

A FEW POINTERS ON HOW TO HAVE A SUCCESSFUL CONTEST!

It is better to warm-up a bit too soon than too late. It is easier to back off and keep warm than to have to hurry your warm-ups, or even have to skip one or more, due to the speed, or lack of, of the meet, or because too many lifters are trying to use the same warm-up area you are.

Always know what all of your warm-ups and attempts are; plan out how often to do a warm-up and adjust as the meet proceeds. Let your workout partner(s) know so you can concentrate on the meet.

Pick out a spot in the warm-up room; put all your gear and prep aids there and stay put till you are finished warming up.

Pick a spot in the area where you will be wrapping for your attempts and **stay put!**

Get as many people to help you as possible (or that are allowed to)!

One in charge of wraps, one to help put up straps, and to tighten your belt up, etc...There can almost never be too many.

Always be conservative in picking your attempts, especially your first one. Usually your second attempt is the one you need to count on for the **BIG TOTAL!** Your third attempt is for personal records, or for National, European or World record attempts (the icing on the cake, so to speak). A fourth attempt in the squat is a **NO! NO!** It will only take something out of your dead lift and total. Fourth attempt bench presses are fine and fourth attempt deadlights mean you did not lift up to your potential in the previous lifts and picked your attempts wrong. You should never have any gas left in the tank to even think about attempting a fourth dead lift (first time lifters excepted)!

It is better to put your Power Suit on too soon, than too late. Leave plenty of time for warming up and getting mentally prepared for your lifts out on the platform.

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Special wrapping instructions: Time, as best as you possibly can your wrapping. This is crucial!!!

Always buy a meet video or video the meet yourself (if it is permitted). It can only help to identify your weak spots in your form as well as your sticking points! Remember that pictures and videos of a missed attempt is as important, if not more so, than the successful one.

A quick note on sticking points: It should be at the bottom!

Never argue with the judges and always know the rule book inside and out

Look at some of the other lifter's squat before you lift to get an idea, not only on the judging quality, but also on the platform set up, racks, spotters, loaders, etc.

Before the contest starts, make sure you have all your rack heights (both squat and bench press) properly noted on your attempt cards. Also make sure you have checked out all the bars, plates, squat and bench press racks, platforms, etc of both the warm-up room and the competition platform. We want no surprises!!!

The more knowledge you have of everything involving the meet, the better you can lift and the better you can pick your attempts. You can never have too much knowledge about your surroundings!

Do not look out into the audience while squatting; concentrate on the lift and do not become distracted.

Always be ready for the unexpected. Like BOMBOUTS, injuries from other lifters or other meet problems, which can lengthen or shorten your time between warm-ups or attempts? Any odd thing can, or might, turn up.

BE PREPARED both physically and mentally for the unexpected.

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