



Special Olympics
Missouri



SW Area POWERLIFTING

LOCATION: Crossfit Republic, [509 W, MO-174, Republic, MO 65738](#)

DATE: Saturday, April 20th, 2024

Times:

Weigh in: 10:00-10:30 AM

Opening Ceremonies: 11:50 AM

Competitions: Noon

PHYSICAL AND ROSTER DEADLINE: March 29, 2024

Powerlifting Events

SQUAT

BENCH PRESS

DEADLIFT

BENCH PRESS/DEADLIFT COMBINATION 2*

BENCH PRESS/DEADLIFT/SQUATS COMBINATION 3*

**Can only compete in one combination*

OTHER NOTES:

- On entry forms, please do the following:
 - o Enter the athlete's weight in metric form (kilograms).
 - o For qualifying lifts, enter weights in pounds.
- Athletes MUST be 14 years of age or older
- All powerlifters shall wear a one-piece, full length-lifting suit of one-ply stretch material without patches or padding and an undershirt. A non-supportive weightlifting/wrestling type suit is also legal. The straps of the suit must be worn over the shoulders at all times while lifting in competition. Review the complete Costume and Personal Equipment in the SOI Rules.
- All powerlifters may wear belts while lifting.
- Uniforms and belts are the responsibility of the athlete/team to purchase.
- Please make sure athletes are familiar with the commands for events so they can follow the judge's commands.
- A light lunch will be available for athletes and coaches throughout competition.

Coaches should review rules and coaching resources at www.somo.org/compete/

DIRECT ALL QUESTIONS / ENTRIES TO: Jesse Williams jwilliams@somo.org 417.306.9966

Coaches Check List for Events

Coaches Check List for Area Events:

- Coaches Packet reviewed – put due dates and event date/location on calendar
- Read sports rules: <https://somo.org/compete/> – contact area program manager with any questions
- Certification for all coaches completed – must be trained by Leslie Franklin, PL Sports Commissioner (contact information available upon request)
- Practice schedule set
- Complete skills assessments and qualifying scores in the first few practices for your roster submission
- Communicate with families (practices, expectations, code of conduct and competition date & location)
- Engage other volunteers/parents to assist you as needed
- Physicals and releases for NEW athletes submitted: Deadline: **March 29**
- Updated physicals for athletes with expired physicals submitted: Deadline: **March 29**
- Class A's for coaches, chaperones, team volunteers submitted: Deadline: **March 29**
- Rosters submitted: Deadline: **March 29**
- COVID Risk Acknowledgement Forms: Deadline: **March 29**
- If an athlete or Unified Partner is under age 18 competing with a team that is in Master/Sr. Master, they will need to complete a Master's Division Release form and submit it to your Area Program Staff.
- Team travel arrangements made
- Communicate with families (event schedule, competition attire, bring a water bottle, lunch/money if needed, review the code of conduct and any info they need to know such as bus departure/return times)
- Determine if team/athletes will advance to regional/state competition and provide information to area program manager
- Copies of physicals in notebook or on google drive to take to event
- Supplies to take: uniforms, sports equipment, first aid kit, medications, sunscreen, blankets, snacks, water, team tent, etc.

Day of Event:

- Physicals Notebook – must have these at the event!
- Load supplies needed
- Depart on time
- Check in at coaches table upon arrival and turn in scratches
- Enjoy the day and be a great role model for all athletes

Post Event if not advancing to regional/state:

- Submit all coaches hours at <https://somo.org/coachhours>
- Provide feedback to your area program manager about the event
- Thank your school administrators, volunteers and parents
- If you do awards banquets/recognition be sure to get medal placement, scores, etc. from athletes or your team volunteers
- **Celebrate your team/athletes' success and YOUR Success!**

Coaches Checklist (if advancing to regional/state):

- Review physical list for any expiring before the next competition (all expiring physicals MUST be submitted 2 weeks prior to event)
- Visit <https://somo.org/Competitions> to find additional event details on State Events
- Review the Coaches Handbook prior to the event for details
- Check ID Badges – submit photos for new athletes to program manager
- Confirm athlete/UP attendance with Area Program Manager
- Engage other volunteers/parents to assist you as needed
- Class A forms submitted: Deadline: **TBA**
- Complete JOT form: Deadline: **TBA**
- Make travel arrangements
- Download the mobile app to receive updates throughout the event
- Communicate with families on event details families (event schedule, competition attire, bring a water bottle, lunch if needed, items to pack, review the code of conduct, how families can download the mobile app to get information throughout the weekend and info they need to know such as bus departure/return times)
- If this is your first time attending a Regional or State event, contact your Area Program Manager and we can connect you with a “seasoned” coach if you would like!
- Attend the coaches meeting so you can have current information
- Pick up your coach's packet at designated time/location
- Encourage your athletes to attend the Healthy Athlete Screenings if available (these are FREE)
- Enjoy the event and be a great role model for all athletes

End of Season

- Submit all coaches' hours at <https://somo.org/coachhours>
- Provide feedback to your area program manager about the event
- Thank your school administrators, volunteers and parents
- If you do awards banquets/recognition, be sure to get medal placement, scores, etc. from athletes or your team volunteers
- **Celebrate your team/athletes' success and YOUR Success!**

Other helpful tips for organization:

- Save your physicals and **all forms** on a google drive so you can access them at any time and this allows other coaches to access to them. This is helpful in the event your teams are playing in different locations or are traveling at different times. You can also keep your coaches and chaperones contact info on the drive. Some teams set up folders by sports in the google drive and add each athlete and all paperwork relevant to that sport. Then share the folder with the coaches for that sport.
- If your team plans on attending Regional and State events, take a photo of the new athlete/unified partner when they submit their paperwork. You will not have to track them down for that later and you can send it to your Area Program Staff so they can get the ID badge made in advance of the event.

SPECIAL OLYMPICS MISSOURI POWERLIFTING ENTRY FORM

Agency Name & Code: _____

Area: _____ SW _____

Head Coach Name: _____ Cell Phone #: (____) _____

Email: _____

Assistant Coach Name: _____ Cell Phone #: (____) _____

Email: _____

Athlete's Name	DOB	Age	Gender	Athlete Weight (In Kg)	Enter weight in Pounds				
					Bench Press	Dead Lift	Squats	Combo 2* BP & DL	Combo 3* BP, DL & Squat
1									
2									
3									
4									
5									
6									
7									
8									
9									

*Can only compete in one combination