



Prescott YMCA and City of Prescott Parks and Recreation

SENIOR OLYMPIC POWERLIFTING COMPETITION SATURDAY, OCTOBER 13, 2012 @ 12:00 pm

REQUIREMENTS:

Participants should wear comfortable clothes and suitable shoes. A belt, knee wraps and wrist wraps may be worn.

Age Groups are: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80+

Medals will be given for 1st through 3rd in each division.

Weigh-ins at noon. Lifting begins at 12:30pm

GENERAL INFORMATION:

Cost for this event is \$10 to register, plus \$5 per event.

To register, please call the Prescott YMCA @ 445-7221

Registration deadline is Thursday, October 11, 2012.

EVENTS

There will be 3 events in which competitors may compete. Individuals may compete in any event as single lift or in all 3. Scoring and placing will be determined by Wilkes Formula.

The 3 events will be performed in the following order: squat, bench press and dead lift

SQUAT: The bar will be held across shoulders. The bar will be taken from the rack and on the command of "squat", move down until the upper thighs are parallel to the floor. Then back into the upright position. Rack the bar on the command of "rack".

BENCH PRESS: Contestant will lay flat on the bench. The bar will be taken from the uprights, brought down to the chest and then pressed up until the elbows are locked and the arms are extended.

DEAD LIFT: The bar will be lifted from the floor until the knees are locked and the lifter is in the upright position.





OFFICIAL REGISTRATION FORM
2012 Prescott Senior Olympic Powerlifting Event

Name: _____

Age (on event day): _____

Date of Birth: _____

Mailing Address: _____

City: _____

State: _____ Zip: _____

Phone Number: _____

Male _____ Female _____

Please make checks payable to the Prescott YMCA.



Liability Release Emergency Information

Liability Release

In consideration of my participation in the activities of the Prescott YMCA, I do hereby agree to hold free from any and all liability the Prescott YMCA, its respective officers, employees and members and do hereby for myself, heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have hereafter accrue to me arising out of or connected with my participation in any activities of the Prescott YMCA. I hereby declare myself to be physically sound, having medical approval to participate in the activities of the YMCA.

Prescott YMCA *Responsible Behavior Policy*

This form must be initialed where indicated and signed by everyone who uses the Prescott YMCA. Anyone under the age of 18 must initial/sign and have a parent or legal guardian sign as well.

Any person under the age of 10 must be supervised and accompanied by an adult (18 years or older) at all times and in all areas of the facility. Indirect supervision is allowed in the gymnasium. For example, a parent may leave children in the gym while the parent is in the Fitness Center.

Since the YMCA is NOT intended as a "Care Center," no one, regardless of age, should be left at the YMCA for extended periods of time unless they are enrolled in a specific program. Direct supervision of children under the age of 10 is required in the Aquatics Center.

Day Passes/Guest Passes/Away Cards

_____ Anyone using a day pass **must** have this form on file at the Prescott YMCA.

Fitness Center: All equipment use and behavior of participants

_____ Fitness Center use is limited to Members and Guests who are 14 years and older. Children 8 years old and under are NOT allowed in the Fitness Center. Children between 9 and 14 years old are allowed *if accompanied by a parent or legal guardian at all times*.

_____ Proof of membership or guest pass may be requested at the discretion of appropriate staff member.

_____ All persons in the training areas of the Fitness Centers must be in family-friendly, appropriate work out clothing and footwear (closed-toed athletic shoes).

_____ Dropping of weights from any height is NOT allowed regardless of the type of exercise. Staff will advise participant of the proper method of "lifting." Further abuse will result in the loss of day pass, or termination of facility access or cancellation of membership.

Locker Rooms

_____ All valuables and clothing should be locked up. The YMCA is not responsible for lost and stolen items. Locks are for sale at the Front Desk.

_____ Proper behavior in locker rooms is essential. The use of foul language and/or horseplay will not be tolerated anywhere in the YMCA..

Handicap Accessible Family Changing Rooms

_____ These are for the use of families with children of the opposite sex, or for individuals who are helping others of the opposite sex. They are not intended for individuals who may otherwise use the other locker rooms.

Aquatics Center

_____ Proper swim attire is required for pool use. This means clothing only intended for in-water activities. No cut-offs or street clothing allowed. Staff will determine if certain articles of clothing are not intended for the swimming pool.

_____ Swim diapers are required for kids who are not potty trained.

_____ Any disrespect to YMCA staff or repeated violation of pool rules will result in disciplinary action.

_____ Shower is required before entering pools.

_____ Pool toys and floatation devices are subject to the discretion of the pool staff. Safety is of vital concern and conditions of use may change at any time.

_____ Proper clothing must be worn in hallways and the lobby (includes shirt for men).

Gymnasium

_____ Proper gym clothing is required. This includes shoes that are appropriate for gymnasium floors.

_____ There is no dunking or hanging allowed on the hoops and nets.

_____ Anyone found causing damage to the YMCA, showing disrespect to the YMCA supervisors and staff, or disrespect to others using the YMCA is subject to fines and expulsion. **Fines are real and will be imposed if necessary.**

Participant Name (Please print) _____

Participant Signature _____ Date _____

Parent/Legal Guardian Signature _____