



**POWERLIFTING AUSTRALIA LTD**

A.C.N. 121 872 759

**Matthew McKay**

*Powerlifting Australia*

1<sup>st</sup> March 2020

Dear Head of Department/School Representative,

On behalf of Powerlifting Australia, we would like to invite the students attending your school to participate in the 2020 National School's Bench Press Competition.

Powerlifting Australia is the national sporting body recognised by the Australian Sports Commission. Powerlifting Australia athletes and coaches are bound by ASADA regulations and we believe our organisational values will make a positive contribution to students participating in our event. Powerlifting is a sport that engages all members of the community. In our experience powerlifting can be an avenue for children who are not interested/participating in field and court sport to participate in regular physical activity as well as it being a discipline to assist in other sports. Powerlifting is not only physically demanding, but builds many positive psychological attributes. It is our intention through this program to entice school age children to participate further in sport. Powerlifting is able to be pursued through to the highest level by athletes of all ability ranges from Para-Lifting, Blind Lifting and able bodied, with age and weight classes in all categories from school age through to 80+ in both males and females.

This event is open to male and female students from the age of 12 and 18. Students will be required during an allocated date range in between April and August to complete their lifts. The lifts must be witnessed and results certified by a member of the teaching staff. If a student wishes to break a National School's Bench Press record, the lift will need to be video recorded and submitted. The list of records can be found here:

<https://powerliftingaustralia.com/australian-records/schools-bench-press-records/> .

On completion of the event, students will receive a certificate of participation and those who perform exceptionally well and finish in the top 3 in their age and weight division will receive a medal for their achievements. In addition, the school with the most participants will win sponsorship from Powerlifting Australia for two students of their choice to compete at an event held by a local Powerlifting Australia Gym which includes membership, entry and competition singlet. Runner up school will receive a cash prize of \$250.00.

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Entries need to be received by 24<sup>th</sup> August 2020. It is our intention to have all results finalised and published by early October to ensure any participating year 12 students receive recognition before finalising their studies. If you wish to participate in the program or would like more information please feel free to contact myself on 0447 298 424. Information packs containing entry forms, rules of the bench press and marketing material are attached.

Yours Sincerely

Matthew McKay

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