

# NASA Junior High, Teenage & Junior Nationals

## Powerlifting & Power Sports Championships

**Date:** Saturday, February 27 & Sunday February 28, 2010

**Location:** Clark-Shawnee High School 1675 East Possum Road Springfield, OH

**Meet Director's:** Greg/Susan Van Hoose, Rt. 1 Box 166 Ravenswood, WV 26164 (304) 273-3110 [greg@vhepower.com](mailto:greg@vhepower.com)

Nasa Regional Website – <http://www.vhepower.com/>

### Official Weigh-In Times

**Early Weigh-In:** 6:30-7:30 pm, Friday 2-26-10

(All Junior High, 14-15 age Men & Women)

**Regular Weigh-In:** 7:30-8:30 am, Saturday 2-27-10

(All Junior High, 14-15 age group Men & Women)

### JUNIOR HIGH & 14-15 AGE GROUP WILL BE CONTESTED ON SATURDAY

**Early Weigh-In:** 6:30-7:30 pm, Saturday 2-27-10

(All 16-17, 18-19 & 20-23 age group Class Men & Women)

**Regular Weigh-In:** 7:00-8:30 am, Sunday 2-28-10

(All 16-17, 18-19, 20-23 age group Class Men & Women)

### 16-17, 18-19, 20-23 DIVISIONS WILL BE CONTESTED ON SUNDAY

**Rules meeting will begin at 8:45 am on both days**

**LIFTING WILL BEGIN AT 9:45 AM ON BOTH DAYS**

**Rules:** All Current NASA Rules will apply. View the entire NASA Rule Book on our Web Site at [www.nasa-sports.com](http://www.nasa-sports.com) NASA High School Membership Cards are (\$15.00). Adult membership card \$30.00 All lifters MUST wear a Wrestling Suit or other one-piece suit if breaking an American record.

**Unequipped Powerlifting:** No supportive equipment is allowed except a 4' lifting belt, wrist wraps and knee wraps. A singlet is not mandatory for high school age athletes (T-shirt & Shorts) except for breaking American Records. Shorts cannot be excessively baggy and cannot cover knees.

**Equipped Powerlifting:** May use polyester single ply Suits, polyester single ply Bench Shirts, Legal Wraps for Squat, Bench Press and Deadlift. Singlet is Mandatory. (See approved equipment list at [www.nasa-sports.com](http://www.nasa-sports.com))

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

### Men's Weight Classes

114, 123.25, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 308.5 & SHW

### Women's Weight Class

97, 105, 114, 123.25, 132.25, 148.75, 165.25, 181.75, 198, 198+

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## Powerlifting & Power Sports Championships

### Divisions for Powerlifting, Unequipped Powerlifting & Power Sports

**Boys Jr. High:** Grades 6-8 Anabolic Steroid Free for Life. **Jr. High will be contested on Saturday**  
**Boys 14-15:** Anabolic Steroid Free for Life. **This division will be contested on Saturday**  
**Boys 16-17:** Anabolic Steroid Free for Life. **This division will be contested on Sunday**  
**Boys 18-19:** Anabolic Steroid Free for Life. **This division will be contested on Sunday**  
**Boys 20-23:** Anabolic Steroid Free for Life. **This division will be contested on Sunday**

**Girls Jr. High:** Grades 6-8 Anabolic Steroid Free for Life. **Jr. High will be contested on Saturday**  
**Girls 14-15:** Anabolic Steroid Free for Life. **This division will be contested on Saturday**  
**Girls 16-17:** Anabolic Steroid Free for Life. **This division will be contested on Sunday**  
**Girls 18-19:** Anabolic Steroid Free for Life. **This division will be contested on Sunday**  
**Girls 20-23:** Anabolic Steroid Free for Life. **This division will be contested on Sunday**

**Individual Awards:** 1<sup>st</sup> thru 5<sup>th</sup> Place Awards for each weight class in each Division for Powerlifting, unequipped powerlifting and Power Sports.

#### **Team Divisions/Awards:**

**Boys Jr. High:** - Awards 1<sup>st</sup>. thru 5<sup>th</sup>. Place in each division (Powerlifting, Unequipped Powerlifting & Power Sports.  
**Girls Jr. High:** - Awards 1<sup>st</sup>. Thru 5<sup>th</sup>. Place in each division (Powerlifting, Unequipped Powerlifting & Power Sports.

