

Belton Pirate Power Performance Invitational



@BELTON HIGH SCHOOL
801 W. NORTH AVE BELTON, MO 64012
Saturday, March 2nd , 2019

ALL NATURAL POWER PERFORMANCE MEET

*No Bench shirts, squat suits, knee/elbow wraps, or manta rays. Clean straps, neoprene knee sleeves & belts are ok.

We will test overall athleticism by testing six values; 3 lifts and 3 agilities.

Bench, Squat, Hang Clean, Vertical, Pro Agility, and Standing Broad Jump

I have attached our Pirate Power Point scale that assesses points for every event. It is not a traditional power meet. We will allow for one to five rep maxes for each lift.

Divisions

High School Women's (9-12), High School Men's (11-12), Junior Boys (9-10)

*There will be 12 total weight classes created by grouping the athletes with like weight.

*Check in and potential weigh-in from 7:30 to 8:00 AM

*Coaches Meeting 8:30 am in hospitality room

*Event starts app. 9:00 am *Awards presentation 1pm

***Event will be in the gym at Belton High School and will be held at stadium weight room down the hill.**

Teams plan on attending e-mail to confirm interest asap with potential number of entries.

E-mail to: escherfenberg@bsd124.org

Registration Deadline via email: February 27!

Registration Fee: \$20 (coaches can bring all \$ and forms w/ you day of meet)

Checks payable to: BELTON SCHOOL DISTRICT

Coaches honor weigh-in between Mon, Feb 25th-Wed, Feb 27th.

2019 Pirate Power Performance Invitational Saturday, March 3rd, 2018

Please email the official **Team Weigh-In** form spreadsheet to escherfenberg@bsd124.org.

If you know you are going to attend please e-mail by Feb 1st with approximately how many you might bring so I can plan accordingly if I need to run more stations and get more judges. I will then attach the official excel Team Weigh-In form that is to be used to email your lifters actual body weight. Please email excel sheet by the end of the day Wednesday, February 27th. The coach who witnesses the weigh in of all athletes shall email the form. Please help us to hold a quality meet by maintaining integrity on your athlete's weight. Coaches should collect all payment and forms and make sure it is complete with signature or they will not be able to participate. Turn in upon your arrival Saturday morning, as we will do a TEAM CHECK IN. Please email or call in scratches before you leave Saturday morning or as soon as you are aware of them.

APPAREL

Our program believes in athletic performance. We stress the importance of strength and conditioning that relates to all athletics. Therefore we will not allow squat suits, bench shirts, knee wraps, elbow wraps, or smelling salts. Wrist straps are allowed on hang clean along with waist belts and neoprene knee sleeves on squat and clean. T-shirts must be tucked in during all competition to allow judges to see well.

CLASSES

We will not have set weight classes. Each class will have an approximate even number of competitors within their respective division. Women will be divided into (2-3) classes, Men (5-7), Junior's (3-4) depending on number of entries for each respective division. There will be 12 total weight classes (1 per station) assuming we have around 240 competitors again, making about 20 athletes per division. If we add a few teams that have come in the past that want to come again we could be pushing over 300 easily. We may ask those individuals close to breaking point weight of the classes to re-weigh the morning of event to help maintain the integrity of the meet. I won't know potential classes until I see all the entries and weights submitted. This should help prevent athletes from dropping weight to get into a certain weight class and help with the even distribution of awards. Many of us have been to meets where a kid gets a 3rd place because there were only four in his weight class and one of your better kids got nothing because he was competing against 30 individuals, this eliminates that possibility.

AWARDS

***Medals for Top 3 placers in each weight class for Total Pirate Power Points**

(Ties will be broken by S.I.- strength index for the three lifts)

***Medals for Best Bench, Squat, Clean, Pro Agility, SBJ, and Vertical in all 12 weight classes.**

(Ties are broken by lightest lifter or by heaviest for agility.)

***Medals for Top Strength Index and Top 3 Lift Total in the 3 divisions (Men's, Women's, Junior's)**

***Trophies for Top Pirate Power Point Total in the 3 divisions (Men's, Women's, Junior's)**

***Team Plaques for 1st, 2nd & 3rd Place teams**

* We will provide a breakfast hospitality room for all coaches and bus drivers. Meet should be completed by 12:45, but with a long awards ceremony it will be over just before 2pm.

