

2010-2011 Requirements to qualify for State

Girls Standards	
Weight Class	Total Weight Lifted
97	400
105	430
114	485
123	520
132	550
148	575
165	600
181	625
198	650
198+	675

Boys Standards	
Weight Class	Total Weight Lifted
114	550
123	650
132	750
148	950
165	1000
181	1050
198	1075
220	1100
242	1125
275	1150
275 + SHV	1175



[www.wdpowerliftingclub.com](http://www.wdpowerliftingclub.com)

Proud Hosts of the 2012 USAPL High School National Championships @  
Kalahari Resorts in Wisc Dells.

[www.dellsnationals.com](http://www.dellsnationals.com)

**WDHS POWERLIFTING**

*“Where strength & character become one”*



**Wisconsin High School Powerlifting Association**

**Wisconsin Dells HS  
POWERLIFTING 2010-2011**



Wisconsin Dells Powerlifting was established in 2006. We operate as a club sport and are governed by the Wisconsin High School Powerlifting Association. We have a season & practices just like other sports & we also have team activities and events where we get together and have fun. We would love to have you on our team.



## What is Powerlifting?

Powerlifting is a highly competitive weightlifting sport in which a student athlete get 3 attempts at a 1 Rep max in the following 3 lifts:

## ***Bench, Squat & Deadlift***

Their score is based on the total amount of weight lifted in all 3 lifts

## Who can participate?

All students can participate in powerlifting. It is not a WIAA sport but USA Powerlifting and the Wisconsin High School Powerlifting Association govern it. Any student athlete that power lifts will be subject to the school districts athletic code of conduct.

## How often are competitions?

There are usually between 4-5 competitions throughout southwestern Wisconsin, which is our region. At the end of the season those athletes who qualify for state compete at the Wisconsin State Invitational. There is even a national meet and world championships. Meets are always on Saturdays.

## How is Powerlifting Funded?

Those who choose to commit to powerlifting will need to fundraise to pay

the costs associated with meets and the use of school district equipment to compete. There is also a \$34.00 annual membership fee. Student athletes will also need to purchase equipment out of pocket to compete successfully. This is usually not very expensive. Examples of such equipment are:

Squat Suits / Bench Shirts

Hand / Wrist Wraps

Deadlift Shoes / Slippers / Various shoes

Once you sign up, fundraising information will be discussed to help offset the costs of equipment.

## **Powerlifting Mission**

***“To build strength and character through the team concept of competition”***

## **Powerlifting Practices**

Student athletes are required to attend practices during the powerlifting season. Practices generally start in early November and run until mid spring. They range from 3-4 days per week and are generally in the morning before school and after school.

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## **WHSPA**

*The Wisconsin High School Powerlifting Association is the governing body behind the success for this sport in the state of Wisconsin.*

[Website link:](#)



<http://www.neenah.k12.wi.us/whspa>

## **How Do I become a part of Powerlifting?**

***If you are interested in joining the powerlifting team you need to come to the annual October informational meeting, which will be posted throughout the high school and on the announcements / WDTV. You can also talk with Head Powerlifting Coach Brian Kenney about joining the program. We would be happy to answer any questions you have.***

[Brian Kenney – bkenney@sdvwd.k12.wi.us](mailto:bkenney@sdvwd.k12.wi.us)

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