**Boys 14-15:** - Awards 1<sup>st</sup>. thru 5<sup>th</sup>. Place in each division (Powerlifting, Unequipped Powerlifting & Power Sports.  
**Girls 14-15:** - Awards 1<sup>st</sup>. Thru 5<sup>th</sup>. Place in each division (Powerlifting, Unequipped Powerlifting & Power Sports.

**Boys 16-17:** - Awards 1<sup>st</sup>. thru 5<sup>th</sup>. Place in each division (Powerlifting, Unequipped Powerlifting & Power Sports.  
**Girls 16-17:** - Awards 1<sup>st</sup>. Thru 5<sup>th</sup>. Place in each division (Powerlifting, Unequipped Powerlifting & Power Sports.

**Boys 18-19:** - Awards 1<sup>st</sup>. thru 5<sup>th</sup>. Place in each division (Powerlifting, Unequipped Powerlifting & Power Sports.  
**Girls 18-19:** - Awards 1<sup>st</sup>. Thru 5<sup>th</sup>. Place in each division (Powerlifting, Unequipped Powerlifting & Power Sports.

**Overall Boys Champion: 14-19:** – Awards 1<sup>st</sup>.-5<sup>th</sup>. in each division (Powerlifting, Unequipped Powerlifting & Power Sports.  
**Overall Girls Champion: 14-19:** – Awards 1<sup>st</sup>.-5<sup>th</sup>. in each division (Powerlifting, Unequipped Powerlifting & Power Sports.

**Overall Boys Team 14-19 Rosters:** Must be turned in by 9:30 am Saturday February 27, 2010.

**Overall Girls Team 14-19 Rosters:** Must be turned in by 9:30 am Saturday February 27, 2010.

**Boys Jr. High: Team Rosters:** Must be turned in by 9:30 am Saturday February 27, 2010.

**Girls Jr. High: Team Rosters:** Must be turned in by 9:30 am Saturday February 27, 2010.

**14-15: Boys Team Rosters:** Must be turned in by 9:30 am Saturday February 28, 2010.

**14-15: Girls Team Rosters:** Must be turned in by 9:30 am Saturday February 28, 2010.

**16-17: Boys Team Rosters:** Must be turned in by 9:30 am Sunday February 28, 2010.

**16-17: Girls Team Rosters:** Must be turned in by 9:00 am Sunday February 28, 2010.

**18-19: Boys Team Rosters:** Must be turned in by 9:30 am Sunday February 28, 2010.

**18-19: Girls Team Rosters:** Must be turned in by 9:00 am Sunday February 28, 2010.

#### **Outstanding Lifter Awards:**

**Boys Jr. High:** 1-powerlifting, 1-unequipped powerlifting, 1-Power Sports - Must be a contested class.

**Girls Jr. High:** 1-powerlifting, 1-unequipped powerlifting, 1-Power Sports - Must be a contested class.

**Boys 14-15:** 1-powerlifting, 1-unequipped powerlifting, 1-Power Sports - Must be a contested class.

**Girls 14-15:** 1-powerlifting, 1-unequipped powerlifting, 1-Power Sports - Must be a contested class.

**Boys 16-17:** 1-powerlifting, 1-unequipped powerlifting, 1-Power Sports - Must be a contested class.

**Girls 16-17:** 1-powerlifting, 1-unequipped powerlifting, 1-Power Sports - Must be a contested class.

**Boys 18-19:** 1-powerlifting, 1-unequipped powerlifting, 1-Power Sports - Must be a contested class.

**Girls 18-19:** 1-powerlifting, 1-unequipped powerlifting, 1-Power Sports - Must be a contested class.

**Boys 20-23:** 1-powerlifting, 1-unequipped powerlifting, 1-Power Sports - Must be a contested class.

**Girls 20-23:** 1-powerlifting, 1-unequipped powerlifting, 1-Power Sports - Must be a contested class.

**All outstanding lifter awards will be calculated by NASA outstanding lifters coefficient found on NASA website. [www.nasa-sports.com](http://www.nasa-sports.com)**

**Team Scoring:**

1<sup>st</sup>. Place – 7 points

2<sup>nd</sup>. Place – 5 points

3<sup>rd</sup>. Place – 3 Points

4<sup>th</sup>. Place – 2 Points

5<sup>th</sup>. Place – 1 Point

Maximum amount of lifters per team 10

No more than 2 lifters in same weight & division.