*T-Shirts will be available at the meet for \$12, but supplies limited.

Note: We reserve the right to stop taking entries at 360 to keep the meet at a manageable size.

PERFORMANCE MEET REGULATIONS FOR LIFTS

There will be a designated testing rack and a designated warm-up rack for each group. The weights on the testing rack will ascend and never go down. If an athlete does not get even one rep it is considered a no lift. The weight attempted will be written down on spreadsheet at the table and **if time allows** the lifter may be allowed one more attempt, but it will be a 20% reduction in weight from their previous attempt. They will also only be allowed to do 1, 2, or 3 reps to ensure that they were not able to benefit from the previous miss, but only allowing an opportunity to gain points and avoid a no lift.

For all lifts the judges will give a command to initiate the first rep and then count upon completion of each rep...1,2,3,4,5. The number will be the command for them to continue with the next rep or to rack the weight. If they do not wait for the number the rep will not count. The previous number will be repeated if the rep was not good. **5 total attempted reps are all that are allowed.** If they miss a rep, then they can only get 4, miss two...then only three and so on.

After completion of the attempt the head judge will tell the athlete and table what their rep max is projected to. The athlete will immediately go to the table and give their last name. The table will then verify first name and school and ask to verify their one rep projected max to enter into the laptop. Any discrepancies will be addressed immediately. Have athletes watch laptop recorders enter correct weight!

Squat

1. The lifter must adjust lower rack catches before the lift.
2. A lifter must observe the commands by the judge. After the lifter is in position with the bar the judge will say "squat".
3. The lifter must lower the body until the crease of the hip & top of the knee are parallel to the ground. An assistant judge will stand in front of the lifter to give them a visual if they completed the rep according to the head side judge. The head side judge **WILL** give a "up" command. A failure to be low enough will be a disqualified rep.
4. The lifter must recover from the deepest point in a constant upward movement. The bar may stop but may not go back down. Any double bouncing or downward movement will be a disqualified rep.
5. The lifter must wait for the command (number) before continuing to next rep or racking the bar. A failure to wait for the command will be a disqualified rep. Spotters may help the lifter return the bar after command (number) is given.
6. Spotters may be used but cannot touch the bar until a safety issue is present. Any touching will be a disqualified rep.
7. Hands must remain on the bar at all times. The feet should not move during the rep. The bar cannot have any contact with the rack during the up lift. Crashing of weight must be under control. Judges can control this. A failure in these areas will disqualify the rep.

Bench

1. The lifters starting position is with the back of the head, shoulders and buttocks in contact with the flat bench surface. Their shoes must be on the floor. Plates or blocks may be used for under their feet, but may not exceed 7 in.
2. After receiving the bar at arm's length, the lifter gets set and weights for command of "press" before lowering the bar to their chest. The lifter presses the bar up after touching their chest. A judges command to press from the bottom will not be given. This is just a touch of the chest and a press, no bounce.
3. After the lifter has pressed the bar straight upward with arms fully extended he/she is to wait until the audible command (number) is given. The bar is allowed to stop in an upward movement but no downward movement is permitted. A downward movement will disqualify the rep.
4. Head movement is allowed. Athletes can rise on toes or heels, but the feet cannot leave the floor. The buttocks must remain on the bench at all times. Any violation will disqualify the rep.
5. Major uneven extension of the bar is not allowed. The bar cannot touch any part of the rack in the upward or downward movement. The lifters feet also may not come in contact with the upright supports of the bench. Any violation will disqualify the rep.

Hang Clean

1. The lifter must be facing the judge. The athlete will notify the judge whether they are attempting a hang clean or a clean from the floor. Athletes can pull the weight from the floor and clean in one continuous motion.
2. For a hang clean the weight must be pulled from the floor and come to a set position. Then the weight can be lowered, but can not touch the floor again and has to be pulled in a single continuous movement. Once pull is initiated any pause or stop will disqualify the rep.
3. An athlete may only have 1 backward rock before they attempt the rep.
4. The lifter may take recovery steps providing they remain on the 6'x8' platform.
5. If a lifter's unsuccessful pull results in them dropping bar their lift is over if they have completed at least one rep. If they have not completed a rep then they get one more opportunity at that weight, but will limit them to one rep performed immediately.
6. The lifter must catch the bar and "rack" and control on the upper chest/collar bone to count as a rep and may not lower the bar until the judge gives the command.
7. The weight must be controlled back to the floor so that it remains on the platform.
8. I would prefer that no one else is on platform, but spotters may be used, but cannot touch the lifter or the rep does not count.

