

# Powerlifting Parent Meeting

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TUESDAY, OCTOBER 19, 2021

MEYER MIDDLE SCHOOL AUDITORIUM

6:30 PM

# Agenda

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Club Background and Board Member Introductions

Coaching Staff

Powerlifting Overview

Practice and Meet Schedule

Weightroom Rules

Nutrition

Registration

Communication

Investment and Team Apparel

Fundraising and Volunteer Requirements

River Falls Home Meet

Questions

# River Falls Powerlifting Club

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## Non-profit Organization

Formed for the primary purpose of promoting and fostering community and family support for a thriving powerlifting program.

The key objectives of THE CLUB are:

- Support the coaching staff to help produce powerlifting teams of the highest competitive level.
- Provide support, financial and otherwise to the powerlifting team.
- Provide the necessary resources to supply the program with the highest quality training and equipment.
- Encourage good sportsmanship.

# 2021 – 2022 Board Members

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President	Lenny Austin
Vice – President	Sara Swenson
Secretary	Michelle Farner
Treasurer	Jenny Scott
Communications & Social Media	Amy Turner
Fundraising Coordinator	Patty Delander
Equipment Manager	Rory Johnson

# 2021 – 2022 Coaching Staff

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Head Coach	Ulice Payne
Assistant Coach	Carter Burshten
Assistant Coach	Coryn Davidson
Assistant Coach	Gianna Fisher
Assistant Coach	Thomas Kluck
Assistant Coach	Dani Larsen
Assistant Coach	Garrett Ryan

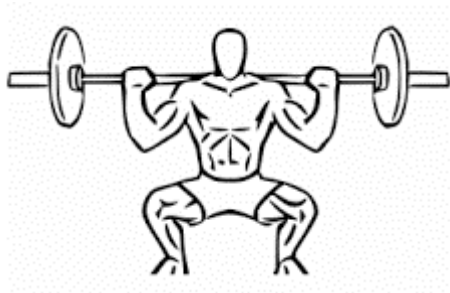
# Powerlifting Overview

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Powerlifting is a strength sport that consists of three lifts: squat, bench press, and deadlift.

Athletes have three attempts to reach their maximum capacity and must follow strict technique rules so that everyone is compared equally.

Powerlifting, like other forms of heavy resistance training, strengthens your skeleton and reduces your risk of injury in other sports and activities.



# Powerlifting Overview

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Every lifter on the team competes

Every lift is graded by three judges → White light = Valid Lift, Red light = Violation

Any two white lights is a qualified lift

Scoring



# WHSPA State Qualifying Totals

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S

Weight Class	Qualifying Total
97	340
105	380
114	440
123	485
132	505
148	575
165	580
181	585
198	595
242	605
242 +	615

B  
O  
Y  
S

Weight Class	Qualifying Total
114	470
123	555
132	660
148	810
165	895
181	980
198	1000
220	1020
242	1025
275	1030
SHWT	1035

NOTE: USAPL Weight Classes & Qualifying Totals Are Different



# Practice Schedule

## Middle School → 7<sup>th</sup> & 8<sup>th</sup> Grade

Monday, Tuesday, Thursday

Practice Time      3:30 pm – 4:30 pm

Season: November 1<sup>st</sup> through the Osceola Meet (January 15<sup>th</sup>)

Monday → Squat

Tuesday → Bench Press

Thursday → Deadlift

## High School

Monday, Tuesday, Thursday

Practice Option A      6:00 am – 7:00 am

Practice Option B      4:30 pm – 6:00 pm

Practice Option C      7:15 pm – 8:45 pm

Season: November 1<sup>st</sup> through Elk Mound Meet (February 12<sup>th</sup>)

# COVID 19

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The River Falls Powerlifting Club follows the Wildcat Roadmap.

COVID mitigation plan for co-curricular activities (including athletics):

Masks are highly recommended, not required unless on a bus or van.

Specific mitigation and safety expectations for each activity provided by the Activities Director.

Advisors and coaches will communicate and implement these expectations.

COVID-19 WHSPA Updates

Participants are expected to remain flexible; expectations can change and events may get postponed, canceled, or adjusted to meet the current COVID-conditions in our community.

# Meet Schedule

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River Falls Meet	December 11, 2021	Middle & High School
Osceola Meet	January 15, 2022	Middle & High School
Elk Mound Meet	February 12, 2022	High School Only
Wisconsin State High School Meet	March 5-6, 2022	Appleton, WI
USAPL High School Nationals	March 23 – 26, 2022	Lombard, IL

The Club does not provide transportation to meets. Please plan to carpool or provide transportation for your athlete.

