



**Total Fitness. Superior Athletics. Functional
Rehabilitation.**
Cahaba Heights

High School Club Powerlifting Team – Girls & Boys

FAQ's:

1. What exactly is Powerlifting?

The sport of Powerlifting in its truest state consists of the squat, the bench press and the deadlift. In meet situations, each lifter has three attempts to lift the most weight possible under contest rule specifications in each of the three lifts.

2. What will my athlete get out of powerlifting that they won't get out of other sports?

The strength that powerlifting provides is different than just lifting weights for another sports endeavor. Powerlifting is more of an individual sport. Even though we will a powerlifting team, each lifter will be representing themselves on the platform. The self-confidence and self-esteem that one accrues is one of the most powerful and rewarding. Few sports can offer this kind of sense of accomplishment.

3. What kind of results will I get out of powerlifting?

Increased strength, power, stability, decreased injury potential are just some of the traits one would attain with powerlifting. Every athlete is different yet one universal truth stands alone. He/she will get out of it what they put into it.

4. When and Where are the training sessions?

Training sessions will always be held at ICON Performance in Cahaba Heights. The training time will be decided on by parents who attend the start-up meeting.

5. When and where do we compete?

We will compete locally, statewide, regionally, and hopefully nationally! That will depend on the dedication and progression of our athletes. We will attend local powerlifting, "Ironman" (push-pull meets), and single-lift meets. That gives everyone the opportunity to train hard, correct imbalances, work on weak links, and not overtrain so that all members come away from the competitive experience with a positive attitude and fulfilling experience.

6. Does my athlete have to have previous experience?

No. In fact, I prefer little if no experience. We teach using our proven training methodologies to ensure solid technique and true respect for the weight being lifted.

7. Does my athlete have to be a superior weightlifter?

No. Weight room aficionados will have a slight edge on those who have never stepped into a weight room but that will never limit that lifter from excelling rapidly.

8. Is there any special gear that powerlifting requires?

We recommend a good belt and possibly a pair of knee wraps. These items will be shown at the parent meeting. Belts and wraps will only be used in max effort situations. All other training will be done raw (no gear), in order to build a tougher, more durable strength athlete. There are gear requirements for the contests that will be explained at the meeting.

9. How do I get started?

Attend the parent meeting and sign up for the training, dietary consultation, and health/movement screening.

10. Will my athlete get hurt powerlifting?

Each athlete will be supervised each session, especially when handling near max effort weight. We start EVERY workout with a specifically designed dynamic warm up and all weights will climb a in steady progression. Rarely will my lifters get hurt, if they are paying attention, focused on the task at hand, and consistent with their food, sleep, and water intake.

11. What else does my athlete get by joining the ICON Performance Powerlifting Club?

The club program includes pre- and post- movement screen and fitness evaluations with a DVD of every competition in which your athlete competes.

12. How much will it cost?

The initial fees are only \$100.00 a month for twelve one-hour training sessions, pre- and post- movement and fitness evaluations, dietary consultation and prescription plus a \$29.00 a month fee for gym dues. This fee does not include any gear that the athlete will have purchase for training tools.

Parents/Athletes Meeting

Call and ask for Coach Jeff Green or Paul Sparks. 205.970-2348