

January 1, 2010

Dear Coach/Administrator:

I thank you for taking the time and showing interest in the NASA Ohio High School Powerlifting, Bench Press and Push/Pull Meet. I would like to congratulate all coaches, teams and parents for making this meet a great success in 2009 and we hope to expand on that success in 2010. I welcome the opportunity to carry on this meet, and with the help of our meet sponsor Shawnee High School, we will make this event the most prestigious high school meet in the state of Ohio.

Last year was a great success due to the supportive coaches who have attended the meet for many years and the new coaches that were so supportive of our efforts to support drug free lifting in Ohio. We have made some changes to this year's meet by making this event a closed Ohio high school contest. This will spotlight the best lifters from the great buckeye state. Our objective has always been to stress quality over quantity and to showcase the accomplishments of the lifters under the supervision of three national certified judges on each platform.

We have taken your suggestions and hopefully will be able to implement some of them at this year's meet. We have established a computerized scoring system and it worked quite well with very few problems. The computer system automatically calculates the score when you enter the individual placing. Keep in mind we calculate the top six places and if a tie occurs the team with the most 1<sup>st</sup> place lifters wins. If a tie still exists the tiebreaker will go to the sixth lifter and so on. We will be displaying the meet score sheet on a screen for coaches and participants. This will benefit in many ways. You as a coach will be able to keep up with the meet at all times and if we make a mistake on entering information we will hopefully correct it before the time occurs for entering placing for team points. As you know, computers are a wonderful tool but humans still make mistakes and hopefully we will be able to eliminate any mistakes on our part by implementing some of these changes. We will have the coaches approve final scoring and team points before any awards are given.

The number one concern of all the coaches was budget related. As with all powerlifting clubs/teams there is only so much funding available for meet expenses. What we have tried to accomplish with this years meet is to accommodate the budget of schools while still providing fantastic awards for the athletes and providing what will hopefully be the meet that the athletes and coaches look to as the highlight of the powerlifting season.

As in previous years we will have to charge each lifter a \$15.00 High School membership fee which is good for one calendar year and can be used at any NASA meet. We strive to give the participants the best awards with the lowest entry fees possible.

Another way that we are helping with needs of the team's budget is by reducing team entry fees. The team entry fee is \$30.00 per 10-lifter team. There are six team awards given for powerlifting teams alone. We have proposed a tier system for team awards that allows big teams who have enough athletes to possibly even participate using an A & B team. With every two team entries you will receive one free team entry. The team awards will be very impressive and look wonderful in your trophy cases while honoring the lifters.

We will be continuing to offer a push/pull division with no supportive equipment except a 4' lifting belt. A singlet is not required for high school lifters in the push/pull division except for those that will be breaking an American Record. Coaches have expressed concern over budgets that would not allow them to purchase similar equipment to be competitive in the normal powerlifting division. This allows the teams that choose not to use supportive equipment an even playing field.

Other concerns expressed by most coaches were the expedience of the meet and team scoring. We will be utilizing a monolift squat rack on one platform that will hopefully save at least 15 minutes per squat flight. Team scoring will hopefully be easy to understand and we have also incorporated a coaches meeting at 8:10 a.m. on each morning of the competition to answer any questions or concerns the coaches may have.

The team can consist of up to 10 lifters spread throughout the weight classes with no more than two lifters per weight class. Example 1-114, 1-123, 1-132, 2-148, 2-165, 1-181, 1-198, 1-SHW. The overall boys or girls team consists of lifters possibly participating both days and should be your strongest lifters regardless of age. The freshman/sophomore division and team overall rosters are to be turned in by Saturday morning at 9:00 a.m. The junior/senior team rosters are to be turned in no later than Sunday morning at 9:00 a.m. The team rosters will be posted after the meet commences and will be available to all teams.