# State and National Extended Season Practice Schedule

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## High School

Monday, Tuesday, Thursday

Practice Option A      6:00 am – 7:00 am

Practice Option B      4:30 pm – 6:00 pm

Season: February 10<sup>th</sup> – March 23<sup>rd</sup>

Extended Season Training for Lifters competing at State or National Competitions

Additional Fee for Extended Season Training and lifter will need to obtain a USAPL Card

# River Falls Powerlifting Club Mission

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Work hard at being the best version of ourselves, be humble in our success and failure and be great.

# River Falls Powerlifting Weightroom Rules

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No phones during training (except on opener days)

Proper spotting is to be practiced at all times

Proper clothing/footwear must be worn at all times

Put away EVERYTHING you use during training

Show CONSTANT support & accountability of ALL teammates

# Nutrition

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Jason Laplante, Owner

Lubi Laplante, Owner

Max Muscle Nutrition



**nutrition**  
by MAX MUSCLE®

# TeamSnap

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Sport and activity management app.

Available in the App Store and in the Google Store.

Will be utilized for registration, communication, volunteering, apparel and more!





Powerlifting athletes DO NOT  
need to pay the school activity  
fee.

# Registration

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Open Now!

HS Registration Link:

<https://go.teamsnap.com/forms/281248>

MS Registration Link:

<https://go.teamsnap.com/forms/290510>

# Season Investment

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## Middle School:

November 1<sup>st</sup> – January 15<sup>th</sup>

2 meets

Team t-shirt

Coaching from highly sought after trainers & athletes

\$165 for the 2.5 month season

## High School:

November 1<sup>st</sup> – February 12<sup>th</sup>

3 meets

Team t-shirt

Coaching from highly sought after trainers & athletes

\$225 for the 3.5 month season

Training investment for the extended season to prepare for State and Nationals will be \$100 and will be billed at a later date.

Payment plans are available as part of the registration process on TeamSnap.

Scholarships are available...see a board member for more information.

# Budget Breakdown

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Various Operating Costs:

Insurance

Tax Compliance Professional Fees

Website Domain Fees

Trailer Storage & Maintenance

WHSPA & USAPL Fees

Judges and Spotter Fees for Meets

Coach payroll and payroll taxes

Equipment

Other advertising / administration including PO  
Box, IRS 501 Fees

30% of the annual budget  
comes from registration  
fees.

The River Falls Powerlifting  
Club receives no funding  
from the River Falls School  
District or the Athletic  
Booster Club.

# Apparel

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Will be available via TeamSnap in Late October

Apparel vendor: Onsite Apparel Hudson, WI

Similar package offerings you are used to in addition to new options!

# Singlets

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Middle school athletes will be provided a club issued singlet for the season.

High school athletes have the option to use a club issued singlet OR purchase a singlet of your own.

All singlets will be blue with white lettering.

If you would like to order a singlet, order information will be available in Late October. Cost to purchase a singlet = \$50

# Fundraising

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Pumpkin Push Pull

Registration now open!

October 30, 2021

Coupon Cards

Blitz with Pizza Lunch

November 13, 2021

50/50 Raffle at Johnnies

Stay tuned for more details

Fridays in December

FFA Alumni Tractor Pull Parking

July 2022

River Falls Powerlifting Regional Meet

December 11, 2021

Platform Sponsorships

Thank you to all our current sponsors!

**Stay Tuned for additional fundraisers through the year!**

# Pumpkin Push Pull Event

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Registration is now open!

Special Push – Pull Event for area HS Lifters!

Limited to 50 competitors

Event held at River City IronWorx



# Volunteer Opportunities & Requirements

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To run a safe, fun and competitive program, we depend on the support of all of our families.

The Powerlifting Board and Coaches take on the majority of the tasks that must be completed to run the program, BUT there are many jobs we NEED you for! These tasks are not meant to consume much of your time, but they are very helpful to take the load off of those running the program.

At this time, there are not formal volunteer requirements nor are there fees associated with failure to volunteer. Your proactive volunteerism is appreciated!



# River Falls Home Meet

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**Saturday, December 11, 2021**

**6:30 am – 6:00 pm**

**Over 100 volunteers are needed for:**

- Set-up – Friday Night
- Admissions
- Concessions
- Weigh-in
- Scoring Table Workers
- Scoring Computer Workers
- Hospitality Room Attendants
- Concession Food Donations
- Clean-up

**Planning Meetings:**

**West Wind**

**November 10<sup>th</sup>**

**6:30 pm**

**December 1<sup>st</sup>**

**6:30 pm**

**All Parents Encouraged to  
Attend**

# Board Member Openings

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Are you interested in being more active in the River Falls Powerlifting Club?

Board members rotate every three years

Meetings are held on a monthly basis

No experience necessary

# Questions

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Email: [rfpowerlifting@gmail.com](mailto:rfpowerlifting@gmail.com)

Website: <https://rfpowerlifting.com>

Social Media: Facebook, Instagram, Twitter

Coach: [ulicepaynell@gmail.com](mailto:ulicepaynell@gmail.com)

Address: PO Box 812, River Falls WI 54022