**COACHES MEETING WILL BE ON SATURDAY & SUNDAY MORNING AT 8:10 AM**

**NASA Membership Card Application**

First Name-\_\_\_\_\_ Last Name-\_\_\_\_\_ Date-\_\_\_\_\_

Address-\_\_\_\_\_ City-\_\_\_\_\_ State-\_\_\_\_

Zip-\_\_\_\_\_ Phone- (\_\_\_\_) \_\_\_\_\_ Email-\_\_\_\_\_

Date of Birth-\_\_\_\_\_ Age-\_\_\_\_\_

Adult- \$30.00 High School- \$15.00 Seniors (65+)- \$30.00

**Pay by Credit Card or Check**

Type of Credit Card- Visa\_\_\_\_\_ Master Card-\_\_\_\_\_ American Express-\_\_\_\_\_

Credit Card Number-\_\_\_\_\_ Expires-\_\_\_\_\_

Name on Card-\_\_\_\_\_

**Include with your Entry Form and save time checking in at the Meet!  
or**

**Return Form with payment to : NASA Membership, P.O. Box 735, Noble, OK. 73068**

# NASA Junior High, Teenage & Junior Nationals

## Powerlifting, Unequipped Powerlifting & Power Sports Championships

### Return Entry and Entry Fees

Make Checks Payable to: Van Hoose Enterprises LLC Rt. 1 Box 166 Ravenswood, WV 26164

### Entry Fees

#### **Junior High, Teenage & Junior National Powerlifting, Unequipped Powerlifting & Power Sports:**

\$45.00 for first division entered, 25.00 for each additional entry. Late fee after deadline date is \$5.00 additional fee, per division entered. Cash only for late entries. A NASA membership card is required (\$15.00 High School or \$30.00 Adults yearly membership).

### Team Entry Fee

\$30.00 per Team Entry. This fee is for the Team Trophy. Team Rosters MUST be turned in by the prescribed times on previous page. Maximum of 10 members per team.

(Official NASA Entry Form)

### NASA Junior High, Teenage & Junior National Championships

Late Fee Begins: February 20, 2010

Name: \_\_\_\_\_ Weight Class: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Full Powerlifting Meet Divisions Entered: \_\_\_\_\_, \_\_\_\_\_,

Unequipped Powerlifting Meet Divisions Entered: \_\_\_\_\_, \_\_\_\_\_,

Bench Press Only (equipment allowed): \_\_\_\_\_, \_\_\_\_\_,

Power Sports (raw) Full Meet Divisions Only- \_\_\_\_\_, \_\_\_\_\_,

Total Amount Enclosed : \$ \_\_\_\_\_ Check # \_\_\_\_\_ Total Number of Divisions Entered: \_\_\_\_\_

Credit Card - Visa \_\_\_\_\_ Master Card \_\_\_\_\_ American Express \_\_\_\_\_

Card #- \_\_\_\_\_ Expires- \_\_\_\_\_

### **I realize this Competition is an Anabolic Steroid Free Meet and I may be Tested by Urinalysis**

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, Clark-Shawnee High School, 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 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 LLC, 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. I do so by signing below. **DO NOT SIGN BEFORE READING THIS DOCUMENT FULLY AND CAREFULLY.**

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature if Athlete is under 18 years of age: \_\_\_\_\_ Date: \_\_\_\_\_

**NASA Junior High, Teenage & Junior Nationals Powerlifting Championships**  
Van Hoose Enterprises LLC  
Rt. 1 Box 166  
Ravenswood, WV, 26164  
304-273-3110  
[www.vhepower.com](http://www.vhepower.com)  
[greg@vhepower.com](mailto:greg@vhepower.com)

**Your NASA Championship Entry Forms are Enclosed.**  
Visit our #1 Web Site at [www.vhepower.com](http://www.vhepower.com)