# 2023 Lift-a-Thon



**What**: 23rd Annual Taylorville Tornadoes Lift-A-Thon

Where: Taylorville High School, West Gym

When: Saturday, February 25

**Time**: 9:00 start time

: 8:30 Registration and Weigh-in (please be prompt)

: 8:50 Rules Meeting and Welcome

: 9:00 Warm-ups

Cost: \$10.00 per lifter

(checks can be made out to Gridiron Club, Inc.)

Bench! Squat! Clean!

Coach,

The Taylorville High School Tornadoes will be hosting their annual power lifting meet on Saturday, Feb 25. We gladly extend this invitation to you and your kids to join us this year. In years past, we have hosted schools such as Chatham, Jacksonville, Limestone, Rantoul, Lincoln, Central A&M, Jerseyville, Mattoon, Bethalto and Sullivan. In previous years, we have coordinated up to 150 athletes and competitors. As in the past, we always try to make each event run as smoothly as possible and this year is no different.

## **Rules/Events**

- Squat: Athletes must have the hip even with the knee (top of thigh parallel to floor)
   Athletes will not get an "Up" command from a judge, but may get help from a teammate
   Judges are told to be very strict in the later attempts to maintain the integrity of the event
- Clean: Athletes can either go from the Hip, hang position or power clean from the floor No straps will be allowed
   Athletes must stand up and control the weight in order for the attempt to count Athletes must also control the weight as they take the weight back to the floor
- 3. Bench: Athletes will be able to get a lift-off to start the attempt
  Athletes must touch the bar to the chest (butt can come off the bench)
  Athletes must keep both feet on the floor

### **The Competition**

- <u>**2 Divisions</u>** JV division (athletes entering sophomore and junior season)</u>
  - Varsity division (Athletes who will be seniors next year, not this year's seniors)

<u>Weight Classes</u>- Each division will be divided up into 9 weight classes (determined upon weight at time of registration) Weight classes will be determined as evenly as possible.

#### **Awards**

Winners from each weight class from both divisions will be determined by total weight lifted in all three lifts. We will have a total of 9 weight classes, and we will award all 9 classes.

1st, 2nd, 3rd of each weight class will be awarded (JV will get medallions, Varsity will Get Trophies)

"Lifter of the Meet MVP"- athlete with the best total lift weight/body weight ratio

"Team Winners"- each team represented will have the ability to pre-select eight athletes to compete in team competition. At the end of the day, the total weight lifted for all eight athletes will be compiled, and the eight athletes will the highest total wins (you do not have to have eight athletes for this award)

Team:	Coach:
Lifters:	
1	14
2	15
3	16
J	
4	17
5.	10
5	18
6	19
7	20
/·	20
8	21
0	22
9	22
10	23
44	24
11	24
12	25
13	26
10.	

# **Coach**

- 1. You can email the sign-up sheet to the following address: jodam@tcusd3.org or tornadoesfootball@gmail.com
- 2 . You can fax the sigh- up sheet to the following number- 217-824-3352 attention: Jeb Odam
- 2. You can bring the form with you to the meet (however, we prefer the top 2 options)

# **Lift A Thon Registration**

Athlete Name:		Athlete Grade in fall of 2016:			
Athlete Insurance Informatio	n:				
Parents/Guardian Name:					
Parent/Guardian Home Phon	e:	Parent/Guar	dian Cell Pho	ne:	
Parent/Guardian Email Addro	ess:				
Diagram Adail an ann an t-	To low the High Colored			Lib Odere	
Please Mail payment to:			or	Jeb Odam	
	C/o Jeb Odam- Head Foo	otball Coach		300 S Jayne St	
	815 Springfield Rd Taylorville Illinois 62568			Taylorville, Il 62568	
Please make <b>checks</b> paya	able to <b>Gridiron Club</b>				
For Information, Contact Hea	d Coach Jeb Odam- Cell- 825-31	.31 <u>Em</u> a	il- tornadoes	football@gmail.com	
Waiver:					
student-athlete is participating in, o offseason football camp), competitic A student participating in School District does so at his/her ow recognize that injuries may occur wh The Taylorville Communit participant and his/her parents assu and/or travel to and from the athlet department, its staff, its Board of Ed	while a student is en-route to or from, on, or program.  any athletic contest, event, competition risk. Sports and athletic events, compict could be crippling to life.  Sy School District and its staff shall not be me full responsibility for any damages ic contest and so hereby fully and forew ucation, employees, and agents from a pated, or unanticipated resulting from contest and so hereby fully grown and settly or unanticipated resulting from contest and so hereby fully and forew ucation, employees, and agents from a pated, or unanticipated resulting from contest and settly or unanticipated resulting from con	, any athletic conte on, or program and petitions, and prog be liable for any da or injuries which m rer exonerate and d ny and all claims, d	st, event (i.e. Lift using the equipn rams are physica mages arising fro ay occur during ( ischarge the Tayl emands, damage	ume any liability for any injuries incurred whit-a-thon, 7 on 7 Tournament, lineman Challeng nent and facilities of the Taylorville Communital in nature and those who elect to participate or personal injury sustained by the participant or process of action, causes of action present of etics competitions, events, and programs and etics competitions, events, and programs and	ge, must t. The ms,
Parent/Guardian Sigr	ature:			Date:	