing all classes, or demonstrating progress to passing the failed classes, or ineligibility continues. Checks will be made weekly. If at any time in the following term, the student is found to be failing a class, they will be again declared ineligible until they are passing all classes.
 - ii. Failure in two (2) subjects during a marking period – ineligible to practice or participate for a minimum of 15 school days and nights plus no less than 20% of the interscholastic contests for that sport. A student must be passing all classes, or demonstrating progress to passing the failed classes, or ineligibility continues. Checks will be made weekly.
 - iii. When a student has accumulated three semester failures or is one full credit short of what is required for his class determination, they will be ineligible immediately and meet with the AD to show cause why they should be allowed to continue participation in athletics and to develop a plan to make up credit deficiencies. The AD, in consultation with the principal and guidance counselor, will make recommendations which are felt to be in the best interest of the student's academic progress.
 - iv. Because of the September 1st starting date for schools, all ineligible periods will commence with the first game played. The one change would be if there are two failures in the spring: instead of 15 school days, it will be 21 consecutive calendar days. If the time is consumed before school begins, the student will become eligible if they have served the required number of contests. Checks will continue to be made weekly.

2. Incompletes will be treated the same as failures until they are completed. Students have two weeks to change an incomplete to a grade.
3. Group 2 - Co-Curriculars
 - a. Students may not have more than one failure per term. A student not meeting this requirement shall be ineligible for a period of not less than 7 consecutively scheduled school days and the next performance.
4. Students with one failure are still expected to be at practices. If they need additional time for their studies, arrangements should be made with the coach/advisor.
5. Consequences for this portion of the code are independent of other consequences – any suspension would be added to existing suspension.
6. Students may make up interscholastic ineligibility for the fall term by successfully completing district-approved summer school (providing credit is given toward graduation).



1001, 1002.....