PERFORMANCE MEET REGULATIONS FOR AGILITIES

Athletes will go in alphabetical order to expedite testing. After completion of the attempts the head judge will tell the athlete and table their time/distance. The athlete will immediately go to the table and give their last name. The table will then verify first name and school and ask to verify their attempt to enter into the laptop. Any discrepancies will be addressed immediately.

Vertical Jump (tested using a Vertec)

1. Athlete will stand with a square stance and ankle, hip, shoulder, and palm right alongside Vertec apparatus to measure reach.
2. After Vertec is adjusted for athletes reach they stand under rungs and jump from a square block stance (no step).
3. Each athlete will get three consecutive jumps and we will record the highest of the values.

Standing Broad Jump

1. Athlete will stand with a square stance behind the line and straddling the measuring tape.
2. Athlete must jump from a square block stance (no step or shuffling of feet).
3. Athlete must stick landing and we will measure the closest point from the starting line, that should be the heel of the back foot, but could be a hand if the athlete did not stick the landing.
4. Each athlete will get three consecutive jumps and we will record the highest of the values. If the athlete's 3rd jump is their longest they may take an additional and final 4th jump.

Pro Agility (Pro Shuttle- 5 yards, 10 yards, 5 yards)

1. Three marker cones are placed along a line five yards apart. The athlete straddles the middle line and puts one hand down on the automatic timing pad.
2. The athlete can start by pressing the pad to start the timer and going either to the right or left direction.
3. For example, the athlete turns and runs five yards to the right side and touches the line with his right hand. He then runs 10 yards to his left and touches the other line with his left hand, then finally turns and finishes by running back through the start/finish line.
4. The athlete is required to touch the line at each turn with either hand.
5. Each athlete will alternate with one other athlete and get three runs each. They will get three attempts and each event is measured by the fully automatic Speedtrap II timing system.



**PIRATE POWER PERFORMANCE
INVITATIONAL Entry Form
March 2nd, 2019**

Emailed Registered Fee by February 27th, 2019 is \$20

Late Registration Fee is \$25

T-shirt \$12 available for purchase at meet only

Put forms in mail by February 21st if you are mailing in as an individual and you will weigh morning of meet. If you are coming with a team your coach will take care of it for you and will officially weigh you the week of.

Any questions about possible cancellation or postponement will be placed on front page of webpage. If you are a parent or athlete please do not call the day before or morning of as it is hectic. Just check the website or call your coach. Thanks www.piratepower.weebly.com I will also post on twitter @Pirate_Power

Send To:

Eric Scherfenberg
BHS Strength and Conditioning
801 W. North Ave
Belton, MO 64012

Questions—contact Coach Scherfenberg
escherfenberg@bsd124.org

2019 PIRATE POWER INVITATIONAL ENTRY FORM

Name _____

School _____ Grade _____

Contact Info in case of weather.... Cell# _____ Email _____

Total amt. paid \$ _____ check to: Belton School District

Division: (Please Circle one) Men (11-12 male) Juniors (9-10 male) Women (9-12)

*Actual Bodyweight _____ lbs on Feb 27th. (May be subject to official weigh in morning of meet.)

Waiver: In consideration of your acceptance of my entry, I hereby, for myself, heirs, executors, or administrators, waive any and all right on claim damages I may have against Belton School District #124, School Board, School Staff, or Strength & Conditioning Program. I also realize that Weightlifting is a high risk sport and I could be injured. I certify that I am in good health and have no serious health problems and assume all risk for injury and so hereby verify my signature.

Signature of Lifter _____ Date _____

*Signature of Coach _____ Date _____

Signature of Parent or Guardian _____ Date _____

*Coaches Email _____

*not necessary info if coming with a team as the coach will take care of that info for you