



POWERLIFTING AUSTRALIA LTD
A.C.N. 121 872 759
www.powerliftingaustralia.com
Joshua Balia
School's Program Co-ordinator

Dear Teacher/Guardian,

The following is an invitation for students to participate in the Powerlifting Australia annual Australian School's Bench Press Championship for 2017. The Australian Schools' Bench Press Championship is an established competition attracting thousands of school students from around the country.

Powerlifting Australia Ltd is the national body representing the sport of Powerlifting. We are recognised by the Australian Sports Commission (ASC) and all lifters are subject to testing by the Australian Sports Anti-Doping Authority (ASADA). Powerlifting events consist of the Squat, Bench Press and Deadlift. However, in order to promote awareness of Powerlifting we conduct the Schools' Bench Press Competition as part of our Youth Participation Program. By running a competition with just the bench press event, we seek to encourage students to participate in a competitive sport. The bench press is recognised as a safe and easy lift to perform and it appeals to a wide segment of the population.

The competition is postal and or electronic in nature with all results being collated nationally in August/September. Most schools participate by getting students to perform the bench press at their school facilities or local gym in P.E. classes, lunch time or after school. A responsible person such as a teacher, sports coach or guardian is required to supervise the lifting to ensure that it is performed safely and that the results are recorded accurately. All participating schools receive an information pack, which includes promotional flyers, description of the correct technique of the bench press, administration procedures and entry forms. Please note that **independent entries**, being those, which are **not** submitted through a school or club intermediary, are now required to have a video of the entry bench press, sent with the entry form.

To enter the competition please complete all the required forms. There is no cost for schools to participate and all lifters become complimentary members of Powerlifting Australia. Our costs associated with running the competition are covered by funds allocated to our Youth Participation Program.

The two schools with the most participants (and a minimum of 100 students) entered will receive sporting equipment valued at \$500 for first place and \$300 for second. As well, individual place getters in each category will receive a Medal of Achievement. As an additional incentive for students, every competitor has the opportunity to establish a new nationally-recognised record for the School's Bench Press Championships. All participating schools will receive a copy of results and records after the competition concludes. There are extensive age, weight and sex based categories to allow all lifters the chance to compete against their peers.

If you have any questions please do not hesitate to contact me.

Kind regards,

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