

**APF CALIFORNIA STATE POWERLIFTING CHAMPIONSHIPS
PRE-COMPETITION POWERLIFTING SEMINAR**

Friday, March 20th, 2015



- SPONSORED BY:** C.O.P.S.
- EVENT LOCATION:** Buellton Community Recreation Center
301 Second Street,
Buellton, CA 93427
- ELIGIBILITY:** Open to all athletes, especially the new lifter
- DATE AND TIME:** Friday, March 20th, 2015, 5:30 P.M. to 7:30 P.M.
- TOPICS TO COVER:** This seminar is targeted toward the new competitor.
Topics will include:
1. Contest training preparation
 - a. Mapping out your training cycles
 - b. Basic exercises and proper technique
 2. Equipment for the competition
 - a. Use in training
 - b. Organization and use in competition
 - c. Techniques for using equipment
 3. Rules of Powerlifting and differences of various organizations.
 4. Safety on the platform and in training
- COST:** \$15.00 for competitors enrolled in the APF 2015 State Championships, students under 19 years and APF members with current membership. \$30.00 for non-competitors without an APF card. Checks payable to: COPS. Pre-pay not mandatory, but please email to reserve a spot and register.
- Equipment needed:** You may bring your gear for competition and or training. Students will not be lifting heavy weights, but may be coached on lifting technique of the three powerlifting lifts.

Please email cops.gym@gmail.com to register