

2009 NASA YOUTH NATIONALS

Powerlifting & Power Sports Championships Sunday July 19, 2009

Location: River Front Park
Washington Street
Ravenswood, WV

Facility: Open air three sided stage – Please bring lawn chairs or blankets.
(In case of rain the event will be held at the Ravenswood High Gymnasium)

Accommodations: Holiday Inn Express Ripley – 304-372-5000
Please ask for NASA Discounted Rates!

Meet Directors: Greg & Susan Van Hoose
Route 1 Box 166
Ravenswood, WV 26164
(304) 273-3110 or e-mail greg@vhepower.com

Weigh-in Times: Early weigh-in No early weigh-in for this event.
Regular weigh-in 9:00 A.M. to 10:00 A.M. Sunday (All lifters)
Rules Meeting/Equipment Check will be at 10:00 A.M.

Lifting will begin at 10:45 A.M.

State & American Records can be set at meet.
NASA homepage can be accessed at www.NASA-SPORTS.COM
NASA Regional website www.VHEPOWER.COM

Awards: Awards will be in every weight class & division 1st-.5th.

Weight Classes:
44-55-66-77-88-97-105-114-123-132-148-165-181-198-220-242-275-308-SHW

Rules: All Nasa rules will be strictly enforced. A one piece lifting suit or T-Shirt & Shorts is required.

DEFINITION OF MEETS

Youth Divisions: Any lifter male or female ages 5-12 years old.

Powerlifting: - Squat, Bench & Deadlift for Total. No supportive equipment allowed except a 4' belt and a singlet.

Power Sports Full Meet & Individual Lifts: – No supportive equipment allowed except a 4' belt and a singlet.

Push/Pull: - No supportive equipment allowed except a 4' belt and a singlet.

Car Show: WV Open car Show will be conducted on same day at park. Bring your Cameras!

Free Pool Pass: All contestants will be given a one day pool pass at the Ravenswood city pool. The city pool has three new slides. Please bring your swim suits, chairs and join us for the day of fun and celebrate the youth's accomplishments.

Entry Deadline: Must be postmarked by July 11, 2009 – Late Entries Accepted - Cash Only!

2009 NASA YOUTH NATIONAL CHAMPIONSHIPS ENTRY FORM 7-19-2009

Entry Fee: \$25.00 for pre-entered. Late fee of \$5.00 after 7-11-09.

Team Entry Fee: \$30.00 Powerlifting/\$30.00 Power Sports/\$30.00 Mixed Team. All team members must be entered into an individual event.

Entry Form – NASA YOUTH NATIONALS POWERLIFTING & POWERSPORTS CHAMPIONSHIPS

Deadline Before Late Entry Occurs – 07-11-09
Return Entries and Fees to: Van Hoose Enterprises LLC
RR 1 Box 166 Ravenswood, WV 26164

Name _____ Email: _____

Address: _____ City _____ State _____

Zip Code: _____ Phone: _____ Age: _____ DOB: _____

Divisions: (Print in full what divisions you're entering – Bench Press, Push/Pull or Power Sports.)

Powerlifting Division (s) Entered:

1. _____ 2. _____ 3. _____

Power Sports Division (s) Entered:

1. _____ 2. _____ 3. _____

Push/Pull Division (s) Entered:

1. _____ 2. _____ 3. _____

of Entries: _____ Total Enclosed: _____

Credit Card Type: _____ Credit Card # _____

Expiration Date: _____ Name on Card _____ 3 Digit Code on Back _____

In consideration of your acceptance of this entry, I hereby waive, for myself, my heirs, and assigns, any and all claims for injury or damages which I may incur by virtue of competing in this meet as Greg Van Hoose, Van Hoose Enterprises LLC, City of Ravenswood, NASA, their agents and employee's. **I also swear that I am anabolic steroid free for the time period I so indicated by the division I have carefully chose to enter. I also agree to present myself in a timely fashion for any and all Drug Testing that I might be asked to submit. Failure to submit to drug testing will be grounds for ban of a period of three years, which is the same period for a positive steroid test. Testosterone levels over 6/1 ratio will disqualify me from NASA and this meet. If found positive for drug test NASA has the right to publish your name under the suspended lifter list. I also understand it is my responsibility to fully read the banned list information that is provided at www.nasa-sports.com.** I also certify that I am in good physical health and I am not knowingly competing in this competition against any Dr.'s orders or recommendations. I also realize that powerlifting, Bench Pressing and Power Sports are High Risk Sports and I could very well be injured. I release the promoter and above mentioned individuals and owners of any liability for injury or loss if any such injury occurs. I also realize that I use the reverse or open (thumb not locked around bar) Grip for the Bench Press, I am greatly increasing my chances of personal injury. I fully accept the risk that I may take for my own actions in performing my lifts in this meet and the warm-up area. I also realize that spotter/loaders are not provided in the warm-up area and I shall provide my own, for my own safety. I hereby release Greg Van Hoose, Van Hoose Enterprises, NASA, the Owner of the meet location, and any and all agents and employees of such from any and all claims for injury and loss that I might incur by my participation in this event, in the warm-up area and my travel to and from the meet. Do not sign before reading this document fully and carefully.

Signature (Parent if not 18)

Date