

## Roughneck and Ladyneck Powerlifting Letter

Our goal in the powerlifting program is to make athletes stronger and better athletes overall. Whether you want to be stronger for another sport or you love working out and competing then this is the right place for you. There are, however, some things you must do to be a part of this.

Workouts will be at 6:15am every Monday, Wednesday and Thursday during a normal school week in the big weight room. Attendance will be mandatory throughout the year to be able to compete in the meets. If you don't show up, you don't compete

In addition to attending workouts, you need to do "Extra" work on your own. An example of this would be running at the track after school, or coming to the weight room after school. You could also workout at a fitness center or at home. Athletes that are in another sport like basketball or that are in an offseason program will get their "Extra" work during those times.

Your diet and nutrition are very important to your overall success as an athlete. NEVER workout on an empty stomach. You need to wake up early enough to eat something before the morning workouts. It doesn't have to be a lot, but it needs to be enough to fuel your body. Fruit, toast, eggs, etc.. are some good things to eat. You also need to eat good lunches and dinners, as well as healthy snacks throughout the day.

### DANGEROUS WEIGHT LOSS TECHNIQUES WILL NOT BE TOLERATED.

If you are trying to lose weight to make a certain weight class there are safe and healthy ways to go about it. Eating right and cardio workouts are the best ways to do this. If you are skipping meals or taking supplements, or doing anything harmful to yourself to "drop" weight you will be removed from the team. I will work with you on proper diet and nutrition. No lifters should be trying to lose more than just a few pounds.

You must have a clear physical to be able to attend workouts and compete in meets. Also, you must be passing all classes at the grading periods and not be a behavioral problem at school. Any violations of the school code of conduct and grading policies can result in suspension from the program or removal.

Please sign-up to the Powerlifting Blog for schedules and important information.

<https://roughneckpower.wonecks.net/>

All athletes and parents need to sign up for the White Oak Powerlifting Remind to receive notifications about practices, schedule changes, etc...

The number is: 81010

Message: @8c6dhe

Athlete Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_