The team overall roster can only be amended by a lifter changing their declared weight class for Sunday's lifting by moving up or down one weight class and making the required maximum/minimum in only underwear. Also this weight class change can only occur if there are only two lifters declared in that particular weight class in which the lifter changes to. Example: Using the above team roster for demonstration purposes, you have one freshman/sophomore 165lb. lifter who successfully made weight and lifted on Saturday. The other 165lb. lifter is a junior/senior and cannot make weight. As you see from the example above, there already two lifters declared in the 181lb class, so your original 165lb lifter can not move up a weight class unless one of the lifters has not lifted on Saturday and that person can successfully make the minimum requirement to move up to the 198 weight class to make room for your 165lb lifter to move up to 181. Keep in mind that the rules say you can have a maximum two lifters per weight class but that is not necessary if you can spread your lifters throughout the classes to maximize your scoring potential. Some schools do not have the luxury of having ten lifters that are in different weight classes. Also teams must consist of powerlifters only, bench pressers

only or power sport participants only. There are no combining 5 bench press only lifters and 5 powerlifters. Hopefully this has helped as an illustration of team scoring and not confused any coaches. An official team roster is provided in your packet. Please use the team roster forms because they will not be accepted except on this form.

Due to the demand from high schools wishing to bring some Jr. High lifters we will be offering a Jr. High Division which will contested on Saturday with the freshman-sophomore lifters.

As a reminder to all the coaches NASA instituted that all lifters must have a shirt that covers the area where the bar is located on the back during squats. A shirt must be worn on the bench press that covers any areas touching the bench. A pair of knee high socks (Soccer Socks etc.) must be worn for the deadlift. A t-shirt is not required for the deadlift. These measures were taken for health concerns of the lifters in relation to contact with the bar. If at anytime the bar is exposed to bodily fluids the lifting will be stopped and the bar/platform will be cleaned with antiseptic cleaners.

A Senior Scholarship will be awarded to the outstanding boy & girl powerlifter. The award will be calculated by the highest coefficient of a senior boy & girl. The recipient will receive a \$100.00 provided that student attends college or technical school.

We will be taking orders for meet T-shirts and an order form is included. T-shirts are not required to be purchased but only a small amount of meet shirts will be available at meet site for sale after orders have been filled.

As with every NASA meet each participant is required to be drug free and all American Records are subject to urinalysis testing for anabolic steroids, androstene products, pro hormone gels and epitestosterone ratios in excess of 6/1.

We hope this letter has served to help answer any questions you may have about the forthcoming meet at Clark-Shawnee High School. Please feel free to contact Susan Van Hoose or myself at your convenience at the below phone number or email address. Keep in mind that a wealth of information is located at our website which can be accessed at [www.nasa-sports.com](http://www.nasa-sports.com) or at our regional site <http://www.vhepower.com/>

Thank you,

Gregory L. Van Hoose  
NASA Vice President  
(304) 273-3110  
(303) 532-1802 (cell)  
[greg@vhepower.com](mailto:greg@vhepower.com)

# Ohio State High School Team Roster

High School \_\_\_\_\_

Team Member

Weight Class

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

7. \_\_\_\_\_

\_\_\_\_\_

8. \_\_\_\_\_

\_\_\_\_\_

9. \_\_\_\_\_

\_\_\_\_\_

10. \_\_\_\_\_

\_\_\_\_\_

Circle One (Gender)

Male      Female

Circle One (Division)

Powerlifting-Equipped      Powerlifting-Unequipped      Push/Pull      Powers Sports

Circle One (Class)

Junior High      Fr./So.      Jr//Sr.      Overall

### T-Shirt Order Form

We will be pre-ordering T-shirts for the meet. The T-shirt will be a heavy-duty white shirt with a several color design on it. Cost of the shirt will be \$15.00. Please list below the names and sizes of those members who have ordered a T-shirt. Orders must be prepaid with entries.

Sizes include Small, Medium, Large, XL, 2XL, 3XL, 4XL.

\*\*Please fax T-shirt order to (304) 273-3110 by February 3<sup>rd</sup> so that the order may be placed.

<u>Name</u>	<u>Size</u>
1) _____	_____
2) _____	_____
3) _____	_____
4) _____	_____
5) _____	_____
6) _____	_____
7) _____	_____
8) _____	_____
9) _____	_____
10) _____	_____
11) _____	_____
12) _____	_____
13) _____	_____
14) _____	_____
15) _____	_____
16) _____	_____
17) _____	_____
18) _____	_____
19) _____	_____
20) _____	_____