

## Parent Meeting 12/3/24

- I. Powerlifting consist of three lifts Squat/Bench/Deadlift
  - A. At each meet they take the best lift and the total is how you are ranked
  - B. We are broken down by weight classes.
  - C. Texas high school powerlifting is equipped and has a Raw Division for girls.
  - D. We can take 12 girls and 12 boys to compete at each meet
    - 1. We like to take more so they can get a feel for the meet and help with cheering,wraps and other duties.
  - E. Attendance at practice is required to attend a meet.
- II. Equipment
  - A. Things we provide:
    - 1. Squat suit
    - 2. Bench Suit
    - 3. Singlet
    - 4. Knee Wraps
    - 5. Wrist Wraps
    - 6. Belt
  - B. Things you might like to purchase(please look at the rule book for rules on what is legal)
    - 1. Knee Wraps
    - 2. Wrist Wraps
    - 3. Belt
  - C. Things you must purchase:
    - 1. Good lifting shoes
      - a) Non cushioned and flat
- III. Practice 7:00 A.M.
  - A. Friday mornings we will have the weight room as open weights on non meet weeks. On meet weeks, if a student is traveling they are expected to attend a pre meet meeting.
  - B. Mock Meet right after school on Wednesday afternoon 12/18/24.
- IV. Important Websites
  - A. These are links to keep up with rankings and rules.
    - 1. Men
      - a) <http://www.thspa.us/>
    - 2. Women
      - a) <http://thswpa.com/>
- V. Upcoming Notices
  - A. We have T-shirts for sale on REVTRAK
  - B. We will have a Fundraiser Starting on December 9th through SnapFundraise